

Stress Less

By **BRIANA SPINA**
Staff Writer

As the semester winds down, stress levels in students tend to skyrocket. In response, the annual tradition of Stress Free Week is taking place Monday, Dec. 4 through Friday, Dec. 8.

Organized by the Counseling Center, there will be various events happening this week which will help alleviate the pressure surrounding final exams and papers. The Center has teamed up with the library, Interfaith Sanctuary, Alcohol and Other Drug Committee, Therapy Dogs International, and other on and off campus groups to make this possible.

A few years ago, Stress Free Week was not a week, but a single day. The event was very popular with students, but not everyone who wanted to participate had time in their schedules on that one day so they missed out. When Sarah Abelson started her Graduate Assistant position at the Counseling Center, she worked to expand the day to the week-long relaxation effort it is today.

"It was very important to me when I began my GA to not only make Stress Free Week something that was therapeutic and relaxing, but also has something for everyone to attend and take part in," she explained.

Some highlights of the week include drumming, chair massages, a labyrinth, coloring wall, and therapy dogs. Abelson notes that "the therapy dogs tend to be students' favorite event."

There will be multiple dogs to interact with, including Sam from the Counseling Center. Leslie Steves, who has been working at the front desk of the Counseling Center since 2011, is Sam's owner. She said that Sam is always excited to have visitors and is especially excited about Stress Free Week.

"His job is to de-stress students no matter what day it happens to be," said Steves. "When students come in, he gets off his bed, goes up to them and either leans against them or goes into the waiting room to sit with them and let them pet him. He enjoys the interaction as much as the students do. Sam is always happy to see new people come in the door."

Steves adopted Sam from an elderly woman who could no longer take care of Sam to the best of her ability. The woman trained Sam to become both a therapy dog and a tracking dog, and Steves feels fortunate to have such a talented and loving dog.

Steves assists with scheduling and advertising Stress Free Week. Like Sam, she is happy to have an event like this.

"It gives [students] a way to unwind and have some fun before finals."

SEE STRESS /A3

Relay Kick Off Event

The College of Saint Rose



Sarah Franzken, Nikki Weiss, Alex Hitrick, and Kayla Franzken
Weiss and Hitrick were crowned Mrs. and Mr. Relay for Life for 2018

The Franzken sisters are the Co-Relay chairs for the Saint Rose chapter of Colleges Against Cancer

Shedding Light with "Out of the Knight"



Five students presented to fellow student athletes about mental health

By **TAKORA MCINTYRE**
Contributing Writer

Student athletes can only miss a practice if they are physically hurt, not mentally hurt.

A mental health awareness event in the Nolan Gymnasium was tailored to student athletes on Tuesday night to raise awareness about mental health and how to overcome hardships.

Sixty-three Saint Rose student-athletes were in attendance at the Out of The Knight event to hear five student-athletes share their story and inspirational words on anxiety and depression.

Each of the student-athletes on the panel advised that students seek out help at the counseling center if going through a rough time, or even if they need someone to talk to.

"We are located right on campus. Our treatment is short term for 8 weeks, and you can come talk to us about anything. Its pretty quick and pretty easy" said Sabrina Balbuena, a staff member at the counseling center.

Women's volleyball coach Vanessa Volpe-Rivera, Womens Basketball coach Karen Haag and Athletic director Catherine Cummings Haker were in attendance to support the student-athletes.

"I sometimes feel like I need to be the perfect friend, student, teammate. But what I learned is people don't expect perfect, they expect your best and that's not your best," said Madison Taylor, a women's

soccer player.

Three out of 5 of the student athletes who were on the panel said that they struggled with perfectionism. According to the NCAA about nine million adults have a mental disorder that greatly affects their day to day life. Two-thirds of that nine million happens to have episodes during their college experience, including student athletes.

"Smiling is an art form, it's universal, it means happiness its how we connect. I always say to myself this too shall pass and I want you guys to know you are not alone," said Karissa Birthwright, a junior on the women's basketball team.

Depression and anxiety is nothing new when it comes to young adults, yet the issue is not focused with college athletes. A plethora of organizations at the Division I and Division II level have a stigma on mental health on student athletes.

According to the presentation, the Athletic Department at the college is trying to change the stigma associated with student-athletes.

"I think this event was very important and they should have it every year. It feels nice knowing that you are not alone and have a support system," said Michael Wearne, a freshman member of the men's basketball team.

The counseling center is located at 947 Madison Ave and is open from 9 a.m. to 5 p.m. Monday through Friday.

Albany Recycles

By **CAROLINE AURIGEMMA**
Contributing Writer

A new recycling program in the city uses a sizable cart on wheels to solve one of Albany's sustainability issues.

The larger cart is the main component in this recycling program. These new 64 gallon blue carts are 42 inches tall, with wheels to make placing it on the curb easier for residents.

"I love it," said Donna Dubin, a Pine Hills resident. "You can fill it and the lid is attached."

It seems that the Pine Hills community is transitioning smoothly to the cart.

"The bigger size is definitely nice for us but could be a problem for people with less space," said Brian Miller, another Pine Hills resident.

Currently there are 8,000 new carts around the city. Properties are selected based on "if it is a structure with a shared wall area where it is easy to wheel and if there is space to put it," said Joseph C Giebelhaus, the city's solid waste manager.

Residents will receive a new cart if the city determines there is enough space for them, and access for pick up by the automated trucks. Properties that fail to meet the qualifications for the new carts that are

still using single stream bins may contact the department if one is not enough. As far as the old recycling carts, residents were given the option to keep it as an extra or place it on the curb to be trashed.

New carts were introduced in August 2016, by Frank Zeoli, director of operations at the Department of General Services and Meghan Ruby, the city recycling coordinator. The Department began with a slow roll out of 2,200 carts, focused on running test groups to the five collection zones in the city of Albany.

"It's all about the cart," said Giebelhaus, "the way we collect the carts is not relevant."

An automated system of picking up recyclables is another change the city has made. The collection of the new carts happens with an automated truck, with a mechanical arm that picks up bins, empties them and then places them back on the curb. This change is safer for waste management employees because it limits direct contact to the trash and harmful material.

"The workforce hasn't changed at all," said Giebelhaus. The trucks have the ability to record when the carts have been emptied. Data is collected from truck pickups, and

SEE RECYCLE /A2



CAROLINE AURIGEMMA

Mary Runge, a Pine Hills resident stands next to her new recycling cart.

Affidavits Allege Voter Intimidation in 10th Ward Primary

By Kyle Pratt
Executive Editor

Tenth Ward Common councilman-elect Owusu Anane is facing accusations of voter intimidation and abusing absentee ballot's in the 11th Ward Common Council elections, according to affidavits provided by current 10th Ward Council-member Leah Golby.

An item in an affidavit written by former City Judge Thomas Keefe focusses on an 18-year-old senior at Albany High School, where Anane coaches football.

"He said that his high school coach Owusu Anane came to the house and spoke to him about voting," Keefe wrote in the affidavit. The 18-year-old signed a form filled out by Anane, according to the document.

"He was unaware of what exactly it was and just knew it was about voting but vaguely remembered something about 'absentee,'" Keefe said in the document.

Anane did not respond to a repeated requests for comment, and Albany High Athletic Director Kathy Ryan declined to comment.

