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Dr. Stanionis retires after 60 years at Iona

By: Krystal Ortiz News Editor



PHOTO COURTESY FROM IONA.EDU.

Dr. Stanionis devoted 61 years to the science program at Iona College.

Dr. Victor Stanionis, professor of physics at Iona College, will retire this coming summer after devoting over 60 years of service to the college.

Stanionis earned his bachelor's degree from Iona College, his master's degrees from New York University and Queens College and his Ph.D. from Columbia University. He has been recognized for his dedication to Iona and his passion for teaching with many awards, including the 1993 Science Appreciation Award, the Brother Arthur A. Loftus Award for Outstanding Achievement in Education (2000), the Facere and Docere award from Iona College (2010), the Iona College Recognition Award for Outstanding Academic Accomplishments and Dedicated Service (2012), the Jean Claude Lovinsky Memorial Award (2016) and the New Rochelle Opera NRO Standing Ovation Award (2019).

Stanionis greatly impacted Iona's academic life. A major contribution was his role in the establishment of the Scientific and Technological Literacy (STL) program in the 1980s. He was the coordinator of the Alfred P. Sloan Foundation's "New Liberal Arts Program," a program dedicated to helping liberal arts colleges develop and improve

instruction in applied mathematics, technology and analytic reasoning, for 24 years. During that time, Stanionis earned \$1.8 million for STL curriculum development. He was also the Chair of the Physics Department at Iona for nine years.

Stanionis began teaching at Iona in 1961. During an interview, he explained that attending and working at Iona were both unexpected paths he took in his life. Growing up with money always being an object, he knew that the only way to receive a private education would be if the school offered him enough financial aid.

"I grew up in the South Bronx on 139th Street," Stanionis said. "And money was an important thing. And basically, what happened was I got a four-year scholarship to Iona. I didn't know where it was. I thought it was up near Albany somewhere."

While visiting Iona, he was offered a position by Br. Bullen, the head of the Physics department at the time. He started shortly after accepting.

"[...] That Friday, they asked me if I would think about coming and teaching," Stanionis explained. "And, of course, I had to speak with my wife. [...] She didn't object. And she thought it would be interesting being the wife of a college professor. And as a result, I started teaching on Monday. I hadn't quit the other position that I had. And I called him up and told him I wouldn't be back. They weren't too happy."

While explaining what he felt from serving Iona for such a long period of time, he used one word in summation.

"Satisfaction," Stanionis said. "I have enjoyed it very much. And I find that the achievements of the graduates very satisfying. Showing that basically. Or, I guess, verifying, basically what [the Iona faculty has] been doing, what I've been involved in doing all these years, has resulted in a good life for most."

Satisfaction transitions into pride when Stanionis is asked what achievement makes him the proudest.

"Teaching all these years for 60 years," Stanionis said. "And being involved with the science program at Iona and trying to carry out our mission."

Stanionis explained that working with students was his favorite part of being a professor, and that he gained a great sense of fulfillment from it.

"Again, satisfaction," Stanionis said. "And seeing my students do so well. Over the years, and meeting them actually communicating with them by email, even now, some of them have retired and they write me letters and things of that sort. It's very satisfying to have them happy in what they're doing, and what they did."

Stanionis stated the biggest thing he gained from Iona.

"A wonderful life," Stanionis said. "It's been a wonderful life, I would do it over again."

In-person vs. Zoom attendance: Is it a question of convenience or safety?

By: Stacey Franciamore Editor-in-Chief

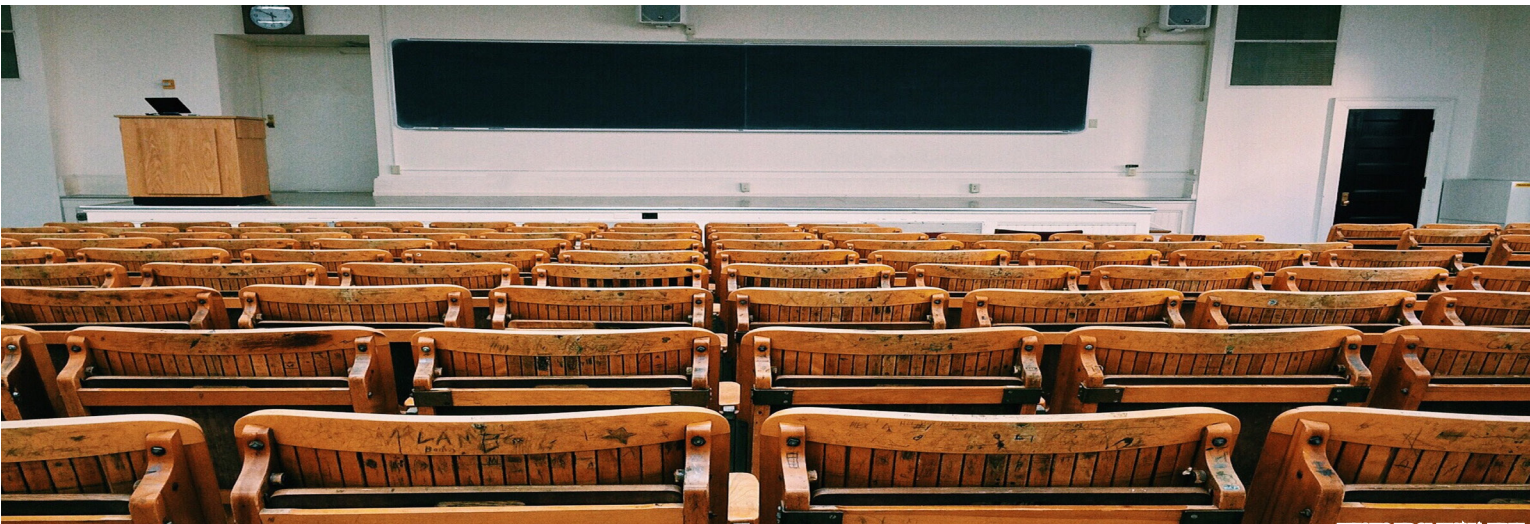


PHOTO FROM IONA.EDU.

