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Students engage in Spring fun on campus

By: Jocelyn Arroyo-Ariza *News Assistant*



PHOTO COURTESY OF JOCELYN ARROYO-ARIZA
Students participated in an Easter egg hunt on campus.

Iona’s annual Easter egg hunt was once again a success as students blissfully searched for golden eggs. Though the hunt looked a bit different, there was the same amount of energy and commitment. Only six lucky students found the coveted golden eggs, winning special prizes. Both days of the hunt were filled with fun and excitement spreading the entire campus as students searched for any clue of the eggs. The eggs contained stickers, miniature toys and candy.

“There were eggs everywhere, especially on East Hill,” said Silverberg. “We found one of the eggs in a pot on the stoop of Montgomery.”

After the two-day search for the golden eggs, those who were on campus enjoyed typical spring activities from the comfort of their dorm rooms or common halls.

April 2 treated the Gaels with egg decorating at LaPenta and Loftus Hall. The two-hour session produced creative master pieces. Colorful eggs decorated the campus, showcasing the imagination of Gaels. Holy Saturday was all about Easter Baskets. LaPenta was once again filled with eager students getting free tasty sweets to fill their Easter baskets.

Coloring was another springtime activity offered to Iona students. Coloring has been scientifically proved to release stress with adult coloring books gaining some traction. Gaels had the option to stay at LaPenta or gather with fellow students. Finally, to conclude the Easter activities, residents experienced the comfort of making DIY cookies from their building’s lobby. These festive treats were well received as spring break came to a close.

As we celebrate the second Easter of the COVID-19 pandemic, Gaels gathered following all New York State guidelines to commemorate the holiday. Throughout late March and early April, students were treated to some activities to ease the stress of midterms.

Before students headed home, Iona planned to keep the student body entertained. Here are some of the highlights of these Easter activities.

Iona launches food delivery service for residents

By: Joseph Ferrer *Arts & Entertainment Editor*

*Disclaimer: This article is part of the Ionian’s April Fool’s issue and is meant solely to be a joke * Happy April Fool’s!

Iona College has announced “Gourmet 4 Gaels,” a new food delivery service exclusively for Iona students.

Gourmet 4 Gaels is being offered as an exclusive benefit for those who have Iona’s meal plan.

Students can use the app to order food directly from the Vitanza Dining Commons and the LaPenta Marketplace and have it delivered to their residence halls or anywhere else on campus.

Iona College recognizes how important food delivery services have been throughout the course of the pandemic and the service was created to help Iona students by providing contactless delivery and pickup options as well.

Dining options aren’t only limited to on-campus eateries as the app takes advantage of the wide amount of

restaurant options throughout North Ave. Any restaurant that currently accepts Iona College’s off-campus dining meal plan can also be ordered through the app as well. Iona College not only plans to support local businesses through the service but also gives more incentive for restaurants to join the meal plan as well.

Despite the service having an extremely limited demographic of college students within New Rochelle, the app has the potential to directly compete with nationwide services such as Uber Eats and Grubhub. This is largely due to

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Love Island USA seeking applicants from Iona College for season three

By: Stacey Franciamore *Editor-in-Chief*



Love Island starts out with five single men and five single women, but can have up to as many as 40 people on standby to bring in throughout the show.

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Love Island USA is returning for a third season and is currently looking for contestants. The reality television series is reaching out to a select number of colleges and universities across the nation to encourage students who are single and ready to mingle to send in their applications, and Iona College is on their list.

Love Island USA is the American version of the popular Love Island

UK reality television show. Contestants - five men and five women - are sent to a remote location where they stay in a luxurious villa. They lounge around the pool during the day, play games and party at night, but the ultimate goal is to find love.

The producers of the show believe college students are within their target audience.

“We want to attract more college students,” Executive Producer of Love Island USA David Eilenberg says. “Iona College is within the location we’re interested in getting contestants from and seemed like the perfect place to get applicants.”

Applications can be filled out online at <https://loveislandusa.com/ionacollege> and should be submitted before May 28. Applicants need to go through an interview process and ensure they can vacation for 32 days to film the show.

The first season of the show was set in Fiji and the second one took place in Las Vegas because of the COVID-19coronavirus pandemic, but season three of the series will actually take place on an island. The contestants will be flown out to the tropical aAloha sState of Hawaii.

Although the premise of the show is to find that special someone, it’s still a game with many rules and restrictions. The islanders are unable to contact anyone from the outside world and spend every day under 24- hour surveillance as they get to know a group of strangers who either become their closest friends or their enemies. The contestants not only spend every day together, but they even share a room and a bathroom.

The main point of the game is that the islanders must couple up, and if they don’t find a connection they’re dumped from the island and new people come in to not only stir things up, but to form new connections. At the end, only a few couples remain. The winning couple gets \$50,000.

Do you think you have what it takes to be on Love Island? Or better yet, do you think you can find love on Love Island?

Iona College develops Gaels-only dating app

By: Aliyah Rodriguez *Features & Lifestyle Editor*

*Disclaimer: The following article is meant to be taken as joke partaking in April Fool’s Day

With the pandemic causing detrimental changes to students’ social lives, dating on campus has taken a major hit. Iona College has heard the complaints from students begging for their social life to get back to normal and has decided to handle this dilemma digitally.

Gael Connect, the official Iona College dating app, will be launching for iOS and Android devices mid-April. The college’s computer science department has worked tirelessly since August to bring this app to the campus, and recent pilots in game development classes have finally made it a reality.

The app will function similarly to other popular dating apps like Bumble or Tinder, except that only enrolled Gaels will be able to use it. With Gael Connect, students will be able to create personalized profiles based on their interests such a favorite colors, favorite foods and favorite places to hang out on campus and in the New Rochelle area, as well as their majors.

Online dating has experienced a lot of criticism in recent years for offering too much choice, allowing platforms for quick hook-ups

and treating dating as a meat market but Gael Connect intends on putting all those negative connotations to rest. Recent studies show that online dating is improving the potential for romantic compatibility by broadening users’ options in romantic partners.



Iona’s Gael Connect will allow students to make connections on campus..

A 2019 Pew Research Center Poll shows that 30% of adults say they have used a dating site or app – including adults ages 18 to 24 on college campuses who are traditionally expected to have a greater chance of meeting romantic partners through friends or school. Everything

isn’t positive with dating apps, however, as 57% of female users ages 18 to 34 report being sent a sexually explicit message or image they didn’t ask for.