In another item, Keefe wrote about another person, whose name is redacted, who was approached by Anane and spoken to about absentee ballots.

"He said that Anane said it was very easy to vote from home by absentee ballot," Keefe said in the document, "Anane filled out forms and he signed them."

The voter did not know the reason the form said he needed an absentee ballot, and the Albany County Board of Elections (BOE) denied Keefe a copy, according to the affidavit. The voter also didn't know who was going to receive the ballot.

"He did not know that the form directed the BOE to

not mail him the ballot, but to give it to Barbara Samel," Keefe said in the affidavit, "He does not know who Barbara Samel is."

Tenth Ward voter and PhD candidate at the University at Albany Stan Zavovskiy also accused Anane of pressuring him into voting by absentee ballot.

Zavovskiy first met Anane while the candidate was campaigning door to door in the 10th Ward.

"I was supportive of him, generally," Zavovskiy said.

They met again near the intersection of Western Avenue and Quail Street, and again Zavovskiy thought positively of Anane.

"I believe I told him 'You have my vote,'" he said.

The third time they met, also by Western and Quail, Anane was approaching people on the street at random and talking to them about absentee ballots. He asked Zavovskiy if he wanted to sign a form, the student said.

"It was very blurry as to what I was signing," Zavovskiy said. He wasn't sure if it was an absentee ballot application, the absentee ballot itself, or a petition.

He found out days before the election when Anane called him, offering to drive to Zavovskiy and drop of his absentee ballot. The conversation was one sided, and Zavovskiy felt as though Anane was pressuring him into accepting the offer, he adding that Anane "almost wouldn't let me talk."

Zavovskiy tried to get off the phone, telling Anane that he would be out of town, and that he had a meeting he needed to attend.

"He wouldn't let me off the phone for about two to three minutes," he said, "It was pretty disturbing."

Zavovskiy ended up hanging up the phone and blocking Anane's number, he

said.

Other students had experience with Anane's absentee ballot efforts, according to Keefe, who said in a phone call that Anane told numerous Saint Rose students that having class on Election Day qualified them to vote by absentee ballot.

"This is a complete falsehood," said Keefe, who volunteered for Alfredo Balarin's 11th Ward Common

back the ballot," Keefe said

Many people didn't know this when they signed, and did not plan to be out of town on Election Day, he added.

"This is the worst I've seen in more than 49 years of being involved in politics," he said, "Why in the world they would put themselves in this position where we have ample evidence that they've committed a crime?"

An affidavit was also

city officials was submitted to the New York State Board of Elections on Oct. 27. The request alleges that the Albany County Board of Elections is "refusing to comply" with New York State Freedom of Information Laws. Golby is a signatory.

"I do support the investigation request," she said in an email, "I do hope an investigation is done because voters were taken advantage of."



Owusu Anane was elected Common Council member for the 10th Ward in November

Council campaign.

The form Anane was having voters sign said they would be out of town on Election Day, and that they hand over permission to someone else to pick up their ballot at the Board of Elections, and bring it to the voter, Keefe said. One person is allowed to bring a maximum of eight ballots, per county law. In many cases throughout the city, the person on the form picked up the ballots from the Board of Elections, but the candidates are who brought the ballots to the voter, Keefe said.

"I have other instances where people said it was specifically Owusu who brought

submitted by Albany County Legislator Douglas Bullock. In it, he writes that Anane filled out a form that was signed by a 17-year-old girl who would not be 18 by election day.

Also implicated by affidavits is Judd Krasher, Common council-member from the 11th Ward, who works for the Albany County Board of Elections. Krasher is on the Council's Operation and Ethics Committee, and lost the Democratic Primary in September, and the general election earlier this month to Balarin.

A request for an investigation signed by 40 current and former state, county, and

Golby called the tactics "voter intimidation," and believes the law may have been violated.

"Clearly illegal activity has been done with absentee ballots in the 10th ward," she said, "I do believe those should be investigated by the authorities."

Keefe said the actions could be criminal, but that jail time would be unlikely in the event of a conviction.

Golby also called Anane a "very likable person," and said the unusually high voter turnout in the 10th Ward Democratic Primary could potentially be attributed to Anane's door-to-door campaigning.

RECYCLE cont.

used by the city to evaluate the new recycling program and its effectiveness.

An increase in recycled materials placed on the curb was a result early detected from this recycling initiative.

"There was a 50 percent increase in volume compared to the rest of the city once this pilot started," said Giebelhaus. The Department of General Services has been in the process of including more properties to the cart-based program.

Diverting items placed on the curb that can be recycled

and reused from the landfill is a task that the city is spending time and money researching and improving. The city estimates that 35 percent of all of the city's garbage is diverted away from the landfill, and recycled.

"There is a lot more than a diversion rate when looking at how the city of Albany handles trash in the community," said Ruby. The department of General Services hosts electronic recycling events and paper shredding events every year. This year alone about 138 tons of electronics have been recy-

pled. The city has also collected three point 75 tons of hardcover books, and recycled 3.54 tons of other recycled material at the 2017 paper shredding event.

"We are doing much more than most," Zeoli said.

Along with the Department of General Services, the Albany Sustainability Advisory Committee has the responsibility of "researching key action items and feasible methods that will help mitigate the adverse effects of climate change on our community," said Lauren Alpert, senior planner at

the Department of Planning and Development.

The Albany Sustainability Advisory Committee is made up of "a group of dedicated and highly educated people who volunteer to help promote sustainability in the community," said Zeoli.

Zeoli and Alpert serve as liaisons on the board to keep the committee updated with changes happening through the Department. Such partnership creates a higher potential for sustainable actions to be enforced by the city.

Do you have an idea for news?

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Tuesday December 5, 2017

STRESS cont.

The sanctuary, too, is happy to be able to help out with Stress Free Week. Monday's celebration of the season was a holiday themed party with crafts and music. The weekly yoga class will happen as usual on Tuesday from 7 p.m. to 8:15 p.m.

There is also a flat, cloth labyrinth that will be set up on Tuesday from 9 a.m. to 5 p.m. for walking meditation.

"People can walk the path in a mindful way. It gives them time to breathe and ask themselves 'Where is my life path going?'" said Joan Horgan, director of campus ministry.

Horgan clarified that this labyrinth is "not the stressful kind where you get lost. The path leads to the middle." She also explained that it is not necessarily spiritual, and that students can approach it in whatever way fits their own personal needs. The path takes about 20 minutes to complete, which Horgan hopes anyone can spare. There will be coloring and drawing exercises as well, and people are free to sit in the garden to reflect and decompress.

Her overall emphasis is for people to take the time to slow down.

"There is so much that we need to do that is fast, and anything we do to go slowly is important for nervous system to get the message of 'It's okay. I am okay.'"

Abelson gives similar advice, urging students to "take care of themselves" even though studying and schoolwork seems to be taking the first priority.

"It is important to make sure you are eating, sleeping, and doing things that make you happy each day, especially if you are feeling stressed," said Abelson. "It is ok to take a break. Take

Stress Free Week Schedule

a long shower, hang out with friends, eat your favorite meal, and take some time for yourself."

She also reminds students that there is nothing wrong with asking for help. There are many resources on campus in addition to the Counseling Center that can help during this stressful time, like the Academic Success Center.

