

How Are You, Really?

By BRIANA SPINA
News Editor

Have you ever paused after telling someone that you're "good" and realized how inaccurate that word is to describe your mood?

Many students have had that experience, and some attended a workshop on Thursday, Mar. 22 that addressed this conflict.

The event was called "'I'm Fine!'" "How are you, really?"- An Unfiltered campus-wide conversation about self-care, wellness, and mental health" and it was a collaborative effort, with help from the Counseling Center, Black Student Union (BSU), Office of Intercultural Leadership, Office of Spiritual Life, and Student Affairs.

The idea arose from the "MLK Justice for All" campus-wide dialogue that was held earlier this year. Khia Duncan, a senior and the president of BSU, noticed that within this dialogue there was quite a bit of discussion regarding mental health. She wanted to take this topic further, so she approached Lamara Burgess, Associate Director of Intercultural Leadership. At the time, Burgess had been starting to organize an event about mental health, so they decided to work together and reach out to the aforementioned offices.

Conversations about emotional well-being are important to Duncan.

"If I'm going through things," she said, "then my friends probably are, too. It's important to check in with people."

Making sure that the people around Duncan are doing well is something she strives for.

"[Duncan] always checks in on me," said Tyler Sumter, the vice president of the BSU. "She does it excessively."

At the start of the event, Bur-



Celebrating Women's HerStory

Miaija Jawara with a few pieces of her original artwork

What You Do Matters

Training for Active Shooter Situation

By KATE PIERCE
Executive Editor

As the national conversation and action concerning gun violence continues, training is taking place at Saint Rose and in the community.

"Being prepared is a key component to having a safe outcome," said Steve Stella, the director of campus security.

Among training sessions, the College is planning a live exercise to simulate an active shooter situation. Volunteer participants will play the roles of shooter and victims. Albany Police officers will respond to the situation, along with members of the local fire department.

"Our security officers receive annual training in many areas," said Stella. "They will be participating in the drill, as will many members of the College community."

The College's emergency management team will be in other buildings on campus, and campus security will practice their role of keeping the community away from the situation.

"Unfortunately we need to do the practice," said Dennis McDonald, vice president for student affairs.

The simulation is planned for Friday, April 27 in the Hearst Center for Communications and Interactive Media. The entire campus will go into a practice lockdown. The drill could last anywhere from 15 minutes to half an hour, depending on how it is handled by all departments.

"Outside of notifying the campus, we will be notifying the surrounding community," said McDonald. "We really need to make sure the word is out."

In preparation for the live simulation, "Civilian Response to Active Shooter Events" training was held on campus on Mar. 19 and 21. The session was presented by Sergeant Vince Thompson of the Albany Police Department, who serves with the

neighborhood engagement unit, as well as the critical assessment team.

"We need to plan for the worst case scenario and best case solution," said Thompson.

The best case solution involves being equipped with options for people to follow as they are faced with hostile or active shooter situations.

"Your safety is your personal responsibility," said Thompson. "You do whatever you can by whatever means to survive."

He explained that you have to actively work to save yourself in the time gap between when the event begins and when police respond.

The three steps to keep in mind are "Run - Hide - Fight." Any combination of these actions are essential to protecting yourself and those around you.

Another way to think of these actions are "Avoid - Deny Access - Defend." Thompson urged the audience at the training to not worry about specific words or order, but to make sure that they understand the importance of active action. You shouldn't stay attached to any one aspect.

"You have to put distance between you and the bad stuff," said Thompson.

Running is the action that you are ultimately striving for in these situations

"Hiding is just a temporary measure until you can run," said Thompson. If you have to hide, there are some tips to do so as safely as possible.

According to Thompson, even if an attack has been planned out the shooter will have some tunnel vision as they are also under stress. This can be used to your advantage as you hide by choosing locations out of view from torso level.

Turning of the lights is not always a necessary step while hiding, Thompson said, as you

SEE TRAINING /A2

WEBelieve Hosts its First Event



Executive Board members of WEBelieve

By BRIANA SPINA
News Editor

Female empowerment was the focus of Women Everywhere Believe (WEBelieve) as the club held its first event on campus. The "Herstory" celebration including art, poetry, music, and other specialties was held Mar. 22 in the main lounge of the EAC.

Chanice Penny, treasurer of WEBelieve, said that this event was open to everyone, not just women.

"We're a women's empowerment group," she said, "We wanted to invite different groups on campus to showcase their talents."

The Girls Next Door acapella group performed at the event. Two other students, Jordyn Harrison and David Cuttino, gave solo acts of their own original songs. Miaija Jawara and Jyothi Kabul performed a poem, which they authored together, called "Black and Brown."

Jawara also had visual artwork on display: several pieces highlighting the intersections of race and gender. Kevin Pedraza showed two large paintings as well as a clothing line. Alyssa Powell created redesigned covers for three different books: "The Secret Life of Bees" by Sue Monk Kidd, "The Help" by Kathryn Stockett, and "The Color Purple" by Alice Walker. Each of these novels chronicle women who overcome great strife, and Powell used a similar illustration style for each cover to symbolize the unifying strength that lifts women up.

This unity is the purpose behind WEBelieve, according to the organization's president, Breanne Colon.

"We really try to incorporate different majors, different years, and different types of work," she said. "We want to give a safe space for all artists to express themselves."

WEBelieve was recently approved as a Student Association club on campus, and Colon noted that Saint Rose is "the smallest school to have a chapter." Despite being small, it is significant to have an organization like this here.

"Our mission statement," she said, "is to inspire young girls and help them to fill their potential."



The Girls Next Door Acapella

Student Association First Annual Club Showcase

Photo Spread A2



Sabor Latino



Dodgeball Madness
Photo Spread A3

Spirit Week Finale: Student Association Showcase



Golden Notes Acapella



ALANA Steppers



Golden Knights Dance Team



Student Association Executive Board



Crate of Apes Comedy Club

Photos By:

Kate Pierce - Executive Editor

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REALLY? cont.

gess spoke a bit about the intentions of the night and for what this space will be used.

"We wanted to create a platform where you all come together in this safe space...to talk openly, unfiltered, meaning you can talk about whatever you want," Burgess said.

She also invited students to be "open, honest," and to make themselves vulnerable. With this openness and vulnerability, the entire group set guidelines to follow to ensure that everyone felt safe to express themselves honestly without fear of judgement. An emphasis was placed on respect, empathy, and most importantly, confidentiality, though the administrators informed the students about mandated reporting: if a student discussed something that is a danger to themselves or others, then it must be addressed further outside of the night's dialogue for safety.

The first activity, a mindfulness exercise, was mediated by Joan Horgan, the director of campus ministry. She instructed participants to focus on their breathing, and be present in the current moment, as opposed to dwelling on yesterday's mistakes or the future's anxieties.

"Part of being mindful is checking in with yourself," Horgan said.

Her concluding thought for the exercise was a reminder that "we are not only here to say our true story, but to listen to the truths of others with kindness."

Next, Amanda Bastiani, the associate director of violence prevention, initiated a conversation about the reasons why everyone came to this event and the importance of releasing stress.

