

# Unity in Our Community



*Refugee Community Day Held at Saint Rose and RISSE*

## Positivity to Encourage Success

By **AMY THOMAS**  
Contributing Writer

Students usually come to the Office of Academic Advising asking for help with their schedule, requirements, advice, and most of all, how they can improve.

Kelly Meyer, the director of academic advising, is one of the individuals who help students with their general concerns. He tries to guide students in the right direction when they come into his office with questions.

Meyer considers his role for students that of a mentor with experience. He shares his experiences like how the



Kelly Meyer, the director of academic advising at Saint Rose.

decision of changing his major affects how he works today; what he does outside of his work office, how highly he thinks about The College of Saint Rose, and how he maintains his love for his job.

"Our office is very fortunate to have Kelly as a director," said Jennifer Hankin, as

**SEE POSITIVITY/A4**

By **SERIAH SARGENTON**  
Distribution Manager

Not everyone is on an even playing field when pursuing the "American Dream." On Friday, Jan. 26. The College of Saint Rose Community Advisory Board and Refugees and Immigrant Support Services at Emmaus (RISSE) held a refugee community day from 11 a.m. to 1 p.m. to share personal stories and meet each other.

The event began at the Hubbard Interfaith Sanctuary at 959 Madison Ave, where Francis Sengabo, the director at RISSE spoke about his experience as a refugee in his early years in Albany and how he came to find RISSE.

Sengabo came from Rwanda in 2007 as a refugee because his father, who was a political figure, was killed in 1998 alongside his mother and he couldn't go back home or he would have been perse-

cuted. Since coming to Albany, Sengabo has worked hard at RISSE to ensure that adult refugees are transitioning into American life smoothly by helping them utilize the services available to them.

When speaking to the students and staff who attended the event, Sengabo said that at refugee camps many people die because of the lack of food, resources, and sometimes not having a shelter.

"When you're at a refugee camp, you have to start at zero, and it takes time," said Sengabo.

After hearing such a heart-breaking story, students expressed much interest in learning more about RISSE with the hopes of making an impact on the refugee community.

Victoria Bryan, a freshman at Saint Rose explained how she personally connects to the mission RISSE has to help refugees in need.

"My grandfather came

from Cuba, and knowing that makes me want to learn more about refugees because it's not a group of people, it's individual," said Bryan. "His story showed that you can have bad circumstances and still rise up from it, and it's not just for himself either."

As a political science major at Saint Rose, one of the many reasons she attended the refugee community day event was because she felt like she needed to learn the truth about how refugees live. Bryan plans to volunteer at RISSE in the near future after gaining insight to other people's lives and how difficult it can sometimes be for them.

Bryan noted that in today's political atmosphere she felt that when refugees are spoken about it's often in a broad sense because people forget that refugees are just groups of individuals.

"Bringing a negative connotation to refugee definitely

hits home because right now it's not just affecting us, but other people as well, especially in our political atmosphere."

Bryan wasn't the only student who felt like she needed to make an impact on refugee lives.

Liana Frauenberger, a childhood education major at Saint Rose had heard about RISSE through the school and used the community event to learn more about the programs and ways she can volunteer to give back.

She hopes that by volunteering at RISSE she'll gain the necessary skills needed to help refugee and immigrant students who may walk into her future classrooms. She wants to gain a better understanding of how hard it was for people

**SEE UNITY /A2**

**Photo Caption:**

Students and refugee community members gather for lunch at RISSE.

## There's an App for That

### "Experience Strose" Launched for Student Involvement

By **SERIAH SARGENTON**  
Distribution Manager

Just like you can check in at an event or location on Facebook, The College of Saint Rose now has an app that you can "check in" to campus events and access relevant resources.

On Friday Jan. 26. the college celebrated the launch of its new app Experience Strose, which is available on Google Play and the Apple app store.

"The Saint Rose app is an

app that encourages students to get involved at campus activities," said Darcy Kemp, assistant vice president for student success and engagement at Saint Rose. "This is definitely something incoming freshmen can benefit from, but that upperclassmen can interact with as well.

By checking into events on the interactive app, students can earn points to redeem for prizes such as a Saint Rose water bottle or even a \$50 gift card to Ruby Asian Bistro.

The app calendar is set

with the days clubs meet and their events, sporting events, concerts, etc. According to Kemp, this is a great way for students to stay organized and remember all the opportunities they have to get engaged with the school on the palm of their hands.

"I initially thought it was just going to be athletics, but I'm happy the clubs are represented too," said Sonia Morreira, junior and director of social activities for the student association at Saint Rose.

Morreira explains that an app like this will help bring not just resident students closer, but hopefully commuter and off campus students as well who may feel disconnected from the campus at times. Some of the benefits that Morreira enjoys are the easy navigation and incentives that are offered. She said that the app offers huge incentives that many students will find interesting.

Upperclassmen may find

**SEE APP /A4**



The executive board of the "Curl Me Crazy" Club at an interest meeting

## Curl Me Crazy Club for Natural Hair

By **KAYLA ROYSTER**  
Staff Writer

Desire to be natural in your own way? Then keep an eye out for future events and meetings from the new Saint Rose club Curl Me Crazy.

The name of the club is based off of the phrase, "Call me crazy," explained Shianne Mikell, the club president.

"We wanted to bring more diversity to Saint Rose in a more natural way" said Genesis Mercedes, the vice president. "Even if you don't have curly hair" said Mikell as well. This club came about

thanks to a mutual agreement from friends Mikell, Mercedes, public relations Joshua Mccoy, secretary Moesha McLaughlin, and chairperson Valentina Julien. The friends all admitted that maintaining curly hair can be a hassle. Therefore rather than suffer alone, they created a club that many could relate to and enjoy.

This club proved to be a positive idea shown in their first interest meeting held on Jan. 24. The clubs icebreaker called "have you ever,"

**SEE CURL /A4**



Students attended a launch party for the new interactive Saint Rose app.

**UNITY cont.**

to move into the United States from their countries.

“Hearing today’s stories empowers me to want to change the political climate,” said Frauenberger.

RISSE and The College of Saint Rose partnered with the U.S Committee for Refugees and Immigrants (USCRI), Healthy Capital District Initiative, Albany County District Social Services, Habitat of Humanity, and The Legal Project to bring information to refugees about the numerous services they can utilize to help themselves transition into the American life.

Saint Rose began its relationship with RISSE in 2006 when the pastor of the Emmaus United Methodist Church if students wanted to come work with refugees, according to Ken Scott, director of the community service office at Saint Rose. Over time faculty members such as Fred Boehrer, coordinator of academic service learning and Claudia Lingertat-Putnam, a professor of counseling and department chair, began bringing students to RISSE so they could earn credit for service learning.

The Refugees Community Day event was a collaboration

event in which the community advisory board and RISSE met up to discuss how they can introduce students to volunteer with refugees. The community advisory board is a group of non-profit leaders who seek to strengthen the bond between Saint Rose students and the local community.