"Stress Free week has so many great events for you to try different ways to relax and de-stress, so take advantage," said Abelson. "I always take suggestions for future Stress Free Week events to heart, as well as am open to partnering with other students, clubs, and offices on

campus if there is an idea they want to explore and develop."

The benefits of Stress Free Week are clear to Horgan.

"Stress defines our culture," she said. "One of our biggest challenges is to dial that down and figure out how to ground ourselves and rebalance...our mental, social, and spiritual health will be defined by that."

Steves has an idea for how Stress Free Week practices can be applied throughout the rest of the academic year.

"If we could all be as loving, accepting and non-judgmental as Sam is with each other, the world would be a much kinder place in which to live," she said.

In Brief

What's happening in the community

Book and Movie Night with the Library

The Albany Public Library is hosting a short book discussion and showing of the movie "Hidden Figures" on Wednesday, Dec. 6, at 6:30 p.m. at the Madison Theater at 1036 Madison Ave. The event is free, as is a serving of popcorn and a drink for each attendee

If you haven't read the book by Margot Lee Shetterly

yet, you can pick up a copy at any branch of the Albany Public Library. The book discussion part of the evening will last about 30 minutes. The showing of the 2016 Academy Award-nominated film starring Octavia Spencer, Taraji P. Henson, and Janelle Monae will take place after the discussion

Winter Closing

All resident students need to leave their residence hall no later than 10 a.m. on Saturday, Dec. 16, or no later than 24 hours after their last final exam.

The only exceptions made are for students living in

college owned apartments including Centennial Hall, or for students who have filled out the extended housing application and have received approval from the office of residence life to stay on campus.

Happy Finals From The Chronicle Staff

The staff at The Chronicle hopes that all students are prepared for their final exams, and that the winter break is enjoyable.

Printing of the Chronicle will resume in the second week of the Spring 2018 semester.

If your New Year's Resolution is to work with the newspaper, you can mark your calendars for Wednesdays at 4:30 p.m. in Hearst Room 119 for Chronicle meetings in the Spring 2018 semester

We are always looking for new contributors.

Game Corner

Take a break to solve some puzzles!

Answers posted online at strochronicle.com

Christmas Season

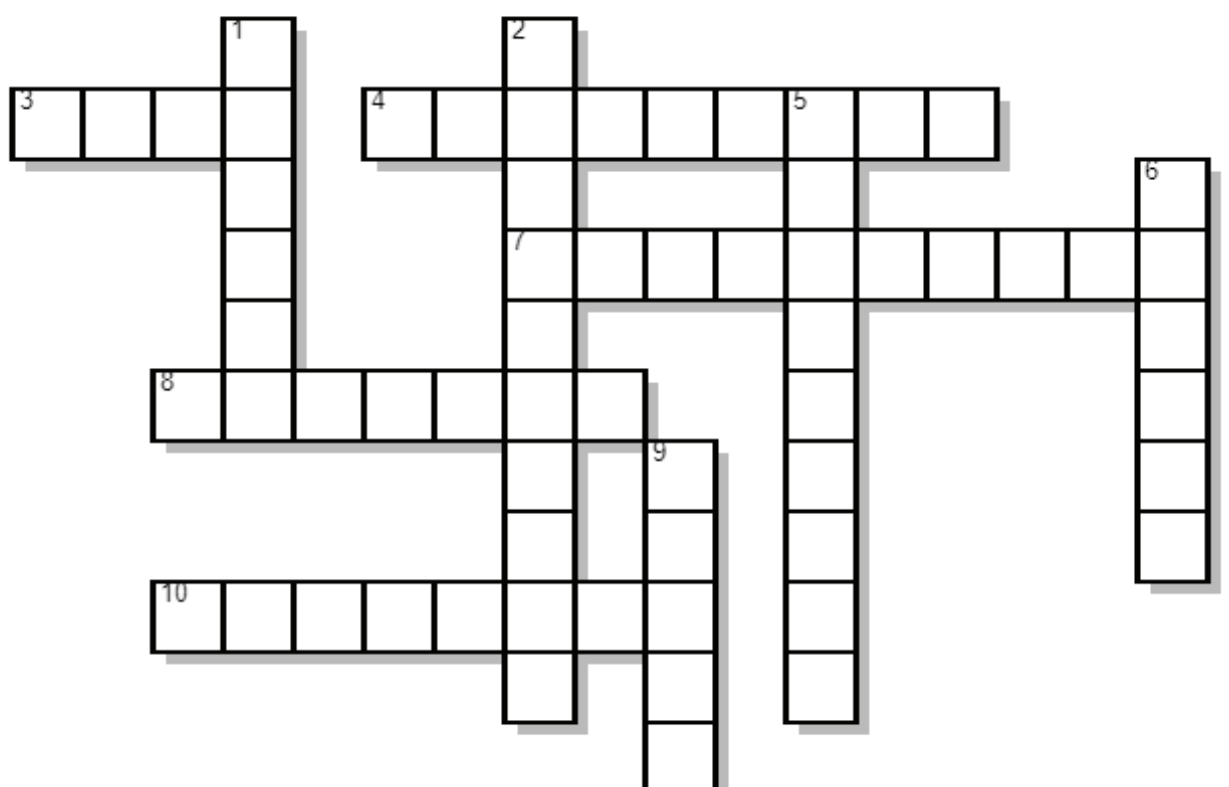
Across

- 3 O. Henry's short story "The Gift of the ____" takes place at Christmas time.
- 4 "The _____ were hung by the chimney with care."
- 7 A holiday decoration that can also be used to open walnuts.
- 8 Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Rudolph...Who is missing?
- 10 When people go door to door to sing they are _____. (Verb)

Down

- 1 This metallic decoration is supposed to mimic ice.
- 2 A plant that is popular around Christmas with red flowers that some people see as star shapes.
- 5 The location of Santa's workshop.
- 6 Name of a famous fictitious snowman with a corn cob pipe and a button nose, and two eyes made out of coal.
- 9 According to the move "It's a Wonderful Life," every time a bell rings an ____ gets its wings.

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Purchased Buildings Remain Unoccupied

By NEWSROOM

Fifteen of 89 - some 16 percent - of the buildings on campus at The College of Saint Rose are vacant, or unoccupied, at a time when the college is trying to improve its financial outlook.

Three of the College's properties, 192 Partridge St., 194 Partridge St., and 962 Madison Ave. were valued at \$407,400 as of March of this year, according to city assessment records. The College paid more than \$1 million for those three properties. As of this month according to Zillow, a real estate database, the value of those three properties had dropped by a combined total of \$599,600.

The College bought 879 Madison Ave. for \$900,000 in 2011, according to a Chronicle story from April 2016. Although it is currently unoccupied, the current assessed value is more than \$1.2 million, according to city assessment records. A Freedom of Information request seeking the purchase history of other campus buildings has not yet been fulfilled by the city.

Saint Rose was purchasing buildings as late as October 2014. Six months later, in March, President Stefanco announced the creation of a "Deficit Reduction Task Force," aimed at reducing "the College's structural deficit," according to an email sent to faculty.

Two of the buildings - 962 Madison Ave. and 194 Partridge Ave. - have a red placard with a half a white 'x' through the middle which indicates that it is of high risk for first responders.