"When people ask 'how are you?' I tend to say 'I'm fine' even when I can't talk around this lump in my throat," she said.

Sister Sean Peters, director of mission experience, pointed out that if you ever find yourself

resorting to the default answer of 'I'm fine,' you should "take a moment to ask yourself, 'but how are you really?'"

Going off this, Horgan mentioned that it is very isolating and lonely "when nobody knows how you're actually feeling" and that is why she "want[s] to be a part of the dialogue" regarding mental wellness.

The students in attendance had similar reasons for coming to the event. Many said how they wanted to help their peers and address the issue of putting up a positive front even when you are in a very negative headspace.

With this issue in mind, Bastiani handed out small slips of paper to the participants that read "I say 'I'm fine' when I am really _____." Everyone filled in the blank and discussed it in small groups before opening up to the whole room. After this discussion was an open and unprompted dialogue. Burgess told students, "This is a space for you to use as it is comfortable for you." As she anticipated people would share deeply emotional stories she advised the listeners not to immediately try to console someone who starts crying while talking, for "that could be silencing."

After the dialogue, during which several students shared their struggles and received support from their peers, Burgess thanked them for having the "courage" to be so "open and vulnerable." She also reminded them that she as well as the other offices that helped to organize this event are always available as a support system and a resource.

There is a high level of interest for this event to be continued, perhaps having a dialogue once or twice every month of the school year. Nothing has been confirmed yet.

In closing, Burgess said "No matter how lonely you may feel sometimes, you are not alone."

TRAINING cont.

should keep the room looking as natural as possible. If you are in a room with motion lights, however, he recommended make small continuous movement to keep the lights on. If you let them go off, the shooter could be alerted to your location as you move because the lights will turn back on.

For locations where you are hiding but have no option of running, you should position yourself so that you have some element of surprise in preparation for a fight.

"Getting shot in the hand is better than just letting it happen," said Thompson, referencing that you can attempt to grab the gun away from the shooter.

He also said that everyone should know where fire extinguishers are in the building. Thompson explained that they can either be used as a weapon or used to spray and distract

"Is it going to solve everything? No," said Thompson. "But it is a useful tool."

An imperative step in staying in control is first managing the reaction you'll have in response to the stress of the situation, according to Thompson. He recommended taking a deep breath and turning your head from side to side.

"Panic spreads panic," said Thompson. "Likewise, calm spreads calm."

As a part of the training, a recording of the 911 call that Patricia Nielson made during the Columbine High School massacre. Thompson pointed out that the panicked nature of the call was detrimental to the situation.

Another showing included a clip from "Zero Day," a movie about two students who plan

an attack on their high school. Many details from the Columbine massacre were incorporated into the movie.

Thompson did not tell the audience that the video clip, which resembled security footage, was a recreation before he played it.

"You can't wait until you're in this situation," he said, as he described that the clip was a depiction and not actual footage from Columbine.

He also explained that police used to surround the building and wait for SWAT, which is not the protocol anymore because it wastes time and keeps people in danger.

"We don't fault them, because that was the plan they had," said Thompson. "We need a better plan."

Being alert, thinking clearly, and acting decisively are all parts of the plan individuals should equip themselves with when facing any dangerous situation.

"Whether occurring in a workplace, academic setting, or public setting, there are strategies to enhance your protection and to reduce dangers that may be faced during one of these situations," said Stella.

When police arrive at the scene there are measures that civilians can take to help facilitate the efficient handling of the situation.

Thompson instructed that you should follow all commands and show your palms without holding anything.

"This is where death is coming from," Thompson said, and showed his hands to the audience.

"An officer in uniform giving instructions has the right of way everytime - no questions,"

Following a traumatic experience such as an encounter with an active shooter, it understood that there will be an effect on mental health.

"Chaotic abnormal events cause a psychological response," said Thompson. "Which is normal. The problem comes when you don't get help."

In terms of prevention of these situations, the sergeant recommended being aware surroundings and of the people you interact with.

"We have to see what's going on," said Thompson. "The more ready you are, the more ready those around you will be."

While he recognized that you can't recognize a potential shooter by the way they look, Thompson said that certain behavior, like conversation that only ever concentrates on a single issue over an extended period of time, can be indicators.

The training session concluded with Thompson providing his contact email for any further questions, and Stella spoke to the audience in conclusion.

"This training is important," Stella said to the students, faculty, and community members that attended the session. "It's what's going to make the difference between surviving the event or not."

The value of training is upheld when public safety services "train like they respond" and "respond like they train," according to Stella.

"I had a friend who was a police officer succumb to gun violence and his tragic death left a great void in many people's lives," said Stella. "The violence issues that our country is facing are complex and daunting, but not unsolvable."

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SEB Dodgeball Madness



Photos By:
Kate Pierce
Executive
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In Brief

What's happening in the community

Speak Out Against Poverty

Conversations about poverty are not always easy to initiate. As a part of supporting the Poor People's Campaign, the office of spiritual life is hosting a Poverty Speak Out for the campus community.

Students, employees, and faculty are invited to tell their stories about how poverty impacts their lives and the lives of people they know. The event purpose is to give these stories a platform and a voice.

The event is being held from 6 to 8 p.m. on Mar. 27 in the Hubbard Interfaith Sanctuary. There will be a couple of people on a panel sharing their stories, whether that be in a group setting or in front of other people.

It is an opportunity for us all to bear witness to the cost of poverty and to look at the systemic factors that keep people discouraged and stuck. Poverty is not just the image of a homeless man on the corner.

It is up to attendees how to share their stories; it can be an intimate thing or not.

All are welcome to attend

and participate in the Speak Out. Any questions can be directed to Joan Horgan, director of campus ministry, at horganj@strose.edu

The Speak Out is also an opportunity to learn about the a Poor People's Campaign March to the state Capital building on from 1 tp 3:30 p.m. on Apr. 13. The march aims to raise awareness about poverty and its impact on the people of New York State, the city of Albany, children in schools and neighborhoods and the nation as a whole.

The group will march together to the state capital for a rally and a chance to witness to the needs of those who often go unheard - those who are poor and who deal with the many issues related to poverty.

The organizers are looking for students who are artists, musicians, drummers or anyone who would like to take a stand to be part of the movement.

As for the Speak Out, any questions can be directed to oan Horgan.

Safe Zone Training

Students who are interested in learning more about the LGBTQ community and becoming an ally are encouraged to attend Safe Zone training.

The Office of Intercultural Leadership will be offering part II of the training series -

Ally Training

This training is only for students is being held on Mar. 27 from 8 to 9:30 p.m. in the Presidents Dining Room of the EAC.