Many students are opting to take classes on Zoom, even if they are living on campus.

COVID-19 has dramatically changed the learning landscape. When students first transitioned to Zoom, they felt uncomfortable and awkward, but as the one year mark approaches many students have become more accustomed to learning and communicating through a webcam.

With Iona College offering students the opportunity to learn remotely, in-person or mixed-mode, questions have started arising as to why most students are opting to learn remotely. Although Iona College has a large commuter population, even those who are dorming on campus and have access to the

classroom are choosing to learn from their dorm rooms.

See **ATTENDANCE** on
Page 2

CSA hosts Cards of Hope to bring hope, joy to Iona community

By: Krystal Ortiz *News Editor*



PHOTO FROM THE COMMUTER STUDENT ASSOCIATION
The virtual cards had messages of appreciation for frontline workers and members of the Iona community.

The Iona Commuter Student Association (CSA) hosted a Cards of Hope event virtually on March 2.

The event had participants create cards on a shared PowerPoint document to the listed receivers. The written contents of the cards included appreciation of service and calls for hope to get through difficult times.

The Cards of Hope event was intended to commemorate a former Iona student, Justin Samela, in collaboration with the Wings of Hope foundation created in his memory, according to Pathea Bruno, President of CSA.

“CSA wants to continue to bring hope and joy into the lives of the members of the Iona community and New Rochelle community, and show our appreciation for everything they have done,” Bruno said.

The cards were written for frontline workers and members of the Iona community.

“We thought it would be a great idea to send our appreciation for everything they do for the community,” Bruno said. “Similarly, our faculty members have been working hard for us to be able to come back to campus, making accommodations for those who are unable to and creating events for students to stay involved.”

The cards are sent to different individuals for a different set of reasons, according to Bruno. CSA has sent to cards to Campus Safety, OSD, other Iona facilities, members of the town hall and members of a nearby church.

CSA has even gone further and mailed cards to an ill student to boast their spirits.

“In the past we have even mailed out one for a student who was seriously sick and a classmate wanted her to have one,” Bruno said. “It was touching to see and be a part of that. They go to people we feel really make Iona what it is with regards to service and making a difference. And students are free to send to specific Iona members of their choice.”

Bruno stressed the importance of events such as Cards of Hope.

“It is important to do this because you do not know how people are feeling or [what they’re] going through and this small act of kindness and appreciation can be life changing and motivating,” Bruno said.

Bruno intends to make Cards of Hope a week-long event in order to expand the number of participants to make more cards and increase the impact the event has on the community.

“Everyone who participates in cards of hope loves doing so, and if we can increase the amount of people involved it would be an awesome experience,” Bruno said.

If anyone would like to send a card to someone or believes a certain group deserves a card, feel free to email Pathea Bruno at pbruno2@gaels.iona.edu with their information and email address.

ATTENDANCE *From* Page 1

“There are more students on Zoom,” Dr. Moretti of the English department said. “The most I have had in-person in one class is four, but typically I have two or three in a class of 25 students.”

Many students have opted to take classes remotely as a safety precaution, but others are doing it out of convenience, according to senior Jenna Rossell.

“I think a lot of students are attending class through Zoom because of convenience as well and pure laziness,” Rossell said. “It’s so much easier to sit behind a laptop with your camera off instead of being present in class. I also think that the pandemic affected a lot of motivation in everyone.”

Studies have shown that the Coronavirus has greatly impacted motivation levels among young adults. A survey conducted by the Pew Research Center finds that nationwide, adults under the age of 50 have a harder time feeling motivated for work since the pandemic started. Moreover, respondents between the ages of 18 and 29 express difficulties in motivating themselves at an even higher rate than other age groups.



PHOTO FROM THE COMMUTER STUDENT ASSOCIATION
The virtual cards had messages of appreciation for frontline workers and members of the Iona community.

Sophomore Kerri Shea shares similar beliefs, highlighting that she decided to attend classes in mixed-mode due to the accessibility she has to visit home. She also notes that it’s easier to maintain attendance through Zoom during such a chaotic time.

“Personally, I believe many people are choosing to attend Zoom classes based on the ability to take your class in pajamas,” Shea said. “Online classes feel like less of an obligation, putting less pressure on students even though that is not the reality of the situation.”

For some professors, the lack of in-person student attendance isn’t surprising, especially since it happened during the fall semester, according to Dr. Nadine Cosby of the Media & Strategic Communication department.

Cosby shared that she believes the harsh weather conditions during the winter months have contributed to the lack of in- person attendance among students.

“Anticipating winter weather on top of the mixed-mode learning environment, it seemed very obvious that the vast majority of students would opt to join their classes remotely,” Cosby said. “In each one of my classes there are many students who rightfully want to be on campus, but they are choosing to join class via Zoom from their dorm rooms.”

Although remote learning was introduced to ensure students feel safe and comfortable during the pandemic, it has become a virtual convenience for many. The question now becomes whether convenience or safety is driving students to Zoom.

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.

Get Involved

Check out some of the virtual events happening this week!