The city Fire Department is responsible for installing placards on the buildings around the City of Albany, according to Joe Toomey, deputy chief of the Albany Fire Department. Chief Toomey and his staff first became aware of the buildings through New York State code enforcement. Toomey said code enforcement informs the fire department which buildings need to be inspected and then the fire department determines if they are safe or unsafe.

The city chooses between three types of placards to place on buildings, said the Albany Fire Department. They each have a different level of structural safety awareness. A red placard with a diagonal line, or half an "x" states that the building is vacant and is potentially unsafe for first responders. The two Saint Rose buildings have this placard. A red placard with a "x" states to first responders that the structure is highly unstable. The standard red placard with no "x" just a white square signifies that the building is deemed vacant by New York State.

"We train our first responders to check the front of buildings before entering," said Toomey. "There are different severities to each building and we place these signs on vacant buildings to benefit our safety."

Toomey has been a supporter of the placards since 2015 when New York State adopted them as part of the



KYLE PRATT

The unoccupied building at 879 Madison Ave. was purchased for \$900,000 in 2011 and has increased in value since

state's Fire Code. Toomey said that the placards can be issued for numerous reasons, some of which range from broken exterior staircases to unstable floors within structures.

Five buildings inspected by the New York State Office of Fire Safety and Control in April were cited for being in need of placards. Two of these buildings, 194 Partridge St. and 962 Madison Ave. now have placards, the remaining, 192 Partridge St., 202 Partridge St., and 879 Madison Ave. are not currently placarded. The violations in these three buildings were addressed, making the placards no longer necessary, according to Kristen Devoe, director of public information for the New York State Department of Homeland Security and Emergency Services.

About 10 years ago the college began buying properties between South Main Avenue to the west and Partridge Street to the east, and in between Western Avenue to the north and Morris Street to the south, creating a well-defined grid where the college operates, according to Debbie Polley, the college's vice president of finance and administration.

"Of course, there are a few outliers," said Polley.

Property owners near campus and those outside of the boundary often contact the college to sell their buildings, said Polley. The college buys a number of its properties, too, from absentee landlords who sometimes have let the properties degrade, so the properties are not always in good condition when purchased by the college, she said.

The College's decision to buy the nearby homes helps to preserve the character of the neighborhood said Polley. "This is how we're going to define ourselves in the neighborhood," she said.

The College's safety and security department has a list of the vacant buildings that get inspected by Saint Rose security officers while conducting their campus wide patrols said Bruce Scott, director of environmental health and safety.

The security department follows the same protocol procedures for both occupied and

unoccupied buildings owned by the college.

The unoccupied buildings are patrolled three times daily by Saint Rose security, said Polley, these buildings are heated and maintained in the same ways that the occupied buildings are.

The interior and exterior of the vacant buildings are inspected by Saint Rose facilities department and the director of environmental health and safety twice a month. The buildings are accessed after severe weather conditions. The State Office of Fire Protection and Control (OFPC) annually inspects all of the college's properties, including those that remain vacant. If there is a fire code violation, Scott said he is informed of the violation and works with the relevant college department to fix the issue.

"Any violations or perceived hazards, whether identified by the OFPC, Security, Facilities or others, are addressed as quickly as possible," said Scott in an email.

A policy by the college includes outlined details on how to properly maintain and secure buildings that remain vacant. Updates on the status of vacant buildings are given to the Vice President of finance and administration.

In order to preserve occupied buildings, the college also offers a fire and safety in-

spection for students and faculty. There were two dates for the presentation this semester, but no one attended. Security is planning on offering more dates during the spring semester, though dates have not been chosen yet.

Building inspections are conducted at all private and public universities and colleges in New York State. University at Albany follows a similar protocol as many other colleges in the area including The College of Saint Rose.

According to Karl Kilts, the director of code administration on campus for The University at Albany "UAlbany follows the state regulation by the NYS Division of Homeland Security & Emergency Services, which requires all universities to be inspected annually."

Campus authorities at UAlbany reportedly inspect each floor in every building to check for fire and safety violations along with the office of fire prevention and control.

"All inspections are conducted by the Office of Fire Prevention and Control, this applies to both public and private schools," said Kilts.

The first inspection is in the summer before the students arrive and the final inspection is right before Winter Break in November. Following the initial inspection of spaces at UAlbany, there are two more

inspections of deficiencies identified in order to conclude requirements.

Saint Rose plans to tie some of the property purchases to the anticipated new majors it will offer, according to Polley. The school's strategic plan, adopted in 2016, anticipates using the now vacant space for classrooms for the new majors, Polley said that this can depend on what new majors the college wants to offer.

The school is also looking at other possible uses for the vacant buildings. Polley said that students from other colleges often come to Albany for internships and that these buildings could be used as housing for those students during that semester. The buildings can also be used as swing space. If a particular office needs some sort of renovation, the people who occupy that office can be temporarily moved into one of the vacant buildings while their office is being fixed.

Another plan for the spaces includes reserving four of the 15 buildings for the incoming students in the spring semester, said Scott.

This story was reported by Executive Editor Kyle Pratt, Opinion Editor Taylor Farnsworth, Arts Editor Elizabeth Valentin, Staff Writer Cody Money, and Contributing Writer Cheyenne Burmingham



Placards like this one, seen on 926 Madison Ave, notify first responders of the state of the building

Tuesday December 5, 2017

Meister's to Capital Q: An Albany Legacy

By DAVID MEISTER
Staff Writer

Something about the Oklahoma pulled pork draws customers in to the Capital Q Smokehouse just as the homemade breakfast sausages did when Meister's operated on the same spit. The barbecue store at 329 Ontario St. attracts a steady stream of patrons – enough to keep the Q operating for 10 years. Before that, Emil Meister's Meat Market spent 70 years selling a variety of meats from the same spot.

The Capital Q Smokehouse's owner, Sean Custer, learned some cooking skills from his grandmother and the rest he taught himself out of necessity. Custer's parents were both engineers and his mother specialized in three things: meatloaf, spaghetti sauce (which he said Italians would call gravy), and glop. Glop was a dish he described as similar to hamburger helper with mac-and-cheese.

Pig is the main event now at Capital Q. Custer said their Okie pig has been a popular dish. It's pulled pork served with one of three sauces: Kansas City, North Carolina, or South Carolina. New customers at the Q are given the "Tour de Pork," in which the novice is treated to a smorgasbord of samples from a mix of the Q's specialties and staples.

"You have to set the hook



Sean Ahearn, an employee at Capital Q. The shop is well known for its Oklahoma pulled pork.

When the Q officially started, it was strictly a cash only business because Custer was anti-tech. They have expanded since the beginning and now take credit cards and use an online ordering system.

Delivery has come a long way since the time of Meister's. Joe Meister recalled the original method of deliveries. "We'd deliver on bikes with a box on the handlebars." Eventually they had a van to make deliveries. From bikes to vans, the evolution of delivery is apparent in these two businesses.

A year after the Q opened

works with just as Meister's did back in the day.

The Q supports Two Together, which promotes reading and literacy among urban youth. They participate in their annual "Cooks for Kids" event. Their motivation comes from their owner, "Education is necessary." Custer calls himself a "voracious" reader of many genres but likes science fiction the best.