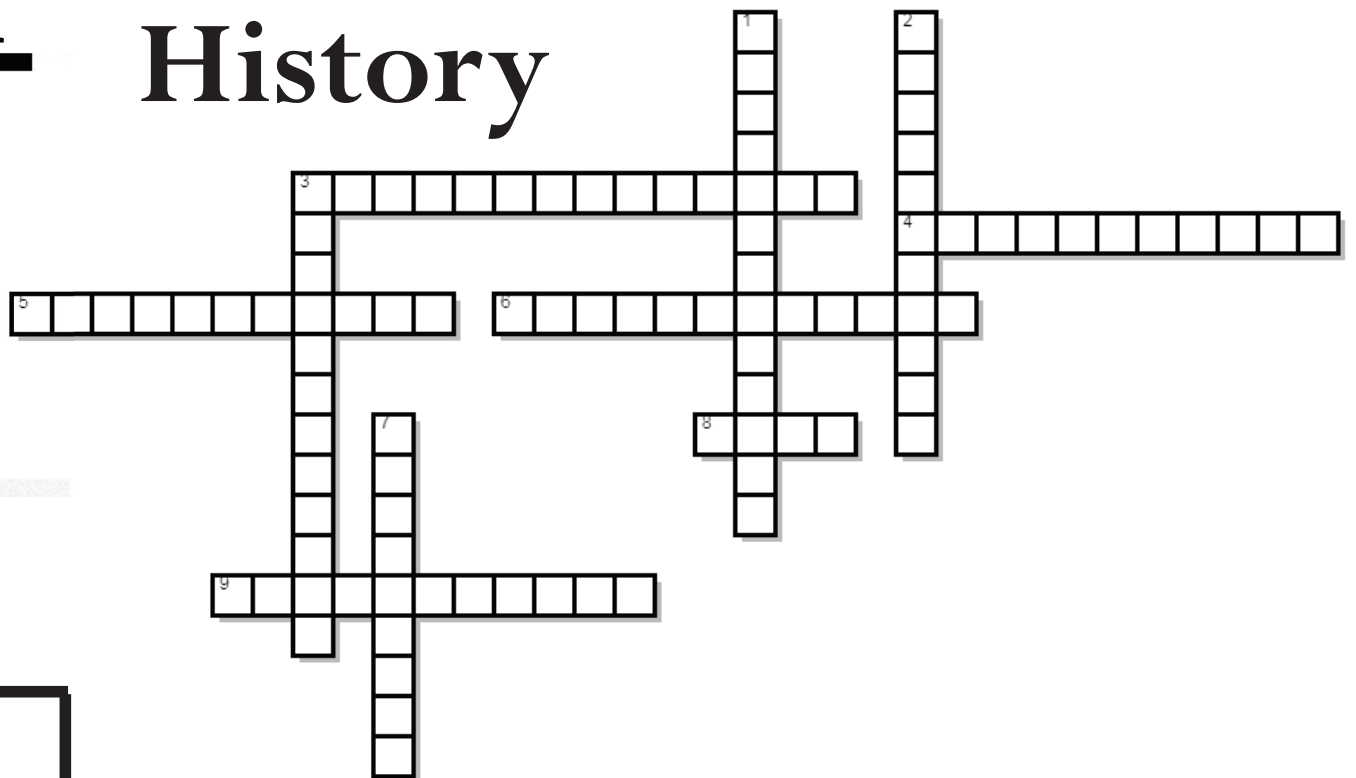
For questions email Lucas Lavera at lavalera@strose.edu

Game Corner

Take a break to solve some puzzles!

Answers posted online at strosechronicle.com

Women's History



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Down

- Who started "Mother's Day" as an annual to demonstrate against war?
- Where was the first Women's Rights Convention held in the US?
- Who was the first black female lawyer in America?
- Which Adirondack mountain is named for the first woman to climb all 46?

Across

- Title VII of the _____ prohibits discrimination in employment on the basis of gender.
- This actress was the first Chinese-American movie star (1920s).
- This tennis champion also served as a World War II spy
- Who wrote "The Feminine Mystique" in 1968?
- Which sport did Margaret Ives Abbott, the female American Olympian win a gold medal for?
- This woman developed the computer programming language COBOL in 1960.

Enough is Enough

Albany's March for Our Lives

By **BRIANA SPINA**
News Editor

Hundreds of thousands of people in the United States and around the world stood in solidarity with the survivors of last month's school shooting in Parkland, Florida by participating in March for Our Lives. The protests, which occurred on Saturday, Mar. 24, were organized by students as a demand for action to end gun violence, based around the slogan "enough is enough." The Albany community gathered at West Capitol Park to join this massive movement.

The crowd at the Capitol was not comprised only of teachers and high school and college students. They were joined by elementary and middle school students, veterans, cops, toddlers, politicians, par-

Amsa Bawla, a senior at Shaker High School, is confident that she and her fellow students are indeed making change.

"I don't even have a driver's license and I started a protest!" Bawla said, emphasizing that we have more power than we might think.

On a more serious note, she stated that children "can't grow up in a nation where school shootings are the norm." Bawla also took issue with those who interpret the Second Amendment as the right for anyone to have any type of weapon, including rapid-fire guns.

"No American should have the capability to kill one hundred people in one minute," she said.

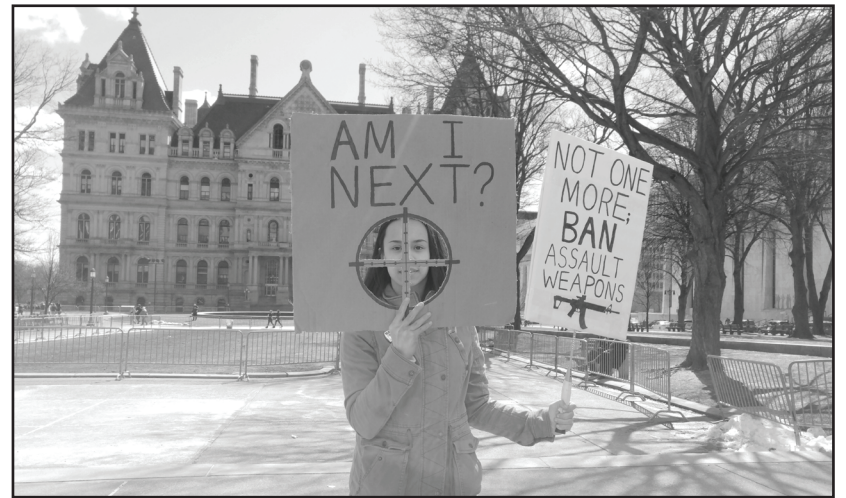
Another student in her senior year, Lydia Martel of Bethlehem Central High School,

Pugliese noticed that older people are not tackling the gun reform issue with as much "urgency" as she and her peers are, but concluded that the youth will be the ones "to lead, and the adults will follow."

She is correct: all of the adult speakers lauded the student activists and offered their full support. The president of the Albany Public School Teachers Association, Laura Franz, told the students "your teachers believe in you. We love you. We are proud of you."

In closing, Franz said "We-your teachers--will be there with you every step of the way. Don't stop. Don't give up. You are the change we want to see in the world."

Assemblyman Phil Steck had the same confidence in the students telling them "you are



A student's sign points out that she could be the next target

with the toughest gun laws have the lowest rates of gun violence." She went on to discuss the bipartisan bill to ban bump stocks, to which she is "the proud sponsor."

"We can no longer afford hollow sympathy," Fahy said. She also said that today's youth has "reinspired" her along with her fellow lawmakers and adults everywhere.

