Vol. 103 No. 6

The Official Student-Run Newspaper of Iona College

April 22 - May 4, 2021

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Br. Gunn gives presentation on Edmund Rice pedagogy

By: Margaret Dougherty Managing Editor



PHOTOS COURTESY OF MARGARET DOUGHTERY

Br. Gunn explained how the statue of Edmund Rice in the quad protrays his relational teaching

As part of Iona College's 2021 Heritage Week, held on April 15, Br. Dennis Gunn gave a virtual presentation on teaching and learning the Blessed Edmund Rice Tradition. Many students and faculty from the Education Department attended the event, hoping to learn how to incorporate the practices of Edmund Rice into their own careers.

The event began with a PowerPoint presentation given by Br. Gunn, offering a brief overview of Edmund Rice's life and a detailed explanation of his philosophy towards teaching. Br. Gunn identified the three main elements of the Edmund Rice pedagogy: relational, incarnational, and practical.

The relational aspect of teaching means that teachers must foster a strong relationship with their students and have a desire to help them achieve success. Br. Gunn referenced the statue of Edmund Rice talking to his students located in the Campus Quad as an example of these relationships. He is engaged with his students on a personal level rather than considering himself superior.

The incarnational aspect of the Edmund Rice pedagogy means that teaching is a humanizing and authentic practice. Br. Gunn emphasized that there is no part of a student's life that is not part of a teacher's concern. Edmund Rice prioritized social and emotional learning for his students.

Lastly, the practical aspect means that education is in the service of individuals, society and the common good. Service is not simply an add-on to the Edmund Rice pedagogy, but rather a vital aspect of it. Br. Gunn discussed the ways in which Edmund Rice served others, including starting a cobbler shop to make sure his students could make their own shoes and praying with criminals before they were hanged. Also mentioning the ways in which Iona has heeded the call for service-learning, Br. Gunn showed how the students have remained engaged in service even during the pandemic.

After Br. Gunn's presentation, some students and faculty had the opportunity to ask him questions and learn more from his experiences. He spoke about his love for helping young teachers and how he reminds them that it can take time before they see their work start to pay off. Even when teachers do not see immediate growth in students, little moments will still remind them of their influence as time goes on. In saying this, Br. Gunn referenced a quote from Edmund Rice that is meaningful to him: "Take courage, the good seed will grow up in the children's hearts later on.'

When asked how he remains positive during challenging days, Br. Gunn told students to think of their ultimate motivation for becoming a teacher.

"The joy of being with students in the classroom, the joy of changing lives, the joy of touching minds and hearts is an incomparable joy," Br. Gunn said. "Remember why you became a teacher in the first place and hang on to that."

At the end of the event, a collection of students from Dr. Small's education classes shared their appreciation for Br. Gunn, describing just how much they love having him as a professor. They also congratulated him on receiving the Br. Arthur A. Loftus Award on April 14, honoring his many years of service as a Christian Brother.

Students and faculty alike left the presentation feeling inspired and eager to incorporate the Edmund Rice pedagogy and the advice of Br. Gunn in their own lives.

Outside Iona

By: Jocelyn Arroyo-Ariza Assistant News Editor

Throughout our hectic student lives, we should always remain aware of what is happening around us. In this column, I find the most significant things going on in the world and provide you with a small blurb of all the important details. Here are some of the major events that have been happening since last issue of The Ionian:

General coronavirus update

As of late, it has been reported that 5,800 fully vaccinated individuals contracted COVID-19. The CDC reports that 7% of those inflected have been hospitalized with 74 fatalities. In the upcoming week, they are expected to publish findings regarding this information. Because of these results, some are questioning if the effectiveness of the vaccine.

However, the breakthrough of infections was expected as all three COVID-19 vaccines currently available are not 100% effective in preventing individuals from contracting and falling ill from this disease. Dr. Fauci told the New York Post that despite the effectiveness of a vaccine there will always be breakthrough infections.

There are other factors to consider before dismissing the vaccine entirely. For instance, the elderly and those with compromised immune systems may be unable to release an immune response and build the necessary antibodies to fight the virus. Additionally, research has found that new variants of COVID 19 are more transmissible and can circumvent the vaccine's protection.

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OUTSIDE

FROM PAGE 1

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Further, accounts that blood clots may be linked to the Johnson and Johnson vaccine has scared the American public. Only six cases of blood clots have been reported out of the estimated 7 million administrated doses. The administration of the vaccine has been paused and there is currently an ongoing investigation.

Information from New York Post and CNN Health.

Adam Toledo

The Chicago Police have released the body cam footage of the officer that murdered Adam Toledo. On March 29, 2021, the thirteen-year-old boy was murdered in the Little Village neighborhood on the West Side of Chicago. The minor was accompanied by Ruben Roman, a 21-year-old man who is being investigated and charged with felonies including child endangerment.