Boehrer explained how the board and other members of the community noticed an increased interest in working with vulnerable immigrants and refugees. Part of the event, Boehrer said was for some of these refugees to share their personal stories with students to help them gain a better insight on just what life is like for them. He hopes after the event students will begin to look at RISSE as neighbors and will take more initiative into helping the lives of others.

“Stories, narrative is an important learning device,” said Boehrer.

RISSE student Mahmood Luay attended the event. The 50 year old Iraqi refugee came to Albany in October 2014 with his wife and eight children. When he first arrived, USCRI helped him and his family find a home that would be suitable for them and with schooling.

Prior to Albany, he lived in Baghdad, the capital of Iraq

while he was working for an organization that often volunteered in the states. Luay has two engineering degrees and was living happily up until ISIS came across the river endangering him and his family.

“ISIS would kill anyone who had money and a nice house,” said Luay.

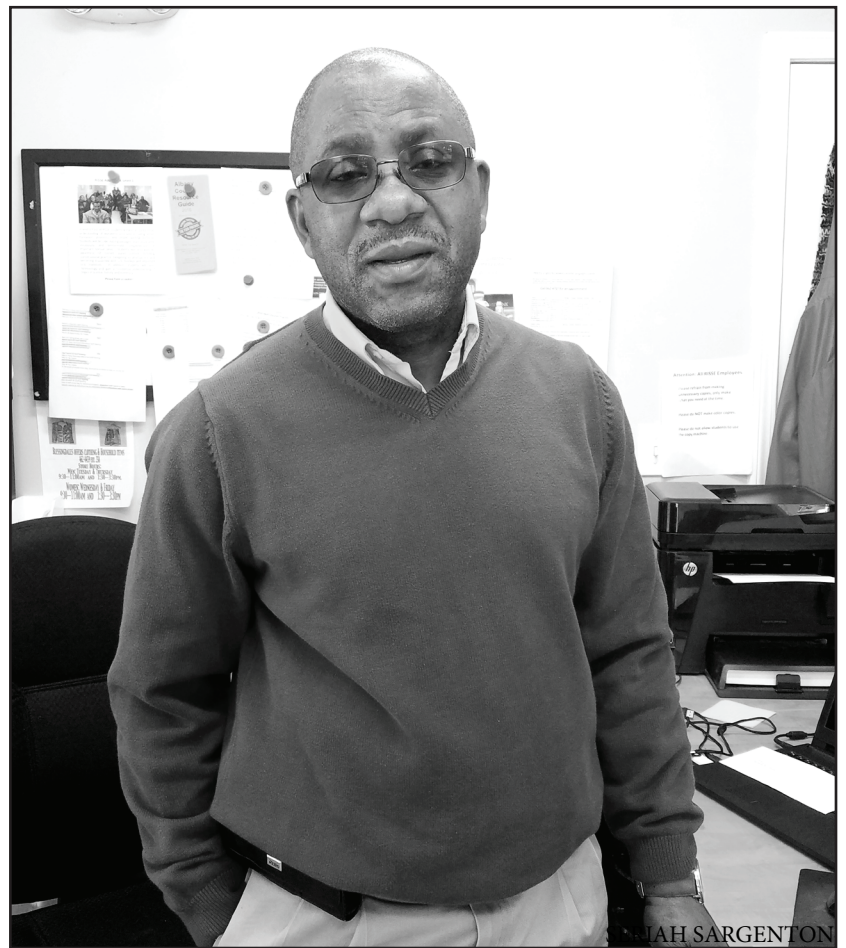
Now, in 2018, Luay is happy to say that his children are all succeeding in school with above 90 grade point averages and his eldest daughter has gotten scholarships and accepted to numerous colleges because of her academic success.

Elif Yapar, a Turkish immigrant came to Albany July 2017 because she and her husband wanted to learn English and make their lives better.

Yapar was an accountant in Turkey and saved all the money she could so she could move to the United States to learn English. In 2017, after she was able to save enough money to move she applied for the green card lottery and won it. Her husband’s uncle lives in Albany and they hope to stay in the United States and travel as much as possible.

She says she enjoys the United States and that it’s very different from where she’s from.

“You guys aren’t angry.



Francis Sengabo, the director at RISSE spoke about his experience as a refugee in his early years in Albany and how he came to find RISSE.

Your very relaxed and social. Where I’m from everyone’s always so angry and busy,” said Yapar.

The event was a welcome opportunity for members of the Albany community to connect with each other. Students were able to learn about the benefits of volunteering with refugees

and refugees were connected with local programs and services that will help further their living.

“I know how hard it was, but I didn’t know how challenging everything was until I heard the stories,” said Frauenberger.



Sharing experiences and advice will be the focus of the natural hair club.

**CURL cont.**

showed just how many people with curly hair struggle and go through the same experiences.

“In the club were going to talk about things like our stories and experiences” said Mikell.

In doing so the club hopes to prove to others who are struggling that when it comes to curls, we all have our stories. Mikell shared that she permed her hair for nine years.

“I always get my hair done, but coming to Albany I didn’t feel comfortable going anywhere,” said McLaughlin

Mccooy and Julien both didn’t realize the damage that heat was doing to their hair until they saw their curl pattern

change themselves. It took the founders of this club about 19 years to embrace their natural hair and they wish to share what they’ve learned with others.

Each person is caring for their hair in a different way, seeing as we all are different thus our hair reacting to products differently. McLaughlin and Julien shared that their hair routine can take a whole day - or night - to achieve their desired look. Others, like Mccooy, take about an hour.

Even with a load of hair products and determination, if your hair doesn’t look quite right the club members want you to remember it’s ok.

“Often your hair has a mind of its own,” said Mercedes.

For those reluctant to put down the flat irons and other heat products, fear not. The Call me Crazy founders assure that like many things in life everything is okay in moderation. Use heat sparingly, moderately, rarely, and care for you hair.

For those who can’t wait until the next meeting for relatable conversations and helpful advice, some words of wisdom from the founders of Curl Me Crazy include “Listen to your hair” said Mccooy.

“Remember what’s best for you” said Julien.

Most importantly, the one word emphasized the most as it was repeated by both Mikell and Mercedes: patience

Though a date has yet to be determined Curl Me Crazy is hosting a Valentine’s Day inspired event. Deep condition & Chill is an event in which the member of this club will get together to create hair masks, from natural products.

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The Saint Rose Newspaper

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*ANY student can join The Saint Rose Chronicle!*

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# Feature: Journey to Greece

By CAROLINE AURIGEMMA  
Contributing Writer



CAROLINE AURIGEMMA

Aurigemma is studying abroad in Greece for the semester

Sitting in the small Cafe Veneti in the student lounge of my communications building at the American college of Greece, it feels as though the months of preparation, stress and anxiety are distant.

The journey abroad lasted a total 16 hours of travelling, between delays and transportation. Experiencing my first overnight flight, was a tense trip. Squished between a student traveller to Italy and a British woman returning from the holidays who both were asleep, I sat uncomfortably listening to a subpar Lena Dunham podcast.