Congressman Paul Tonko similarly said that America is "gifted" to have students with such immense "brain power."

"They have seen too much hurt, pain, and death. And they said 'No. That's enough.'" Tonko said. "We are seeing civic responsibility from the youngest in our society."

He addressed the common argument used by gun supporters in the wakes of these tragedies: the claim that the shooter is mentally ill.

"If you believe it's about mental health, then fund mental health programs in schools," he said. He also cited a statistic that proved that people with mental illnesses "twelve times more likely to be subject to violence and are unlikely to actually commit violence."

Too often, he continued,

"students who are bullied" or undergo other psychologically painful experiences "take to weapons" to release this pain. He said that "we have to see how our children are hurting" and give them the help they need before they resort to violent means.

The last speaker was Sheila Poole, Acting Commissioner of the NYS Office of Children and Family Services. She spoke on behalf of Governor Cuomo, who was at the March for Our Lives in New York City.

"The truth is," she said, "our children are being better leaders than the ones in Washington. It is a testament to the courage and leadership of all New Yorkers."

The overall sentiment of the protest can be summed up in this quote from Pleu's earlier speech: "Seeing you all here today proves that this is not a moment. This is a movement."

Photos By:

Briana Spina

News Editor



The first leg of the march was on Washington Ave.

ents, gun owners, gun violence survivors, and even a few infants. A few organizations had tables set up and were giving out information, including New Yorkers Against Gun Violence (NYAGV) and Moms Demand Action (MDA).

Patricia Tuz, the Capital Region Coordinator of NYAGV, talked about the organization's support for various gun reform actions, like the NY Safe Act and the Extreme Risk Protection Order. She still believes that more effective legislation must be put in place and "urge[s]" citizens to call their representatives.

Tricia Pleu of MDA similarly explained that her group advocates for "common sense gun reform on a local, state, and national level" because an average of "96 people per day are killed by guns, 8 of which are children." She and her team represented the New York chapter of MDA and came out "to support the students and their march." Pleu was also one of the speakers at the event.

"If your politician is beholden to the NRA," she said, "vote them out."

Several high school students made speeches as well. Cindy Lumiere, a junior at Columbia High School, cited an incident of a violent student firing a gun there back in 2004 to remind the crowd that "the Capital Region is not immune to gun violence."

"Now is the time to make change happen, not when something happens again," she said.

had an emphatic speech as well. She touched on the criticism student activists face, which is mostly focused on their age and supposed naivety.

"I'm tired of being told that I don't know what I'm talking about, because I sure as hell do," she said. Martel then pointed out that America's young people were the ones at the forefront of the Civil Rights movement and the Vietnam War protests.

Shifting to the topic of guns, she asked "If we are not safe in school, then where are we safe?" In her participation in government class, they were having a debate about gun control, to which she responded "I guess I didn't know my life was debatable."

"The school to prison pipeline is turning into the school to casket pipeline," Martel said later in her speech. "I have the right to life, liberty, and the pursuit of happiness. When my right to life is taken away by a semi-automatic assault rifle, then there is no liberty or happiness."

A high school sophomore who did not make a speech, Julia Pugliese, echoed Martel's frustration.

"I am so tired of seeing deaths and inaction," Pugliese said.

She described her school district as "conservative" and unsupportive of her activism initiatives.

"I tried to start a walkout," she said. "I got a lot of hate for it...But I'm not letting that stop me."



A group of young student activists fighting for their safety

going to win." He talked about the NRA and its attempts to intimidate him because of his anti-gun stance. The organization, he said, like the Second Amendment, "has changed over time," and both are now being used to promote a "far right" agenda. Steck was largely unmoved by the NRA's scare tactics, and proudly stated that, regarding rates of gun violence, "New York is the third lowest state in the country." He concluded his segment by playing the song "If It Were Up to Me" by Cheryl Wheeler, in which the lyrics are "Maybe it's _____ that is the cause of the country's problems, but at the very end, Wheeler sings "I know one thing/ If it were up to me, I'd take away the guns."

Assemblywoman Patricia Fahy affirmed that Wheelers concluding line has quite a bit of merit, stating that "the states



Protesters gathered at West Capitol Park



#Enough is a social media tag used by supporters of this movement

Do you have a tip
for News?

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Tuesday March 27, 2018

The Parkland Survivors Shine On

By KAYLA DEMICCO
Staff Writer

Two students of Marjory Stoneman Douglas High School, Sawyer Garrity, 16, and Andrea Peña, 15, have written and recorded an inspirational and powerful song with the Stoneman Douglas Drama club called "Shine" to tell their story after the tragedy on Feb. 14 happened.

The song starts off slow and mellow where Peña sounds sad and vulnerable as it seems like she is speaking to Nikolas Cruz (the gunman), or to the Republicans who continue to support the NRA by saying "You threw my city away/ You tore the walls and opened up all the gates/ You've ruined this town.... You slowly let us drown." It progressively lifts up and she sounds more empowered with lyrics like "You're not gonna knock us down/ We'll get back up again" and "You may have brought the dark but together

we will shine a light." Into the last minute of the song, there is a key change and the whole tone of the song changes. Peña and the background singers sound more empowered than ever by saying "I promise we'll be stronger." A chorus joins in to sing and they say, "We will be something special. We will shine."

This song tells the story of their courageous battle in getting through the aftermath of the shooting and how they feel stronger than ever before and will fight through it. One line that really speaks out is "We're tired of hearing that we're too young to ever make a change," which is showing that they will not tolerate to be underestimated.

The students performed the song on during a CNN Town Hall Meeting a week after the shooting occurred (which means they wrote and recorded the song within days). When performing this live, before the key



Miley Cyrus is backing a song written by Parkland students

change, a few different students spoke out and made statements like "We refuse to be ignore by those who will not listen," "There are

so many things you can do to become involved", "Reach out to your Congressmen, call and tweet," "The smallest of words can make a big difference", "Be the voice for those who don't have one", and "Together we have the power to change the world around us." Billboard reported that students called out Marco Rubio and a NRA spokeswoman at the event to question them on what they're going to do so nothing like that happens again.

Miley Cyrus (among many other big name stars like U2, Fifth Harmony, Andrea Bocelli) have shown tons of support and begged followers to join her support for the song. "Be a part of the movement to help end gun violence!" she tweeted to her 40.1 million followers (and pinned that tweet). "Please support the powerful message of change, unity and

healing from student survivors of the #StonemanDouglas shooting." Miley took the time out to actually meet the MSD group before their performance in Washington D.C. before the March For Our Lives rally and Peña thanked her via Twitter for her support. "We will sing for the 17 victims, the 14 injured, and for their friends and family, we will also be singing for the future and the hope of what's to come," she wrote before the big performance. Cyrus also joined the stage that Saturday to perform "The Climb".

Proceeds from the download sales of "Shine" will be donated to the SHINE MSD Fund at the Broward Education Foundation, a non-profit that will help support the victims and their families through community mental health and arts programs.