In the video, it shows Toledo begin to raise his hands as the officer Eric Stillman fatally shoots him. The death of the seventh grader has sparked outrage through the country, leaving a grieving mother asking why this police officer killed her little boy. The prosecutor who asserted that Toledo had the gun in his hands when he was shot has been placed on leave, stating they did not review the video properly.

Information from NY Post and CNN Health.

Daunte Wright

A young father, 20-year-old Daunte Wright, was fatally shot on April 11, 2021 by a police officer at a traffic stop in Brooklyn Center, Minnesota. The Minnesota Police Department responded that the incident was "an accidental discharge," explaining that Officer Kim Potter was trying to arrest Wright for his outstanding warrant for expired registration tags. However, moments before the shooting, Wright called his mother claiming he was stopped because he had air fresheners hanging from his rearview mirror. The city's former police chief, who last week contended that Kim Potter had mistaken her taser for her gun, resigned. Potter, who also resigned, was charged with second-degree manslaughter by a prosecutor.

Information from CNN and APNews.

Updates on the Chauvin trial

Only 10 miles from Brooklyn Center, the trial of the police officer involved in the death of George Floyd, Derek Chauvin is taking is place. Furthermore, another connection to Daunte Wright is that Floyd's girlfriend, Courteney Ross, was a teacher's assistant and counselor at Wright's high school.

The trial is expected to move to closing statements and jury deliberations this week. Chauvin is accused of second-degree unintentional murder, second degree manslaughter, and third-degree murder for the death of Floyd. In almost three weeks of testimony, the jury has heard from 45 witnesses from both sides that have rested their cases.

The trial's closing arguments began at 9 am Monday.

Information from Duluth News Tribune and CNN.



Eight places to visit in your 20s

By: Aliyah Rodriguez

Features & Lifestyle Editor

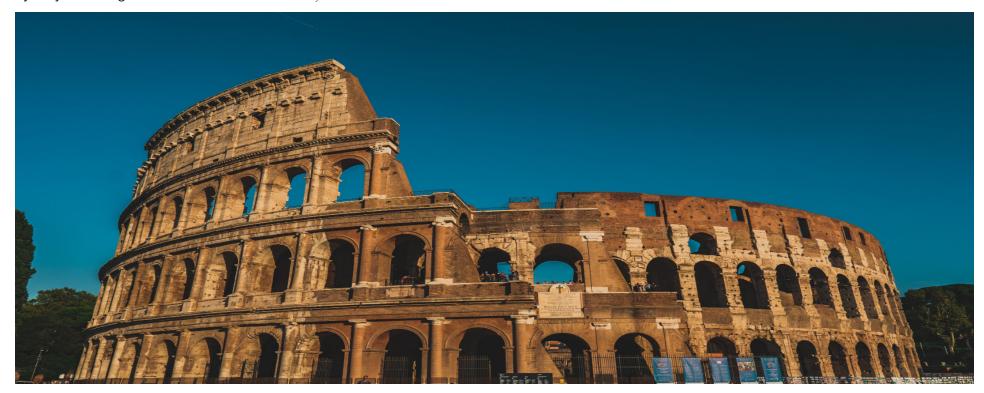


PHOTO FROM PEXELS COM

The Roman Colosseum makes Rome an ideal destination for art and architecture.

The pandemic has put our lives on hold for over a year. With the recent changes in vaccine eligibility, getting back to normal seems more possible as the days go by. After a year of state and city shutdowns, many people are planning on traveling as soon as they're able to. Your 20s are meant to be some of the best years of your life to travel abroad and discover yourself. If you intend on getting on a plane in the near future, here are some international and domestic destinations to keep in mind.

If you're interested in international travel:

Chiang Mai, Thailand

The city is surrounded by the mountains of northern Thailand and is known for its lush landscape and outdoor activities. The historic city center holds dozens of temples, but the most famous Chiang Mai temple – Wat Phrathat Doi Suthep – is outside of the city on the mountainside that overlooks it.

Marrakech, Morocco

Marrakech is known for its labyrinthic streets and vibrant colors and scents. While you're there take a trip to the Medina of Marrakesh, a UNESCO World Heritage site, or get to know the city's culture through

do camel rides in the desert!

Rome, Italy

Rome – otherwise known as the City on Seven Hills – is a place of myths and legends. Home to the Roman Colosseum, the Trevi Fountain and St. Peter's Basilica, Rome is a go-to destination if you're interested in art and architecture.

Cancún, Mexico

Cancún is known for its scenic beaches such as Playa Delfines and La Isla Mujeres. If you're interested in an exciting cultural experience, you can take a trip to Chichén Itzá, a large Mayan ruin that is one of the new Seven Wonders of the World, or you can choose to visit the more accessible El Rey Ruins.