The airport had been busy with an hour long security line. My flight was delayed for two hours after boarding but I took the time to organize my passport information and connection tickets.

Getting a passport in the states was my easiest task. All that was needed was my personal information; birth certificate, social security card, license, student ID and a reasonable fee. I received it in about two weeks after my appointment and crossed it off of my "pre-departure" list.

A visa is not typically needed when travelling for 90 days or less, but since my program is 119 days it was necessary. After printing out an application and setting up an online account to apply for a FBI audit, it was only a matter of finding my personal documents and organizing what I needed. A list of information provided by my International Studies Abroad

program was available for helpful information and further paperwork needed for the appointment, including bank statements from myself and parents and proof of insurance. Needless to say the paperwork was overwhelming. I made my appointment at the Greek Embassy in New York City, about a month in advance.

Customs was something I feared before departure. Just the thought that authorities could deny your entry to the country and leave you in a busy airport to find a flight home was glued to my imagination. There was no reason I would not be allowed in, yet I

remained fearful.

Upon arrival in Athens, I was funnelled into a line towards the exit, passport in hand ready to face my fear. I got to the front desk handed the man my visa, and he simply glanced at it and gave me a stamp. That was it! I was allowed to directly walk to the exit where I was greeted by one of my program directors.

All of the planning and paperwork seems short and meaningless now that I am here. Although necessary, if planning to study abroad is something the future holds for any of my peers, don't sweat the small stuff.

# In Brief

What's happening in the community

## P.S. I Love You Day

Saint Rose along with over 200 other schools nationwide, will participate in P.S. I Love You Day on Feb. 9. This event is intended raise awareness of bullying and suicide while spreading kindness. There is a new club on campus of the same name that will host festivities to support this cause.

The P.S. I Love You Club will be selling Kindness Grams--a bag of Hershey Kisses on which students can

write a message--to send to friends. There will be a carnival in the EAC lounge with raffles and games. In the evening, the club will be teaming up with the Music Industry Student Association to put on an Open Mic Night. Anyone can participate or come to watch.

Email [psilystrose@gmail.com](mailto:psilystrose@gmail.com) for information about joining the club.

## Stress Relief at the Interfaith Sanctuary

The Interfaith Sanctuary has started a new stress relief initiative. They will be hosting a few different programs, which will recur every Wednesday, in the hope that students will take time to focus on peace, comfort, joy, and gratitude.

From 10:00 a.m. to 4:00 p.m. the Sanctuary will be

open for students to take a nap for any amount of time. At 3:30 p.m., there will be a 30 minute guided meditation session, which requires no specific faith belief or prior experience. Starting at 4:00 p.m., right after nap time, there will be music therapy, where students can draw, write, or just listen and reflect.

## Friday Knights

The Friday Knights program is starting up again for the spring semester. On five Friday evenings throughout the semester, Saint Rose hosts children from the surrounding area with autism spectrum disorders. Their ages range from 4 to 19, and the Saint Rose student volunteers set up various activities for them to enjoy while their parents get a night off or attend the parent group. Applications are due by

Monday, Feb. 5 at 5 p.m. New volunteers must attend a mandatory meeting to get more information. The meetings will take place on Wednesday, Feb. 7:15 to 9:15 p.m. or Friday, Feb. 9 5:30 to 7:30 p.m. Returning volunteers attend a meeting prior to the first session on February 10 4:15 to 5:15 p.m. in the Lally Forum.

Any questions and application requests can be directed to [fridayknights@strose.edu](mailto:fridayknights@strose.edu).

# Game Corner

Take a break to solve some puzzles!

Answers posted online at [strosechronicle.com](http://strosechronicle.com)

## Fight the Sniffles!



### Across

- Wash your hands with soap and water for at least \_\_\_\_\_ seconds.
- Scientists have found that the flu virus is more likely to die in \_\_\_\_\_ air.
- People who get under \_\_\_\_\_ hours of sleep are three times more likely to get sick.
- This device adds moisture to the air.
- If you can't wash your hands, use hand sanitizer that is comprised of at least 60% of this ingredient.

### Down

- Glucocorticoids, a type of \_\_\_\_\_ hormone, blocks other cells from functioning properly and leaves you vulnerable to disease. Hint: this is why it's important to relax.
- Drinking alcohol will hamper the ability of your \_\_\_\_\_ cells to fight viruses.
- The flu season tends to peak during this month.
- This type of tea is full of natural anti-inflammatory and anti-infective properties which are helpful towards recovering from a cold.
- Though it is commonly believed to fend off a cold, this vitamin has never definitively been proven to do so.

3	9		8		6			
		8				5	1	3
				5			6	
	1				5			4
	7		2					1
6				7				9
		7	1			3		
	8			6			4	
2				3		9		6

APP cont.

this beneficial especially for finding out when the next networking event might be, but for freshmen students Karamjeet Kaur, Adriana Guerriero, and Arianna St. John, networking is only one of many benefits they will gain from this.

"It's a small school, so it gives you opportunities to stay connected," said Guerriero, who plans to use the app as a way to remember specific events she has to attend for her pre-law major. She said the point system was "cute" and "smart" because it convinces her to go and attend some of the upcoming events and games.

"It's very organized and has a lot of options and opportunities for you to attend events," said St. John. "I see some of the lectures that one of my teachers asked me to go to that's coming up."

St. John described how prior to the app she didn't really know about when clubs were meeting, but now with the app she might attend some meetings of the clubs that she's interested in.

"Since we're in a technology based world, our world merely revolves around tech," said Kaur, who is looking at the app as more of a networking tool. She plans to attend more networking events or general events to meet people she can connect with and use for the future.

Though there are some great features to the app, there were some concerns. Ryan O'Dea, an orientation leader at the college enjoys the apps easy interactive features very much, however he hopes that club e-board members will get access so they can update the calendar for more events and activities to come.

"The point system creates a good incentive and is a great, but it would be good if clubs could add stuff to the app too," said O'Dea.

The app proves to hopefully bring the school to the modern age.

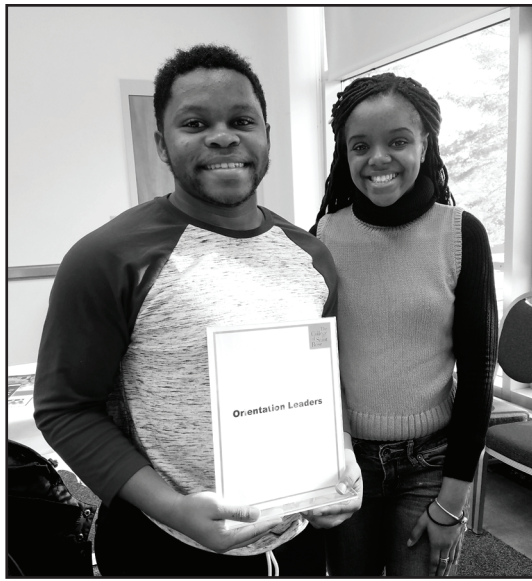
"There are a lot of other colleges with apps, and it's good that Saint Rose is on it," said Morreira.