COMMUTER STUDENT ASSOCIATION PRESENTS

IONA COLLEGE
WEBSITE
SCAVENGER HUNT

Test your navigation skills in a virtual scavenger hunt of Iona's website, for a chance to win prizes!

Tuesday, March 16 at 12 Noon Via Zoom
Meeting ID: 9904 214 3907
Password: 542275

Email Michael at mlevine2@gaels.iona.edu, or Paola at phernandez2@gaels.iona.edu, if you have questions.

We hope to see you!

VIRTUAL
MEET THE MENTORS

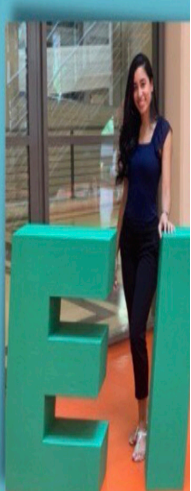


MARCH 15 & MARCH 16
@ 6:30PM

COME AND PUT YOUR NETWORKING SKILLS TO THE TEST!!!
Network with students, staff, faculty, mentors & entrepreneurs.

REGISTER:
March 15: www.bit.ly/meetthementors0315
March 16: www.bit.ly/meetthementors0316

Virtual EIA
Summer
2021 Info
Session



When: Thursday, March 18th
Where: Via Zoom Link
Time: 5pm

What is the ‘influencer effect’?

By: Aliyah Rodriguez

Features & Lifestyle Editor



PHOTO FROM @CHARLIDAMELIO ON INSTAGRAM
D’Amelio’s influencer status has led her to a partnership with Dunkin Donuts.

When one hears the term “influencer,” many names and faces may come to mind. Influencer culture has skyrocketed over the past few years, causing companies to transition from using traditional celebrities to target audiences to using young influencers to target audiences. But what is the influencer effect? What makes these people so popular?

Firstly, what is an influencer? An influencer is described as someone who simply has influence, authority over, or even the trust of a certain group of people. That isn’t a specific definition, and many people find themselves questioning what exactly made today’s influencers famous. Many of today’s influencers got attention for making videos of themselves dancing or lip syncing to songs on TikTok, but what makes them different from the millions of other people doing the same?

Baby Ariel has over 9 million followers on Instagram and over 35 million followers on TikTok. Her influencer origins began on the app Musical.ly and only grew as she moved to TikTok. At 20 years old, the fame garnered from her TikTok videos have led to Ariel being featured in acting roles on Disney Channel and Nickelodeon.

Spencer X has 1 million followers on Instagram and over 51 million followers on TikTok. The influencer rose to stardom for his beatboxing videos on Instagram. He was eventually able to transition into being a professional beat boxer after receiving a sponsorship from Monster Energy.

Dixie D’Amelio is a 19-year-old influencer who has over 23 million followers on

Instagram and over 49 million followers on TikTok – the platform where she rose to fame for a variety of singing and dancing videos. Since the growth of her popularity in 2019 and 2020, D’Amelio has since moved on to trying to launch her music career.

An influencer whose popularity has skyrocketed the most over the past year is Charli D’Amelio, the younger sister of Dixie. At only 16 years old, D’Amelio has over 38 million followers on Instagram and 109 million followers on TikTok – the platform where she rose to fame for her dancing videos. D’Amelio’s fame came into full effect with her recent partnership with Dunkin’ Donuts. What started as D’Amelio telling her fans about her favorite non-menu drink to ask for at Dunkin’ has resulted in the business putting D’Amelio’s drink on the menu, making her a spokesperson and opening a competition for other people to try to get their favorite non-menu drink on Dunkin’s menus. If you find yourself in a Dunkin’ soon, don’t forget to ask for the Charli cold foam.

What do all of these influencers have in common? TikTok. The social media app has proven to be a lucrative incubator for this next round of celebrities. This new graduating class of TikTok influencers don’t even align themselves to a specific industry, they’ve just gotten their fame by doing what everyone else does. Is there a science to it? Do you have to look a certain way to be the next influencer? The answers to these questions are unclear since these new influencers are shaking up the game and redefining what it means to be a celebrity.

Tips on how to romanticize your life

By: Katherine Daly

Staff Writer

It happens to the best of us - life can start to drag on. Many of us have so many responsibilities in life that we don’t even notice when it happens. We’re living through strange times and when our day-to-day routine starts feeling like a never-ending chore, it can be all too easy to forget that our lives require our active participation to stay fresh and exciting. So, when you’re feeling disheartened, here are four simple methods for falling in love with your life all over again.

Falling in love with your life means learning what you love, what you desire, what you need and putting all those things into action. It means focusing on your own goals and achieving them. Romanticizing your life allows you to embrace changes, learn new things and helps you grow into yourself.

When stuck at home with nowhere to go and your usual routine now redundant, the days can easily blend together and get boring. Instead of trying to control every aspect of your life, change it up a little. Maybe give your life the chance to surprise you from time to time. Say yes to something you usually say no to. Sometimes the things we’re most unsure of end up being the best things for us. You’ll just never know unless you give it a shot.

Falling in love with your life means putting yourself first. So, put aside an hour or two a week to chart out some personal goals. It’s easy to become your own life coach and work on self-improvement when you put your mind to it. Teach yourself to engage in positive thinking and push yourself forward. Truthfully, there is no one size fits all approach to self-improvement, so you may need to engage in a bit of trial and error to find what works best for you. You should actively pursue a life that supports your dreams, goals and purpose.