So how will Gaels protect themselves from negative interactions such as unsolicited attention and verbal abuse from scorned lovers through the app? Unlike broader dating apps like Tinder, Gael Connect will also have a feature that allows students to report others for inappropriate behavior and the campus will directly contact accused students to discuss allegations.

The Ionian will also now feature a section highlighting romantic connections made through the app.

Freshman App Annie was pleased to hear about the campus’ new initiative.

“I’m very excited about this,” Annie said. “I thought I’d meet my true love at Iona, but I haven’t had any luck this year, maybe Gael Connect will help!”

Gael Connect will be coming to a smart device near you. Keep an eye out for Iona’s official announcement about the app’s launch later this month.

Iona College creates new COVID-19 vaccine

By: Margaret Dougherty *Managing Editor*

*Disclaimer: This article is part of the Ionian’s April Fool’s issue and is meant solely to be a joke * Happy April Fool’s!

Iona College recently announced that they will be rolling out the first doses of their own COVID-19 vaccine after the FDA finally granted emergency use authorization. The vaccine was created by biology students in conjunction with the chemistry and nursing departments. The creation of the vaccine began in January 2020, and the students have not ceased since. Unlike the employees at Pfizer, Moderna and Johnson & Johnson, the Iona vaccine team had limited resources and funds. However, the ingenuity of the students resulted in an efficient vaccine in remarkable time.

Just like the Pfizer and Moderna vaccines, the Iona vaccine requires two doses. Recipients should wait three weeks in between their shots.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases and chief medical advisor to President Biden, was shocked by the story of the Iona vaccine.

“It’s really quite amazing to think that a group of students would be able to create protection against one of the worst pandemics in centuries without any funding or government assistance,” Fauci said. “It is truly one of the greatest success stories of the pandemic.”

Clinical trials of the Iona vaccine were conducted on test dummies in the nursing labs and the efficacy rate was found to be a stunning 100%. None of the dummies contracted the coronavirus or needed hospitalization.

There has been some public concern about the safety of the Iona vaccine considering the manner in which the trials were held and the fact that it was created by college students.

“I don’t know if I’m willing to have a vaccine injected into my body that was not tested on a single breathing lifeform,” junior Anne Tivaxer said.

However, health officials are assuaging the public’s unfounded fears. “There is no need to be worried about the Iona vaccine,” Fauci said. “The trials resulted in incredible numbers and I trust that these students know exactly what they’re doing.”



PHOTO FROM PEXELS.COM.
The Iona College vaccine has a 100% efficacy rate.

In a ceremony last week, Killian became the first official recipient of the Iona vaccine. After Killian’s vaccination, rollout of the Iona vaccine will first be offered to all full-time students before being used on the general public. The Iona community is thrilled to be receiving national attention through these vaccinations and many students feel lucky to have such an opportunity. “I’m so blessed to be receiving the Iona vaccine next week,” sophomore Ann Tibodies said. “I hope that everyone will take this chance

to get vaccinated so we can return to normalcy soon.” Iona students can take advantage of this special privilege by accessing the Gael Care app and selecting the “Iona vaccine” option. Appointments are currently being scheduled at Burke Lounge, the Endzone, the LaPenta School of Business and Mulcahy Gym.

DELIVERY

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For a premium price, students have the option of having their order be delivered to them by none other than Killian himself. For an even higher price, students will even have the option of sharing their meal with Killian. Sophomore Elijah Borges describes his life-changing experience with Killian’s service, and how it not only gave him a meal but also a friend. “One day I was in my room, feeling lonely, so I decided to use the Iona Gourmet 4 Gaels Premium Option and eat with Killian and boy was it life-changing,” Borges said. I never thought that eating lunch with a 7-foot tall mascot would be fun, but I truly am a changed man because of

it.” Gourmet 4 Gaels also helps support student employment by providing delivery jobs to students on campus. Sophomore Jamie Sullivan shares her experience working on campus with the delivery service and how she feels it’s a great way to support the Iona community. “Gourmet 4 Gaels is the best option for student employment on campus that no one knows about,” Sullivan said. It’s so rewarding to help out my fellow Gaels in a way where they feel as if nothing’s changed at all.” Gourmet 4 Gaels is currently available on all mobile devices.

John Mulaney to join Iona as Assistant English Professor

By: Jocelyn Arroy-Arriza *Assistant News Editor*

*Disclaimer: The following article is meant to be taken as joke partaking in April Fool’s Day

Gaels would like to welcome Iona College’s newest staff member John Mulaney. The comedian, who is best known for his time on SNL and standup routines, has decided to try something new - becoming a professor.

Mulaney, who received his English degree at Georgetown University, is ecstatic about this new opportunity.

He has not been shy about his college experience, revealing bits and pieces in his comedy specials from time to time.

“I was student not that long ago,” Mulaney said. “Seventeen years to be exact. I do miss sitting in a classroom thinking of all the possibilities and all the opportunities that would soon come my way. College is a special place where you often question yourself, but come out stronger as a result.”

Like many of us, he has picked up new hobbies during the pandemic. For Mulaney, it was teaching classic literature to his adorable French Bulldog Petunia.

“I read her everything from Aristotle to John Green,” Mulaney said. “I am quite proud of myself.”

Realizing he was pretty good at it, he decided to take some Zoom classes. Mulaney was surprised how quickly things progressed from his virtual learning environment to teaching in person in the fall.

“The upcoming semester will be challenging especially with less than 30 credits to my name, but I am sure that the Iona family will make this an incredible and unforgettable experience,” Mulaney said. “I have faith in my students more than I do myself.”

Mulaney will be teaching several classes with registration opening April 30. In fact, he will be teaching three classes, including the one that he is personally developing, English 1001: Intro to Remaining Literature Relevant. This course will feature how to keep up date with the latest trends in the book community and help you check off those books from your to be read list. English 1001 will also include what Mulaney finds personally appealing in the age of e-books.

“My mother is a law professor,” Mulaney said. “I learned a lot from her and I hope to share that knowledge with my students.

Several Gaels have admitted how shocked they were as news hit campus, noting how strange of a career move it is for the comedian.

