

# The Chronicle

The College of Saint Rose

## Arianna Paul's mission of service

By LAURA BORRELLI  
Sports Editor

Arianna Paul, graduate of The College of Saint Rose, made the best out of every opportunity. She is still heavily involved on campus and loved the environment Saint Rose was able to give her.

Paul was drawn to the school and the community since the first time she saw it. Paul graduated with a communications degree concentrating in public relations and advertising. Mark Congdon, former assistant professor at the college, described Paul as a hardworking and caring individual.

"Ariana is just a genuine person who is thoughtful, hardworking, compassionate, and reflective. It's rare to find someone who embodies these qualities on a daily basis," Congdon wrote in an email.

Paul was a student in Congdon's class and he said she will be dearly missed. Although she may not be in the classrooms at The College of Saint Rose, Paul is still an integral part of the community.

"Ariana consistently used her strengths and skills to help the community - she really embodies the value of helping thy dear neighbor," Congdon wrote.

Paul is a part of the 100 Hours of Service Campaign for The College of Saint Rose. This year is the 100 year anniversary for the college, and to celebrate that the

school wants to emphasize the importance of community service on this campus to fulfill the mission of the college.

Paul was nominated to be a part of the campaign and had to go through an interview process to be included in the campaign video. She never found out who nominated her, but is thankful and grateful to be able to spread the word of community service to the college campus.

"Being a graduate from Saint Rose and being chosen to participate was heartwarming and meant a lot to me," Paul said.

While attending the college, Paul was an active participant in giving back to the school and the community.

Paul was a BOLD leader since her junior year of college. The BOLD Women's Leadership network is to help grow and expand lives through becoming a stronger leader. Paul is able to be an advocate for people on and off campus and help those who truly need it.

It was one of Paul's biggest accomplishments to be a part of the BOLD scholars. Through BOLD she held events on campus as well as attending the BOLD Women's Leadership Summit.

Nia Brown, a fellow BOLD Scholar, has seen Paul's commitment to campus through Paul's involvement in BOLD, Colleges Against Cancer and Better Together.

"Arianna's ability to re-



ARIANNA PAUL

Arianna Paul said she is ecstatic to be a part of the 100 Hours of Service Campaign. Paul is a graduate of The College of Saint Rose.

main passionate throughout an entire project makes her different from the rest. She always gave full effort for everything she did, no matter how big or small the task was," Brown wrote in an email.

Paul's passion for helping others inside and outside of the community is evident in everything she does. Just as Paul has shown her service, Saint Rose wants to strengthen the students' service to the community for the Centennial Anniversary.

From now until June 2021 students are encouraged to participate and give back to

the community in any way they can. Paul believes that the 100 Hours of Service is a great way to celebrate because the community service aspect is so deeply rooted in the foundation of Saint Rose and was the mission of the Sisters of Saint Joseph.

Reach Out Saint Rose is one of the biggest events on campus and it shows how much community service means to the community. The campaign shines light on all of the service that has been done to help the community and the commitment to continue that service in the community.

Paul is no longer living on campus, but is living in the Albany community at home with her family. She works in Troy at an organization called Collar Works. She is the Marketing and Communications person for their art gallery.

Paul will take her experiences from Saint Rose and service she has taken part in to help her better her career and communities she will live in, in the future. Arianna's words of advice for students is to "take advantage of everything Saint Rose has to offer and you will make the best experience for yourself."

## In Brief

### What's happening in the community

By SARAH CLARK  
News Editor

#### SEB Movie Tickets

The Student Events Board is selling \$5 movie tickets for Regal Movie Theaters. The office hours are posted and students can stop by and purchase one ticket a week. The tickets can only be paid for with cash, and students are required to show their student ID. General SEB meetings are held on Wednesdays at 5:30 p.m. via Zoom.