Just because physical social interaction has been put on hold, it doesn’t mean that all your social connections should! It’s hard to find reasons to love your life when you are disconnected from your friends. Everyone still needs a good chat with those we love to feel complete. Whether or not you are all by yourself, be sure to check in with loved ones on a daily basis.

Most importantly, make sure to incorporate plenty of simple pleasures into your daily routine. Falling in love with your life is all about enjoying yourself after all. Your options might be more limited than usual right now when it comes to the ways you usually have fun, but all it takes is a bit of re-organization and some creativity to reimagine how you can still enjoy your days. From a hot bath, a daily coffee, taking the time to read or catch up on your favorite shows or spending a few minutes outside, punctuating your days with little lifts like these will keep your positivity going and remind you in the midst of all this madness that there’s so much joy in the world and so much to still enjoy.



PHOTO FROM PEXELS.COM
The best way to enjoy your life is to incorporate simple pleasures into your days.

Dr. Hillary Jones reflects on women in entrepreneurship

By: Tiffany Persaud *Features & Lifestyle Assistant*

Since the boom of women entering the workforce in the 1960s, women have had a tumultuous time making themselves equal to men. It’s Women’s History Month, and as a female-led newspaper, we want to highlight how women navigate life within the workforce. An entrepreneur is a person who creates a business, despite all the risks that the process entails. In recent years, entrepreneurship has become so prevalent that Iona even created the Hynes Institute to help young entrepreneurs on campus grown their business ideas. But where do women fit in to entrepreneurship?

Flutist and Iona College professor, Dr. Hilary Jones, considers herself to be entrepreneur and thinks that the perception of entrepreneurship should be broadened. She defies the stereotype of entrepreneurs being solely business, marketing and corporate driven. Although now fully submerged in her career as an educator, Jones is still focused on her business as a freelance musician.

“I never thought of myself as an entrepreneur, but I realize now that so much of what I have done as a freelance musician and as a person juggling many different kinds of teaching jobs is exactly the kind of hustle required of entrepreneurs.” Jones said. “Being a musician and educator is still very much a business, but a business we do out of love, and we hope it makes us some money.”

Jones stresses the importance of one’s mindset. Perseverance and consistency are the keys to her success. She tries to say “yes” to anything that would teach her or push her to level up her performance, even if it is uncomfortable.

“As an entrepreneur, you have to remember that every project you do is the last testament to your work as a whole; you are always building your reputation or your business,” Jones said. “I’ve always tried to make myself invaluable to others this way -- think of it as sowing seeds for some potential unknown future career bloom, even if it doesn’t immediately get you results.”

Entrepreneurship is for people of all ages and genders, and young women are Iona are ready to take the risk.

Senior Elizabeth Petrunia is interested in stock broking and financial management -- a male-dominated industry. She does not want to be one of the few women on board; she wants to be a part of an equally diverse financial firm.

“Men are probably seen as pioneers of entrepreneurship because, historically, they have had more opportunities to start businesses before women really got into the work force - as we were trying to break biases against us in the workplace, they were getting



PHOTO FROM @HYNESINSTITUTE ON INSTAGRAM

Women at Iona are actively involved and ready to take the risk of entrepreneurship.

ahead,” Petrunia says. “[Women] are also under a lot more pressure to perform perfectly since their peers and colleagues are most likely expecting them to fail.”

Entering a male-dominated field can be daunting, but if you have an idea in your brain that you think is worth something, give it a shot – the world needs more women as business leaders.

Discover your aesthetic, personal style

By: Jocelyn Arroyo-Ariza *Assistant News Editor*



PHOTO FROM @LIRA_KARINA ON INSTAGRAM

Dark Academia is one of the most popular aesthetics that people have.

What is an aesthetic? Though the word has been used for centuries to describe artwork, the term “aesthetic” was popularized on Tumblr in the early 2010s. It was a term thrown around to describe your look in terms of your hobbies, personal style, taste of music and, of course, your blog. Alternatively, an aesthetic can be based around a character that sometimes embodies a larger aesthetic but has gathered love for their specific sense of style. Each aesthetic has a wide range of principles, history, and extended media – here are some styles to consider when figuring out your own aesthetic.

Cottage Core (and its many subgenres)

The popularity of this aesthetic can be contributed to the pandemic as cottage core romanticizes nature and simpler times. The main motif of cottage core is embracing nature without the modernity of 2021. Depending on your interests, there are various ways you can adopt cottage core, such as dedicating your aesthetic to a particular region or time frame. Hobbies associated with the cottage core style include going on picnics, cooking, knitting, baking, pottery, sewing, gardening, farming, work, etc. Popular wardrobe pieces are white linen dresses, woven hats, rain boots, prairie inspired dresses and anything with nature on it.

Dark Academia and Light Academia

These aesthetics are for former gifted kids who want to rekindle their love for knowledge despite the challenges of academia, reclaiming the excitement you had when the only reason why you were up past your bedtime was because you had to read one more chapter. Dark academia focuses on the heaviness of the aesthetic with black coffee and gothic novels, while light academia focuses on the gentle side with tea and John Keats’ poetry. You may think these aesthetics are completely different, but in reality, it’s the same values with different color palettes. Hobbies associated with light and dark academia include reading, writing, chess, solving crossword puzzles, visiting museums, painting, etc. Popular wardrobe pieces embody a

school uniform style: cable knit sweaters, funky socks, oxford shoes, slacks, turtle necks, etc.

Grandma/Grandpa Core

The name says it all. It is an aesthetic that a lot of people enjoy because being young often is not fun, and retirement looks so much better. Grandma/Grandpa cores make that old trunk filled with clothes in your attic seem cool. Hobbies associated with Grandma/Grandpa core include knitting, storytelling, playing old games, etc. Popular wardrobe pieces include glasses, handmade clothing, worn out shoes, chunky knit sweaters, etc.