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Contact Advertising Manager Tiernan Foley

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Experience Strose Campus Leadership



All Photos Taken By: Seriah Sargent Distribution Manager



Campus leaders from student organizations and offices gathered to celebrate the launch of the Experience Strose app, which is available for iPhone and Android users to check into campus events and clubs,



ATTENTION CLUB LEADERS!

Do you have an upcoming event that you would like covered by *The Chronicle*?

If so, contact

News/Managing Editor Kate Pierce

at piercek966@strose.edu.

POSITIVITYcont.

sociate director of academic advising. "I have learned a lot from him over the years and I know that students have as well. He always has their best interest at heart and he has such an inviting personality. Students, faculty, and staff are automatically drawn to him."

Meyer was born on July 17, 1967 in Oregon in a little town in Coos Bay where he was educated from elementary, middle school, and high school.

He graduated from Linfield College in another area of Oregon called McMinnville. He majored first in Philosophy, and then switched to German, which led him to study abroad. This was the stepping stone to his future career that allowed him to positively help students today. Meyer believed that the switch in major was for the better.

"I do not regret making the decision of changing my major from philosophy to German because it helped me in the long run when students come into my office asking big questions like, what they should do with

their life," said Meyer.

Meyer said that philosophy taught him how to be prepared for big questions when students ask him about certain life choices they should make.

However, the most common challenge he may face with students is that he can't exactly tell them what they should entirely do with their life. Students have difficulties with picking a specific major, but he understands what they are going through because he has been through that same situation throughout college. He teaches students how to maintain positive energy in efforts to make them successful.

When Meyer talks about the strengths of the college when he talks about how great of a school it is. He says working gives him so much joy and his co-workers are the reasons for that as well.

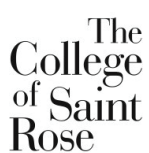
When walking into the office they are all very inviting and accommodating. He feels that he can talk to his co-workers about anything that concerns him.

Meyer is well-known throughout the school. He often receives high praise from the ones who works alongside him.

"Kelly would go out of his way to help anyone, and whenever I have a question she can come to him and talk about it," said Maggie Wright, an academic advisor in the office.

Meyer said he loves to communicate with his students and give them the best advice that he can. He will continue to help as many students as he can, and is very thankful to have a job filled with wonderful students and amazing faculty members.

"I will always be grateful to help all my students to the best of my ability," said Meyer.



CAREER CENTER UPCOMING EVENTS

Employer Information Tables

Events and Athletics Center, Outside of the Camelot Room | 11am-2pm

**Monday, January 29**  
**United States Navy**



The US Navy is seeking highly motivated and competitive applicants to serve as Officers around the world. Programs are not degree-specific, meaning you are not limited to your area of study!

**Tuesday, January 30**  
**Northwestern Mutual**




Currently accepting resumes for our College Financial Representative, Summer 2018 Top Ten Internship program. We are seeking self-driven, confident, and competitive juniors and seniors from all majors.

**Wednesday, January 31**  
**Albany Empire Arena Football League**



Albany's new Arena Football team, seeks students interested in internships for Game Operations, Game Day Operations, and Sales Operations.

**Thursday, February 1**  
**March of Dimes**



March of Dimes seeks students interested in internship and volunteer opportunities.

**Resume/Cover Letter Collection:**



**Tax Fund Staff Accountants & Accountants, Fund Development**  
Deadline to apply via HireStRose: Feb. 1  
Selected candidates will participate in on-campus interviews Feb. 9  
See qualifications, position details, and information on how to apply on HireStRose.

**STEM/Healthcare Connect Job & Internship Fair**  
Thurs. Feb.8 @The Armory at Sage College



See what employers are attending and pre-register (before Feb. 6) on HireStRose (Events)

Tuesday January 30, 2017

## Tragedy & Catharsis: A Review of Mike Shinoda's "Post Traumatic"

By TJ GIBSON  
Contributing Writer

It has been six months nearly to the day since Linkin Park's Chester Bennington was found dead in his California home after an apparent suicide. The prolific front-man's passing was felt deeply and immediately, echoing sadness and frustration the world over as a generation grappled with the sobering reality that it has permanently lost one of its greatest icons.

In the wake of this tragic event, countless tributes were made and an endless supply of love was sent to Bennington's family, as well as his surviving comrades in Linkin Park — both of whom were extremely grateful, yet understandably pretty quiet about the matter. Until now.

After having some time to digest his loss and come to grips with the current state of his life, Linkin Park's Mike Shinoda has officially released the first new music from any member of the band since Bennington's death.

Anyone who has ever heard Linkin Park will know Shinoda as the instantly-recognizable voice behind the raps in iconic songs like "In the End" and "Faint," but only more hardcore fans of the band will know that Shinoda is quite the well-rounded musician beyond that, playing both guitar and piano with the same skill that he displays in his raps.

Now, in this brutally honest and thoroughly cathartic three-track EP, Shinoda has finally shown the world both what he's capable of when left to entirely his own devices and how he has chosen to cope with the loss of a dear friend.



Mike Shinoda released an EP that shares his struggle since Chester Bennington's death

We open up with the heart-wrenching and deeply personal "Place To Start." The shortest track sets the somber throughline of the rest of the EP perfectly — which is fitting given that it's really more of an intro than a full song in its own right.

That being said, though, there's no shortage of beauty in this brief piece, from Shinoda's painfully reflective lyrics to his rarely-showcased singing chops. Even the various synthesizers and sound effects that lay the foundation are beautiful in their execution, even if only because their sparseness serves to enhance the genuine center of the piece — Shinoda's voice.

Truly, there is an incredibly palpable vulnerability on display in this song, which is capped off by a slew of consoling voicemails that one can

only assume were left sometime shortly after Bennington's passing. If Shinoda's universally-relatable sentiment of the lack of control that losing a loved one carries with it (communicated in lyrics like, "do I even have a decision? Feelin' like I'm living in a story already written") doesn't quite capture the emotions for you, then these messages should do the trick.

As Shinoda reminds us, sometimes you don't need to know the end. You just need a place to start.

Next up is "Over Again," a rap-driven track which is more characteristic of Shinoda's overall body of work than its predecessor was. Chronicling the emotions felt in the time leading up to and immediately following last October's "Linkin Park and Friends" tribute concert, the

track moves from pain and confusion in the first verse (in which Shinoda expresses his trepidation as to whether he could get through the show) to anger and frustration in the second (with Shinoda lashing out at every Captain Obvious saying that this must be hard with the sentiment that it's, "only my life's work hangin' in the f\*\*kin' balance"). This evolution makes sense, too.

Depression and anger are equal players in the stages of grief. And Shinoda, for his part, communicates this perfectly. Of the three tracks, this one is really the stand-out — genuine enough to do the record justice but also catchy and accessible enough to find its place on pop radio.