#### Twelve Days of Trees

The Office of Spiritu-

al Life will hold the Twelve Days of Trees event, which will take place from Sept. 11 to Sept. 22. The list of days and the events are as follows: Friday, Sept. 11 at 1 p.m. Trees will be planted in front of Brubacher Hall, Saturday Sept. 12 Reach Out Saint Rose Hits the Road begins, Sunday Sept. 13 Pick up litter or plant flowers in your area, Monday Sept. 14 Yoga in front of the Sanctuary, Tuesday Sept. 15 Poet-Tree Day, print a copy of a poem and tie it around a tree (yarn and string is available outside of the Sanctuary),

Wednesday Sept. 16 Share a photo of a tree you like on your Instagram story and tag @strose\_osl, Thursday, Sept. 17 Memorial Tree Day, Add a loved ones name to a tree outside of the Sanctuary, Friday Sept. 18 There will be a tree planting near 198 Partridge St. (the link to sign up for the event can be found on the Office of Spiritual Life's Instagram page), Saturday Sept. 19 Learn new facts about trees and share it with the Office of Spiritual Life, Sunday Sept. 20 Post pictures of your favorite leaves, Monday Sept. 21 Grab a cup of tea outside of the Sanctuary at 4 p.m., and Tuesday Sept. 22 is Founder's Day, where a tree will be planted to celebrate Ken Scott, former director of community service, at 2 p.m. behind Health Services.

### ATTENTION CLUB LEADERS!

Have an event you would like The Chronicle to cover? Contact News Editor Sarah Clark at [clarks455@strose.edu](mailto:clarks455@strose.edu)

Would you like to submit a letter to the editor?

Letters must be no more than 400 words and need to be submitted to Kayla DeMicco or Emily Paolicelli no later than Friday at midnight to be featured in the next week's edition.

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### ANY student can join The Saint Rose Chronicle!

The Chronicle is published weekly on Tuesdays during the academic year. It strives to serve as a public forum for the Saint Rose community. It is printed at the facilities of Trumbull Printing in Trumbull, CT.

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**Meetings**  
Meetings are held every Wednesday at 3:00 p.m. via Zoom.

**Policies**  
The Chronicle accepts Letters to the Editor to help. We recommend that submissions not exceed 1000 words. Letters, columns, and cartoons published in this newspaper represent the opinion of the author, not necessarily that of The Chronicle.

## Travis Scott satisfies appetites

By AMEARA DITSCHÉ  
Arts Editor

An exceptionally redeeming factor of humanity is the small things we do for one other that make futile existence more tolerable. I think the most notable thing you can do to someone to honor them, their soul, and their being is to name a sandwich after them. Sandwiches and people have the same distinction, layered and complex, each component being crucial to the quality and overall experience satisfaction from the final product. The most recent recipient of such a bestowment is Rapper Travis Scott.

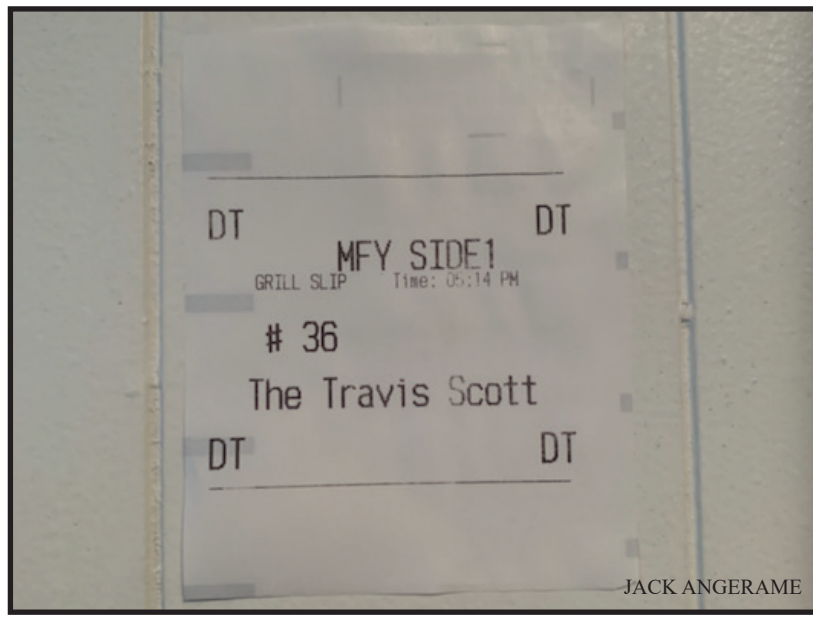
Scott recently paired with McDonald's to market and release "The Travis Scott Meal" which is essentially just his go to order together under his name. The meal consists of all regular McDonald's items just tailored to his preferences.