The “Clueless” Look

If you love Cher’s look in the popular 1995 teenage comedy “Clueless,” then this aesthetic is for you. For this aesthetic, possibly dig into your mom’s closet or go thrifting for that authentic 90s look (and maybe find some designer clothes while you are at). Of course, you can look for recreations such as the yellow plaid combo, the Calvin dress, or any of the 59 outfits that Cher wears throughout the movie. If you are getting inspired, try to stick white, pink, and matching sets.

“Legally Blonde”

What, like it’s hard to dress like Elle Woods? Woods’ look has survived the test of time. Her aesthetic is fun and classy with lots of hot pink. But the “Legally Blonde” aesthetic is about more than her clothing, it’s about her attitude. Despite others doubting her, she proved what she was capable of and didn’t change her personality for the sake of others. So, wear what you want and what makes you comfortable, and if it’s something pink, then Woods would certainly approve.

Keep these aesthetics in mind while planning your own personal style - you’ll never know what works for you.

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How these bizarre television shows have helped me understand today’s reality

By: Emily Varker Chief Copy Editor

Having been staying at home for a year now, I (like many other people) used the opportunity to clear out my watchlist on streaming platforms. TV is popularly known as a form of escapism, which still offers commentary on situations that are very real to us today. After all, isn’t it easier to watch a deadly disease take hold of glamorous aristocrats in the 1910s than think about the one transpiring outside your door? Due to this pandemic, I have watched many things from the aforementioned period dramas to nostalgic Disney Channel shows. However, the ones that sit the most with me are the ones that are more bizarre.

Recently, I watched the cult classic NBC show *Community* for the first time. For anyone unfamiliar with the show, it centers around a single study group at a poorly rated community college. The characters are all wild caricatures of people we could very easily meet in real life: the ex-lawyer, the activist, the one who’s a little too obsessed with movies and so on and so forth. The setting in which we find these characters seems to be ridiculously mundane. And the main group of characters themselves are all failures at what they have attempted to do in the past, such as a failed marriage, crushed sports dreams and exposed fraud. The characters believe that this is why they have ended up at community college. They could very easily wallow in their failures, but they do not. Instead, they become sucked up in all the truly bizarre goings on happening at Greendale-reluctantly at first but eventually by enthusiastic choice.

Though none of the characters are explicitly good people, I



VARKER

couldn’t help but feel a little bit inspired by them. I’ve been stuck at home for a year now and I most definitely have not gotten into anything as exciting as the *Greendale* crew. Somehow, they reluctantly start off at *Greendale* but eventually, by allowing themselves to be sucked up in it, they manage to make good friends and understand themselves more. Maybe this is what I should be doing during my time at home. Instead of just bemoaning and begrudgingly accepting my situation, I should let the weirdness of this situation take over so that I can come to understand myself more and better accept my life as it is now. I’m not saying an all-out paintball war will break out in my house, but maybe I can find the bizarre in the mundane.

This is the power that media, like *Community*, which delve into the truly weird can hold- it inspires us to look for the absurd in everyday situations. If the rag-tag group of more than unlikely heroes can face the strange in their own dull circumstances, so can we. These shows point to the weirdness that goes on in our real world and helps us recognize it. In this crushingly mundane world of quarantining and Zoom calls, we should all try to find the bizarre and live our life as if we are on TV.

Interested in contacting The Ionian’s Emily Varker? Email evarker1@gael.iona.edu.

How I’ve learned to balance hobbies, responsibilities, stay productive

By: Joseph Ferrer Arts & Entertainment Editor

For those who like to pursue creative endeavors, whether it be art, writing, photography or more, it can be easy to feel as if you aren’t spending as much time working on personal projects as you’d like. There’s so much that could be happening at any given moment from school, to work to other personal matters and with so many things constantly requiring our attention, there are many times when you could feel like you aren’t able to dedicate a satisfying amount of attention to your passions.

I myself have wrestled with this when it comes to music. When trying to take some time out of the day to practice guitar or piano, it’s hard not to think, “I could be using this time to finish that one assignment that’s due soon” and then feel as if I wasn’t being productive enough. However, to combat this mindset I’ve had to change how I view what it means to be productive in order to create a better balance between my responsibilities and my hobbies while feeling satisfied with how much time I dedicate to both.

One of the hurdles I’ve faced when it comes to both my hobbies and my responsibilities is the feeling of not progressing when heavily focusing on one or the other. If I was spending significant time on



FERRER

work, I would think about how I haven’t done much to further learn a song I had been practicing and I would feel the same way towards work if I were to allow myself to practice. Instead of focusing on the work that I seemingly wasn’t doing, I had to shift my mindset and recognize the progress that I had already made. Through that, I’ve been able to help combat the feeling of unproductiveness.

Adopting time management skills has also been a practical solution that has helped with how I balance my responsibilities and hobbies. Making a loose schedule and setting aside time to finish certain tasks has greatly helped with creating time to work on both. While it isn’t set in stone and it may be hard to always stick to it, having the guideline there greatly helps with how much attention I give towards both activities.

Ultimately, by changing how I view my progress on tasks, I’ve learned to feel more comfortable with my productivity as well as how I feel about both my work and my hobbies.