They also have close ties with the Albany Police Department and the New York State Correctional Officers & Police Benevolent Association.

During its heyday, Meister's donated each month to the Little Sisters of the Poor on Central Avenue, a convent for nuns. "The nuns would come each month and my father would give to them each time," recalled Meister, "We did that for two to four years until they left Central Ave."

The Q has a staff of between 8 and 10 employees and are usually busy in the summer and quietest around the first quarter of the year.

One of the newest members of the Capital Q team is Sean Ahearn who has now worked there for one month and has enjoyed his experience so far. Ahearn's previous work experience was with the Hungry Traveler Food Truck and the Schenectady Biergarten doing both front end and cooking in the kitchen. He works on average 30 to 40 hours a week.

Ahearn did say that it is a "weird situation to have someone doing both kitchen work and helping up front." He graduated from Schenectady County Community College with a degree in business administration, but wanted to do something else. He took a hard look and realized that food and prep were his passions. "Anything with an open fire is my go to," said Ahearn. His favorites are bar food and grilling. He hopes to one day open his own business or food truck.

When Custer bought the business, he was not familiar with the Meister's legacy.

"I needed a zoning variance and when I went to the Zoning Board one of the people said that they 'cried when Meister's closed,'" Custer said. He also said that the City was helpful in getting the Q open. He started to learn more as time went on about the story behind Meister's. "People still talk about it, it's an Albany institution," Custer said.

After he opened, he met

meats. Prices that Joe remembered from that era was that the bologna sold for \$.89 a pound and a loaf of bread was only 18 cents. For comparison, a pound of bologna at Market 32 now runs about \$2.99 a pound and a loaf of bread on average is \$3.99.

There was also sacrifice too. Al and his wife Marge as well as my grandma and grandpa, Emil Jr. and Mary, had young kids at the time and balanced work and family life. Al and his wife lived above the store and Marge and Mary helped as cashiers and sometimes in the back.

Custer now lives above the store too.

Meister's did begin to decline though. My grandfather Emil Jr. left the business after his wife, Mary Keyser, passed away. And then Al's health began to decline later, it was then that Joe recognized that if Al left the business, he couldn't run the show himself.

He looked to the younger family generation to take over but no one was interested. So, he sold it. He ended up selling it to Dan and Terry Breslin in 1998. One of the Breslins won the lottery and used some of the money to buy the market.

The Breslins kept the Meister name and they held onto it for five years until they closed in 2003. The building was vacant until 2006 when the Q's Custer leased and eventually bought the building.

The spot, 329 Ontario St. has seen many generations of owners, workers, customers, and family walk through its doors. Between my great grandfather starting it all back in 1923, my grandfather and his brothers continuing his legacy, and now Custer and company at the Q, the city of Albany has enjoyed two businesses that have provided almost a combined century of good food and happy customers.

Author David Meister, a Communications major at The College of Saint Rose, is the grandson, and great grandson of the owners of the old Meister's Meat Market.



Meister's Meat Market was once housed at 329 Ontario.

and reel them in," said Custer. "I tell the staff if you're not serving, you're spooning."

Sampling and "reeling customers in" was a strategy also implemented by their predecessors. Meister's gave out samples, especially to the younger generation of customers, "Bologna samples to all the kids who came in," said Joe Meister.

When it came to branding his new business, Custer started shopping for domains when he noticed that there was already a Capital Q in Washington D.C. His brother came up with the now infamous Q slogan "Eat My Pork" and it has stuck ever since. They've had fun with that, recording numerous radio commercials which Custer described as "on the edge."

While the old Meister's has been closed since 2003, the Q still does use some of the old equipment. The smoker, refrigerator, and 10-burner stove are all in operation. Custer said that the refrigerator was big, and he needed the space to run his business, and they are all an integral part of day-to-day business today.

they started catering. Custer, before owning the Q, was a general manager at an off-premises catering company and learned some valuable lessons from it, especially when it comes to improvising. "Once when we were working a wedding in a field, we had no gas for the grill, so we used sternos to light it," said Custer. He also once had to deliver a wedding cake to Clifton Park once and in the parking lot of the event, the top layer of the cake began to melt, so he bought some baking supplies and fixed it himself.

"Beneath the calm cool exterior of a professional kitchen worker, I have the subtle dynamics of a kindergarten recess," was how Custer described himself.

The Q makes all their food from scratch, just like their predecessor.

The business also started using a food truck in 2009 when Custer bought it on eBay. "Customers are happy to see us when we're in the truck," said Custer. The truck does have a large menu, despite the small size.

The Q also has a charity it



The Capital Q Smokehouse's owner, Sean Custer.

The Error Behind the 2018 Grammy Nominations

By **RHYA MILLS**
Contributing Writer

The Recording Academy has announced the nominations for 60th annual Grammy Awards. In addition to this notable longevity, the upcoming show is one of particular significance. These nominations are observed as the most diverse yet with multiple artists of color constituting the primary categories. The General Field nominations, also known as "The Big Four," are essentially amongst the highest honors given by the Academy. Generating most of the consideration, criticism, and audience surrounding the show, there is a crucial demand for specific nominees within these categories.

General Field awards include Record of the Year, Album of the Year, Song of the Year, and Best New Artist, recognizing all involved in the most impactful, distinctive, innovative, and pioneering sounds of the closing year. While this esteem has been principally main-

tained at the upmost regard, the last five years of the occasion has demonstrated confounding disappointment concerning the nominations and awards.

Music enthusiasts and critics have continuously scrutinized the academy, rightfully arguing that many of the nominations and distributed acclaim, especially those within the General Field, exhibit a patent lack of crucial integrity and quality. Despite the progressive shift observed in the recent nominations, candidacieship within the remaining categories prove that the 2018 ceremony will be no exception.

Although a large part of the respective dissatisfaction is rooted in the unfortunate regression of the credibility of the Grammys, the nominations are heavily faulted by another unavoidable factor. In my opinion, the Record Academy can be partly attributed to and justified by the prevailing mediocrity in modern music.

While there is truth in the claim by many that an original and inventive sound created by



Kendrick Lamar's song "Humble" is nominated for Record of the Year at the 2018 Grammys

the surge of new artists has put music in an avant-garde state, the recognized tune of popular music is one that cannot be uniquely distinguished. Presently, similar beats, melodies, and harmonies are consecutively heard throughout each song played on the radio. Even with its eternal underlying presence, sampling has also made a striking resurgence in the attempt to restore the authentic sound and ingenious nature of the last and apply it to the current industry where

it is noticeably absent. Due to this particular lack of individualistic content, material that introduces an undisputed sound is consequently exaggerated to the point of overplay and overvalue. Furthering the problem, this error allows artists, as well as their music, who display the slightest sort of unique quality are held at paramount standards which are ultimately unmerited. This conflict is both inadvertently and inevitably exemplified within next year's Grammy nominations.

