By JACQUELINE ORCHARD

Last Wednesday, Terry Crews danced, sang, and even SEFCU arena, to the tune of 1,000 students applauding. The student association president, Longie Cadesca, introduced Crews with a long list of his accomplishments: NFL linebacker, movie star (White Chicks, the Expendables), and TV star (Brooklyn 99) to name a few.

Crews strikes an imposing figure, 6’ 2” and 240 pounds. Which is why when he started singing Vanessa Carlton’s song, “A Thousand Miles,” the audience exploded into applause, laughter, and general screams of “Oh my God, YES!”

Crews proceeded to finish the song, in its entirety, with the help of the stadium singing along. “Just wanted to break the tension there,” Crews said. “Crews is the author of the new book, Manhood: How to be a Better Man - Or Just Live With One. The concept of manhood is one around which Crews’ entire speech focused.”

“When I was a kid I didn’t know what being a man was,” Crews said, “it’s all I wanted to know and no one would tell me.” Crews grew up in Flint Michigan. “Walking Dead has nothing on Flint Michigan in the 1980s,” said Crews.

He described his father's alcoholism which Crews' entire speech focused. "Here I am, five years old, and I'm goin', commencin', rumbled, "Crews said. "I want to know and no one would tell me." He describes his father's alcoholism. "Those knuckles, those calloused hands, it was this moment, at five years old, that he let the words float there across the silent stadium. He let the words float there for a while before reflecting. "Wow, I got a lesson," he says he loves her. "I'm home-bound," the audience exploded into applause, laughter, and general screams of "Oh my God, YES!"

Crews knew three things: his father was the man of the house, the man makes the rules, and he was afraid of him. "Those knuckles, those calloused hands, when he moved through the house, it just rattled," Crews said. "I was so shaken up she has decided to leave the university, according to the Times Union. A University at Albany student has filed a complaint against a LYFT driver with a previous arrest record after he attempted to forcibly remove her from a ride for cursing in his car.

On April 2nd Pilar Carrera, 19, was at Collins Circle when the LYFT she had requested arrived. At 12:21 pm Carrera entered the vehicle of 58-year-old LYFT driver Todd M. Warnken.

Warnken was arrested in 2016 for aggravated harassment. He was sentenced to a year of probation after having just knocked her over. "What will he do to me?" Crews said.

It was this moment, at five years old, that he watched his father stand over his mother and domestic violence against his mother. "Manhood: How to be a Better Man - Or Just Live With One."

Crews echoed his father's words across the stadium. "What...is he mean? Is he, says he loves her. "Are you a man? Are you a man?" Crews said. "I'm home-bound," the audience exploded into applause, laughter, and general screams of "Oh my God, YES!"

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The comprehensive service fee will cost students $1,393, a 5.8% increase from the 2018-2019 academic year. The comprehensive service fee is comprised of the health and counseling fee, transportation fee, and technology fee.

The additional $10 going towards the health and counseling fee, transportation fee, and technology fee will support the University’s 2019-2020 academic year fee increases. The additional $10 going towards the health and counseling fee and the technology fee will support the University’s 2019-2020 academic year fee increases.

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By ADRIANA CARRENO

Some CDTA drivers and students at the University at Albany are dissatisfied with the lack of sidewalks on campus. With an average three mile long loop already built around the campus, pedestrian students question why the University has not built sidewalks for common walking routes.

“When it’s pouring out, we go very slow because students will get splashed,” said CDTA transporter Judith Falcon. “At night it’s hard to see so many of the students, because they’re dressed in dark clothing. Sometimes, CDTA buses won’t see them walking in the middle.”

For Falcon, this is a major safety issue. Her students tend to make a major plan for upgrade within the next five years. Reducing the number of students who travel on-campus will make walking safer in future years.

“Tide’s it’s not safe to be walking the path the buses come on especially at night when I go to the gym, even though they have some lights, they may not see you,” said Carbon. One common walk for students is to their dorm, such as at Dutch Quad, to SEFCU Arena. This roughly three-minute walk that requires standing in the roads or on the grass and passing through a set of trees. Students with headphones are also aware of the passing buses, putting them at more risk of getting hit.