Survivors of the Parkland Shooting started the March For Our Lives event as a protest against gun violence

Bill Hader Returns to 'SNL'

By LAUREN KASZUBA
Staff Writer

Comedian and actor Bill Hader, 39, made his return to the studio 8H's stage to host the St. Patrick's Day episode of "Saturday Night Live" on Mar. 17. Hader, who was a cast member on the show from 2005-2013, is arguably a fan favorite. His range of impressions and how well executed his impressions are implement excitement in many SNL fans. This past episode did not disappoint.

This was Hader's second return as host, his first hosting gig being in 2014. Now, I don't mean to get excited here, but this is one of the funniest episodes I have seen all season. The episode had its highest rating in metered-market households since the Feb. 3 episode hosted by Natalie Portman.

Hader's monologue was something that I've never seen before in a Saturday Night Live episode. I've seen many SNL episodes and I've seen many musically driven monologues. If done right, I think they're great, but they're done quite often. Hader decided to take a unique route with his monologue and slice it in half.

Joking that hosts only come on the show to promote

their new projects (with Hader quickly throwing in a promo for his new HBO show "Barry"), he quickly mentions that monologues don't need to have a set length. Seconds later, SNL's costume department runs on stage as they do a quick change on Hader, changing him into Devin, his character from "The Californians" sketch. The show then cuts right into the classic sketch.

The show, as always, was filled with comedy-packed sketches and most (if not all) of them featured Hader. One that stood out to me the most was "Jurassic Park Screen Tests," where a good portion of the cast featured a plethora of celebrity impressions. Cast members impersonated celebrities auditioning for the classic 1992 film Jurassic Park, and I can honestly say that the sketch was a wild one from start to finish.

Viewers got the pleasure of seeing Pete Davidson's Adam Sandler impression, Bill Hader's Al Pacino impression, and Kate McKinnon's Lisa Kudrow impression, just to name a few. All of the impressions had me laughing so much that I can proudly say I've seen this sketch more than ten times already.

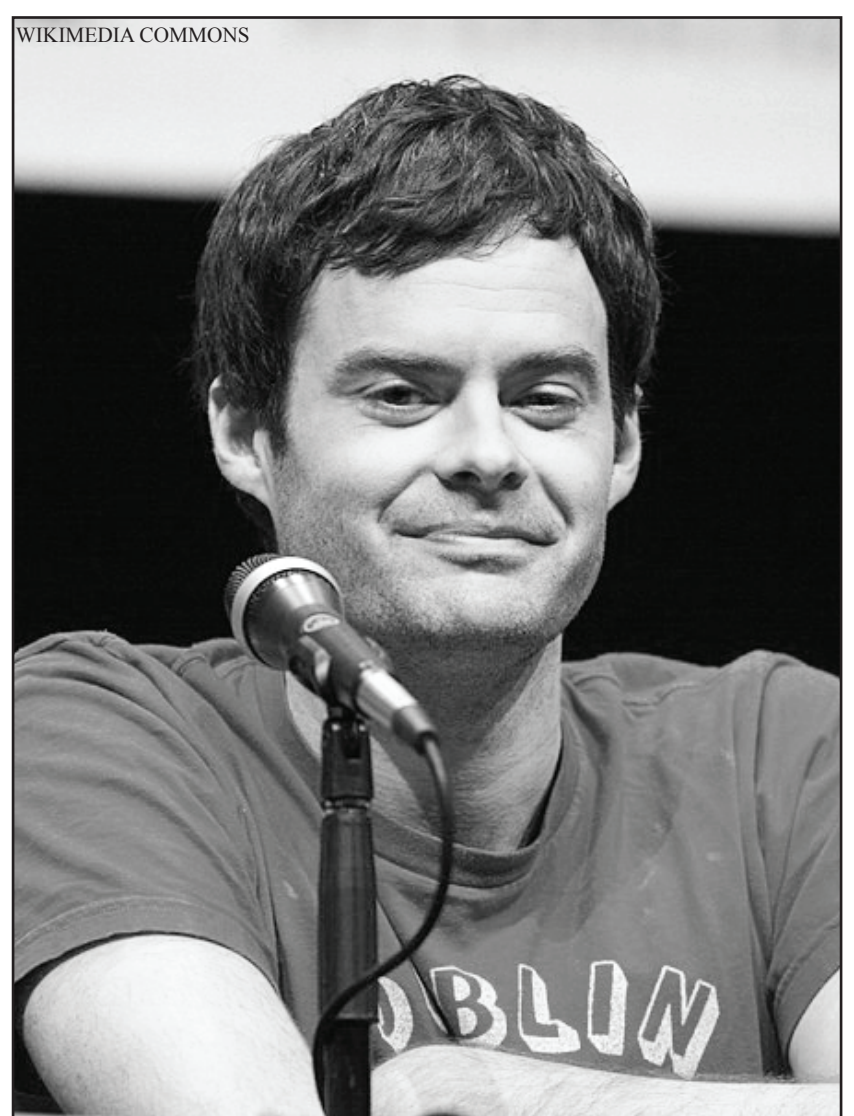
Another key sketch that

stood out to me was none other than Weekend Update and Bill Hader's legendary Stefon. How do you write a review about Bill Hader's performance on SNL without mentioning Stefon? You don't.

John Mulaney returned to help write for the returning Stefon stint. As always, Stefon had exceptional but yet unique suggestions for excellent St. Patrick's Day hang-out spots in New York. Stefon has always been one of my favorite SNL characters, considering Hader often breaks character whilst portraying him. Nothing like a good ol' character break!

And even though Stefon was known for his complicated relationship on the show with former Weekend Update anchor Seth Meyers, the chemistry was still strong with the two current anchors, Colin Hanks and Michael Che. Personally, I believe Stefon could be incorporated into any sketch and it would still be funny.

Overall, I highly recommend checking out this episode of SNL, especially if you haven't been pleased with the season so far this year. The episode made me laugh from start to finish and I genuinely look forward to Bill Hader's return to SNL in the future.



Bill Hader was once a regular on SNL

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“Sex and the City” Actress Cynthia Nixon to Run Against Cuomo in Democratic Primary

By **SUNNY NOWACKI**
Staff Writer

Cynthia Nixon, known for her role as Miranda Hobbes in the hit HBO series “Sex and the City” is running against Andrew Cuomo in the New York State Democratic Primaries. She officially entered the race on Mar. 19 through a Twitter video. Though she has never run for office before, that does not seem to be a problem in politics these days.

Nixon has pledged her love for New York many times even before running, and quotes from her website, *cynthiafornewyork.com*, only push this forward more. The homepage reads, “I’m running for governor because I LOVE THIS STATE – but I know that we can do better. We need a New York that works for all of us – A New York for the many, not just the few.” One of the main focuses her early campaigning has taken is the fact that New York is one of the most unequal states “with both incredible wealth and extreme poverty.”

Nixon has already been hit with backlash because of her sexual orientation after being in the running for only a week. Former city council speaker

Christine Quinn told the New York Times that she thinks Nixon is an “unqualified lesbian,” and that she should not be running against Cuomo.

While she identifies as bisexual, she responded while at an event at the Stonewall Inn, saying, “I don’t have my certificate from the Department of Lesbian Affairs. But in my defense, there is a lot of paperwork involved.”