Nominees for Record of the Year feature Childish Gambino for "Redbone," Luis Fonsi, Daddy Yankee, and Justin Bieber for "Despacito," Jay-Z for "The Story of OJ," Kendrick Lamar for "HUMBLE," and Bruno Mars for "24K Magic." While Rap, Hip-Hop, and Rhythm and Blues are the category's dominants, the record breaking Latin remix spearheaded itself to become what was the biggest upset to strike the industry in the last decade, making history as the number one song of the summer while

spending 16 weeks atop the Hot 100 only to become the most streamed song of its time. The majority of these artists join Lorde and Melodrama in nomination for Record of the Year including Childish Gambino for "Awaken, My Love!," Jay-Z for "4:44," Kendrick Lamar for "DAMN," Bruno Mars for "24K Magic." Maintaining this pattern, "Despacito" and "4:44" are amongst the nominees for Song of the Year along with Bruno Mars for "That's What I Like," Julia Michaels for her singular impression "Issues," and Logic, Alessia Cara, and Khalid for "1-800-273-8255." Julia Michaels, Alessia Cara, and Khalid assist SZA and Lil Uzi Vert as constitutes for Best New Artist.

As selections for the Big Four set the tone for the remaining nominations, the content of these categories embody what is now thought to be the peak standard in today's music. The 60th Grammy Awards will premiere on Sunday Jan. 28 on CBS.

'Disaster Artist' A Career-Best for Franco

By **JACKSON MURPHY**
Staff Writer

When I first heard that James Franco was making a movie about the making of what some say is the best worst movie of all-time, I decided I wanted to see Franco's "The Disaster Artist" without first checking-out 2003's cult classic "The Room." That turned-out to be a smart decision.

Having no emotional ties to the original subject matter provides the freedom to fully appreciate this charming, true-story tribute. Franco not only directs, but also stars in "The Disaster Artist" as Tommy Wiseau, the mysterious mastermind behind "The Room." And his real-life brother Dave plays Tommy's friend and filmmaking partner Greg.

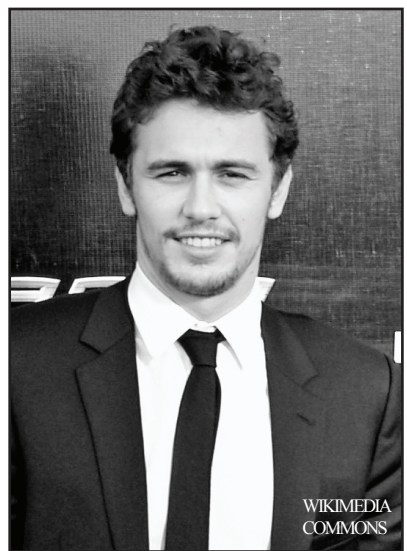
The two meet in acting school in San Francisco. They move out to Hollywood together in 1998 in hopes of becoming big-time movie stars. But when constant rejection hits them hard, they decide to make and star in their own movie instead. They hire actors and a crew and buy all the equipment they need (with Tommy insisting on shooting in both 35mm

and digital).

Wiseau provides all the funding - though no one has a clue where he's getting the money from. He also wrote the script and is both director and lead actor. The script is barely passable and he knows just enough to get scenes shot. But Tommy can't act. None of those facts stop him from plowing forward to get his vision realized. "The Room" isn't a comedy, but the making of it is.

Seth Rogen plays the script supervisor (though Tommy won't allow him to alter his vision one iota). Rogen was simply cast to spew-out sarcastic one-liners, and he delivers. A who's who of familiar faces (from Zac Efron to Josh Hutcherson and Jacki Weaver) have minor roles as characters in "The Room," while other big names appear in memorable cameos, including Judd Apatow and Bryan Cranston.

Franco has made a fun look at filmmaking done wrong. And he's simply mesmerizing as Wiseau, an unpredictable presence and cinematic trailblazer (in his own mind). He's both dreamer and realist. At times ridiculous, but always



James Franco directed and stars in "The Disaster Artist."

fearless. Franco's surprisingly restrained, and at times moving performance, has you rooting for Tommy to succeed, even though you know the finished product is destined to be a trainwreck.

"The Disaster Artist" isn't the most insightful 'movie about making movies' ever made. It's rather straightforward, with a satisfying, but not emotionally light pay-off. But its breezy, wholehearted tone, combined with Franco's career-defining performance, make it one of the most enjoyable films of the year.

Demi Lovato's "Tell Me You Love Me": Is It About Empowerment?

By **ELIZABETH VALENTIN**
Arts Editor

Demi Lovato has been teasing her music video for "Tell Me You Love Me" on all of her social media accounts, including images of herself in a wedding dress. She released a trailer, in which Lovato is looking at herself in the mirror, singing the lyrics "Everything I need, is standing in front of me" followed by the chorus, which, in part, say "Tell me you love me, I need someone like days like this I do." This trailer indicated that this video would be intense and perhaps about empowerment; that it would teach a lesson that no one needs another person to love them, as long as they love themselves.

Well, the video has officially dropped and that message isn't entirely clear throughout the mini film that accompanies the song. In the video, Jessie Williams purposes to Lovato. After their engagement, the video shows that their relationship is rocky and that they fight often. Despite the fights that Lovato and Williams have throughout the course of the video, they constantly reassure each other that they want one another.

When it is time for their wedding, Lovato appears walking down the aisle in the wedding dress that she used in her teasers. The big twist for this video happens when Williams leaves her at the altar. When this happens she is stunned and begins to cry. She goes on to sing the section of the song that appears in the trailer.

This video has some fans split about the meaning behind the song and video combined. Some fans argue that this song is about Lovato trying to fix her relationship with Williams, trying to get him to tell her he loves her. Other fans believe that this video is telling audiences that despite the heartbreak the Lovato experiences after Williams leaves her at the altar, she knows that she will be alright because she loves herself and she is secure with herself.

This film, while up for debate, is beautifully done and provides evidence of Demi Lovato's talent, yet again.

Want to write for Arts?
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Selena's Emotional Win Causes Debate

By **ELIZABETH VALENTIN**
Arts Editor

Selena Gomez was announced "Woman of the Year" by Billboard Magazine. Gomez was presented the award by her best friend Francia Raisa. Gomez accepted the award in tears, saying "To be honest, I think Francia should be getting this award because she saved my life."

This award comes only months after Gomez needed an emergency kidney transplant due to complications with her lupus. Raisa discovered that she was a match for Gomez and volunteered to donate her kidney to her best friend. Gomez's acceptance speech made

the audience clearly emotional and viewers at home shared the same sentiment.

In an interview with Billboard after their surgery, Raisa said "I was just glad I was able to do. I'm glad I was a match. She's standing here and being honored and I've seen her career continue to soar, it's amazing."

Gomez went on to explain her gratitude for the award and that she respects her platform. She mentioned that she feels lucky to have the career that she does. She thanked her team and her family for sticking with her through the difficult times that this year has sent her way.

Despite her life threatening medical problems, Gomez has

managed to produce hit Netflix Original, "13 Reasons Why," launch a Coach and Puma partnerships, raise over \$500,000 for lupus research, in addition to releasing chart topping music.

Gomez also hinted at what is to come in 2018 in her speech, saying "I don't know how I'll ever repay it, but maybe I'll make an epic album next year for you guys and everyone else."

While many people felt the emotion that came from her speech, there were also several people who took to Twitter to share their thoughts about her win.

Twitter user @alexandraamey said "I love Selena

Gomez but I truly do think Ariana Grande should've been named woman of the Year for billboard."

Another user, @WantToBe_ said that she believed that the award should have gone to Taylor Swift, Kesha, or Ariana Grande. She explained that Swift and Kesha won sexual assault lawsuits and Grande produced One Love Manchester after the terror attacks that target her concert in that city.