Along with the sidewalks and pedestrian lanes, UA/Ban Facilities will include lighting with their improvements. The ASP reported last November that female students felt uneasy at night making the trip back to their dorms or cars. Giarrusso said that putting in more sidewalks and lighting means making sure that the construction won’t disrupt any critical electric heating and cooling systems — most of which can be found the south end of campus near Indian and Dutch Quad. We are working on coordinating excavation in that area for deferred maintenance on those core systems, with other planning we are going to improve bus and pedestrian routes,” said Giarrusso.

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CRIME BLOTTER

PETIT LARCENY
4/4/2019 10:10 PM 11818-19

Officer responded to report of a theft. Stolen were a pair of gold earrings and a ring.

RUDE AND Demeaning
4/4/2019 8:54 PM 11799-19

Officer responded to report of a male subject walk-in who claims to be receiving unwanted FB messages from another male subject. Advised to notify UPD immediately if he receives a threat.

Report taken by UPD of unwanted texts received by a female student from ex-boyfriend, non-threatening texts were shown, and student advised to communicate to him that he can no longer text, email, or call her indefinitely. Nothing further at this time.

UNLAWFUL POSSESSION OF EC C Cluster MARINHA-ANE

Empire Commons
Report of a female student smoking marijuana, upon Officer arrived, checked machine and observed it to be open with no signs of forced entry, took photos and logged activity.

MARIHUANA

PE Complex-SEFCU Arena
Officer responded to report of a female student smoking marijuana, upon arrival both parties, the resident of the room and her male guest then admitted to having just finished smoking marijuana.

CRIMINAL MISCHIEF 3RD:DAMAGE ANOTHER'S PROPERTY-AMOUNT>$250
4/3/2019 11:38 PM 11519-19

PE Complex-SEFCU Arena
UPD responded to a report of a fight. Female student admitted to causing damage to the male students glasses and clothing while trying to prevent him from leaving. Arrested for same.


Podium- Education
Taken report of damaged property in a common office.

UNLAWFUL POSSESSION OF MARIHUANA
3/29/2019 11:08 PM 11026-19

PE Complex-SEFCU Arena
UPD responded to a report of odor of marijuana setting off smoke alarm reportedly was given a soda can found in the trash with a hidden computer not working.

REPORT OF BURGLAR TOOLS
4/2/2019 3:38 PM 11519-19

PE Complex-SEFCU Arena
UPD responded to a report of a fire alarm. Upon arrival, there was no fire alarm. Fire responded to the scene. The alarm was non-malicious.

REPORT OF A MANDATOR
4/2/2019 10:32 AM 11506-19

PE Complex-SEFCU Arena
UPD responded to a report of a fire alarm. Upon arrival, there was no fire alarm. Fire responded to the scene. The alarm was non-malicious.

OTHER OFF-CAMPUS HOME INVASION
3/29/2019 8:44 PM 11091-19

Podium- Lecture Centers
Officer responded to a report of a fire alarm. Upon arrival, there was no fire alarm. Advised to notify UPD immediately if he receives a threat.

DISRAELI PASSINGER
3/29/2019 7:10 PM 11086-19

Podium- Lecture Centers
Officer responded to a report of a fire alarm. Upon arrival, there was no fire alarm. Fire responded to the scene. The alarm was non-malicious.

ASSIST A PERSON
3/29/2019 4:18 PM 11037-19

Podium Lecture Centers
Reasons for activation of fire alarm.

WOMAN FOUND (WELL) IN DWELLING
3/29/2019 3:48 PM 11036-19

Podium- Lecture Centers
Officer responded to a report of a fire alarm.

DOMESTIC INCIDENT 3/29/2019 11:54 PM 11093-19

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The Case For Releasing Mueller’s Full Investigative Trump Report