Finally, the EP closes out with the Fort Minor-esque "Watching As I Fall," another rap-driven piece which is

admittedly more upbeat than the others, but no less emotionally-charged. Despite the several layers of synthesizers and somewhat complex beats making it the most instrumentally intricate song on the EP, Shinoda's words are still its focal point, which is exactly how it should be.

The reason why I say that is because, as the most thematically positive track in the bunch, its message needs to be as clear as possible if the record is to close out with due hope. With statements like, "maybe I should be more grateful that I had to watch it all come undone" and, "maybe I'm just fallin' to get somewhere they won't," Shinoda reminds us to do the most important thing you can in the wake of loss: be thankful for the times you had and remember that every fall makes the next stand stronger.

### "Hostiles" an Epic Yet Intimate Western

By JACKSON MURPHY  
Staff Writer

Scott Cooper continues to be one of the most fascinating, under-the-radar directors working today. Following his moving music drama "Crazy Heart" (which earned Jeff Bridges an Oscar), the gritty "Out of the Furnace" (with Christian Bale and Woody Harrelson) and "Black Mass" (starring Johnny Depp as gangster Whitey Bulger) Cooper now takes-on a genre that's been very hit-and-miss in recent years: the American western.

In terms of look, feel and overall style, "Hostiles" is pretty standard. It's Cooper's execution of the material that is incredibly impressive. This is a raw, intense character study set during the final stage of the U.S. western expansion of the late 1800s.

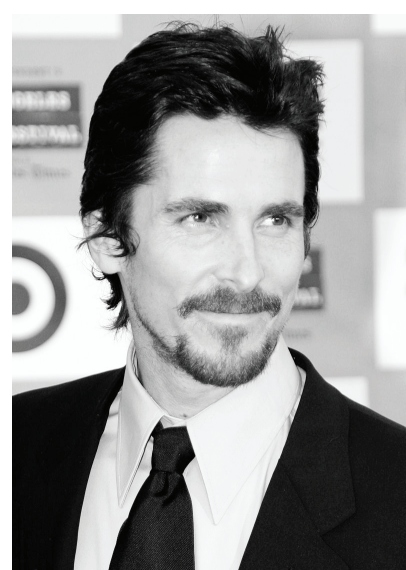
Bale gives one of the best performances of his career as U.S. Army Captain Joe Blocker. Against his strong objections, Blocker is ordered to escort an imprisoned Native American chief and his family from New Mexico back to their native tribal land in Montana. The Cheyenne leader and Cavalry leader are great enemies. On this final mission before his forced retirement, Blocker must deal with both his hatred

for his prisoners and his desire to complete the mission successfully.

Early on their journey they encounter a woman whose husband and children have just been brutally slaughtered by members of a Comanche war party. Rosalie Quaid is played by Rosamund Pike from "Gone Girl." The grieving Quaid joins Blocker and his troops. The harrowing days that follow will be both physically and mentally gruelling for everyone involved.

"Hostiles" is methodically paced, but appropriately so. Cooper allows time for the unraveling of this story, piece by piece. Echoing what it must have been like to live during this time, you're always on edge, waiting for something violent to happen to break-up the moments of calm. We clearly understand when Blocker explains at one point: "we're all prisoners out here."

Bale's portrayal of a legendary military "hero" who was great at his job, but whose ruthless style is no longer needed now that "the west has been won," is award-worthy. The fact that the Blocker character is not afraid to display his emotions provides the actor with numerous opportunities to shine. Pike is also excellent in a bonafide dramatic supporting



Christian Bale stars in "Hostiles"

role that's packed with powerful moments of restraint and unbridled passion.

The supporting cast includes Wes Studi as Chief Yellow Hawk, Ben Foster and Timothée Chalamet (who's having quite a year with this along with his work in "Lady Bird" and his Oscar-nominated performance in "Call Me by Your Name"). The costumes and cinematography, which reflect the overall spiritual nature of the film, are the standout technical elements.

Cooper handles all of this material with care, including a somewhat stunning final scene. The unexpected twist, like "Hostiles" as a whole, provides a fresh, alternative perspective to what, in less creative hands, would have been a very traditional movie experience.

### "The Shape of Water" Guillermo del Toro Best Work

By MARK O'CALLAGHAN  
Staff Writer

Recently, "The Shape of Water" racked up 13 nominations for the 90th Academy Awards. It's directed by Guillermo del Toro who has become a name stay for cinematic art and has become an auteur in his own right. When watching the movie, there's no question why it has so many nominations.

This is a Del Toro movie that's just dripping with beautiful atmosphere and has a bit of that fairy tale edge to it. You have Eliza (Sally Hawkins) falling in love, but it's not traditional as she falls in love with the monster. Which isn't a bad thing because you really do feel for them. The chemistry that Sally Hawkins and Doug Jones have especially with all the makeup is marvelous. We feel passionate about the monster because of Del Toro dedication to showing what he likes about them.

We see discrimination of minorities, people with disabilities and homosexuals as the monster gets treated badly because of his uncertain appearance. It's not done in an overtly preachy way as the message gets through without

comprising the characters and story.

Speaking of characters, the movie has a great ensemble. Sally Hawkins is glowing despite being mute and having no speaking lines. She conveys a variety of emotions without ever speaking. A seemingly difficult way of acting was turned into a simple task because of Hawkins making it look effortless. Combine with the wonderful chemistry she has with everyone, especially Jones, makes her a frontrunner for Best Actress. Richard Jenkins and Octavia Spencer show why they got nominated for their great supporting roles. Both of them not only support Eliza, but support the movie in its development.

The score composed by Alexandre Desplat is amazing. Never have I quickly went to Spotify just to download the entire score. It has this French and Italian romantic feel to it.

Guillermo del Toro has always had this fascination with monsters and it's brought to life in "The Shape of Water." Every element is knocked out of the park to deliver one of the best films of 2017. Definitely, check it out before the Oscars.

## Elton John Retires from the Road with Three-Year Farewell Tour

By **SUNNY NOWACKI**  
Contributing Writer

In a press conference released Wednesday, Jan. 24, British singer Sir Elton John announced that he will be retiring from touring after a long, three-year farewell tour. The star began touring at age seventeen with various bands, and now at nearly seventy-one he's ending that part of his life with the "Farewell Yellow Brick Road" tour.

The press conference was a full event for those attending, and it was on par with John's usual extravagance and style. The audience was given virtual reality headsets which then launched into a five-minute VR summary video of his career. After this introduction to the night, the man began a performance of "Tiny Dancer" on the piano as well as a stripped version of "I'm Still Standing." All of this done, of course, with his trademark glittery suit and sunglasses. Sir Elton John is planning to go out with a bang.

Part of the reason for this career move is family. John told event moderator Anderson Cooper "My priorities now are my children, my husband and my family." When the tour ends in 2021, his two children will be eight and ten years old. That doesn't mean the star won't go all out for this final tour, however, as it will be global, and have over three-hundred dates. Though this decision is based on fam-



Sir Elton John announced his Farewell tour

ily, he hasn't forgotten his fans, and he plans on seeing as many as possible on this tour.