“I just binged “Big Mouth” last week, and now you are telling me he is coming to campus!”said an excited sophomore. “I hope I at least can say hello next semester.”

“This is my last year at Iona, I wish I could have taken one of his classes,” a senior said. “Thankfully one of my friends is thinking of enrolling in his intro course, so hopefully they will keep me updated.”

Outside Iona

By: Krystal Ortiz *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 updates as seen in Biden’s primetime address:

On Thursday night, Biden gave his first primetime address to America, addressing the death toll of the pandemic. The President stated that he has been thinking about all of the ones that died in the past year, not only due to the pandemic. He also mentioned the pain of the grieving families and the economic toll the virus has taken on the country. He mourned “the loss of hope” individuals had been feeling. Moreover, Biden plans on opening all of schools with tactics stated in the America Rescue Plan. One of the plan’s many intentions includes vaccinating teachers and school staff, including bus drivers, to ensure health and safety once the schools reopen, as well as meeting the goal of administering 100 million COVID-19 vaccinations in Biden’s first 100 days in office.

Information from CNN & NY Times.

Governor Cuomo faces possible impeachment.

There was an impeachment inquiry opened against Gov. Andrew M. Cuomo on Thursday in response to the growing number of sexual harassment allegations he is facing. After a meeting, the State Assembly gave the authorization to investigate the allegations of misconduct against Cuomo, including his administration’s handling of virus-related deaths of nursing home patients, a separate allegation. The decision makes it the state’s first impeachment effort in over a century. One of the sexual harassment allegations includes a woman who worked as an aide for the governor who claimed that he groped her in his official residence last year. The allegation makes it the sixth woman to accuse him of sexual misconduct. The allegation emerged after the governor claimed that he had never touched a woman inappropriately. The allegation was initially reported by the Times Union newspaper. The paper cited a source that had direct knowledge of the woman’s allegations, which makes it the most severe allegation taking place against the governor.

Information from NPR, NY Times & Forbes.

Additional murder charge added to George Floyd’s killer.

The judge leading the trial of Derek Chauvin, the former Minneapolis police officer charged with the killing of George Floyd, an unarmed Black man, has permitted prosecutors to add an additional charge of third-degree murder against the accused, who is already facing a more serious count of second-degree murder. The decision was confirmed on Thursday, ending a block that hindered the trial’s progression. Jury selection has begun with half of the jurors selected. Opening arguments are scheduled to commence on March 29. The chosen jurors will now have an additional murder charge of which they could possibly convict the accused.

Information from MPR News, NY Times & The Washington Post.

How to prepare for Ramadan

By: Tiffany Persuad *Assistant Features & Lifestyle*

While observing Ramadan, Muslims simultaneously juggle school and work. So, considering this is a time of strict fasting and intense prayer, last-minute preparations might be overwhelming for some families.

Ramadan celebrates the date in 610 CE when, according to Islamic tradition, the Quran was first revealed to the Prophet Muhammad. As part of the Islamic lunar calendar, Ramadan can either last 29 or 30 days.

The Quran stresses compassion, mercy and charity during the holy month. So, although largely known for fasting, Ramadan is also a time to abstain from impurities of the body and mind.

Dr. Rachana Umashankar, a professor specializing in the anthropology of religion and Islam in South Asia, reflects on the importance of spiritual growth during Ramadan.

“It is considered a time for reflection and spiritual growth,” Dr. Umashankar said. “So Muslims may prepare for Ramadan by pledging to do the fast for the whole month (or to try their best to) and also by resolving to use this month as a spiritual reset.”

Dr. Amal Alabbad, a professor teaching financial accounting and financial statement analysis, says

she tries to achieve the objective of Ramadan before Ramadan actually begins.

“Purifying oneself is one step toward achieving the goal of fasting in Ramadan,” Dr. Alabbad said. “This could be by reading Quran, fasting a couple of days before Ramadan, being kind to others, etc.”

Islamic Relief, an independent NGO founded in the United Kingdom that provides emergency and disaster aid, proposes seven ways to prepare for Ramadan for Muslims of every nationality.

1. Fast Voluntarily: Shabaan, the eighth month of the Islamic calendar, is a prime time to complete one’s missed fasts from last year’s Ramadan. Also, to prepare to fast for a whole month you should start fasting often, to regulate your appetite.
2. Recite and Reflect Upon the Quran: Reading the Quran with freshened eyes can open the door to new meanings that one can delve further into once Ramadan starts and well after it ends.
3. Follow the Sunnah and Pray Extra Prayers: To follow in the footsteps of Prophet Muhammed, you must first emulate his actions. *Sunnah refers to the sayings and practices of the Prophet Muhammad and is the second source of

knowledge for Muslims.

4. Repent and Make Dua’a: Prayers of invocations to Allah is considered the highest form of worship in Islam, which should be done at all times, not just during Ramadan.
5. Give Charity: Helping others better your spirituality and humanity.
6. Improve your Character: Working on bettering your positive personality traits redeems your relationship with Allah and will radiate to those around you.
7. Eat Healthy and Moderately: The food that is eaten before the fast starts and after the fast breaks is necessary to provide the optimal energy so daily tasks and worship can be done without hindrance.

On April 13, the holiday of Eid al-Fitr marks the end of Ramadan and is usually celebrated to acknowledge the end of fasting and thank Allah for revealing the holy book of the Quran at the near end of Ramadan.

Even though the pandemic has changed the way Muslims prepare, observe and then celebrate this divine timing, its meaning remains unshaken.



PHOTO FROM GETTY IMAGES
Ramadan is a month-long celebration of when the Quran was revealed to the Prophet Muhammad.

Learning about Sexual Assault Awareness Month

By: Tiffany Persuad *Assistant Features & Lifestyle Editor*

Trigger warning: this article discusses rape and sexual assault.

April is Sexual Assault Awareness Month, and as a community that enforces safety regulations and comfortability for its students, Iona is taking measures to prevent sexual assault and help those who have been victims of sexually heinous crimes. Even though women are statistically more likely to experience sexual assault or harassment, the safety of all genders is emphasized on Iona College’s campus.

According to a survey taken by the Rape, Abuse & Incest National Network (RAINN), over 23.1% of undergraduate female students and 5.4% of undergraduate male students in the United States experience sexual assault or violence by force and incapacitation.