While there are many people that share this sentiment, it is important to acknowledge the great presence that Gomez has had this year in pop culture, despite battling life threatening health issues.



Selena Gomez was announced Woman of the Year by Billboard Magazine

Tuesday December 5 2017

Fake News Gone Too Far?

By KAYLA DEMICCO
Staff Writer

According to James O’Keefe, president of Project Veritas, we are currently living in “The Era of Fake News.” Their website says that Project Veritas is a “non-profit organization dedicated to investigating corruption, dishonesty, waste and fraud in both public and private institutions.” In other words, they claim to be a fake news buster because they don’t trust media, yet they create fake stories, use fake names, invent fake jobs, and their employees try to befriend real reporters of real outlets. Many major news outlets such as, *The Washington Post* and *The New York Times* aren’t such big fans of this site due to Project Veritas journalists trying to go undercover and investigating other journalists and other outlets to support their conservative bias.

Recently, Project Veritas has been under fire for trying to sabotage *The Washington Post* in order to help out Roy Moore, a politician running for senate in Alabama. In case you haven’t heard yet, women have put allegations on Moore that he sexually assaulted them when they were in their early teens and he was in his thirties. Thus, labeling him as a child molester.

The Washington Post has discovered that a woman who works for Project Veritas came up to them with false accusations against Moore, with the motive to brush the women with real allegations under the



O’Keefe is the Founder and President of Project Veritas.

rug. She denied working for Project Veritas even though she was seen in the Project Veritas headquarters a few times before sharing her “story.”

Trevor Noah, a comedian and host of *The Daily Show*, spoke out on this subject by saying, “People like this, Project Veritas, Roy Moore, Donald Trump, are much less interested in the truth than in discrediting all the sources of the truth...They’re just trying to create fake news to prove

that fake news exists and then use that to delegitimize all the news that they don’t like.”

The journalists over at Project Veritas who are “working” to feed lies to the public just to make sure their bias is supported aren’t real journalists. They’re fools who are wasting their time. On the application, it says that applicants don’t need a bachelor’s degree but must have “a high school diploma or equivalent.” The job description to work as

a journalist for Project Veritas says that one of their responsibilities includes, “Developing and living a cover, adopting an alias persona, gaining access to an identified person or place.” The functions of the job are to, “plan an investigation, prepare a background story to support [their] role, gain an appointment or access to the target of the investigation, operate covert recording equipment and utilize disguise.” To me, it sounds like they’re trying to produce a play and develop a character rather than inform the public on the “truth.”

O’Keefe is a fool himself if he doesn’t have higher education requirements from his employees. It’s completely unprofessional of his company and an offense to people with higher education degrees and are more qualified than those who work for him. Project Veritas is a joke to the real media outlets who may have some bias but wouldn’t go out of their way to make up stories to throw people off.

I recently did a research paper on the bias of journalism to make the reader aware of such activities and to make it clear that not all outlets are like Project Veritas.

Remember, fake news isn’t the same as biased journalism. Always read beyond the subject and don’t rely on one story to tell you about the whole situation and to consider your bias versus the bias of the site.

*Want to write for Opinion?
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Breitbart Equates Moore to Starr

By ELIZABETH VALENTIN
Arts Editor

During a CNN broadcast, Joel Pollak, Breitbart editor, compared Roy Moore’s, a Republican running for senate in Alabama, actions of child molestation to Ringo Starr, former drummer in the Beatles, in defense of Moore’s behavior.

“You know 1973 Ringo Starr hit number one on the billboard charts with the song ‘You’re 16, You’re Beautiful and You’re Mine’ and it was a remake of an earlier song. He was 30-something at the time singing about a 16-year-old.”

This is a disgusting comparison between two unrelated people and topics. Starr was a musician and his job was to play music. This is on top of the fact that the song in question was not written by him. It is debatable if it was okay for a 30-something-year-old man to sing about 16-year-old girls, but the fact of the matter is that he is not running for political office.

Since Moore is running for Senator of Alabama, this means that he should be held accountable for his actions, past or present. This is especially true because the women who have come forward with allegations against Moore have explained that they were hesitant to say anything at the time that they were assaulted because of the power that he had. He should not be rewarded for his actions for an even more powerful position.

In addition to the accusations of molestation and rape of children, Moore was also banned from a mall because of his suspicious behavior around the children there. He also had police officers watching him while he attended a sporting event because of similar behavior around the cheerleaders at the high schools.

Chris Cuomo, a television journalist, on CNN challenged Pollak by saying, “You think that Ringo Starr’s song is supposed to be a nod towards allowing 30-year-old men to prey on teenagers?” He went on to say “You don’t believe that, Joel. You’re a parent.”

Pollak responded by saying “You’re also a parent and you know that when you raise sons, the risk that our son’s face today is that they’re going to be exposed to accusations that may or may not be true.”

This argument is weak, as parents should focus on raising sons that will not assault or rape women, rather than focusing on teaching them how to deal with the accusations that would come if they participate in this bad behavior.

Overall, this comparison is absurd and the arguments made by Pollak are completely irrelevant.

Slavery in Libya

By BRIANNA ROBLES
Staff Writer

As you probably don’t know, there is currently a slave trade happening in Libya where migrants and refugees are being sold for as little as \$400 to anyone who will buy. Many of the young men who are being traded in Libya are from surrounding African countries risking their lives trying to reach Europe in hopes of not being caught.

An undercover video caught by CNN reporters surfaced the internet shocking people around the world of the current events taking place in Libya. The video shows auctioneers offering up black men and asking people to bid, letting whoever has the highest bid own the man. “Does anybody need a digger? This is a digger, a big strong man, he’ll dig,” said an auctioneer, according to CNN. “What am I bid, what am I bid?”

There are many things wrong with what is going on in Libya right now. For one, why is slavery still a thing in 2017? Although, I probably shouldn’t be knowing the conditions of the world, I am in complete shock knowing that this is going on in other countries. It is the 21st century and yet there are no laws set in place to prevent things like this from happening. African American men are being sold for how much



Abdullah al-Thani is the Prime Minister of Libya.

they can contribute.

It is absolutely disturbing that someone will still have to explain to their children in 2017 that blacks are being forced into slavery because of the color of their skin. Could you imagine having to tell your children or even your little siblings that their is a possibility something bad could happen to them and the government will allow it?

It is a shame to say that history is repeating itself and very few people see something wrong with what is going on. I never understood how someone could sit and watch this happen and not have any re-

morse or sympathy to actually try and do something about it. Everyone should do their part by simply bringing awareness to others. It is obvious that the world hasn’t progressed much because if it would’ve this wouldn’t be happening.

Secondly, why isn’t there any news coverage regarding the slave trade? The only reason why some of us know about this disgusting acts that are going on in Libya is because some of our favorite celebrities posted minimal facts about what is going on. News outlets have ignored and not talked about this issue. Something as big as people being

auctioned off and sold should overrule any other thing that is being talked about. This shows where the majority of people’s focus is.

Currently, people would rather be informed of gossip than to become aware of world concerns. Are news outlets not talking about it because the constant mention will make people uncomfortable? If this is the case, then there is nothing that I condone more than plastering the pictures of these young men and posting the videos on every social media and television outlet. The fact that people are being sold like this is absolutely disgusting and should have people all over the world in an uproar and outrage.