By LIAM JEFFRIES

The Mueller Report, the long-anticipated finale of Robert Mueller’s investigation into the Trump administration, is finally here. After two long years of patience, anticipation, and more Stephen Colbert jokes than can be counted, we finally know whether Donald Trump and his government (he didn’t) and whether he openly obstructed justice (the report doesn’t exonerate him on this). It all seems conclusive enough, except for one critical aspect: we don’t have the full report. All we except for one critical aspect: we don’t have the full report. All we don’t have is a summary of it. What, exactly, are Senate Republicans to keep the full report’s release, especially in the face that a majority of Republicans want just as much to see the full report as Democrats, should be seen with intense skepticism and consternation, for again, if the report, according to Bill Barr, completely exonerates Trump, why not support an effort to release it? What, exactly, are Senate Republicans afraid of the public seeing? Do they know something about the findings that the public doesn’t know yet? It all looks extremely suspicious, like an attempt to cover something up, and, contrary to their efforts, only further drive home the case for the full report’s release, especially if the report contains something as incriminating as to cause Senate Republicans to rebel against their own voters. We, as Americans, have every right to see every detail of what Mueller found. We have waited 2 long years to see the results, in the meantime, more news and more阙。
Bag Ban Will Help End The Plague of Plastic

By FRANNY MORALES

The ban on plastic bags is crucial and paramount to the sustainability of our environment. While the usage of these bags is convenient, they are systematically killing our planet. In a single year approximately 1 trillion plastic bags are produced worldwide and in order to manufacture them it takes approximately 4.3 billion gallons of crude oil each year. An estimated 3.5 million tons of plastic bags are thrown away every year and each of these bags, instead of biodegrading, photodegrade, meaning they break down becoming what we know as microplastics, which end up finding their way onto our beaches and our food chain. Eventually, these bags do break down, but not for 1000s of years. We are only one percent of these bags being recycled meaning the rest end up in garbage heaps. Some 257 species are directly affected by this pollution and for our marine animals some 100,000s are killed annually.

The government body of New York State has effectively enacted into law the demise of the single-use plastic bag. The ban was a part of the $175 billion dollar budget presented at the Capitol, with the evaluation of the plastic bag beginning on March 1, 2020, making New York the third state to enforce such a ban and the second state to do so at the state level after California.

New York’s ban is a step in the right direction, but there are exceptions to what is being banned. The new law without question is saying “no thank you” to the single-use plastic bag, but the ban will not include a ban on plastic used to wrap meat or goods bought at the deli counter, bulk bags (i.e. trash bags), or restaurant take out bags.

To make up for the loss of plastic bags, we will begin to use more and more paper bags being sold, as well as reusable bags. Within the confines of the new law 3.5 cent fee per paper bag will be annexed at the count level, with proceeds going to the Environmental Protection Fund and towards helping customers purchase reusable bags.

We are lucky to live in a time where this is a necessity to their lives but the time for this is now; not later or when it’s more convenient, but now, right now, in this very moment. The plague of plastic must come to an end. No longer can we deny scientific data or the clear evidence of global warming. It is up to us to make these changes and we must all do our part to make sure these changes stay. We have a duty to our planet and most importantly we have a duty to the planet we live on and the generations that will live long after we are gone.

Cardi B’s past actions a product of her own exploitation, not the other way around

By SAXER CRUZ

Rapper Cardi B finds herself on the defensive since an old video of her drug-estraiding causing heated backliday online involving how to address her past actions. As an Instagram live rant, Cardi mentioned multiple accounts from her past in which she drugged and robbed men whose intention it was to pay for sex. Almost immediately after the video reappeared, the #SurvivingCardiB hashtag began trending on twitter, in reference to the recent R Kelly controversy, which detailed a series of sexual and sexual abuse. R. Kelly carried out on multiple women, including underage girls. People also compared Cardi to comedian Bill Cosby, who repeatedly drugged and raped women for years before being caught and convicted. Critics who rose to fame from similarly renowned artists to the Innocence movement felt duped when Cardi B admitted to what they considered the same crime without consequence.

In a recent Vox article, Contessa Grady wrote that although the issue certainly does not pose as much of a threat to Cardi’s career compared to the revelations about R. Kelly and Cosby, there is, it still, “young major questions about our current era of celebrity cancel culture. Who do we forgive, for what, and why? And are we going to forgive Cardi B?”