If you prefer to stay in the United States and its territories:

New Orleans, Louisiana

The famous city showcases its French and American culture through food, architecture and attractions. If you're looking to see something in particular, the

its people at the Jemma el Fna – and don't forget to French Quarter is possibly the most famous spot in New Orleans, bustling with plenty of attractions after

Boston, Massachusetts

If you've paid attention in your American history classes, then you'd know that Boston is one of the most historic cities in the United States. While you're there, enjoy some shopping at the Faneuil Hall Marketplace or a walk through the historic Isabella Stewart Gardner Museum.

Honolulu, Oahu, Hawaii

For an Instagram-worthy vacation, Honolulu provides several scenic sites such as the Waikiki and Lanikai beaches. The island gives an opportunity to learn something new with snorkeling or surfing lessons or a visit to the Pearl Harbor Memorial.

Los Angeles, California

The famous city has many sites to see like the Hollywood sign, the Santa Monica pier and Beverly Hills. If you're looking for somewhere warm to visit in the winter, Los Angeles makes it a great place to visit any time of the year because of its great weather.

Tips, trends to create your springtime makeup look

By: Tiffany Persaud

Assistant Features & Lifestyle Editor

While spring has been underway for several weeks now, the weather's fluctuating behavior has left our glam looking like we're still in fall. Spring is seen as the segue into summer, so most beauty-related trends will stay intact up until September. New makeup, skincare and clothing collections have recently just hit the market. With every other seasonal re-brand, you might be left confused trying to figure out what to buy.

Sunscreen is a best-seller at this time of year. Brands like La-Roche Posay, Supergoop, Elta MD and Black Girl Sunscreen create stellar formulas to protect your skin from harmful UV rays and avoid any "white" or "grey casting" on people of color.

Scott Barnes, known as Jennifer Lopez's makeup artist, recommended Neutrogena's Ultra Sheer Body Mist for bodily sun protection that also adds an intense glow to the skin, replicating the result of a glow oil or highlighter.

Foundation, concealer, powder and other products with matte formulas might be needed for heavy-duty days, but springtime beauty is all about letting your skin breathe and recover from the dryness of the colder seasons. Face makeup is often a hit or miss depending on your skin type, but, as long as the coverage is buildable, you can create whatever is comfortable to wear in the warm weather.

Springtime calls for color, so don't be afraid to add some color to your eye makeup. If you're not

a professional with pigment, an eyeshadow pen is more doable. E.L.F, Laura Mercier and Urban Decay offer an array of glitters, metallics and mattes for the eye, and pencils make application a

Spring is often students' favorite time of year to debut new outfits and new makeup, and junior Laura Arroyo is no stranger to switching up her makeup for the season.

"My beauty advice for any springtime look is to look for hydrating products that give your hair and skin a fresh glow," Arroyo said. "My go-to products for the warm weather are rose water spray, a tinted moisturizer or CC/BB cream and clear lip gloss."

College students are often on a budget, so Ulta is the ideal cosmetics store for them. They have an amazing rewards program that lets you gain points that convert into actual money that you can put towards purchases. Luxurious storefronts like Sephora sell products that are in the higher price range, but Ulta carries both luxury and drugstore brands that appeal to all audiences.

While the fall and winter are reserved mostly for sweats and other laid-back looks, spring is a time to embrace colors and put your best foot forward. Spring beauty is a year-round concept, however, so don't limit yourself just to this time frame. If spring beauty trends aren't your thing, forget about what's in and put on whatever makes you happy.



PHOTO FROM @ULTABEAUTY ON INSTAGRAM Colorful eye looks are what's in this spring.

A beginner's crystal healing guide

By: Tiffany Persaud

Assistant Features & Lifestyle Editor

Crystal healing isn't new in most corners of the world, but it has recently gotten more attention than before. Mostly perpetrated on social media, using crystals has become a daily practice to enhance affirmations, mental well-being and spirituality.

Crystals are scientifically just fossilized minerals and there are various kinds of crystals; each one has a different color and purpose which corresponds with one of the seven chakras and twelve astrological signs.

Choosing your crystals can come easily - you can get the ones you're naturally drawn to or pick based on what you personally need the crystals to help with.

Some popular crystals include:

Rose Quartz - heart chakra, attracts kindness, compassion and romance (Taurus and Libra)

Black Tourmaline - root chakra, promotes mindfulness and general protection

Tiger's Eye - sacral chakra, helps discover courage and discipline (Aries, Capricorn and Scorpio)

Turquoise - throat chakra, promotes communication and self-expression (Sagittarius, Pisces and Scorpio)

Amethyst - third eye chakra, boosts connections to one's spirit and intuition (Aquarius, Pisces, Virgo and Capricorn)

Selenite - crown chakra, consciousness, wisdom and bliss (Cancer)

Citrine - solar plexus chakra, enhances self-esteem and passion (Geminis, Aries, Libras and Leos)

After purchasing your crystals - which can be from holistic shops or online sellers abroad – you'll need to set your intentions. What is the purpose of your new crystals? How do you want their powers to affect your life?