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Amazon’s ‘Tell Me Your Secrets’ is a confusing, possibly problematic mystery drama

By: Jocelyn Arroyo-Ariza Assistant News Editor

Keeping with the latest trends, “Tell Me Your Secrets” is another unwritten Amazon-acquired series that could have had potential if the writers were able to format a cohesive story. It promises the viewer a compelling mystery but loses its plot in the process. Similar to other Amazon-acquired shows, “Tell Me Your Secrets” had numerous production issues that can be felt throughout the entire show. Planning for the series started in 2017, but it was eventually scrapped for network TV. “Tell Me Your Secrets” finally saw the light of day this February on Amazon Prime. The premise attempts to draw the audience in with a trio of characters unraveling their connective stories. There is Emma (Lily Rabe) who has a mysterious past that continues to haunt her. Then there’s Mary (Amy Brenneman), a mother who is desperately looking for her missing daughter. Finally, there is John (Hamish Linklater) who is repenting from being a former serial

predator. The viewer is launched into a cynical world where no one can be trusted. In ten episodes, “Tell Me Your Secrets” establishes that it is not a fun show as it deals with serious subject matters, creating a sense of dread. It is dark because it has to be dark due to its genre. Most of the running time is dedicated to contributing to the mysteries, but there are so many twists and turns that you begin to question what the purpose of it all is. There is too much going on that the point of it all gets lost as the episodes progress. This aspect of the show is distracting, messing up an integral piece of a thriller: entrancing the audience. However, a more passive view would forgive its flaws as it does succeed in delivering the series’ elevator pitch. The actress and actors work with what they are given, as critics note. They provide stellar performances that give “Tell Me Your Secrets” its saving grace. The aforementioned twists and turns are given meaning, though they do not make

much sense. However, there is one aspect that both critics and audiences view as dubious, and it pertains to the side storylines. Some may say there are questionable implications with how the show presents itself, especially with the interactions among the rest of the characters. This ranges from John, the former serial predator to portrayals of abuse to an unethical therapist. Without giving too much detail, characters make choices that are illogical and raise eyebrows. In conjunction with the nonlinear cynical plot, the problematic nature leaves questions of why and how. If you want a confusing, creepy viewing experience that will leave you and your friends wondering how characters behave in disturbing ways, I suggest watching something that has a little more thought put into it.



PHOTOS FROM AMAZON STUDIOS

“Tell Me Your Secrets” is full of mystery and thrill, but the plot is hard to follow.

Julien Baker’s self-loathing star shines bright on ‘Little Oblivions’

By: Owen Conway Staff Writer

In popular music full of depressing and gloomy songwriting, several contenders have thrown their hats into the ring for the title of Number One Debby Downer. Phoebe Bridgers’ Elliott Smith-inspired haunting ballads, “Folklore” era Taylor Swift’s quarantine-fueled masterstrokes and SZA’s yearning R&B grooves have all supplanted any other genre and have become the hot topic setting fire to the entire music industry. But bubbling beneath the surface, mostly dodging mainstream popularity and crafting perhaps the most beautifully heartbreaking music of all has been Julien Baker. The indie artist and Boygenius cofounder’s new album “Little Oblivions” is a grand, gorgeous and vulnerable statement on depression, addiction, consequences and recovery. The Tennessee native’s songwriting prowess comes as no surprise, with two previous solo albums and a masterpiece collaborative EP with Phoebe Bridgers and Lucy Dacus all under Baker’s belt. But this time around, a rounded out and experimental sound coupled with gut-wrenching lyrics makes “Little Oblivions” the biggest triumph of Julien Baker’s already impressive career. Expanding on the simple and stripped-down sound of her previous albums, Baker builds on her comfort zone of acoustic balladry with funky synth fills, heavier and almost tinny drumming and grunge-inspired guitar that gives the songs a room-filling quality that demands the return of live music to hear them in person. More impressive than her sound, though, is Baker’s lyricism. Between the prevalence



PHOTO FROM MATADOR RECORDS

The indie artist draws from her own painful experiences in this vulnerable album.

and normalcy of substance abuse in the music industry and the general lack of understanding amongst those who have never been around it, the full impact of addiction may be lost on many who listen to songs of that nature. All throughout “Little Oblivions,” Baker paints a painfully clear picture of the chaos of substance abuse from the physical and mental harm to oneself and one’s loved ones to the impossible act of reconciliation that follows. Julien Baker has been vulnerable all her life. It comes with the territory of professional musicianship, but not every professional musician is an openly gay woman from a Christian upbringing in Tennessee that has struggled with substance abuse. By embracing her lifetime’s worth of vulnerability and molding it into beautiful, touching

art, Julien Baker has rightfully earned her place among the best songwriters of her generation, and “Little Oblivions” is a masterful testament to how far she has come.

‘Superman & Lois’ puts the Man of Steel in a refreshing family drama

By: Katherine Daly Staff Writer



PHOTOS FROM CWTv

“Superman & Lois” depicts a superhero trying to balance saving the world with taking care of his family.