Naturally, this caused the world to descend into utter

chaos. Cars full of white teenage boys terrorized McDonald's drive thrus. "Cactus Jack sent me," they choked out through breathless laughs to post on their Snapchat stories. My boyfriend has called it delicious several times since, my friend Jack had it three days in a row, and I am scared. The Travis Scott burger is dominating pop culture alongside his music.

The meal consists of a quarter pounder with cheese, as well as bacon and lettuce; it also comes with barbeque sauce and Sprite automatically as per Scott's suggestion. It was pretty gross honestly, eating it felt like McDonald's was just trying to trick me into thinking their food tastes better.

This was not the first time McDonald's has collaborated with the media to promote their product. In 2017 they released a new sauce inspired by an episode of the popular cartoon "Rick and Morty."



Many fans are keeping the grill slips from their burgers. Some have gone for upwards of \$50.00 online.

In the episode Rick recounts to Morty when McDonald's had a "spicy szechuan sauce" in the past. The chain, after furious demands from fans, brought the sauce back which resulted in block-long lines snaking around nearly any McDonald's in the country the day of its release. It was a limited offer, just like its original run in 1998.

The Travis Scott meal is headed in the same direction, being marketed as a limited time offer.

This also isn't the rapper's first taste of a big collaboration. In April 2020 he performed a concert within the popular video game Fortnite. Players could attend the virtual performance and see an animation of Scott dancing as

his music played in the background.

The absurdity of this, like most American absurdities, is a direct result of capitalism. Consumers are being manipulated into buying a product by someone who's very rich. However, this is not to put the blame on Travis Scott.

Content creators, despite often being wealthy, are similar to the working class in the sense that their labor is used for profit by a larger web of people with more power. Of course these artists are still privileged in the sense that they get to practice their passion without financial burden, they are not as active of perpetrators in the system as the CEO's of their record companies. So yes, while Travis Scott releasing a burger named after him may seem like a goofy, pointless, or even insensitive move; it is not his fault we live in a society where there is demand for a Travis Scott Burger.

## "I'm Thinking of Ending Things" takes you on a journey

By AMEARA DITSCHÉ  
Arts Editor

"I'm Thinking of Ending Things" is a Charlie Kaufman movie: shocking and odd, but a little less so than usual if you've seen any more of his work. It juxtaposes a realistic setting with surrealist events that leave viewers constantly asking the question, "What is going on here?" Like "Eternal Sunshine of the Spotless Mind" and "Being John Malkovich" it combines what seems like our mundane world with science fiction-esque technology or abilities.

The main character seemingly has no consistent first name, backstories change each time they are brought up, and a dog disappears and reappears at the film's conve-

nience.

The confusing plot is complemented by beautiful and intense cinematography that presents itself confidently as art. Each non-sensible fact is spoken so poetically, evoking feelings so real you have something to believe. You're moved, right into where Kaufman wants you. You trust him, these senseless contradictions becoming riddles. You're no longer confused, but curious and eager to solve the puzzle.

The film is incredibly well acted, with the actors seeming just as lost in their own derangement as you are. Jesse Plemons nails it as the impossibly nerdy Jake, and Jessie Buckley's young woman working up the nerve to break up with him pulls you into all

the reasons why. Their relationship feels awkward and is positioned on the screen as such. The lack of stability in the focal point enhances its ability to disturb you. When it sends you over the edge there's nowhere else to go.