Demanding and forcing your needs onto something as delicate as a crystal might reverse its purpose and worsen what you're trying to heal, so keep an open mind while using them. Keeping your crystals underneath your pillow, holding them during meditation, wearing them as jewelry and carrying them in your purse are all simple yet meaningful gestures to enhance their vibrational frequencies.

Senior Alessandra Manganiello believes that after years of using crystals, she's able to conform to their powers in whichever way benefits her. Her personal favorite use is finding comfort through her crystals.

'There is a crystal to help with anxiety, crystals to help study for school when used properly, crystals for self-love and even protection," Manganiello said. "I think it's important to realize that crystals are more than just for healing and manifestation purposes, but can also serve in a way as a sort of psychology tool to ease your mind and

let things work in your favor."

Once you bring your crystals home, it's important to cleanse them to ward off any negative energies of whoever else has touched them. The most common way to cleanse is to put your crystals in a distilled glass of salt-water.

It is important to note that crystals will not medically cure a terminal illness. Skeptics believe that crystals are just rocks that hold no powers as there is no hard proof of crystals holding metaphysical properties. The debates on whether crystal healing is a pseudoscience or not are valid, but the fact remains that there are countless religions that use metaphysical entities in their practices, so using crystal healing is just another individual choice.



PHOTO FROM PEXELS.COM

There are plenty of crystals to choose from, but crystals like rose quartz, amethyst, and selenite

How to get involved, celebrate Earth Day this year

By: Katherine Daly

Staff Writer



PHOTOS FROM @EARTHDAYNETWORK ON INSTRAGRAM

Earth Day is commemorated on April 22, and it serves as a timely reminder of the importance of protecting our planet for the future. The first Earth Day was held 51 years ago in 1970 in the midst of a social revolution that finally brought the protection of the environment into the national discussion

We've come a long way in our awareness of environmental issues and our willingness and ability to act. However, there is still a long way to go if we want to ensure that our planet is safe. Today, the fight for a clean environment continues increasing urgency, as the ravages of climate change become more and more apparent every day.

Young climate activists from around the world such as Greta Thunberg, Xiuhtezcatl Martinez and Vic Barrett have been calling attention to the growing conflict, showing that younger people care about their environment and want to make positive change.

Those activists aren't the only ones concerned about the climate crisis. Iona college students like senior Willow Lopez-Silvers are also keeping aware of the issues.

"It's something that we've been hearing about for a long time, but I think because it's not personally affecting people, they don't want to do anything about it," Lopez-Silvers said. "I think appropriate change is needed and I'm remaining hopefully optimistic."

Despite evidence of climate change, there are many who believe that we are not doing harm to the planet. Activists and many others observing the research, like sophomore Myles Chiarello, believe that the crisis deserves more attention.

"The environment is definitely a big issue and I think people should turn their attention to it,' said Chiarello.

Our planet is an amazing place, but it needs our help to thrive! That's why Earth Day is the perfect opportunity to learn about important ideas, such as going green and reducing, reusing and recycling.

Here at Iona, there are studentrun clubs and organizations that focus on environmental issues and sustainability, including IC Green and the SGA's Green Initiatives Committee. This year the Office of Student Development has created a list of programs taking place in honor of Earth Day too, so keep an eye out for these events.

Earth Day should motivate us to keep fighting against climate change and encourage us to partake in small acts of kindness - especially for our environment. If you still have to wonder why Earth Day is important watch your friends play ball in the gym, go for a walk, or simply just stand outside and fill your lungs with fresh air until they're fit to burst - these are the things climate activists are fighting to preserve.

Earth Day is an opportunity to learn about and advocate for environmental concerns.

HONIAN

Vol. 103 No. 3 March 11 - March 23, 2021

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Focusing on positives during the pandemic

By: Matthew Chaves Sports Editor

The COVID-19 pandemic has changed how the world functions forever. It's a well-known fact that many have come to realize and digest during these quarantined times. People have had a lot of time to think while they've been cooped up in their houses.

I think it's not all gloom and sadness though, when we look at what has changed in work culture since the pandemic started.

Remote work has always been a reality since the Internet took hold on the world. People have been working from home for over a decade now, but it's only been something that's kind of niche amongst certain industries.

Before the pandemic, many people would see working from home as not having a "real job." A perfect example of this is the role of content creators. These are people who stream on Twitch or make videos on YouTube or TikTok. The notion was that these people don't have real jobs, they just stay home and goof around.