This decision to retire affects only his touring, as he stated quite plainly that he will still be writing and recording music. He assured the attendees that he is in great health, despite admitting last year that he had a bacterial infection that left him hospitalized. It caused him to cancel a few shows, but he was back on his feet and performing in no time. He adamantly reassured fans that this decision to retire has nothing to do with

his health like many began to fear.

A similar declaration was given by the Hall of Fame musician in 1977 to the crowd of a London show. He claimed that was going to be his final show. He stuck to this for two years before returning to touring at a breakneck pace. Rolling Stone explains on their website that for twenty years, Sir Elton John has performed "upwards of 133 shows a year that he balances between his residency at Caesar's Palace in Las Vegas and arenas and stadiums around the world." His last tour will be no dif-

ferent, and for the next three years, his life will be dedicated to the physically-draining tour schedule. But the star seems happy to do it not only for his fans, but to close that chapter of his life for good.

The tour starts this year in September, and the first location is in Pennsylvania. The star will be travelling all around the world to five continents, hitting North America, Europe, the Middle East, Asia, South America, and Australia to give a proper showing of his gratitude to his fans. The tour will be coming to the Times Union Center here in Albany

in 2019, and tickets go on sale the second of February. Tickets will go fast, so be sure to secure yourself one for what promises to be an incredible final show. On his website, [Eltonjohn.com](http://Eltonjohn.com), there is more information for specific locations and dates for this tour. This website describes the show vaguely, but enough to get fans old and new alike excited. The website states: "The new stage production will take his fans on a musical and highly visual journey spanning a 50-year career of hits like no one has ever seen before."

## Review of Grown-ish - Black-ish Spinoff

By **KAYLA ROYSTER**  
Staff Writer

Is your college life boring you? Want to enjoy a more exciting college experience from the comfort of your fuzzy slippers and warm blanket? Then tune in to Grown-ish Wednesdays at 8 p.m. on Freeform.

Set to depict the modern-day college experience of one college student Zoey Johnson. We follow Zoey around as she makes the many mistakes that us college students make.

Focusing on a young girl as she heads off to college and quickly discovers that not everything is easy, perfect, or meant to go her way. Grown-ish focuses on her issues and the cultural battlefields of people in college. A tv show spinoff from the sitcom Black-ish, which focuses on the modern-day lifestyle of an African American family often bringing up and enforcing the theme that black lives matter.

This show developed from the focus on the eldest Johnson's daughter Zoey as she embarks on her freshman year of college at the fictional California University of Liberal Arts where she makes a couple of new friends. Friends who condone intercourse, illegal activities, drugs, drama, and romance.

Zoey is still the Zoey that all her fans came to know and love on Black-ish. She is cool, pretty, confident, and stylish. She just shows us that much like most college kids she's



Grown-ish is a new spinoff of "Black-ish"

confused, crazy, and completely falling apart inside as well. We see her struggles as she deals with drugs, sex, relationships, and finally living away from home in a dorm.

This show seems to depict the extremes of college in my opinion. Then again, these depictions may be accurate at some universities though, but to me it just seems the college life on steroids. It's a show focused at college yet there's little representation of her doing classwork or attending class. The only thing we know class wise is that she takes a fashion class, she had a paper to write on Ruth Bader Ginsburg (that she used Adderall to complete), and that she's in a midnight class full of prostitutes and drug lords because she registered for a class late. This

same late-night class where she meets her crush Aaron, and her friends Vivek a bright student with a side job as a drug dealer, Nomi the Dean's feminist niece who's come out of the closet, Sky and Jazz the twin track athletes, and Ana a religious girl who has finally earned some freedom. This odd group reminds me somewhat of the breakfast bunch.

While I love the show because of its extreme unrealistic entertainment purposes, some people dislike the show for just that reason.

We know it goes overboard for the sake of views, but don't you think a show about college should focus more on, I don't know college? The whole first season was basically focused on Zoey's odd obsession for her male friend Aaron. When

I say odd, I mean odd in the sense of her stalking this male at restaurants, art galleries, parties, you name it. You can tell that for yourself, but the fact that her drugged up lesbian best friend points it out every couple of minutes surely helps. Not to mention the fact that Zoey herself breaks the third wall to tell the audience that she's normal. Not at all crazy, because assuming a rose emoji within an Instagram caption is a sign a guy wants you is completely normal.

If that doesn't prove anything, she surely proves how crazy she is later in the season when she decides to take Adderall to stay up to see said male. Well she didn't the first time. She took Adderall the first time for her paper on Justice Ruth Bader Ginsburg,

which she failed to do and instead went off track spending \$3,000 online shopping for shoes. The 2nd time she succeeded in completing the paper along with her fashion homework, and the third time she did it to see Aaron.

She obviously likes the guy, then right? Well she messes things up by deciding its easy to be a player and attempting to prove so to the audience. Which resulted in her losing not one, but both her love interests, and that's where the last episode left off. With her giving and insightful quote about realizing (hopefully) that all she needed was her friends and to focus on her future.

If you loved Black-ish you'd like Grown-ish.

If you want to be over prepared for a college experience that probably wouldn't happen Grown-ish is for you.

If you want a show that includes relatable comedy, drugs, romance, parties, and stupidity Grown-ish is for you.

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# Good Cop, Bad Cop: Reputation for Racism

By **BRIANNA ROBLES**  
Staff Writer

It's a scary world when those who are put into authority to protect you are the same ones plotting against you.

Todd Shaw, a former Kentucky assistant police chief, was caught sending out racist Facebook messages to recruits regarding black adolescents. Shaw and the Louisville Metro Police recruit were discussing a paper the recruit had to complete for training regarding the "right thing to do" if he were to spot three adolescents smoking weed. In a response to the recruiter's scenario, Shaw wrote, "F\*\*k the right thing... If black shoot them."

Not only did Shaw say racially offensive comments towards black teenagers, but he also included instructions on how to handle their parents by writing, "...if mom is hot then f\*\* her... if dad is hot then handcuff him and make him s\*\*k my d\*\*k. Unless daddy is black... Then shoot him..." Although the messages were sent to the recruit in 2016, they were dug up as a result of Shaw being charged for other reasons.

Being raised in New York



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Police officers gathered together during a protest.

where the use of recreational marijuana is illegal, I've seen countless of black adolescents, black boys specifically, targeted for smoking a joint in public.

Not only do I have a problem with the disgustingly racist comments the officer made, but more specifically who he made it to. The officer was already teaching the recruit to target certain groups and to use

bad techniques if he were to ever encounter a situation like this.

He was already training the recruit to be a bad cop when in reality this country already has far too many of those. I'm not sure if when he made these remarks he was aware that because he was a person of apparent power he not only represents himself, but every

single police officer who hold a badge.

Police officers in general have been represented bad as a result of the killings of innocent people, which makes it harder for those officers who are actually doing their jobs correctly and ensuring the safety of everyone despite their race or religious beliefs.