College campuses are considered a home away from home for most students -- residents or commuters. Yet, there are many reasons why assault still goes unreported on and off-campus. Students often feel that there is ‘no purpose’ in reporting their assault because of the lack of enforcement taken to provide the victim with justice. Moreover, since college students are adults, strict supervision by authorities is not necessary and may be considered an invasion of privacy.

RAINN also concludes that only a quarter of all reported rapes leads to an arrest, only a fifth leads to prosecution and only half of those prosecutions results in felony convictions.

Throughout April, Iona College’s Counseling Center, in collaboration with the Office of Student Development and the Office of Human Resources, is engaging students, faculty and staff in programs to raise awareness of sexual assault prevention, support



PHOTO FROM GETTY IMAGES
23.1% of female students and 5.4% of male students in the United States experience sexual assault and most cases go unreported.

resources and take action against sexual violence.

Dr. Brielle Stark-Adler, a psychologist and director of Iona College’s Counseling Center, especially calls attention to “Denim Day.”

“On April 28, International Denim Day, all students, staff and faculty are encouraged to wear denim attire in support of the movement to stop sexual violence,” Dr. Stark-Adler said. “This year we are asking you to show your support by posting pictures of yourself, friends and colleagues in your favorite denim attire.”

Her Campus, a women’s college blog, renders four practical ways to promote a “culture of consent” on your campus:

1. Understand what consent is and how it can be affirmed
2. Normalize consent with your friends and partners
3. Look out for each other
4. SHUT DOWN victim blaming

Furthermore, everyone should also be aware of their Title IX rights:

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

Navigating the world of sexuality in a collegiate setting may be a time of uncertainty and curiosity. So, everyone should learn how to be proactive in their safety measures as college is considered a socially hyperactive environment. More importantly, aggressors should seek immediate counseling to prevent maltreating themselves and others.

If you are seeking help, contact the Iona College Counseling Center: (914) 633-2038 or The National Sexual Assault Crisis Hotline: 800-656-HOPE (4673)

Stress Awareness Month during a pandemic

By: Aliyah Rodriguez *Features & Lifestyle Editor*

April is Stress Awareness Month and the past year of dealing with a pandemic makes it extremely important to prioritize your mental health.

It’s needless to say that the past year has been especially hard on students. College is meant to be the best four years of our lives but that does not come without the price of dealing with stress regularly. The changes of the pandemic have left students with more stress and less ways to safely deal with it.

Dealing with stress can also be difficult because there is no singular way of defining what stress is – what stresses one person might not be stressful to another. Dr. Brielle Stark-Adler, the director of the Counseling Center, discusses how important it is to be able to identify one’s emotions – especially when it comes to stress.

“It is hard to identify emotions, and often we use the term “stress” to refer to a variety of feelings ranging from sadness and worry to anger and grief,” Stark-Adler said via email. “Sometimes, what we think (and hope) is “just stress” is actually more serious and specific, like anxiety or depression.”

During Stress Awareness Month, health care professionals work to increase public awareness about both the causes and cures for stress. Sometimes stress can be a good thing because it can help motivate you, but chronic, long-term stress can lead to serious health issues such as heart problems, high blood pressure and depression.

The best way to deal with an excessive amount of stress is to seek help from a professional so you can find the tools to get yourself through it. Everyone deals with stress but familiarizing yourself with your emotions and your limits can help you acknowledge when the stress in your life is becoming too much.

For Iona’s students, the Counseling Center on campus is a resource that can be used to deal with the stresses of the school year, as well as the general

stresses of life.

“When we talk to students about managing stress, we focus on building both internal and external supports. Internally, we focus on increasing awareness of the thoughts and feelings that emerge when stress is starting to rise,” Stark-Adler said. “We also work with students to help them build externally based strategies such as reengaging with favorite activities, strengthening social networks, improving sleep and nutrition, building plans for rest and self-care, and breaking big projects down into manageable goals.”

For help with stress and any other mental or emotional needs, students can confidentially meet with at the Counseling Center for free. The Counseling Center can be reached at 914-633-2038.



PHOTO FROM PEXELS.COM

The COVID-19 pandemic has resulted in more stressors and less ways for students to deal with them.

The best easy, delicious TikTok recipes

By: Aliyah Rodriguez *Features & Lifestyle Editor*

TikTok has proven to be a social media app for all. From dance videos to makeup and cooking tutorials – if you’re looking for it, TikTok has it. A few weeks ago, a tomato and feta pasta recipe took the world by storm and now a fresh fruit treat called “nature’s cereal” is the new it-meal. From appetizers to desserts and breakfast to dinner, it’s not hard to find thousands of delicious recipes on the app. Here are some TikTok recipes that are sure to change your life.

Baked Feta Pasta

For this recipe, all you need are a few things: your pasta of choice, grape or cherry tomatoes, Feta cheese (or Boursin or mozzarella – it all depends on your preference) and olive oil. To make this dish, all you need to do is put your feta cheese and tomatoes in a cooking dish, drizzle it with olive oil, bake it until the cheese is melted and the tomatoes are cooked and then add your cooked pasta to the dish. If you feel like spicing things up a bit, you can add your choices of protein to the meal and your preferred seasonings.

Nature’s Cereal

This very simple recipe has been endorsed by celebrities all over TikTok, including Lizzo. “Nature’s Cereal” combines blueberries, blackberries and pomegranate seeds as a replacement for cereal in a bowl with coconut water and ice. It may not seem like much at first but the hashtag on TikTok shows that a lot of people actually like it. If blueberries, blackberries or pomegranate seeds aren’t your thing, feel free to add other fruits like strawberries, mango or pineapple.

Peanut Butter and Jelly Baked Oats

This single-serve recipe calls for one tablespoon of peanut butter, one tablespoon of maple syrup, two tablespoons of applesauce, 1/3 cup of almond milk, 1/2 teaspoon of vanilla extract, 1/2 cup of oats, one teaspoon of baking powder, a pinch of salt and 1/2 tablespoon of jelly. Mix all these ingredients together and place it in a baking dish in the oven at 400 degrees for 20 minutes and you’ve got a delicious breakfast.