This stereotype of working at home has since flipped.

Working from home is the norm now. People have learned to

make their leisure and workspaces the same. For example, you work where you relax and vice versa. It's a tough mental barrier to get through for some, including myself.

At the beginning of the pandemic, it was tough treating where I go to relax, play video games and watch YouTube videos as an area where I have to hunker down and get work done. It felt like the one place I got to do all those things got robbed from me, amongst many other aspects of my life robbed by COVID-19.

Now, I've learned how to mentally balance when I work and



CHAVES

when I relax here at my setup. I have a system of my own that I use to answer and send emails efficiently as well get work done on a timely, organized manner. I've learned new work skills in this time quarantining.

Additionally, I've been able to work on my cooking skills. I've learned a bunch of new dishes to cook for my family and myself. I made a lot of dishes for the first time ever in the past year. I also opened myself up to investing in the stock market. I've learned a lot about finances, savings and retirement funds, some stuff I probably never would've thought of if I didn't spend as much time as I have this past year in front of my computer screen.

This is only my personal experience of learning how to better balance my work and leisure life. I'm not one of the many people who have picked up new trades, created new livings for themselves, succeeded in fulfilling their dreams or achieved goals despite all of the obstacles put in front of us in 2020.

It's the opportunity to learn these skills that shows the good side of this pandemic. This isn't to say it hasn't brought about a lot of bad. We all know that we would rather live in a world without a deadly virus floating about. But it's these rays of light in periods of darkness that help us get through the rough times and come out on the other side better than we were before going through it.

Interested in contacting The Ionian's Matthew Chaves? Email mchaves1@gaels.iona.edu.

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Dance ensemble's spring production explores social issues through vibrant performances

By: Joseph Ferrer

Arts & Entertainment Editor

The Iona College Dance Ensemble's spring 2021 production, "Social Justice in Motion," premiered virtually on April 14 and featured a variety of performances that emphasized and advocated for change and progress.

Each piece highlighted a different social issue and uniquely communicated the feelings surrounding it through song and dance. The first performance of the showcase, "Screaming Out Loud," highlights and examines social issues such as mental illness through the use of the limited environments and spaces in which each student performed.

"Together In One Earth" emphasizes the desire and need for people to be heard and understood through each dancer's movement and performance.

While the coronavirus pandemic barred the ensemble from performing a completely in-person event, students were still able to come together and produce a showcase for the Iona College community. Dances were performed from students' homes and various locations outside on campus. Some dances were even able to be performed on stage with groups of performers given social distancing requirements.

Each movement within showcase stands out in its own unique way, such as the "Shine Shoes" tap dancing routine or the outdoors group performance of "In the Heights." These two performances in particular were contributions from guest artist Lisa Harvie. The showcase featured a wide range of musical genres from jazz and orchestral pieces to more contemporary songs as well. Through their performances, students were able to uniquely express themselves and their views on crucial issues within our society today. Director of the Iona College Dance Ensemble, Dr. Hannah Park writes on

how important and rewarding it was to help give students this opportunity. "As a director, it was an honor to witness the dancers reflecting on an issue important to them through sharing, dance making and performing," Dr. Park writes. "It is my hope that the program will provide joy, light and appreciation of the art of

dance." "Social Justice in Motion" is now available to view through the Council of the Arts' page on Iona's website.



PHOTOS FROM IONA COLLEGE DANCE ENSEMBLE

ICDE Spring 2021 in-person dancers posing with Dr. Park and Dr. Harvie.

'Two Distant Strangers' is standout short film that highlights dark realities of police brutality

By: Joseph Ferrer

Arts & Entertainment Editor

Premiering on Netflix this month after its 2020 release, "Two Distant Strangers" is an incredibly unique and well-directed short film that is already an Oscar nominee. Within its nearly thirty-minute runtime, the film uses its time-loop premise to examine the incredibly harrowing and important issue of police brutality within America.

The plot centers around young graphic designer Carter James (Jo-Vaughn Virginie Scott) who after staying the night with a friend, runs into a dangerous encounter with NYPD Officer Merk (Andrew Howard) in which he loses his life. However, Carter wakes up back at his friend's home immediately afterward and finds that time has reversed itself. Throughout the film, Carter repeatedly attempts to relive the scenario in different ways and tries to return home but continuously loses his life to the same police officer.