“Superman & Lois” is the latest series to join the CW and was surprisingly good considering the overused trope of superheroes in media. The premise of the series should not come as too much of a surprise to fans of the comic-books. Clark Kent is your average American man who just happens to be from another planet. In the newest iteration of the world’s famous superhero, he’s now a dad and must protect his loved ones. The show starts with a recap of how Superman (Tyler Hoechlin) arrived on Earth, met the love of his life Lois Lane (Elizabeth Tulloch) and settled into a comfortable life with their twin sons, Jonathan and Jordan Kent. The Man of Steel is now often torn between saving the world or missing family dinner with his boys. He still keeps up the act, however, as his kids don’t know he’s Superman. As far as the story and the acting go, the show does a good job of keeping up a quick pace to fill a whole hour of television. The plot was well thought out and the characters had plenty of depth, which contributes to realistic emotional fights by all. The story

seems basic but does a good job of setting up Clark and Lois as a team. Many of the other actors gravitate toward the couple, which sets more of a realistic tone. A lot of the focus is created by the world-building as the story seems to unravel into twists and turns. Unlike previous entries into the superhero world, this show is not a series about Clark Kent learning to be a hero. He’s definitely matured past that. A powerful mystery villain keeps causing nuclear meltdowns, which means sensitive family drama keeps getting interrupted by Clark’s other job. Though he looks barely older than his offspring, Hoechlin is equally appealing as a dorky parent and dashing superhero. As for star reporter Lois, Tulloch does a wonderful job as she balances the hardships of her family and daily work as she goes to investigate a man named Morgan Edge. Superman and Lois is not your traditional superhero show and it doesn’t try to be. It reaches a new audience by trying something different with it being less action-packed and more drama-filled as the story focuses on the realistic family drama of a superhero.

Iona women’s basketball roller coaster regular season ends with victory

By: Matthew Chaves *Sports Editor*

The Iona College women’s basketball regular season came to an end on Friday with a 65-51 win against Monmouth. The team ends their season 6-8 overall, 5-6 in the Metro Atlantic Athletic Conference.

The Gaels’ season was one of high highs and low lows. They had a rough start to the season against Army and Bryant University outside of the MAAC and Saint Peter’s in the MAAC. Come midseason, Iona found their way against Rider and Sacred Heart in the MAAC, as well as Niagara in one of their two games.

Since their last win against Niagara on Jan. 1, they had a four-game losing streak. The Gaels are going into the MAAC Championships placed sixth in the MAAC.

The Gaels struggled with gaining a lead early on. When they achieved that lead, they struggled with keeping it. In the early season, scoring was a struggle for Iona. There were many quarters where the Gaels weren’t able to break single digits, while their opponents have consistently scored in the higher teens against them per quarter.

Come midseason, late-game surges of high scoring play boosted the Gaels to a four-game win streak. This surge of high scoring initially came in the first match against Rider on Dec. 18 in their 56-41 win against the Broncs. The Gaels scored 24 points in the second quarter alone in this game, which set up their lead for the remainder of the match. In their next game versus Rider, it was more about consistent scoring, something Iona struggled with for a good part of their season.

Fourth-quarter blowouts were the name of the game for Iona’s next two matches against Sacred Heart and Niagara, where they scored 29 and 25 points respectively in the last quarter of the game. The game against Sacred Heart, while not in the MAAC, helped them set up for the same game performance against their league rivals Niagara to help them gain their much-needed third win of the season.

The late-game surge wasn’t enough in the Gaels’ second meeting with the Purple Eagles though, as Niagara beat them at their own game, scoring 30 to Iona’s 26 in the

final quarter. This pattern of high-scoring later on would prove to be a trend as the Gaels would go on to lose three more games. Iona achieved good leads during these games but couldn’t hold on to them.

Come their last two games against Monmouth, Iona pulled off a couple of wins. Early scoring in both games led to a sizeable lead the Hawks had trouble closing. With consistent scoring, the Gaels managed to keep the gap and coast their way to two victories going into the MAAC Championships.

Top performers this season include junior Juana Camilion with 163 points and 60 rebounds, senior Olivia Vezaldenos with 130 points and a .340 3-point percentage, and redshirt-sophomore Paulla Weekes with 86 points and 66 rebounds.

The Gaels look to prove themselves at the MAAC Championships starting Thursday when they take on Saint Peter’s in Atlantic City. Fans can watch the games live on ESPN+.



PHOTO COURTESY OF ICGAELS.COM

The Iona College women’s basketball team takes on Saint Peter’s in the quarterfinals of the Metro Atlantic Athletic Conference.

Ross, Junior Joseph just few of top players for Gaels

By: Giovanni Paolo Tagliafierro *Assistant Sports Editor*

The Iona men’s basketball team featured new faces and new talent in the 2020-21 regular season, led by returning senior guard Isaiah Ross.

The first year under head coach Rick Pitino did not exactly go according to plan, with two substantial layoffs at the beginning and end of the season due to COVID-19. The team, despite the time away from the court, kept grinding and churned out a 6-3 conference record in the Metro Atlantic Athletic Conference.

Ross dictated the offense for Iona throughout the year. When Ross was pouring in buckets, the rest of the Gaels offense was able to get better looks and play more efficiently as a squad, as the Gaels were 5-1 when Ross scored 20 or more points.

Ross averaged 20.5 points per game, in addition to a .489 shooting percentage and a .418 three-point percentage. The guard led the MAAC in scoring by over 3 points and ranked fifth in three-point percentage.

Ross stepped up to the challenge of being the leader for a young team under a new head coach, and his play throughout the season clearly makes him the team’s most valuable player of the 2020-2021 season.

While Ross was putting up career numbers in his senior year at Iona, freshman forward Nelly Junior Joseph carved out a big role in the Gaels’ lineup.



PHOTO COURTESY OF ICGAELS.COM

Senior guard Isaiah Ross scored nearly as much as he did last season in less than half the games.

Joseph, in his first year of collegiate play, put up 12.0 points per game, while leading the team with 7.08 rebounds and 1.77 blocks per contest.

The freshman gained more and more playing time as the year progressed, due to the versatility he showed as a complete player on both ends of the court, which was bolstered by his team-high .612 field-goal percentage.

Senior guard Asante Gist took on the role as the

secondary scoring option for the Gaels, but also served as the team’s facilitator, leading the Gaels in assists with four per game.