Gigi Hadid’s Spicy Vodka Pasta

This recipe first originated on Gigi Hadid’s Instagram but was made viral on TikTok. The recipe serves two, so keep that in mind if you’re making it just for yourself or for your family. For this elaborate recipe, you’ll need: your choice of pasta, 1/4 cup olive oil, one diced garlic clove, 1/4 shallot, 1/4 cup tomato paste, one tablespoon vodka, 1/2 cup heavy cream and one teaspoon red pepper flakes. Cook the garlic and shallots in the olive oil until softened, add the tomato paste, heavy cream and red pepper flakes and stir until combined. Add your pasta to the mixture and top with parmesan cheese

and basil.

Whipped Coffee

All you need for this recipe is white or brown sugar, instant coffee, hot water and milk. To make this drink, whip the sugar, coffee and hot water together until a stiff peak forms. Add coffee and ice to a cup and top the beverage off with your whipped coffee. Feel free to spice up this drink with cinnamon, nutmeg or even pumpkin spice seasoning!



PHOTOS FROM LITTLESUNNYKITCHEN.COM

Whipped coffee and baked feta pasta are two of TikTok’s most viral recipes.

THE IONIAN

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

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Why it isn’t trendy to be gluten-free

By: Frances Hoey Social Media Manager

When it comes to fad diets and health culture, the term ‘gluten-free’ is always thrown into the mix. There are many misconceptions surrounding the increased popularity of this diet, mainly that it serves to be a health-food trend. But what does it really mean to be gluten-free? And who should actually be gluten-free?

A gluten-free diet is one that avoids foods that contain gluten, a protein found in wheat, rye, spelt and barley.

Gluten sensitivity takes on many forms. Some people have an autoimmune disease called celiac, in which the ingestion of gluten can damage their intestines. Others have a wheat allergy and may go into anaphylactic shock similar to a peanut allergy. Another form is gluten intolerance, where people cannot digest gluten and will build up inflammation with each exposure. Symptoms may manifest in different ways in the body, so it may not be obvious.

Society has yet to become educated on this topic enough to understand that people with these ailments can get seriously ill with just cross-contamination. An example of this could be a deli cutting gluten-free bread on the same surface as regular bread.

As a result, it is clear that being gluten-free is no joke. This is a challenging, forever-lifestyle for those that need it, not the trendy, high-end diet that toxic health and influencer culture makes it out to be. Being gluten-free does not brand a person as healthier than someone who eats gluten. In fact, some gluten-free products contain more sugar and less nutrients than regular versions.



HOEY

Health should come from a balanced lifestyle between mind and body, and that’s exactly what being gluten-free is meant to do. I have been gluten-free for over five years now, and still eat gluten-free versions of pizza, bagels, donuts and more! After facing stomach problems my whole life, any odd looks I get when I eat a fast-food cheeseburger on lettuce are all worth it in the name of taking my life back and feeling my absolute best.

The takeaway is simple. If you suffer from digestive issues, inflammation, headaches, joint pain or anything similar, please give this lifestyle a chance, but don’t just use this as a poor excuse for a health-food fad diet.

Additional Resources:

<https://www.everydayhealth.com/digestive-health/who-really-should-be-on-a-gluten-free-diet.aspx>

<https://www.healthline.com/nutrition/gluten-free-diet#what-is-gluten>

<https://www.beyondceliac.org/gluten-free-diet/cross-contact/>

Interested in contacting The Ionian’s Frances Hoey? Email fhoey1@guels.iona.edu.

Planning my post-pandemic schedule

By: Margaret Dougherty Managing Editor

As I patiently check vaccinefinder.org multiple times a day to book a vaccination appointment, I figured it would be helpful to plan ahead. Back in August, I read a piece in The New Yorker by comedian Josh Gondelman detailing his post-pandemic social calendar. That article inspired me to write down my own schedule for a post-pandemic day in the life. It’s hard to know when a day like this will come, but when it does, I’ll be ready.

9:00 a.m. – I wake up and head to Spellman to grab a quick breakfast. I feel like I’m forgetting something and realize that I’ll have to purposely smile now that a mask is no longer covering my mouth. I stroll right into the dining hall without walking through a weaving maze of ropes like a line at Disneyworld. I don’t even have to worry about where I stand in line.

10:00 a.m. – My friends and I crowd onto the Gael Express, head onto a packed Metro North train to Grand Central, and jam into the busiest subway available. I’m no longer afraid of catching a deadly disease in this swarm of smelly and sweaty humans! Instead, I’m just afraid of the hundred other things that could go wrong, but that feels more normal.

11:30 p.m. – We head into a crowded restaurant for lunch. I don’t even notice when the person at the table next to us coughs. I take a sip of my friend’s soda. It’ll be alright. Someone double dips in the guacamole. That’ll probably be alright too.

1:00 p.m. – We spend a couple hours at the Color Factory. We meet some tourists and pass around iPhones to take photos. I remind myself to use hand sanitizer but not before mindlessly touching my



DOUGHERTY

face multiple times. I still avoid the ball pit.

4:30 p.m. – We take the same packed forms of transportation home.

6:00 p.m. – I go to mass at Holy Family Church. Everyone eagerly shakes hands at the sign of peace instead of awkwardly waving. I get Communion without a second thought. I still don’t feel great about the chalice though.

8:00 p.m. – My friends and I catch a movie at the Regal in New Roc. The people less than six feet behind us are laughing loudly and definitely spraying aerosols in our direction.

11:00 p.m. – We visit a friend’s dorm. There are a lot of people hanging around talking and singing at the top of their lungs. I know I wished for times like this during the pandemic, but I leave within fifteen minutes.

1:00 a.m. – I wrap up my night lying in bed thinking of what I could do these next few weeks. I’ll spend time in full capacity classrooms and dine inside at Starbucks. Maybe I’ll buy tickets to a Yankees game or go to a concert. I could even take an Amtrak to visit home and hug my family. The possibilities are endless.

Credit: <https://www.newyorker.com/humor/daily-shouts/when-its-safe-the-first-week-of-my-post-pandemic-social-calendar>

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‘Zack Snyder’s Justice League’ is significant improvement to original 2017 film

By: Katherine Daly Staff Writer

Ever since the 2017 release of the original “Justice League,” fans of Zack Snyder relentlessly demanded to see his intended version of the film after he had to step down from the project. Now at long last, Warner Bros. has finally released Snyder’s “Justice League” on HBO Max.