"Two Distant Strangers" uses its time loop premise extremely effectively and feels like an episode straight out of "The Twilight Zone." The great acting from the protagonist also brings to life the desperation of the situation. No matter what he does differently, the situation always ends the same way, and you can visibly see through Jo-Vaughn's performance how much of a mental and emotional toll it has on him. Even with the supernatural time element of the film, "Two Distant Strangers" depiction of police

brutality is unsparingly realistic and it takes its subject matter incredibly seriously, so much so that the film may be triggering to some. However, the short film smartly dissects and analyzes the topic at hand, and its message of trying to come to an understanding and talk to one another as human beings to acknowledge and overcome racial inequality

The cinematography helps emphasize the direness of the protagonist's situation. Given the length of the film, every shot becomes crucially important, and the film capitalizes with this by giving everything a reason to be shown. Miniscule details that the film subtly highlights during conversations and in the background hint towards crucial moments in each scene as the film goes on. The film also uses this technique during specific points to give a voice to several notable victims of police brutality by placing their names in subtle but natural places within different scenes.

"Two Distant Strangers" is memorable not just for its unique narrative premise but also for how it puts into perspective one of the most troubling social issues within our nation today.



PHOTO FROM SHORTSTV

Netflix's 'Concrete Cowboy' saddles up, cements itself as an engaging, emotional drama

By: Joseph Ferrer

Arts & Entertainment Editor

Based on the novel "Ghetto Cowboy" written by Gregory Neri, Netflix's "Concrete Cowboy" is a thoroughly engaging Western drama that explores a strained family relationship using urban horseback riding as the plot's foundation. The film is a fictionalization of the real-life Fletcher Street Urban Riding Club in Philadelphia. Several of the film's actors are actual members of the horse-riding group, and the film helps bring light on the culture that they've carried with them.

"Concrete Cowboy" follows 15-year-old Cole (Caleb McLaughlin) after his mother dumps him in Philadelphia to live with his estranged father, Harp (Idris Elba), after continuously starting fights in school and consequently getting expelled Harp helps run an urban horse riding club that is at risk of being shut down by the city in order to use the land for real estate. Upset with his father's abandonment of him, Cole joins his friend Smush (Jharrel Jerome) but throughout the film Cole finds himself having to choose between staying with his father's ranch or dangerously risking his life on the streets with Smush.

"Concrete Cowboy" handles the conflict of its plot's family issues extremely well, showing faults with how both Cole and Harp handle the situation. The film manages to capture the hurt both characters feel and show how serious and sad having an estranged father can be. This tension ultimately becomes rewarding as Cole slowly starts to find his place within the horse riding club that his father owns.

The story uses its cowboy setting not only to develop its characters but also explore the Black roots of one of the most uniquely American cultural aspects. The film emphasizes how cowboys and horseback riding were predominantly Black-dominated throughout history and that the club exists to help preserve the history and their culture. The use of live horses throughout the film is also impressive and all of the actors work extremely well with all the live animals. The film's cinematography helps elevate this as well and brings out the uniquely urban feeling of the ranch as well as the film's darker moments.

"Concrete Cowboy" doesn't shy away from its most serious aspects, particularly when it comes to Cole's dilemma with Smush. The film emphasizes the severity of the situation and how dangerous Smush's life on the streets is, leading to some incredibly emotional moments during the film. The film is emotionally engaging throughout most of its nearly 2-hour runtime, however, during the movie's more climactic moments, it becomes difficult to take it seriously due to certain characters not facing consequences that they should for their actions.

"Concrete Cowboy" is an entertainingly emotional drama with a unique, horse riding premise that it fully takes advantage of in order to tell a compelling story.





noticeable.

and a shots-per-game

of 12.7. From this data,

a couple of things are

get a higher shots-on-

goal percentage this

season with significantly

less attempts. In the

2019 season, there were

115 shots in 7 games.

This season, there were

only 89. The Gaels are doing a great job

creating chances in front

with the subsequent

results from these games

and the shot percentage.

Their percentage goes

down by 0.038 percent, which may not seem like

a lot, but is the difference

between above 0.500

and below. The Gaels are

capable of peppering the

goal with shots time and

again. What's missing is

the fact that they haven't

been able to get nearly

The negative comes

of the goal as well.

On the positive side, the Gaels were able to

Men's soccer finishes spring season

By: Matthew Chaves

The Iona College men's team capped their season with a 4-1 loss against Rider in the Metro Atlantic Athletic Conference championships on April 11.

The loss ends their season with a 2-4-1 record. They finished with a .417-win percentage, down from last season's .650-win percentage. The difference has come for a plethora of reasons, most notably the shortened season brought on by the COVID-19 pandemic.

Since the cancellation versus Marist on April 1, the Gaels went 1-1-1 in the next three games. They won 2-1 against Siena, lost 3-5 against Quinnipiac and, in ironic fashion, tied against Saint Peter's 1-1 after a double overtime. For context, the Gaels beat Saint Peter's in overtime to win the MAAC Championship for the first time in the program's history in the 2019 season.