Nixon’s former co-stars from “Sex and the City” have offered their full support for her decision to run. Kim Cattrall, who played Samantha Jones, tweeted that she “supports any former colleagues right to make their own career choices.” Kristin Davis, who played Charlotte York, has more than shown her support as well, tweeting “I am so proud of @CynthiaNixon, no one cares more than she does about EVERY person getting a fair change and a good education. I know that she would be an excellent Governor!” Sarah Jessica Parker, she show’s main star, has yet to come out with anything to say on the matter. Though that may have less to do about Nixon and her views, and more to do with her recent feud with Cattrall.

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Cynthia Nixon running for New York governor

Nixon’s website also offers insight into her stance on quite a few issues, stating, “For the last 17 years, I’ve traveled across this state to fight for better schools, LGBTQ equal-

ity, and women’s health care, including the right to choose.” She has also taken a stance on her views of current New York governor, Andrew Cuomo. She has stated, again from her

website, that Cuomo has “decimated our infrastructure.” She summed up his eight years in office with three words: “disappointment, dysfunction, and dishonesty.”

Some more of her ideas include fixing the subway system in New York City, protecting affordable housing, investments in renewable energy, and ending the over-policing of communities of color, just to name a few. All of these can be read on her website. Her campaign videos also offer insight into her views and have even alluded to the fact that she will be coming to Albany very soon.

Nixon will have a difficult time these next six months in running against Cuomo, given her lack of experience. But lack of experience and qualifications are not a problem for voters in politics these past couple of years. Nixon is hitting the ground running, and she had made it clear that she is more than ready for the uphill climb ahead. The race has only just begun, and the more time goes on, the more information the public will get as far as her views and stances on the issues concerning New York.

“Pacific Rim: Uprising” Is All Style, Little Substance

By **MARK O’CALLAGHAN**
Staff Writer

It’s a little surprising that “Pacific Rim: Uprising” is being made at all. Not to say anything about the quality of the first film but it didn’t a lot of money here domestically. Thankfully the international box office did so well that they were given a sequel. Noticeably absent is the original director, (name) isn’t back for the sequel.

Instead “Pacific Rim: Uprising” is being directed by Steven S. DeKnight. “Pacific Rim: Uprising” is set in a world where Kaijus (monsters) have attacked the world. Mankind

built big robots called Jaeger in order to combat the threat and won against the Kaijus. Jake Pentecost (John Boyega), son of legendary pilot Stacker Pentecost, has escaped responsibilities to pursue a criminal life selling old Jaeger scraps. He gets in trouble and instead of going to jail, he becomes a trainer for new Jaeger pilots. He goes against rival Lambert (Scott Eastwood) and trains with 15-year-old hacker Amara (Cailee Spaeny), against a new Kaiju threat.

Easily the best part of the movie is the amazing action with the Jaegers and Kaijus. Maybe because I’m a fan of Power Rangers but the fights are very similar. A giant mon-

ster attacks a heavily populated city and a team goes in giant humanoid robots. Yep, that’s pretty awesome and DeKnight takes advantage of that. It’s nice to see the Jaegers get a little more creative with their design and weaponry.

Now when I say the effects are good, that doesn’t mean they’re realistic. It falls in line with the Transformers series as the effects are great but we know they’re not really there. Especially as most of the fights are in broad daylight instead of being at night like the first film.

While the action is pretty impressive, the story is defiantly lacking. Most of the time it feels like everything is being rushed in order to get

to the action. Surprisingly the movie feels like a lot of scenes were cut out. When the movie started, it felt like I went to the bathroom and missed the first 20 minutes. Then right at the end, it looked like the movie was about to wrap and then the title card appeared. It’s just an exposition dump and there’s not enough time to devote to the characters.

Every character just feels a bit off in their development. We’re blatantly told their motivation but have little reason to care. Especially when it comes to Jules (Adria Arjona) whose only reason for being in the movie is to be the hot girl. We learn nothing about her and she’s just here for Jake’s and

Lambert’s affections.

Thankfully some of the acting does stand out with the material. Boyega is very charming even know his character is a little too one noted. The other standout is newcomer Spaeny who needs the energized youth who wants to do some good.

If there’s a category to put “Pacific Rim: Uprising” it’s really a guilty pleasure. The story and character development are so discombobulated that it becomes nauseous for the viewer. Yet some of the performances and the amazing fun action at least brings some re-watch value to this sequel.

Eminem Speaks About the NRA in “Nowhere Fast” ft. Kehlani

By **ELIZABETH VALENTIN**
Arts Editor

In the wake of the Parkland mass shooting on Valentine’s day, several celebrities and artist have taken it upon themselves to talk about gun violence and the gun control that they believe is vital at this moment in American history. Eminem is among these artists who have used their platform to talk about this important issue.

This is not the first time since the Trump Administration took office that he has used his platform to speak out against the government. He targeted President Trump directly in his BET cypher in October.

In his newest song, “Nowhere Fast,” which features Kehlani, Eminem targets the NRA and calls them out for their inability to make the lives of children a bigger priority than guns.

The song starts with the lyrics “Sandy Hook, Stoneman Douglas, another lone-wolf

gunman.” This immediately evokes the pain of these two tragedies.

He goes on to say “And the NRA is in our way. They’re responsible for this whole production. They hold the strings to control the puppets and they threaten to take away donor bucks. So they know the government won’t do nothing.” This is a criticism of both the NRA and the government officials who he believes do nothing to pass common sense gun laws because of the funding that they receive from the NRA.

The song continues with “And no one’s budgin,’ gun owners clutchin’ their loaded weapons they. They love their guns more than our children.”

Throughout the song, he goes on to describe other terrorist events and explains that these events do not scare our government who “act like a two-year-old.”

In the song, he acknowledges that he may appear to come off the wrong way and

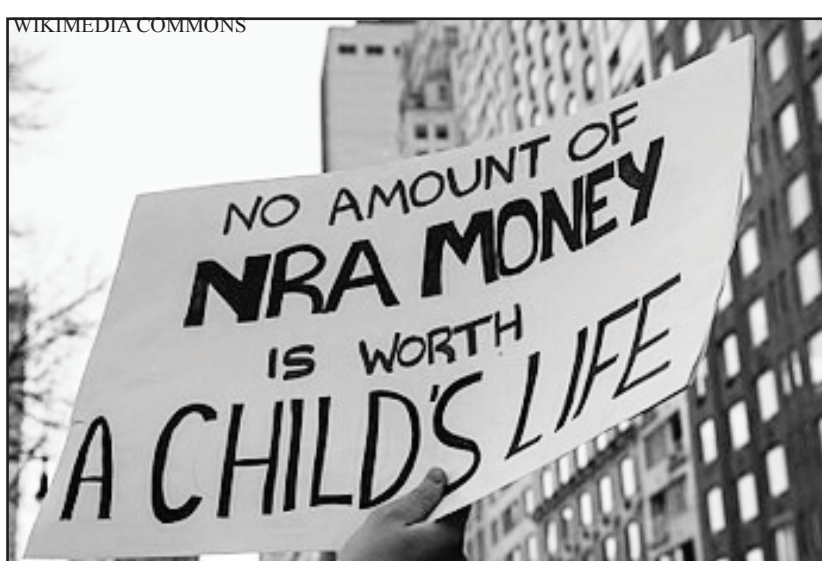
too aggressive, but he says “if at times my heart it seems like it’s in the wrong place because it’s on my sleeve.” This exemplifies that he is tired of these acts of violence continuing to happen, and that he believes that our elected officials should find a way to help us prevent future events like this.