The saying "what's done in

the dark, comes to the light" is relevant to this situation because everyone had the opportunity to see the officer's true intentions and feelings not only regarding black adolescents and their parents, but about his position as chief as well. He found it okay because he figures no one would find out that he goes about situations like this.

On Facebook Messenger, everyone says just about anything hoping that it would stay between them, but in this case, it didn't. This situation is 10 times worse due to the fact that he was a police chief, meaning he supervised all other police officers in the same unit. People with this type of power sometimes abuse it and let it go to their heads because they believe they are exempt from consequences. It is for the best that these messages came up because people like him need to be eliminated from positions such as this one.

Instead of creating "bad cops," I hope the justice system trains up officers who are faithful and dedicated to their job, eventually eliminating the stigma that all cops are bad cops.

# Why Servers Are Fighting For The Tip Credit

By **TAYLOR FARNSWORTH**  
Opinions Editor

The fifth proposal of the 2018 State of the State, the elimination of the tip credit, is causing serious concern among restaurant workers. The comfortability of flexible hours and quick cash, along with packed restaurants during the weekends, may come to a halt if New York State decides to get rid of the tip credit.

The tip credit allows restaurant workers to receive a lower minimum wage than that of non-tipped workers within the state. The assumption being that the overall tips earned by the individual worker is meant to make up for the difference of having not been paid full minimum wage by his or her employer. If the state minimum wage is not made up for by tips then the law requires the employer to cover the difference. This rarely happens.

As minimum wage is slowly increasing as promised by Andrew Cuomo, governor of New York State, as part of his \$15 state minimum wage advocacy, restaurant workers are fearful of their financial situations. Aside from Nassau, Suffolk and Westchester counties, the beginning of this year the minimum wage increased in New York State from \$9.70 an hour to \$10.40; and in December of 2015, the hourly wage for tipped workers rose from \$5 an hour to \$7.50. As a result of the minimum wage increase for restaurant workers, data from the Census Bureau showed that New York State alone lost over 500 restaurants in 2016.

Just like every state has its own set minimum wage, every state has the ability to have its own tip credit as well. Some

states do not have a tip credit in place: Alaska, California, Minnesota, Montana, Nevada, and Washington. Last year, voters in Maine choose to eliminate the tip credit, but due to complaints from the restaurant industry, Maine's legislature quickly voted to restore it.

It is "a question of basic fairness," said Governor Cuomo, but nothing about this proposal appears to be very fair.

Tips are based upon quality of service. The elimination of the tip credit thus means more work for less pay due to restaurant's no longer being able to afford hiring new staff and scheduling adequately for busier shifts. Servers will take on more tables at once due to potentially being understaffed resulting in a lesser quality of service for the guests.

As it currently stands servers appear eager to upsell, pre-bus, provide silent refills, and cater to every request at the hand of their patron. I am not suggesting servers will care less about catering to the guests without a tip credit in place, however the ability to do so to the current standard may no longer be practical.

Guest satisfaction is the ultimate goal for restaurants. It is that satisfaction with both the food and service that brings the customers back, but often we neglect to factor in those whose responsibility it is to have those same guests leave satisfied. Those workers are earning a living based upon an income that comes primarily from the pocket of his or her customers and not in the form of a weekly paycheck by an employer.

The elimination of the tip credit will not only result in restaurants becoming understaffed and a drastic cut to



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A waitress taking a breakfast order at Kahala Hilton Hotel.

weekly hours for its employees, but customers will see a change in menu prices. In order to make up for the money now being taken from the restaurants to pay its employees, the menu prices will gradually increase to cover the new cost, which may result in customers not going out to eat as often as he or she would like due to it no longer being feasible.

Customers may also be less likely to tip the server based upon overall experience because the guests are now under the impression that the worker is making enough in his or her paycheck to make ends meet and therefore a tip is no longer required. This is a false presumption as a majority of restaurant workers make far more than minimum wage in any given shift and adjust his or her lifestyle accordingly to accommodate to that presumed wage.

According to a Forbes magazine article, "A New York City Hospitality Alliance survey of 486 city restaurants, which

employ nearly 14,000 tipped workers found that those servers earn on average, \$25 per hour," more than double the current minimum wage in New York State.

Governor Cuomo's fight to eliminate the tip credit appears to be largely based upon a fear of discrimination. In a 2014 survey conducted by Restaurant Opportunities Center (ROC) United, a nonprofit organization that advocates for low-paid workers, said 80 percent of women reported having been sexually harassed by their co-workers. It also found that workers in a state that require the full minimum wage paid to tipped workers experienced nearly half the amount of sexual harassment than those working in states that have a tip credit.

In a 2013 study conducted by Michael Lynn, a Cornell professor, he found that white servers were tipped more than African-American servers regardless of the service that was provided. In a previous study

in 2000, he also found that attractive women appeared to be tipped more than less attractive women and men in general.

"In New York, we believe in a fair day's pay for a fair day's work and that all workers deserve to be treated with dignity and respect," said Governor Cuomo in regards to eliminating the tip credit.

No one is advocating for inequality or discrimination. Restaurant workers are simply pleading to be heard as their financial circumstances may be hindered based upon a decision to eliminate a credit that helps support themselves and their families present lifestyle. Eliminating the tip credit won't prevent sexual harassment by those too foolish to know how to behave in a professional manner. Eliminating the tip credit won't put an end to racist rhetoric or discriminatory actions. But it will cause disarray to those working in the restaurant industry as they scramble to find new avenues for extra cash just to get by.

## NBA All-Star Draft

### LeBron James v Stephen Curry

By **LOGAN RIPLEY**  
Sports Editor

In an attempt to make the 2018 NBA All-Star game mean something, league officials decided to resort to the classic playground rules of two captains.

The leading vote getters were LeBron James of the Cleveland Cavaliers and Stephen Curry of the reigning champs Golden State Warriors.

The NBA actually got one right by releasing the teams Thursday Jan. 26 and setting Twitter a blaze.

The game which isn't scheduled until Feb. 18 at the Staples Center in LA is already receiving a good amount of buzz.

James was obviously thinking about former teammate and Boston Celtics star point guard Kyrie Irving prior to the draft.

But if we have learned anything in the past eight years from James is that he is a basketball enthusiast that includes being a general manager, drafting, scouting, and evidently making tough decisions.

Curry had an easier route when drafting because his beef doesn't stretch quite as far as his counterpart.

Early favorites to sail away with a victory are Team James, period.

Featuring James this lineup would be the best the NBA would ever see in a real game, and never be topped.

The first pick in the draft was given to James and he chose wisely

and took Golden State forward Kevin Durant out from under Curry. Splitting them up was essential for James and might have caught Curry off guard.

Since the draft was not televised we don't know for sure who the following picks were so we will skip to the bigger fish.

Another member of team LeBron, again, is who else but Irving. Could it be that the NBA planned this to happen or was it just chance?