This final loss to Rider showcased the Gaels' weakest aspect of their game: their finishing. Taking a look at the record, the only two wins for the

Sports Editor



Iona men's soccer team huddling up during their March 25 game against Manhattan College at Van Cortlandt Park in Riverdale, NY.

season.

as many as they'd like in the back of the net. To be fair, this season's team is entirely different from the 2019 team. There were 10 changes to the roster, so it's safe to say the Gaels are trying to do things differently now. Nonetheless, this season was a good way for coach James Hamilton to see the weaknesses he needs to work on with his team and hopefully patch them up by recruiting new players and getting those already on the team to better follow his philosophy come the next

Gaels were 2-1 victories, with one of them being in overtime.

Against Monmouth on March 21, in their overtime win, they got 13 shots off with eight on target. Against Siena on April 3, they got 15 shots off, with eight on target. Short of great performances from these teams' goalkeepers, the finishing is not what it needs to be for a team to defend their championship.

In just the first seven games of the 2019 season, the Gaels had a shot percentage of 0.139, a shots-on-goal percentage of 0.435 and a shots-per-game of 16.4.

For this season, it was a shot percentage of 0.101, a shots-on-goal percentage of 0.438

Iona rowing in full swing after months of training

By: Giovanni Paolo Tagliafierro Assistant Sports Editor

The Iona men's and women's rowing season is underway as they look to finish the shortened season on a strong note.

Iona rowing has competed in three races so far this year, the first being against Stockton University at the Intracoastal Waterway Atlantic City Boathouse in New Jersey on April

The Gaels' women's team took part in three races in cold conditions and strong winds that day, while the men's teams competed in two. The races were 1800 meters in distance.

The women's team found the most success at Stockton in the varsity four race, winning with a time of 7:00.02. The boat was made up of graduate student Juliann LoRusso, junior Jasmin Schons, sophomore Erienne Peters and junior Erin O'Brien. Sophomore Jasmin Ceja-Vega served as the boat's coxswain.

The men's team proved equally successful in the varsity four race, beating Stockton by 16 seconds. The boat featured senior Dylan McMahon, junior John Swanson, junior Francis Acolitse and sophomore Sergey Karpov. Freshman Hayden was the boat's coxswain.

The Gaels got much-needed time in the water at the Stockton meet, head coach of the women's team and assistant coach of the men's team John Boyd said in an interview via phone call. The teams' lack of access to their boathouse at Glen Island Park in New

Rochelle greatly hindered the teams' in-water training, which usually takes place throughout the fall in preparation for races in the

To make up for this lack of actual rowing, the staff had to find new ways to keep the team motivated throughout the fall conditioning period, according to Boyd.

"Rowing is a really hard sport," Boyd said in the interview. "Engagement was something that was high on the priority list."

One way that the coaches kept the teams busy was by having the men and women train for and run a half-marathon, according to Boyd, who had plenty of praise for the hard work and dedication that his rowers were putting in throughout the adjusted season.

Boyd also highlighted the shift that the men's program is undergoing, transitioning into becoming a more light-weight team. Although the team is in what he described as "year one" of this transition, the success of the men in the varsity four at Stockton is a testament to this light and fast

The next race of the year for the Gaels was the Sacred Heart Invitational on April 10 on the Housatonic River in Connecticut.

The women's varsity four won for the second-straight week, coming in at a time of 8:07, ahead of Sacred Heart, the United States Merchant Marine Academy and Fairfield. The women's varsity eight showed improvement, placing in third with a sub-eight minute finish in the race.

The men's side only raced in the varsity four event, and they finished in third with a time of 7:07.05.

On Saturday, the team took part in a meet hosted by Manhattan College at New York Racing Association Overpeck Lake Training Center in Ridgefield, NJ. The women's team raced against the Jaspers, Sacred Heart and Fairfield.

The meet was a 2000-meter race, and the women's team had a tough day in the water, placing last in both of their events. It was an equally-tough day for the men's team, but the one bright spot was the performance of the novice four plus, who finished right behind Fairfield's novice boat.

The team looks forward to their first home meet of the season at Glen Island Park on May 1. Iona will host Manhattan and USMMA for the meet.



PHOTO COURTESY OF MARK CONRAD

The Iona women's rowing team's varsity four boat during their race at the Sacred Heart Invitational at the Housatonic River in Connecticut on April 10.

SPORTS

QUOTE OF THE ISSUE

"Just keep going. Everybody gets better if they keep at it."

- Ted Williams



Gaels wrap up Metropolitan Championships

By: Matthew Chaves

Sports Editor



PHOTO COURTESY OF ICGAELS.COM.

Freshman Nico Sinofsky running during the Metropolitan Championships on April 9th at Icahn Stadium.

The Iona College track and field team finished their meet at the Metropolitan Championships on April 9.

This is the third event finished for the women's side and the fourth finished for the men's side.