Toni Collette returns in her horror mom typecast, once again portraying pain and how it can rot you into someone new. Throughout the film's surreal, time bending sequences, we see her character at all different phases and life and Collette manages to capture each stage of a loosening grip on reality perfectly.

Several shots are framed skewed in the opposite direction of what you would expect. Or you can only see a discussion through a window, and audio seems far away. The

altering of such accepted concepts like, big or small, old or young, true or false, etc. gives you the idea that anything is possible and you are pulled deeper into the film.

The film's story line keeps you on your toes, ready for the surrealist ending that solidifies Kaufman's place in Auteur Cinema. It's paced so you never know when you're at an important part. The thematic mantra spoken throughout the film is "time passes through us," and that sentiment holds true as time slips away from you while watching. The film seems to be about dinner with Jake's parents but that ends fairly quickly, opening up infinite questions about the drive home.

Again, "What is going on here?"

The film is excellently produced, with so many key components either being added in post or just strategically slipped in somewhere along the way to complicate the universe you're already lost in.

What really sets the film apart is its insane ending. Dancing, nudity, animation, and creepy music join as one to blow your mind. Somehow, in addition all of that Kaufman finds time to tie together any loose ends and make the weirdest thing you've ever seen make so much sense. He has the stunning ability to effortlessly guide you from absolutely befuddled to believing you're the dumb one for not knowing all along.

## Pink Nois puts out "Prelude"

BY EMILY PAOLICELLI  
Co-Executive Editor

Jorim Motley, a Saint Rose student who performs and releases music under the stage name Pink Nois, recently released an EP on Sept. 7. The EP titled "Prelude" consists of three songs: "Free," "Forest (Beautiful Morning)," and "Peace to My Ones."

Motley said that the EP is an introduction to a much larger body of work, which will begin with an album to be released next week.

"I'm really into, like, storytelling and narrative writ-

ing," said Motley, who began to craft a "multiverse" many years ago; well before he adopted the name Pink Nois. "I really want to get back into the story that I started when I was in, like, middle school and making music."

Motley spoke about the music he would release in high school—music that was written during a period in his life that he described as a tough time.

"A lot of people with anxiety especially, or with depression, were very drawn to my music, and they were like...you're, like, the

words...that I don't know how to say or articulate," said Motley. "To be able to be that for somebody else is, like, it's really touching to hear that. It really meant a lot to me."

Though "Prelude" comes from the universe Motley has been developing since he was much younger, it isn't by any means an immature or outdated project.

"It chronicles my growth from then to now," said Motley. "It's just like a journey for everybody to go on with me."

"Prelude," as its name may imply, is the precursor to Motley's upcoming album "Silver Sabre." This upcoming album is most closely connected to one song on the EP in particular.

"Definitely keep an eye on 'Forest,'" said Motley. He said he has plans to release a music video for the track.

Before the pandemic, Motley said he and his friend Carlton McKay had a photoshoot together that ultimately led to the creation of "Forest" and, subsequently, the upcoming album.

"It was really fun because it was the first time, like, I'm paying for this photoshoot, he's a professional photographer, I'm making music that

I'm actually, like, beginning to feel proud of, it just felt like...a real artist's experience," said Motley.

After writing "Forest," according to Motley, the rest of the album came to fruition very quickly.

"Every other song just, like, came right after the next," said Motley. "Before I knew it I was done with the whole album in, like, two weeks."

This album, "Silver Sabre," is only the beginning of a much larger project.

"Every song is a part of a bigger body of work," said Motley about the three tracks on "Prelude." "But the first album that I'm going to be giving in this big saga is gonna be the one that Forest is on."

Motley, who is finishing his final semester at Saint Rose, said that the album wasn't plan A; he had a completely different and separate senior project in mind, but found that he couldn't connect with it.

"I was like, 'I need to make something that feels how I feel right now'" said Motley.

A major theme of the album, according to Motley, is "nature vs. nurture," with the "nature" aspect being a bit of a double entendre. Since the be-

ginning of the pandemic and quarantine, Motley said he noticed many people began to learn to differentiate between when they were "putting on an act" instead of "doing what feels right."