The four-hour film definitely has flaws but the action is extraordinary and the previously simple plotline has been transformed into a well-thought-out epic. The film also has more time to spend with its interesting characters and provides emotional story beats for nearly all of them. This contributes towards significant improvements in the characters by giving them more back-story. An example is Cyborg, who is now an important pillar of the film.

The slow pacing of the story seemed pointless initially, but it provided a good introduction for its characters and fluently solidifies their importance to the film, giving the audience time to reflect upon events instead of bounding from scene to scene.

Snyder’s film is significantly longer which complements the imagery and music throughout it. It helps develop a realistic point of view where the heroes aren’t going to be happy or sarcastically cracking jokes. Instead, the serious nature shows how the protagonists are more concerned with how they need to protect their planet and its lives if they ever want to survive an alien invasion. It slowly shows its cracks when it included the continuation of the Nightmare scenes, causing a bit of confusion.

Despite this, the villains in the story make up for it. In the original film, Steppenwolf was a generic antagonist who was there simply to be punched. This new film provides great motivation for him and shows the audience that he’s just a small piece of the puzzle that we haven’t figured out yet.

In the end, “Zack Snyder’s Justice League” is fun and has a good blend of superhero stories. It takes the kitchen sink approach as it throws everything at you. Make sure you set those bathroom breaks, and watch it on a big screen for the action.



PHOTOS FROM WARNER BROS.
The four-hour long director’s cut of “Justice League” tells an entirely different story from the original 2017 film.

‘Attack on Titan’: Final season takes America by storm

By: Aliyah Rodriguez Features & Lifestyle Editor

The first part of “Attack on Titan’s” final season came to a mid-season close on March 28, and fans are still reeling from the heart-pounding anime’s cliffhanger.

Every so often, an anime will come along and leave its mark on the industry – “Attack on Titan” has been doing just that since its first season aired. Fans of “Attack on Titan” have spent the past seven years alongside characters like Eren Jaeger, Mikasa Ackerman, Armin Arlert and many others in their fight for humanity’s survival.

Season 4 has set “Attack on Titan” apart from a lot of other anime because it recontextualizes the main plot of the show. With the original focus on the series being the fight for humanity’s survival against giant man-eating humanoid creatures known as Titans, it may have come as a shock at the end of season 3 that the fight for humanity’s survival shifted to being between the Eldians – a race of people that include the main characters of the series – and the Marleyans, their oppressors.

The final season of “Attack on Titan” has been produced by Mappa Studios, and this change has allowed the show to push the limits of other anime that have come before it by combining stunning visuals with compelling storylines. The show expertly plays with the viewers’ perception of who they should root for by showing just how negatively war can affect

the world and by showing Eren Jaeger’s descent into what might make him anime’s most complex villain rather than a hero. The series has reached a point where it’s nearly impossible to trust anyone – even your favorite characters.

The last five minutes concluding part one has set up an excellent framework for the grueling battle that’s yet to come between the Eldians and the Marleyans. One thing is for sure in the finale: reconciliation for these characters has reached the point of impossibility

and it seems like the only way the series can be resolved is if everyone loses their lives. The finale of the first part of the final season was a bleak endpoint and the stakes are so high that even the main characters are questioning every single one of their actions.

Luckily for those who cannot get enough of the series, the manga is nearing completion and all of your burning questions can be answered within those pages.

Unfortunately for fans who prefer to watch the series rather than read it, the final episode of season 4 has provided no resolution. In fact, the season ended with more loose ends than one could count, and fans will have to wait until this winter to see the conclusion of the heart-wrenching series.



PHOTO FROM NHK + STUDIO MAPPA
“Attack on Titan’s” final season wows fans with its explosive action and heart-wrenching story.

‘Moxie’ is surprisngly well-executed coming-of-age film

By: Jocelyn Arroyo-Ariza *Assistant News Editor*

Directed by Amy Poehler, “Moxie” was released March 3 on Netflix. Up-and-coming actress Hadley Robinson plays Vivian, the daughter of Poehler, who is inspired to start the titular zine that tackles sexism at her school.

Zines played an instrumental role in the Riot Grrrl movement of the 1990s. The zines spread feminist messages that popularized the subculture. Riot Grrl is rooted in punk and combines it with feminist ideals.

“Moxie” is an attempt to capture female rage, particularly through the lens of teenage girls. The story beats of the film are very familiar to its younger viewers. In high school, girls often feel disregarded by their schools. When a girl comes forward with an instance that makes her feel uncomfortable, they are shunned as if it was nothing but trivial boy and girl things. Victims are

patronized into believing they should have been the ones who should have known better.

Often schools ignore problematic behavior, implying that this behavior is excusable. It is a cycle that causes victims to minimize their experiences, knowing there will be no consequences. Vivian decides to publish the zine after witnessing several such instances where the faculty was made aware of the issues and chose to do nothing about them.

Rather than pitting a flimsy boy vs girl narrative, “Moxie” smartly tackles the complexity of the subject matter. The film utilizes framing from third-wave feminism, continuing ideals such as intersectionality. “Moxie” serves as a critique of feminism itself in the modern age and the complexity of female relationships.

None of the characters are perfect and the movie

does not excuse their actions. The characters are held accountable instead of the audience. Characters also learn from their mistakes and grow together.

Some critics claim the film should have developed further into the emerging fifth-wave feminism, however, it is difficult to say that “Moxie” was intending to accomplish this with it being a coming-of-age film from Netflix. Arguably it could have been much worse given Netflix’s track record with difficult subject matter or attempts of relatability.

Though “Moxie” is not a revolutionary tale that will spark the forementioned fifth-wave, it sparks the interest of those who have witnessed injustices in their high schools. Mentions of zines from the 90s will leave curious audience members researching the history that the zine is based on and expanding their music taste.



PHOTO FROM COLLEEN HAYES - NETFLIX

“Moxie” tackles complex subject matters through the lens of teenage girls in the 1990s.

‘Godzilla vs. Kong’ is far from complex, but thoroughly entertaining

By: Joseph Ferrer *Arts & Entertainment Editor*

“Godzilla vs. Kong” is a film that knows exactly what it wants to be straight from the start. The film doesn’t waste its time trying to be something that it’s not by pretending to have deep, symbolic themes or in-depth, thought-provoking characters. Instead, it pits two titular titans of film history against each other and embraces its nature as a pure, unadulterated action flick.