Fellow senior and forward Dylan Van Eyck, got his teammates involved with nearly three assists per game while grabbing 6.46 rebounds per contest.

When it comes to defensive pressure, it is impossible not to mention Berrick JeanLouis. The junior guard, who nabbed 2.31 steals per game, came up big for the Gaels down the final stretch of regular season play.

Iona was able to utilize their young talent throughout the season which provided Pitino with a bench of capable rotation players. Freshman guard Ryan Myers stood out from this group in particular.

In his limited role, Myers showed that he is a true threat from deep, hitting 17-37 three-pointers over the course of the season and giving the Gaels a nice spark off the bench.

The team looks forward to the MAAC tournament starting on March 9 in Atlantic City, N.J. when they take on Quinnipiac at 5 p.m. The match will be streamed on ESPN+.



QUOTE OF THE ISSUE

“I can accept failure, everyone fails at something. But I can’t accept not trying.”
- Michael Jordan

MAAC announces friends, family allowed for tournament attendance

By: Frances Hoey *Social Media Manager*

As the playoffs approach, the Metro Atlantic Athletic Conference has announced that a limited number of guests will be permitted to attend the MAAC Championships for men’s and women’s basketball.

However, tickets will not be sold to the public. In compliance with New Jersey COVID-19 restrictions, the arena can host 10% of its overall capacity. As a result, tickets are only being offered to a limited number of friends and family of the athletes and staff.

While fans were not allowed during regular season play, this decision comes as the championship venue has a much larger capacity than a campus arena to safely accommodate fans. The MAAC basketball tournament was moved to Atlantic City, N.J., last season, so this will be the first event in the Boardwalk Hall since the pandemic halted last year’s tournament play.

The new policy will still adhere to COVID-19 safety measures such as social distancing and face coverings. The venue will be thoroughly disinfected prior to game play.

The pandemic has provided new challenges for athletics, as both Iona basketball programs have been forced to temporarily halt game play throughout the season due to a positive coronavirus test result. Head Coach Rick Pitino expressed the difficulty of having to stop and start training, as athletes need to rebuild conditioning and strength each time coming out of quarantine, which can stop training for two weeks at a time. As a result, he mentioned that this process led to increased injuries and setbacks among the team.

Most recently, the men’s program announced they would not be finishing their regular season after coming back from a two-month long hiatus. Meanwhile, the women’s program has been able to finish out regular season MAAC play with a split record.

Both programs are set to return for championship play. The MAAC tournament is scheduled to take place March 8 to March 13 with the games broadcast on ESPN+ for the public.



PHOTO COURTESY OF ICGAELS.COM.

This is the first time the Metro Atlantic Athletic Conference has had to limit attendance numbers.

Pandemic overshadows winning ways for men’s basketball

By: Matthew Chaves *Sports Editor*

The Iona College men’s basketball team ended their season prematurely with an 8-5 overall record and a 6-3 record in the Metro Atlantic Athletic Conference.

The season started with a lot of buzz around Iona ever since head coach Rick Pitino was signed on to the team. News outlets like ESPN were itching to see how Pitino would do back in the college basketball scene, at a smaller college like Iona nonetheless, at least relative to his history.

Critics were surprised to see Pitino lose his first match against Seton Hall, 64-86. This came after months of preparation and planning from Pitino, plus the massive number of signings the veteran made to build a team

around his philosophy.

The next game fared well for the Gaels as they won 82-74 against Hofstra. Pitino was finally able to show how he wanted his team to play, starting off strong and finishing even stronger in the second half.

Pitino and the Gaels tried that same playstyle against Morgan State, but they were outplayed at their own game as the Bears took the win 83-72. It was the last game the Gaels could play before the MAAC started up.

In the first official games of the season, the Gaels started off with a doubleheader against Fairfield, winning one in dominating fashion and losing the other in a closer battle

between the two rivals. It was another story of keeping the momentum for the Gaels in the first game, winning 70-42, but Fairfield came out on fire in the first half come the second game, outscoring Iona 36-23. The Gaels couldn’t recover from this early beating and ended up losing the game 52-67.

Next up came another doubleheader vs. Rider, where the Gaels won both close games 70-56 and 72-64 respectively. It was another test of keeping the attack up during both of these games, a problem the 2019-20 Gaels had trouble with.

In their final game of 2020, the Gaels brought home the win against Coppin State in another wide-margin victory of 85-65. Iona was on a roll with their play and momentum when news came of a positive COVID-19 case amongst the Tier 1 staff for the men’s basketball team. This led to a 51-day break, the longest in NCAA Division 1 this season.

Iona came back after the extended break to perform in an announcing manner, winning 85-67 against their longtime rivals Manhattan. It wasn’t the same story the next day though, as they dropped a game to the Jaspers 70-77, ending the four-game winning streak.

The problems in defense reared their head when the Gaels lost 74-70 against Quinnipiac, a game they kept the lead in for most of the time. Late second-half fouls led to Quinnipiac securing the win in the final minutes of the game.

Iona made sure to fix their mistakes come their double header against Monmouth, winning both bouts against the Hawks 91-86 and 88-65 respectively.

The Gaels were just about to get into their winning ways again when another positive COVID-19 test resulted in the cancellation of the rest of the regular season for Iona.

Iona looks to prove themselves Tuesday at the beginning of the MAAC Championships in Atlantic City, N.J., scheduled to start at 5 p.m.



PHOTO COURTESY OF ICGAELS.COM

The Iona College men’s basketball team takes on Quinnipiac in the first round of the Metro Atlantic Athletic Conference.