Either way this pick has turned many emoji eyes, as they wonder what the relationship is like between the former teammates and how they will act when they're on the court together once again.

This past weekend Curry and Irving faced off. Curry ended up with 49 points while Irving finished with an efficient 37 which led to James giving praise to both on Twitter.

Getting back to the game, a big injury on the James team has put another Oklahoma State player into the All-Star festivities. Paul George will replace DeMarcus Cousins and has James acting more as a coach saying on Twitter that he thinks he should be able to pick who starts.

Other than displeasure in the NBA not televising the 'All-Star Draft' this looks to be a great event for the players and the fans.

It takes all the storylines of the season and pits them against each other.

This could go down as one of the best pick up games ever recorded.

## Golden Knights Rundown

By **DAVID MEISTER**  
Staff Writer

The Saint Rose women's basketball team looked to extend their win streak to four last Tuesday when they took on the Saint Anselm Hawks but were unable to do so, falling 89-58.

The Hawks flew out of the gates fast, with a 23-5 scoring run to start the game.

The Golden Knights were led in their scoring efforts by sophomore forward Leah Dollard and junior forward Karissa Birthwright who had 13 and 11 points respectively.

"This week has been a week where facing adversity head on has been key," said Birthwright.

"Team performance is always a priority and pushing through sickness and injury despite two away games has

been key!"

They looked to avenge their loss on the road against the Merrimack Warriors on Saturday but were unsuccessful, losing 57-34.

Junior guard Ashley Vanderwall topped the Golden Knights scoring with nine points and Birthwright chipped in with nine rebounds.

The two losses drop Saint Rose to 9-11 on the season and will look right the ship when they return to action on Saturday against the Southern Connecticut State Owls.

"The next week will be a heavy practice week, trying to get back on track essentially," said Birthwright.

"We have to keep our vision in mind about making it to the playoffs, and we will be talking a lot about cohesiveness and offensive strate-



Guard Mical-Ryan Boyd, pictured, surpassed 1,000 points in his career at Saint Rose.

## Super Bowl Analysis and Predictions

### The New England Patriots are set to defend their title against the challenging Philadelphia Eagles

By **KYLE ADAMS**  
Staff Writer

In the 2002 Super Bowl, at the Superdome in New Orleans, Tom Brady and Bill Belichick led the Patriots to their first ever championship, including Brady winning his first Super Bowl MVP over St. Louis.

In 2004, the last time Justin Timberlake performed at the halftime show, in Houston, Brady won his second championship and second MVP over Carolina.

In 2005 in Jacksonville, Brady and Deion Branch led the Patriots to their third championship in four years over the Philadelphia Eagles.

After losing the perfect season in the 2008 Super Bowl to the Giants, and losing again to the G-Men in 2012, the Brady found himself on top again in 2015 against Seattle, in Phoenix, AZ, and again last year, over the Falcons in Houston.

Since his rookie year in 2001, Brady has played in the postseason all but three times, made it to seven Superbowls and won five.

He has won four Super Bowl MVPs out of his five championships, two season MVPs, and is a 13 time Pro-Bowler.

With Brady and Belichick leading the Patriots back to the Superbowl in 2018, the duo has a unique opportunity to tie the Pittsburgh Steelers record for most Super Bowls ever.

gies this week."

The men's team was riding a six-game winning streak into their date with Saint Anselm last Tuesday but the Hawks also defeated them 79-71.

The game was not without positives though, as senior forward Julian Lipinski entered the Saint Rose 1,000 point club after scoring nine points against Saint Anselm.

Lipinski becomes just the 31st person to hit that mark in school history.

Senior guard Mical-Ryan Boyd led the Knights with 19 points on the day.

Boyd said he credits his aggressive play and confidence of late to propel him to his high scoring performances.

They, like the women's team, looked to notch a victory on Saturday against Merrimack and did just that winning 82-74.

Lipinski rode the momentum of the last game into this one, leading the Golden Knights scoring efforts on the day with 21 points and seven rebounds.

Boyd joined in the fun again with 10 points and put himself in the 1,000 point club, he is the 32nd to do so in Saint Rose history.

It is a great accomplishment to have scored 1,000 points here at the college of



Brady hopes to win his sixth championship and second over the Philadelphia Eagles.

Uniquely enough, both Brady & Belichick and the Steelers would have a 6 - 2 record, should the Patriots find a way to pull it off.

The questions remains though is if they still have anything left to prove or if they're just playing with money in the bank.

The two are obvious future Hall of Famers and have accomplished so much more than ever expected.

I'm not a Patriots fan by any means, but every year it becomes more and more obvious that Brady is the GOAT of NFL quarterbacks and Belichick is the GOAT of NFL coaches.

It is easy to route against them, but they are so easy to bet for. So, I have to give it to you, if you are betting on the Eagles on Feb. 4, you've got guts.

But just as Justin Timberlake is getting a second chance from his 2004 halftime show blunder, the Eagles are getting a rematch from their close 24 - 21 loss to the Pats in 2005.

There is no doubt it will be a good match-up, Nick Foles VS Tom Brady; it

will be cold (the first Super Bowl ever in Minnesota) and it has the potential to be the end of an era... or maybe not.

### Staff and Student Picks

Kyle Adams, Staff:  
Patriots 45, Eagles 31

Logan Ripley, Sports Editor:  
Eagles 24, Patriots 20

Kyle Pratt, Executive Editor:  
Eagles 34, Patriots 17

Keith Pero, Business Manager:  
Patriots 30, Eagles 18

Donovan Smith, Senior:  
Eagles 20, Patriots 14

Greg Myers, Senior:  
Patriots 31, Eagles 24

Josh Heller, Staff:  
Patriots 24, Eagles 17

Mike Aurrichio, Grad Student:  
Patriots 28, Eagles 10

Nicholas Rivera, Sophomore:  
Patriots 31, Eagles 17

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Forward Julian Lipinski, pictured, surpassed 1,000 points in his career at Saint Rose.

Saint Rose," said Boyd.

"I know Julian and I are in great company since we accomplished that.

It wasn't a personal goal to get it the same week as Jules, it was just a great coincidence that it happened."

The team is now 16-5 with seven games left to play this season and will look to keep rising in the standings when they take on Southern Connecticut State on Saturday.

"Confidence is a big key especially when we are apart of a great league like the NE10," said Boyd.

"We know southern Connecticut is a great team so we are going to take our time off to be fully prepared for them.

Finally, the track and women's teams were competing in the John Thomas Ter-

rier Classic hosted by Boston University over last weekend.

A record was broken and personal bests were achieved across both teams.

On the women's side, sophomore Valerie Hinds improved on her school record in the shot put with 13.04 meters while freshman Jessica Zych clocked a personal best in the 800 meters with 2:25.10.

And on the men's side, junior Mason Tallman put himself third all time in Saint Rose history in the shot put with 13.82 meters. Sophomore Anthony Dawson is now second in school history in the 400 meters with a time of 50.16 seconds.

Both teams will be in action on Saturday at a meet which is yet to be announced at this time.