"This time, being with ourselves and being isolated, save for a few choice people, it's made it very important to be vulnerable with yourself," said Motley. "That's really what I'm trying to get at in this album."

Motley also noticed that many people began to cope with quarantine by spending more time outside—himself included.

"I was just walking around in the woods, or just around a completely empty neighborhood, just appreciating nature," said Motley. "It just felt so right."

Even though day to day life has resumed to some extent and many businesses are beginning to reopen, Motley still goes on walks and tries to get as much fresh air as possible.

"COVID sucks, but at the same time it sort of made people go outside," said Motley.

Motley's album "Silver Sabre" will be released on Sept. 20.



Jorim Motley gets his hair dyed pink by fellow Saint Rose student Valerie Barbosa. Motley's hair color is a nod to his stage name: Pink Nois.

## What we can and cannot do to prevent suicide

By BRIANA SPINA

Layout Editor

There's no easy way to talk about suicide. The topic is emotionally charged from any angle, whether you have lost someone to suicide or struggle with suicidal thoughts yourself. September is National Suicide Prevention Awareness Month, and a major theme is that suicide is preventable. I fully endorse that, and at the same time, I can see how this can perpetuate survivor guilt.

I want to talk about all of the resources available for people who want to help their suicidal loved ones, and I also

want to give a reminder that no individual can control another individual's thoughts and actions. This means that you could have followed all of these tips, yet the person still took their own life. It is not up to you alone to save their life: their life is in their own hands, and you cannot control what they choose to do. As grim as it is to know what terrifying things people are capable of doing to themselves, and as much as we would love to prevent those things from happening, we are only human, and we can't know everything. We'll kick ourselves for missing the signs, and we'll

lay awake at night wondering what we could have done differently, and we'll wish the person could come back to us. That's all part of the grieving process, and eventually we must come to terms with the fact that we cannot change what we did or did not do in the past, just as we cannot change what the deceased did or did not do.

That being said, we still have the present and the future to take action steps in a positive direction.

The Suicide Prevention Lifeline has a list on their website of signs that may indicate that someone is contemplating suicide. The list is as follows: "Talking about wanting to die or to kill themselves; Looking for a way to kill themselves, like searching online or buying a gun; Talking about feeling hopeless or having no reason to live; Talking about feeling trapped or in unbearable pain; Talking about being a burden to others; Increasing the use of alcohol or drugs; Acting anxious or agitated; behaving recklessly; Sleeping too little or too much; Withdrawing or isolating themselves; Showing rage or talking about seeking revenge; Extreme mood swings."

If you notice any of these

signs in another person, open up the dialogue. You can start out by mentioning that you are worried about their well-being and offering your support. Asking them directly about suicide will not "plant the idea in their head;" on the contrary, it will give them the opportunity to get this weight off their chest.

When a person tells you that they are thinking about ending their own life, it is important not to become frantic, as that may make the person uncomfortable. Perhaps most importantly, do not promise to keep their suicidality a secret. That is too heavy a responsibility for one person to bear. Of course, don't announce it to everyone you know, but inform mental health professionals and other people close with the struggling person. The person may be upset with you for refusing to keep their suicidality a secret, but it could save their life and get them the help they need.

Give them resources that they can use in a crisis, like calling the National Suicide Prevention Lifeline at 1-800-273-8255. There is also an online chat feature at <https://suicidepreventionlifeline.org/chat/>, or they can contact the Crisis Text Line by texting

the word "HOME" to 741741. For specialized support for college students of color, they can text "STEVE" to the same Crisis Text Line number. Members of the LGBTQ+ community, a group that is at high risk for suicide, can call the Trevor Project Lifeline at 1-866-488-7386, chat online at <https://www.thetrevorproject.org/get-help-now/>, or text "START" to 678-678. Saint Rose students can call the Counseling Center at 518-454-5200 for crisis support as well. All of the above mentioned services are available 24/7.