Later in the song, he also mentions foreign threats that have surfaced since President Trump was elected. He says

“Go to war with me, you’ll end up blew to Timbuktu. I send at you a ten-ton nuke like Kim Jong-Un.” It is clear that Eminem has strong feelings about political issues.

In this song, Eminem’s raps are coupled with Kehlani’s vocals, as she sings that we will be “Ashes blowing in the air. Our world’s on fire, but we don’t care, yeah wasted youth, always on the road. Never looking back and we’re

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The NRA has been the target of blame for lack of gun reform

never getting old.” This beginning for the chorus is an indication that if our nation does not work to fix the problems that are mentioned throughout the song, that there will be consequences as the world falls apart around us.

The chorus continues with “The skies are black, but our heart’s made of gold. F*** doing what you’re told. We’re going nowhere fast.” This is a testament to the fact that the citizens of our nation want to see our country become better and more peaceful, but we are unable to obtain this in reality.

Overall, this song is powerful and shows that these two artists are socially aware and are willing to sue their platform to make a statement that is much needed in our current climate. This song is unapologetic because Eminem and Kehlani both know that these are things that need to be said. They are speaking up, so let’s hope people were willing to listen in order to enact change.

Tuesday March 27 2018

Death Sentence For Parkland Mass Shooter

By **BRIANNA CARNEGIE**
Staff Writer

On Feb. 14, 2018, 19-year-old Nikolas Cruz walked into his local high school in Parkland, Florida and decided to start firing his gun, killing 17 people.

This is now considered one the deadliest school massacres in American history. I truly don't understand how many more people have to die in order for the government to do something about how easily people can purchase guns. He has since been arrested and Michael J. Satz, the state attorney for Broward County, is now considering whether or not to use the death penalty.

It didn't take him very long to make a decision. In less than a month after the mass shooting, Satz had made the choice to use the death penalty on Cruz. Although, lawyers for Cruz said he would plead guilty for life in prison without parole.

Satz said that he had seven aggressive factors that made Cruz a qualifying candidate for the death penalty. In a statement last month, Satz said, "The attack at Stoneman Douglas High certainly is the type of case the death penalty was designed for."



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The mug shot of Nikolas Cruz, the gun man from the Parkland shooting on Feb. 14, 2018.

This quote from "The New York Times" seems very interesting because it almost appears as if he was hoping to have a case like this so he could have an excuse to use the death penalty. Cruz is already pleading guilty to all charges

the court charged him with, so I don't think using the death penalty on him is necessary.

I think Satz wants to seem like a hero to the people of Florida and the United States. It appears he wants it to look like he took down the evil mass

shooter that caused so much pain to the people of Florida. By doing that it would allow everyone to heal now because the mass shooter is dead, but it doesn't work that way. It only works when the government decides to come up with better

and stricter gun laws so that mass shootings like these don't keep happening.

Once that happens, only then can people slowly start to heal. Until then, the scars of the past mass shootings that have happened over the years are certainly not healed. Killing one mass shooter isn't going to make the problem of guns go away, if anything it'll probably increase the problem.

People in the government think using this death penalty on criminals will solve the issue, but it won't. Until we have better control over how easily people can buy guns, justice for all the children that have died from mass shootings will never happen. Of course one of the reasons why the United States still doesn't have stricter gun laws is because the people working in the government care more about having money in their pockets, rather than people continuing to live safe lives.

I still truly want to know how many children and young adults have to get killed in order for the people working in the government to actually do something about guns.

*Want to write for Opinion?
Contact Opinions Editor
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A Case for Vulnerability

By **MYKHA'EL WILSON**
Contributing Writer

Will I be seen? I believe this is the question of our current age. We no longer need to worry as much about how we will appear, we have enough filters to do that. We can hide behind our Snaps, Facebook Life, and Instagram. We can create ourselves however we want, and it is stripping away our humanity.

Will I be seen? Will I show up as authentic? That includes all my strengths and weaknesses, all my courage and doubts, all of my hopes and fears, and all of my faith and suspicion. Authenticity and Vulnerability go hand in hand; they are inseparable. They are each one side of the equation. Will we choose to live in both?

Research professor at the University of Houston, Brene Brown has a quote that I love, "Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."

Vulnerability is terrifying because there lies the possibility of being hurt if by others not respecting it. It can shatter us. We allow others access to our authentic self and people can, at times, be cruel. To choose vulnerability, is to choose courage and to choose each other.

I often hear people talk about being triggered or leaving a situation when they are not comfortable. What if, instead of running away from these things, we press into them? I was taken away from my biological parents due to neglect and abuse at an early age. An ongoing effect of those experiences is that when

watching a movie that has scenes depicting domestic violence it will cause me to shut down emotionally for days.

I have a hard time watching things like that. Sometimes, when I need to, I leave the movie. I try to think of my trigger as an invitation to explore the effects of some very painful, ugly, and damaging experiences from my past. I also try to find some trusted people to share these things with. I still have deep questions about my worth and value because of these abuses. What can I be worth if my own biological parents abused me and gave me up?

I know this is the wrong question to ask, and that is the question my heart and mind ask me sometimes. How can I ever move forward into positive, healthy, authentic, and meaningful relationship with others if I do not wrestle with these questions in a community that loves me and cares for me and is committed to my well-being? How can you? It is in vulnerability that healing can begin.

Recently, I had a fellow student ask me why I was back in school at my age. I gave my usual response that I didn't know what I wanted to go to school for and so I started working and had a career and now I am back to get my degree. Though true, this answer is only part of the truth.

It is the safe telling of my story. The full story, and the part that makes me feel vulnerable, is that I received a great scholarship from a well-known school and my adoptive parents would not support me going. They did not support me leaving home because I am gay and they put me into re-



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Brene Brown is a research professor at the University of Houston.

parative therapy to try to make me straight. They were afraid that if I went away to school, I would "live the gay lifestyle, gets AIDS, and die."

In their ignorance, they were trying to protect me. When I tell this part of the story it reminds me of other very painful moments I have experienced because I am gay. It is no wonder that vulnerability feels like courage. On our worst days, it takes superhero level amounts of courage to show up as we are. It may require that even on our best days.

When I think of vulnerability and authenticity, I think of strength and courage. I also think of people and community. The best friendships I have exist because they have been courageous enough to let

me see them and are gracious enough to see me. With these people I can share my secrets. I can share the secrets of my regret. I can share the secret of the pain I have tried to endure and hide. I can share my secret fears that I have about the present and future. I can share my secret ambitions, goals, and loves.