On the first day of the event, Iona took place in the 1,500-meter and 5,000-meter events: four women lacing up for the 1,500-meter and one man and one woman competing at the 5,000-meter. Junior Olivia Lazarou, sophomore Maya Richardson, graduate student Hannah Molloy, freshman Holly Smith and freshman Jamie Gudyka were the five who represented the Gaels in the

1,500-meter.

Lazarou led the Gaels with a finishing time of 4:55.40, coming in fifth overall. Richardson and Molloy ended 10th and 11th respectively. Richardson clocked in at 5:06.49 and Molloy at 5:07.80. Gudyka, in her first ever outdoor even at the collegiate level, finished at 5:20.15, putting her 14th out of 17 total. Smith was unable to finish the race.

Sophomore Madison Klein finished her race at the 5,000-meter event at fourth place out of six, with a time of 18:47.37. On the men's side, sophomore Peter Schulten finished fifth out of 10, with a time of 15:22.61.

On the second day, freshman Tonian Fullerton, graduate student Egle Morenaite, sophomore Bria Oatman and senior Sophie Murphy represented the Gaels in the 100-meter sprint and 400-meter event. Fullerton and Morenaite finished fifth and sixth respectively out of six, with times at 14.26 and 15.86 respectively.

Oatman and Murphy finished fourth and 10th respectively, with Oatman bringing in a 1:00.67 and Murphy finishing at 1:05.85.

For the men, freshman Jeremy Scott, senior Prince Forson, sophomore Jadyn Tabois and senior Kevin Fullerton were the four Gaels to make up the team in the 4x100-meter relay. The team ended up being disqualified because they went out of their lane in the race.

Freshman Jordan Providence ended up being the highlight performer for the Gaels with a 100-meter sprint time of 10.80, his best performance this season. The personal-record sprint was rewarded by Iona as they named him Student Athlete of the Week. His teammate, sophomore John Conroy, clocked an 11.30 in the same race.

Fullerton and Scott also ran in the 200-meter dash. Fullerton finished with a time of 22.64 seconds while Scott clocked in a 23.22.

At the 4x400-meter relay, freshman Nick Sinofsky, alongside Conroy, Tabois and Providence, finished second in their race with a time of 3:25.27. Sinofsky also ran in the 800-meter event, clocking in a time of 1:59.34, 14th out of 19 runners.

The only two field events Gaels took part in were discus and shot put. Fullerton tossed her discus for 28.79 meters and Scott launched the shot put at 10.64 meters.

The next event is the Metro Atlantic Athletic Conference championship on May 8.

Women's soccer falls to Siena in MAAC Tournament

By: Lachlan Wellington Contributing Writer

The Iona Women's soccer team's season came to an end after losing 0-3 to Siena in the first round of the Metro Atlantic Athletic Conference Tournament. It was the Gaels' first time back in the playoffs since 2013.

The Gaels finished the season with an overall record of 1-4-1 and 1-3-1 in MAAC regular season-play. The effects of the COVID-19 pandemic meant the Gaels were only able to play five games during the regular season.

The COVID-19 pandemic also meant that the season was played in the spring where it would normally be played in the fall.

The first match of the season for the Gaels was a 0-3 loss to Monmouth at Mazzella Field. The Gaels showed improvement in the second game of the season where they tied against Monmouth at Mazzella Field. Fifth-year senior Nicole Whitley scored Iona's first goal of the year in a 1-1 draw.

The Gaels' next game was an away fixture against Siena at Hickey Field which the team lost 0-6. The Gaels were then due to play Marist, but this game was canceled. The following game was a 0-2 loss against Canisius.

During the Gaels' final game of the regular season they managed to pick up their first victory of the season against Saint Peter's, at Caven Point Field. The Gaels had trailed 0-2 at the half before a penalty scored by Nicole Whitley put them back in the game. Whitley scored her second goal with 13 seconds left in the final period and sent the game to overtime

During the first period of overtime, Iona's Kiera Haggerty completed the Gaels' comeback with a goal that put the team in front 3-2. St. Peter's was unable to respond, and the Gaels recorded their first victory of the season.

The victory against Saint Peter's meant that the Gaels qualified for the MAAC Tournament for the first time since

2013, as the number 8 seed. This set up a game against number-one seed Siena in the quarterfinals.

The game against Siena was played at Hickey Field in Loudonville, NY. The first half of the game was close and the Gaels managed to keep the Saints scoreless until the 39th minute, when Siena took the lead. The Gaels stayed in the game until the 77th minute where Siena scored their second goal and put the game almost out of reach for the Gaels. The Saints then finished the game off with a third goal in the 85th minute to send Iona out of playoffs.

The Gaels' return to the playoffs this year showed improvement from recent seasons. They will hope to keep improving next season to hopefully get a better seed in the regular season and make a tournament run.



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