During business hours, the Saint Rose Counseling Center is available at the same number to connect Saint Rose students to one-on-one therapists as well as other mental health resources within the Capital Region. They are now located on the third floor of Saint Joseph Hall at 956 Madison Ave. Their hours of operation are Monday, Wednesday, and Friday 9 a.m. - 5 p.m., and Tuesday and Thursday 9 a.m. - 7 p.m.

Let this serve as a reminder to check in on your friends, family, and your other loved ones. And take care of yourself. You are loved, and your life matters.



The author, her mother, and her sister attend the Sept. 22, 2019 Out of the Darkness Walk by the Capital Region chapter of the American Foundation for Suicide Prevention. These walks create awareness of suicide and other mental health conditions and bring the community together for the cause.

## Show love, mask up, don't party

By MAYA NAKKOUL

Opinions Editor

We are now nine months into 2020 and at times it feels like the world has never been more upside down. Remember when the internet thought World War III was going to break out back in January? If you forgot about it because so much else has happened since them, don't worry; so did I.

But regardless, coronavirus came into the world with full force and at times it feels like it will never leave. The College of Saint Rose ended its 2020 spring semester in March. We began remote learning, finished half a semester that way and moved into a socially distanced summer break.

There was a lot of antic-

ipation around what this fall semester was going to look like as incoming first-year and returning students alike kept their fingers crossed for a semblance of normalcy. Social distancing protocols have been put into place, remote learning has been offered, coronavirus tests results are in, and life seems to be carrying on, but that does not mean that we are in the clear quite yet.

Schools across the country are experiencing a surge in the number of COVID-19 cases after only being open for a few weeks. The main cause of these surges have been cited to be parties and other non socially distanced gatherings.

SUNY Oneonta, after experiencing a rapidly rising number of cases within its two

weeks of opening, has shut down for the semester, switching to online learning. Despite a SWAT team being deployed by Governor Cuomo, the cases at SUNY Oneonta grew to be about 400 in their school population of only about 6,000.

They are not the only upstate school to experience issues with keeping their students in line with social distancing protocol. The College of Saint Rose has suspended three individuals for involvement in off-campus partying. The students hosted 20-25 students. Emails are constantly being sent out, ads are being made, and students are pleading to one another on social media to follow protocols.

On Saturday Sept. 12, Mark Parisi, Director of counseling and health services at

the college sent out an email detailing a positive COVID-19 test at the college for a student who is now being quarantined, and the college has an active board which details any active cases and gets updated every Friday.

Nobody wants to be sent home. The desire to have a typical college experience is understandable, but that desire may never fully, totally be fulfilled if this carries on. If you sacrifice this one year, you may easily have others. If you are not planning on socially distancing for the sake of your other students, or for the sake of immunocompromised individuals, at least do it for your future self.

"Whether it is having four people in a residence hall room or hosting an

off-campus social gathering, students found to be violating our policies will face consequences that can be as serious as suspension," said Interim President Marcia White in an email to students.

The risk of suspension or losing another valuable year of in-person learning is too great to choose a party in someone's basement. The graduating classes of 2020 and 2021 have not been fortunate to experience some of their final college days on the campus they love and it is tragic. If this trend continues, that same thing may happen to you and your peers so show love, mask up, and stay home.

## Gender reveal party adds to California's list of fires this wildfire season

By MAYA NAKKOUL

Opinions Editor

On Sept. 5, 2020, a "smoke generating pyrotechnic device" used at a gender reveal party caused a fire in El Dorado ranch park according to the California Department of Forestry and Fire Protection. By the following Monday, the fire had burned through 7,300 acres of land. This fire not only was pointless and could have been prevented but it also came at a time of year in which California is experiencing catastrophically damaging wildfires.

Gender reveal parties in general perpetuate an outdated idea that predetermined gender is the end all be all of physical and societal existence throughout development. They completely dismiss the existence of transgender, gender fluid, and non-binary indi-

viduals.