“Godzilla vs. Kong” follows a similar setup and structure to many other monster movies, benefiting from the same pros and suffering the same cons that have become staples of the genre. It doesn’t take long for the film to establish its premise and it gives a good amount of screen time towards both titans before they have their first encounter. As a whole, however, the film dedicates significantly more time to Kong than Godzilla when it comes to its plot and almost develops Kong as his own character at certain points throughout the movie.

The major fight scenes featuring both monsters are clearly the main attraction of the film, and the action in “Godzilla vs. Kong” certainly delivers. Each fight is incredibly well-animated and sells the scope and weight of two massive beasts duking it out. There’s a nonsensical joy to a lot of the action in the film; the premise is so ridiculous and childishly cool that it’s hard not to enjoy it. Each fight also smartly choreographs itself around the environments that the two titans find themselves in, making the battles even more dynamic and engaging while making use of both titans’ strengths and weaknesses.

The film pads out the time in between fights by focusing on groups of human characters, and as with many monster movies, they’re easily the worst parts of the film and aren’t the main focus. The human characters have their own small plotlines that they follow throughout the film but they’re all still largely forgettable. The movie clearly doesn’t take its human characters seriously though and is self-aware of the fact that they aren’t the main focus of the film. As a result, the dialogue of the actors is cheesy and ham-fisted enough to be entertaining before most viewers forget about them



PHOTO FROM WARNER BROS

“Godzilla vs. Kong” showcases its hysterically nonsensical fights with a spectacular level of action.

as the real stars of the show step into the forefront.

“Godzilla vs. Kong” is far from a cinematic masterpiece but it knows full well that it’s not trying to be that. The film is an entertaining, action romp with memorable action set pieces that will definitely entertain if you’re willing to not take it seriously.

Iona softball starts strong, baseball begins on bad note

By: Matthew Chaves *Sports Editor*



PHOTO COURTESY OF ICGAELS.COM

For softball, this is the best start to the season in over five years.

The Iona College baseball and softball teams started their early seasons on opposite notes as they approach the middle of the competition.

The softball team has secured an 8-4 record by their fourth series in the Metro Atlantic Athletic Conference. This is the first time they’re playing since the 2020 season cancellation. Their starting record is already better than their starting 2020 record, where they went 2-6 by midseason.

The season started off with a 3-1 weekend-series win over Niagara. The three wins were all close, with two going into an extra inning. The one loss was a wide margin win for Niagara as they beat the Gaels 1-7. Iona started almost all three games from behind in the early innings.

The Gaels secured another 3-1 series win over Siena. It was all about handling late-game rushes from Siena, which the Gaels handled well three out of four times. The Saints gave Iona a run for their money in one game when they took a 4-8 win, but the Gaels held their winning position in the other three with a 4-3 win, an 8-6 win and a 5-2 win. This would land the Gaels at 7-3 so far.

Come March 30, the Gaels split a series with Fairfield with a 5-4 win and a 2-5 loss. Later in the week, on April 2 and April 3, Iona was supposed to take on Monmouth, but the Hawks announced on their Twitter that athletics was paused due to a COVID-19 outbreak within their program. Instead, the Gaels split another series with Fairfield, winning their first game 5-3 and losing their second 0-5.

When it comes to the baseball team, the Gaels haven’t been as fortunate with a 3-9 record. Their first series against Siena was split down the middle at 2-2. One of the games was a large win for the Saints at 5-15, while the other had a much tighter score line at 3-4. The Gaels showed off their winning ways the next day as they won 16-10 and 10-7.

The story was a bit less successful in their second series against Canisius, where the Gaels scrounged up a 1-3 record, leaving them at 3-5 overall. It was almost another 2-2 series, but in an astounding 14 inning game, Canisius was able to take a 4-5 win in the first game of the series. It would prove to leave a mark on the Gaels as they lost the next two games 5-8 and 0-5, but Iona got it together in the final game and took an 8-6 win before the Griffins continued their away-game stint.

Things couldn’t turn around for the Gaels in their weekend series against Fairfield, as they dropped all four games. The first two were close, with identical 2-4 score lines, but Fairfield was able to blow the Gaels out of the pitch when they won 0-7 and 2-10 in the following two games.

While the starts are much different, both teams share the same reality; there is much of the season left to play, and they both are hoping for a smooth, COVID-19-free season. Softball needs to keep up their good play while baseball needs to figure out what’s working and what’s not.

Iona softball takes on Canisius on April 10 and 11 here at Walsh Field. Iona baseball goes up against longtime-rivals Manhattan on April 7.

Gaels show improvement in Velez-Perez’s second year

By: Giovanni Paolo Tagliafierro *Assistant Sports Editor*



PHOTO COURTESY OF ICGAELS.COM

This is the shortest season Iona volleyball has played.

The Iona College volleyball team’s season came to a close on Thursday with a loss to Niagara in the first round of the Metro Atlantic Athletic Association tournament. Thursday’s game capped off a 3-7 spring campaign for the Gaels.

The 2020-2021 season followed up a 2019 season that saw Iona volleyball finish with a 5-23 overall record, and a 5-13 conference record. The main evidence of improvement is the fact that the team played in less than half of the games they played in the previous season, and still amassed three wins out of the 10-game schedule.

In 2018, the Gaels won the MAAC Championship under head coach Patric Santiago. Esai Velez-Perez took over after the departure of Santiago, in a year where the team had a

lot of new players and graduating seniors.

Velez-Perez, who added a second year of head coach experience under his belt, expanded on the team’s perspective going into this season in an interview via phone call.

“I wasn’t thinking that we were going to have a season,” Velez-Perez said. “We weren’t expecting anything, we were just enjoying day-by-day.”

Velez-Perez touched on the team sticking with the various COVID-19 protocols during practice and travel, as well as dealing with the stressful uncertainties of the shortened season. He praised his players on this, saying how it displayed both patience and a passion for the game.

Consistency was an area of growth and improvement for the Gaels this season according to Velez-Perez. He also hinted at his anticipation for the fall season as a chance to see the young team develop and continue to improve.

“These young players are bringing a lot of quality on the court,” Velez-Perez said. “That’s exciting. The consistency we didn’t have last year, we have it this year.”

The emphasis on the young players did not overshadow the play of seniors Jamie Smith and Taylor Cole, two fundamental pieces of the team who concluded their final season in maroon and gold on Thursday.