I believe that although this slave trade is not happening in America, this is a worldwide issue and it should be treated as such. People are still people no matter their race, religion, sexual orientation, and so on, and should be respected. America decides to be in every other country’s business, but decides to ignore this because somehow it is none of our business.

Racial inequality is a worldwide concern since people of color are treated as less than everywhere. I can only hope that everyone does their part and informs the ignorant of why America and the world is failing.

NFL vs. Trump

By **KYLE ADAMS**
Staff Writer

In 1968 the Summer Olympics were held in Mexico City. George Foreman won the gold medal in boxing, Germany had two separate teams for the East and West, and Debbie Meyer won three individual gold medals in freestyle swimming in the 200, 400 and 800 m, while still in high school. On top of all of that, during the medal ceremony Tommie Smith and John Carlos conducted a political demonstration. Wearing black socks and gloves, the two raised their fists in protest of African-American poverty in America. The two were then booted from the ceremony.

A year prior, in 1967 Muhammad Ali refused to join the military draft of the Vietnam War. This was a choice that would lead to a conviction for draft evasion, including a \$10,000 fine and up to five years in jail. Although Ali appealed his conviction and was over-

turned by the Supreme Court, he still lost his boxing license for over three years and was stripped of his championship.

In 1996 Mahmoud Abdul-Rauf was suspended for sitting during the National Anthem prior to his games with the Denver Nuggets. Commissioner David Stern would reach an agreement with Abdul-Rauf allowing him to close his eyes and recite a Muslim prayer, so long as he stood for the anthem. He would appear recently in the news while coming to the defense of Colin Kaepernick, saying that he is being blackballed by NFL owners. Since 2012, LeBron James, Kobe Bryant and several other NBA superstars had continued using their platform to protest police brutality.

Since Kaepernick began his weekly kneel in 2016 the conversation about these weekly protests has escalated. Now in 2017, Kaepernick isn't even rostered on a team, but his idea has spread throughout the league,

not only because of what he was protesting, but because of Donald Trump's attempts to silence their voices. The conversation that appears on Trump's Twitter now on a weekly basis has nothing to do with what the protests are intended to mean, but are directed as attacks on the NFL, and are seen by several inside the NFL as an attempt to destabilize its market and fan base, for purely political reasons.

Kaepernick started his kneel to try to bring an increased attention to racism and police brutality but it has turned into a political war on the NFL that frankly people have been tired of for some time. The question then becomes should the players stop protesting or should Trump stop tweeting about it? One of the reasons that NFL owners are angry is that they are only getting negative publicity from the president. The wife of the Oakland Raiders owner, Linda Del Rio tweeted at Trump, "President Trump I voted for you, which I now regret. Football is

a powerful platform -here's the charitable work we did in Mexico City #NFLproud." The tweet included pictures of volunteer work the Raiders had done prior to their game in Mexico City.

Wars have been picked not only with the NFL itself and Roger Goodell, but individual owners and players. It makes you wonder what the president's top priorities really are. According to Bleacher Report, one team owner said "He's trying to destroy us. He's trying to use race to divide the players and our fans. It's all over a grudge." Trump's history with the NFL goes back over 40 years through his business dealings.

These attacks Trump lays on the NFL seem to be somewhat hypocritical though. In 2013 President Obama jumped in on the debate surrounding the Washington Redskins name.

In an interview with the Associated Press in 2013 Obama said "If I were the owner of the team and I knew that there was a name of my team — even if

it had a storied history — that was offending a sizeable group of people, I'd think about changing it." Following the interview, Trump took to Twitter and said that the "President should not be telling the Washington Redskins to change their name-our country has far bigger problems! FOCUS on them, not nonsense."

It is hard to believe that nearly fifty years after Tommie Smith and John Carlos were kicked out of the Olympic Stadium for raising their fists in a peaceful protest, we still have such blatant attacks from politicians attempting to suppress free speech and peaceful protest.

While Jerry Jones is the only owner who has publically forbid his players from sitting during the anthem, most other owners seem support their players using the platform to raise awareness of issues they are passionate about, even if they don't entirely agree or understand.

Golden Knights Rundown

By **DAVID MEISTER**
Staff Writer

Starting off in women's basketball last Wednesday, the Golden Knights were taking on their Upstate Challenge rivals, the Le Moyne Dolphins. Saint Rose lost, 57-40.

Leading the way for the Golden Knights was junior forward Karissa Birthwright with 12 points on the day.

Saint Rose did have a strong start despite losing though, cashing in on its first four shots of the game.

They looked to bounce back on Saturday against the New Haven Chargers, which they did in dramatic fashion, 65-63 in overtime.

Junior guard Ashley Vanderwall led the team on the day with 18 points and Birthwright had another solid game contributing 17 points to the victory.

Vanderwall and Birthwright scored some of their points in the clutch during the extra session to seal the deal

for Saint Rose.

The team is now 4-3 on the season and will look to put together a winning streak when they host the Adelphi Panthers on Wednesday at 5:30 p.m.

In men's basketball, Saint Rose was also playing Le Moyne in the Upstate Challenge last Wednesday but they suffered the same fate as the women's team, losing 59-43.

It was the team's first loss in conference play this season.

The Golden Knights received a strong performance from junior forward Matt Cerutti who recorded his second career double-double scoring 11 points and snatching 10 rebounds.

They looked to avenge that loss against another NE-10 conference foe, the New Haven Chargers which they did, 66-57.

Senior forward Julian Lipinski led the Golden Knights with 20 points on the day. "Personally, it was great to find some form on the offen-

sive end and make some shots to help lead the offensive charge," said Lipinski. "But to me, Jamaal Greenwood's lockdown defense on their star player was the MVP performance of the game. His relentless effort really inspired the guys to lift and bring home the win."

Saint Rose jumped out of the gates quickly, as they were up 14-2 after the first five minutes of the game.

Men's basketball is now 7-3 so far this season and will look to keep their hot start going on Wednesday when they host the Adelphi Panthers at 7:30 p.m.

"We are very happy with our current position, and if we can lock away Adelphi at home, we will be 8-3 with star player Mical Ryan Boyd set to return on December 19th," said Lipinski. "The coaches always demand more and that's rubbing off onto the players. We expect excellence and we continue to strive with our sights set on another NCAA tournament berth."

Also in other news, Saint Rose was awarded the President's Award for Academic Excellence by the NCAA for having an academic success rate of over 90.

They are only one of 32 colleges within Division II to receive the honor.



Photos by Taylor Casey



The College of Saint Rose

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

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Deadline: Friday, December 8, 2017

Men's / Women's Swimming & Diving

Men's and Women's Swimming & Diving team had a competition in Worcester M.A.

Both teams finished in combined 10th place out of 13 school.

Freshman Colleen Quaglia broke the Saint Rose 100-yard backstroke twice throughout the meet. Setting the record with a time of 57.09.

The Golden Knights won't compete until at Jan. 12 dual meet at Adelphi University.

St. Joseph Hall, 3rd Floor • (518) 454-5141 • career@strose.edu • www.strose.edu/careercenter

Monday - Friday | 8:30 am - 4:30 pm