Even individuals who do identify with their assigned gender at birth are affected by this idea. This is due to the ideology that boys must be "blue" and girls must be "pink." An individual's gender as they choose to present it is not defined by their physiological sex. And even if it was, that does not mean we have to enforce stereotypes set in place to define what it means to be that gender. To put somebody into a category that they do not feel comfortable in roots itself in oppressive nature.

Jenna Karvunidis held the first notable gender reveal party in 2008 when she cut into a cake filled with pink icing, wrote about it on her blog, and it went viral. Years later she went viral again over Facebook in 2019 following up on her new belief over gender

reveals. "PLOT TWIST," Karvunidis wrote. "The world's first gender-reveal party baby is a girl who wears suits!"

Karvunidis calls gender reveal parties problematic due to the extent at which they have gotten out of hand.

The tragedy in California last week was not the only one to end up in flames. In April 2017, an Arizona gender reveal party consumed over 45,000 acres of land. The fire started when a device meant to release colored smoke, sparked a fire.

In September 2019, a crop dusting plane meant to release pink smoke crashed after it dumped gallons of pink water over a field.

In 2020, California has had an estimated 2,277,992 acres burned over 7,606 incidents. Those incidents resulted in 19 fatalities and 6,357 structures damaged. The citizens of

California, surrounded by curtains of smoke and reddening skies, are being forced to flee their homes and seek safe havens due to a fire season that will only get worse the longer that climate change is denied. Gender reveal parties should not need to be added to their list of grievances.

The world is teeming with

life and potential despite all its present issues. These performative and often irresponsible displays should not be the end all be all of human potential.

A person's identity should provide them a sense of comfort and security, not be a public display which provides pressure in stereotypical forms of what is acceptable.



Photo of a pink "team girl" pin and a blue "team boy" pin from a gender reveal party that DeMicco went to last year. This gender reveal party was as simple as popping balloons with colored confetti.

Want to write for Opinions? Contact Opinions Editor

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## Saint Rose sports season canceled

By LAURA BORRELLI  
Sports Editor

Athletes at The College of Saint Rose are facing many adjustments in the face of COVID-19. Last semester spring athletes were unable to compete in the sports they are passionate about.

David Alexander, assistant athletic director for communications, released new information about athletes' upcoming season on July 16, 2020. Northeast-10 Conference (NE10) made a decision to suspend all competition for the fall semester. Saint Rose is one of 14 schools in the conference impacted by the decision.

The decision was made to ensure the safety of all student athletes, coaches, administrators, and campus communities. By suspending competitions, student athletes in the conference will be eliminating contact to keep the colleges and their students safe during the COVID-19 pandemic.

The NE10 intends to provide a regular season schedule to continue practicing for conference championships or competitions for spring semester. The NE10 as well as The College of Saint Rose recognizes how important athletics are to student athletes,

and they want to provide the best experience possible while being safe and following the protocols set in place.

Senior and student athlete Johnny Pohlman said he is excited to be allowed back on campus and start training with his teammates. Pohlman is on the baseball team and a Student Athletic Advisory Committee representative.

Pohlman said he knows it is going to be challenging trying to train with the limitation set in the Fitness Center. The team is not allowed to go to the fields in groups, but the team adapts to these challenges and practices by themselves waiting for the approval to practice together again.

"The best part about sports is the camaraderie with your teammates so it'll be a lot of fun to be back," Pohlman wrote in an email. Although his teammates will have to practice social distance, he is "pumped" that he can see everyone and practice baseball.

Pohlman hopes all sport teams are able to compete this year at some point because he believes sports are a "get-away" for student athletes and is a great way to keep yourself physically and mentally healthy.

Pohlman is optimistic because their sport is in the

spring and have high hopes that COVID-19 will be controlled better. Pohlman hopes to finish his athletic career because of all the hard work he has put in up to this point.

Although Pohlman loves being surrounded by his teammates 24/7, he has been able to focus on himself more due to COVID-19. He has been able to pursue other interests like reading and his future career paths.

"I am most excited about being able to play the sport I love one last time and make the most of it no matter what the circumstances are," Pohlman wrote.