The Iona women’s volleyball team looks forward to their next upcoming season in the fall, a season in which they will look to improve even more.

“Just keep going. Everybody gets better if they keep at it.”
- Ted Williams



Iona swimming and diving sweeps Spring Invitational

By: Giovanni Paolo Tagliafierro *Assistant Sports Editor*

The Iona College men’s and women’s swimming and diving teams both placed first in the two-day 2021 Metro Atlantic Athletic Association Spring Invitational held on March 27 and 28 at the Erie Community College Natatorium in Buffalo, New York.

The Gaels led the way during the invitational, with the women’s team scoring 734.5 points and the men’s team totaling 733 points in the weekend sweep.

In the first event, the Iona Gaels women’s team finished in first place in the 400-meter Medley Relay. The team followed up the victory by placing first in the 200-meter Medley Relay and the 400-yard Freestyle Relay as well.

The men’s team was also victorious in the 400-meter and 200-meter Medley Relays, as well as the 400-meter Freestyle Relay.

Freshman Michael Faughnan stood out for the men’s team throughout the meet, winning 200, 500 and 1000-yard freestyle events. He also helped the men’s relay team notch their victory in the freestyle relay.

Senior Conor Mullin also had a strong performance for the Gaels at the meet, finishing first in both the 100-yard and 200-yard butterfly, as well as being a part of the winning men’s relays.

Senior Kate Flynn took home first place in both the 50 and 100-yard freestyle events for the women, while sophomore Julia Moser won the 100-yard backstroke.

Due to these contributions the Gaels were able to cruise to a meet victory, with the men’s team finishing ahead of second-place Fairfield by 151.5 points, and the

women’s team leading Canisius by 209.5 points.

The meet included seven teams from the MAAC conference competing in a staggered format at multiple locations, with a total of 38 events.

The invitational was the first look for MAAC teams at the changes made to swim and dive competition by the NCAA to align with COVID-19 protocols. These changes

include adoptions to relay events; for example, the need for an empty lane between swimmers.

The cancellation of the MAAC Swimming and Diving Championship birthed the idea for the Spring Invitational, essentially serving as the determining meet for the top team in the conference.



PHOTO COURTESY OF ICGAELS.COM

This was the 41st season for head coach Nick Cavaturo.

Men’s, women’s soccer handle short season differently

By: Matthew Chaves *Sports Editor*

The Iona College men’s and women’s soccer teams started off their seasons as they tackle a short but meaningful schedule.

The men’s team is looking to defend their Metro Atlantic Athletic Conference title that they won in the 2019-20 season. It’s the program’s first-ever MAAC championship title. It’s a bit different now though, with a total of 10 changes in the roster compared to that title-winning team.

The season is set to have only seven games, compared to the 2019-20 season’s 20 MAAC games and 1 NCAA game. Additionally, one of these games has already been postponed due to COVID-19.

Nonetheless, the Gaels have started off with an even 2-2 record. All games have been within a one-goal difference.

The first was a 0-1 loss versus Rider. It was an attack-heavy first half, but it left the teams at 0-0. Come early second half, Rider was able to put a free kick past goalkeeper and redshirt sophomore Gabriel Cinanni. Iona wouldn’t be able to get it into Rider’s net for the rest of the half.

Three days later the Gaels hosted the Monmouth

Hawks. It marked the first win of the season, as they sent the Hawks flying home in a tight overtime match that ended 2-1. Monmouth started off the game strong, scoring an early goal to take a 1-0 lead going into the second half. Iona brought it back in the second, causing an overtime by the end of the second. The winning goal was a long cross into the box by freshman midfielder Daniel Curmi followed by a hard header into the net by senior forward Lenworth Lopez.

In their third game, Iona visited the Manhattan College Jaspers at Gaelic Park. It was a matter of early offense followed by defense for the rest of the game. After a 17th minute goal by Manhattan, it was just a matter of keeping a clean sheet and not allowed Iona to get anywhere near the goal. Their mission succeeded and the Gaels fell to the Jaspers 1-0.

The Gaels came up against Siena with their focus on scoring. Iona managed to get a total 15 shots, eight of those being on goal. The Saints only managed a total of three, with two being on target. The peppering of shots worked for the Gaels as they managed to bring home a 2-1 victory. This season’s situation is similar for the women’s

team, including the postponement. It’s been a struggle to find the back of the net for the lady Gaels. They’ve only scored a total of four goals in five games.

The first game exposed Iona’s defense when they lost to Monmouth 0-3. The Hawks battered Iona’s net with 18 shots, seven being on target. Iona was only able to save four of the shots, compared to Monmouth’s clean sheet. Fouls were rampant as well, with a total 21 fouls throughout the game, shared near-evenly between the two.

A glimmer of hope came in the next game against Rider. The stats were almost even across the board, with seven shots on target for both teams, though Iona managed to shoot 17 times compared to Rider’s 14. Saves were at six-a-piece and Iona had six corners to Rider’s four. The Gaels were rough on the pitch as well, committing 14 fouls and receiving a yellow card. In the end though, it ended up being a tight double-overtime, where the Gaels were able to scrape up a point to take home as they managed to secure a tie against the Broncs.

The glimmer faded a bit though, as their next two games against Siena and Canisius would finish 0-6 and 0-2 respectively. Iona would take a total of 29 shots between

the two games, 17 of those being on target. In comparison, Iona got only 11 shots off, eight of them being on target.

Come April 2, the Gaels would finally gain their first win of the season against Saint Peter’s. In a tight match that headed to overtime, the Peacocks gained the lead in the first half, leaving Iona to face a 2-0 deficit. They wouldn’t let the hill in front of them discourage them though. The Gaels managed to get it into Saint Peter’s net twice more in the second half, leading to a 2-2 overtime. Finally, just over four minutes into overtime, sophomore forward Kiera Haggerty curled it in straight from a corner, giving Iona their first win of the season.

Lopez leads the Gaels in goals with two so far this season. Graduate student midfielder Nicole Whitley leads Iona in goals with three for her side.

The men’s team takes on Saint Peter’s next on April 8. The women’s side finishes their season on April 6 against Manhattan.



PHOTO COURTESY OF ICGAELS.COM

Both teams have only two more matches before championship time.