When I give up those secrets their burden is lighter as I am no longer carrying them alone. My fears and doubts lose their power because the people who know of them can speak truth, love, and light to them. When I feel unworthy or even worthless, they can remind me of my power and impact and worth.

Can we make Saint Rose a community where we can

show up as we are? Can we all be brave and courageous enough to be our authentic selves here? Can we celebrate vulnerability and its power to transform and heal? Can we be good enough to not hurt others in their vulnerability? Can we see discomfort as an invitation instead of a right to leave? I know these are big asks, and I would rather we dare to be great and to do great things and fall short than to just not engage. When we are all authentic and engage each other in vulnerability, we all win.

"Sometimes the bravest and most important thing you can do is just show up," Brene Brown.

SHOW UP! This community needs you.

Golden Knights Rundown

DAVID MEISTER
Staff Writer

The Saint Rose softball team returned back from their trip to Florida to play a doubleheader against the Saint Thomas Aquinas Spartans. The Golden Knights won both matches, 6-4 and 9-3, the second game needed extra innings to decide the winner.

Senior outfielder Katie Shevlin went four for eight between both games with a homerun and two RBI's. In game

2, freshman Thalia Santiago picked up her first career win on the mound in a Golden Knights uniform.

Saint Rose took it all the way to the ninth inning where they scored six runs, a season high, to secure the win in extras. Senior Dana Nicoletti had a three RBI double in the extra frame to lead the offense.

The pair of wins bring Saint Rose's record up to 4-8 on the year and will look to keep it going today with a doubleheader on the road against the Mercy Mavericks.

The Saint Rose lacrosse team hadn't won a single home game yet this season and looked to notch their first one on Saturday against the Bentley Falcons and did just that, squeezing out a close one, 10-9.

Sophomore attack Jordyn Marchiano had a career high five points on the day with four goals and one assist.

The Falcons jumped out of the gates early, going up 3-0 after the first quarter but then the Knights went on an offensive surge, outscoring Bentley 5-1 in the second quarter.

Marchiano netted two in the second as well as teammate Carter Badour.

"The guys really prepared well, they believed" said head coach Jim Morrissey.

His message to the team in practice has been all about persistence.

"Keep grinding, keep

working, keep believing and whether we win or lose, leave the game on the field".

And that message has gotten through to his players as well.

"The simple mistakes really get us and I feel today we really brought it in" said junior Jeremy Pariseau.

Another key

from today was the productive day by the offense.

"The offense killed it, possessed the ball, scored when they needed to, a great team effort" said sophomore Reed Chronis.

The win puts the Golden Knights at 2-4 on the season and will look to carry the momentum into

2 RBI's.

The Hawks came back in the seventh to tie it but the Golden Knights proved too much and went on to win.

In game two, Saint Rose managed to force extras after a Brian Uliana single which netted two runs to tie the game.



Men's Lacrosse is at American International Today at 7 p.m.

their match today on the road against the American International Yellow Jackets.

Finally, the baseball team was set to play a doubleheader at home against the Saint Anselm Hawks but due to the weather, the field was deemed unplayable and the game was moved out to New Hampshire.

But that didn't faze the team as they managed to sweep the Hawks, 9-4 and 4-3.

The first game saw Saint Rose jump out ahead early to a 4-0 lead after three innings thanks to senior Joe Foran who went 2-4 on the day with

Then in the eleventh senior Matt McKinnon hit a walk off double which brought in a run to give Saint Rose the victory.

The sweep improves the Golden Knights' record to 9-6 and will look to keep their win streak alive when they travel to take on the Yellow Jackets tomorrow.

Want to write for Sports?

Contact Sports Editor

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ripleyl680@strose.edu.



Men's Baseball is at American International tomorrow at 3:30 p.m.

The Final Four is Set

San Antonio could be the setting for the best Final Four Ever

By **LOGAN RIPLEY**
Sports Editor

This year march madness was just that, madness.

The final four is finally set after many tears, jeers, and cheers from fans all across the world.

There were upsets like normal but none bigger than Loyola Chicago making it all the way to San Antonio for the final four on faith and skill alone.

As an 11 seed they hope to upset the battle tested Michigan Wolverines next Saturday at 6:09 p.m. Jim Nantz, Grant Hill, Bill Raftery and Tracy Wolfson will have the call on TBS.

You would think Loyola Chicago would have been the team in the dog fight against Kansas State to make it into the final four, but in reality it was Michigan.

Loyola Chicago manhandled Kansas State by 16 points while Michigan needed a huge three from Senior Duncan Robinson and some clutch free throws to outlast nine seed Florida State Friday night.

So that matchup is set, an 11 seed cinderella story and a big time program that was under seeded this year.

Michigan has the front court to attack, play defense and the bigs to dominate down low.

I suspect it will be a run and gun matchup with a lot of fast break opportunities.

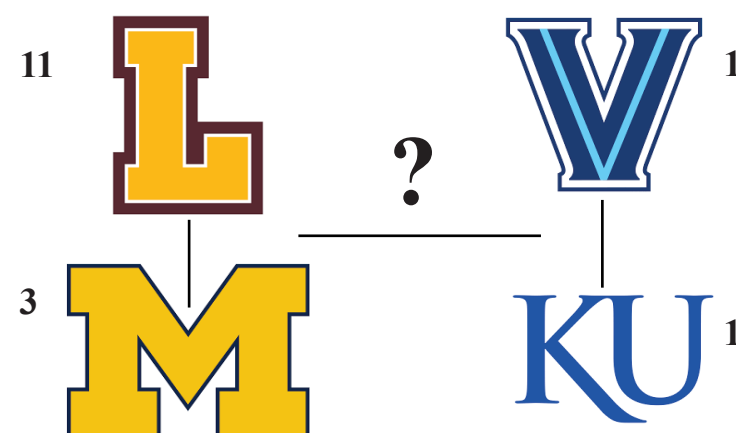
For the other game in Texas we have an all one seed matchup with Villanova squaring off against Kansas.

In recent years Nova has been the cream of the crop alongside UNC, but Kansas seems ready to change that.

They have the seniors and the mental edge to compete on both ends of the floor.

They displayed that in their elite eight game, beating two seed Duke in overtime.

Sophomore guard Malik Newman had an insane ending to his perfect game, scoring all of the Jayhawks



13 points in overtime.

He was unstoppable getting to the cup, drawing fouls, and forcing the hand of Duke to take threes that they hadn't been converting all game.

Grayson Allen struggled from the field for Duke. He

had a chance to tie it, twice, at the end of the game but missed both opportunities.

Even though some may remember him for his antics or those missed shots at the end of the game.

But I will remember him for the way he took over and got them into that overtime.

For Duke their season ends in the elite eight, but they could make it back there a year from now.

They have the top three recruits coming in this year and are loaded.

If a few guys decide to stay and forgo the draft they could be the preseason number one.

For the second game Saturday it starts at 8:49 p.m.

In my personal take, I hope I can watch Loyola Chicago make it to the championship game and beat either Nova or Kansas.

And if you're betting the field verse Nova, I'd take the field.

The College of Saint Rose

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