Senior Colleen Quaglia is on the swimming and diving team and is excited to get back into the pool. Quaglia has not been able to swim at Saint Rose since the semester was suspended in March, but she has been trying to do conditioning outside of the pool. She said she has been running, biking, weightlifting, and doing ab workouts.

Swimming is one of the harder sports because most people did not have access to a pool due to COVID-19, Quaglia said. That did not stop Quaglia and her teammates from doing daily zoom workouts to stay in shape.

Quaglia is ready to see



Colleen Quaglia wears her mask. She said she wears it enthusiastically if it allows her to be back on campus and see her teammates and begin training again.

her team, they are her second family and support system at Saint Rose. She is also happy to be with her new teammates and help them as they adjust to a whole new place with new regulations and policies.

"It's just weird not to have a normal season but nothing is normal anymore. I wish we could all be able to go back to normal and just have fun. We have to keep our team and campus safe so we understand not being able to go back to 'normal,'" Quaglia wrote in an email.

Nadia Lau, a junior on the volleyball team, said she feels terrible for seniors like Pohlman and Quaglia who have to spend their senior year adjusting to the new "normal."

Lau has struggled not being around her team, because they give her the motivation to play better each day. She is grateful that she is living with her teammates on campus and will be able to spend time with her teammates after the time apart.

"I miss all the normal things. Such as a walk to cam after practice with my team or just being able to be in the athletic training room. Waking up feeling like it is a game day," Lau wrote in an email.

Lau is worried that she is going to be sent home and hopes everyone follows the safety policies and protocol. She would hate to leave when she got back.

Student athletes like Pohlman, Quaglia, and Lau were ready to start up until Athletic Director Lori Ancil sent out a statement to all student athletes that athletics was on pause until further notice on Aug. 31. Several students participated in off-campus gatherings disregarding the COVID-19 policy.

In order to ensure the safety of the students on campus there will be no organized athletic activity individually, in small groups, or as a team. Ancil urges student athletes to set a positive example for the entire Saint Rose community and follow policy to restart athletics this fall.

With the release of this statement many student athletes who have been following the policies had responded by creating a petition to restart athletics. To date the petition has 61 signatures.

Ancil was proud of her student athletes when she heard about their commitment to maintaining social responsibility. On Sept. 8, she sent out an email detailing the restart plan: everyone will be able to start up the week of Sept. 14 to Sept. 17 depending on each individual team start up date.

Student athletes are ready to continue their athletics at The College of Saint Rose and make adjustments to their training, competitions, and upcoming seasons.



Johnny Pohlman speaks for a video about why he wears his Saint Rose mask in order to ensure the safety of the Saint Rose community. Pohlman is advocating for others to follow the policies and being a leader for other student athletes.

## Golden Knights welcome first full-time strength and conditioning coach in Saint Rose history

By LAURA BORRELLI  
Sports Editor

Students athletes received an email on Thursday September 10th, 2020, announcing the first ever full time strength and conditioning coach.

Ben Rosner is the newest addition to the Athletics

according to a statement released by Lori Ancil, the athletic director for the college.

"He will design strength and conditioning programs for all 19 intercollegiate sports teams, monitor student-athlete performance, and work with head coaches and sports medicine staff in setting per-

formance goals and providing nutritional information," Ancil wrote in an email.

According to the release Ancil sent out, Rosner comes from Holy Cross and was a strength and conditioning assistant.

## Fitness Center Hours

The fitness center has reopened and welcomes all! It is open for 45 minute slots, and you must sign up in advance to use the gym. While in the gym you must follow social distancing policies and wear a mask covering your mouth and nose at the facility.

Hours will be:  
Monday through Thursday: 9 a.m. to 8 p.m.  
Friday: 9 a.m. to 7 p.m.  
Saturday and Sunday: 11 a.m. to 6 p.m



Nadia Lau wears her Saint Rose mask. Lau said she is excited for her junior year playing volleyball.

Want to write for Sports? Contact Sports Editor  
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