This is a lack of moral proportionality at its finest. People admired Cardi B’s success story until her overcoming narrative differed from what they viewed as an acceptable way to escape poverty. Cardi later said, in response to public criticism, “I made the choices that I did at the time because I had very limited options. I was blessed to have been able to rise from that but so many woman have not.” Cardi B drugged men who wanted to pay for sex, robbed them and left. An illegal act, but not a dramatically different crime to Cardi’s career compared to the revelations about R. Kelly and Cosby skirks there, it is still, “young major questions about our current era of celebrity cancel culture. Who do we forgive, for what, and why? And are we going to forgive Cardi B?”

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According to the Pennsylvania coalition against rape, sex workers face much higher rates of sexual assault and domestic violence. Among those surveyed, 75% reported having been raped, 44% engaged in forced or coerced sex with self-identified law enforcement, 36% said they had been robbed or burglarized. 82% described some sort of physical assault and 83% recounted threats with weapons. Studies show by the university of Chicago and national center for biotechnology found similar numbers when analyzing nationwide data on violence against sex workers. It is not unlike the 26-year-old rapper experienced the inhumanity that came with sex work. Her profuse sobbing near the end of the short Instagram Live video of her admitting to drugging her clients certainly indicates something. Cardi bails from one of the poorest area codes in New York City (The Bronx, 10452), received little formal education and stripped and pimped herself out to raise money for her ambitions in music. When she drugged her clients, she did not rape or sexually assault them. There is no precedent to link her actions to the obscenities of Bill Cosby or R. Kelly. They committed acts of sexual violence from positions of power and wealth. They used their influence and money to avoid prosecution and servitry. R. Kelly evaded trial for years while the general public knew about his undeniably sexual encounters. It did not take nearly as long for the internet to respond to Cardi B disclosing her past of drugging johns to make a life for herself where her wellbeing was not financed by exploitative men seeking sexual pleasure. People really liked Cardi’s surface personality and story before they faced what she went through to escape where she came from and that shouldn’t change now that we may be uncomfortable with the details.

Cardi B is no Tupac, but to say she is a criminal demands an ignorance of the conditions that create drug dealers, prostitutes and thieves out of poets, artists and musicians.

“As did you hear about the rose that grew from a crack in the concrete?”

Proving nature’s law is wrong it Proving nature’s law is wrong it is not unlikely the 26-year-old rapper experienced the inhumanity that came with sex work. Her profuse sobbing near the end of the short Instagram Live video of her admitting to drugging her clients certainly indicates something.

“Did you hear about the rose that grew from a crack in the concrete?”

Proving nature’s law is wrong it is not unlikely the 26-year-old rapper experienced the inhumanity that came with sex work. Her profuse sobbing near the end of the short Instagram Live video of her admitting to drugging her clients certainly indicates something...
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Have you ever had a professor who made you feel, absolutely, that you could do anything you put your mind to? I have. Professor Joseph Sheehan. 

Mr. Sheehan teaches business law, and he always asks me how I was feeling lately, if my family was doing good, or when my next Albany Student Press piece was coming out because he couldn’t wait to read it. 

Professor Sheehan is every student’s cheerleader and watchful guardian, and the level of devotion he has towards his students’ personal and professional successes is something that not all teachers exhibit. 

Growing up in the local area of Stillwater-Mechanicville, Professor Sheehan never fails to give his tribute and respect to his father, the late Bill Sheehan Sr. who famously taught Business Law classes at UAlbany. He often tells his students that his father opened up doors for him to land his teaching job, and that it is with the support from him and his devoted mother who taught Physical Education in Stillwater-Mechanicville, that he is able to be here today. 

Professor Sheehan Jr. reminds us all to be mindful of those who helped us get to where we are today and thank them when we get a chance. 

Of his parents, Sheehan Jr. says “I never fail to understand how fortunate I was to be at the right place at the right time, through my mother’s constant support and my father’s amazing connections.” 

Sheehan attended Cornell University and speaks fondly of his upbringings there with his best friends, as well as the start of his career at UAlbany being fresh out of law school. Back then, the University was expanding business law courses from business majors only to business-wide. 

UAlbany needed a young and energetic mind to teach the incoming large classes. That’s where Sheehan Jr. came in January of 1980, and still stands today after 40 years. 

Sheehan uses personal examples of law from childhood memories throughout his lectures instead of using textbook examples. “Nothing teaches better than real life,” he said. He feels that real examples create a “down-to-Earth feel” for his largely freshman student body who are trying to find their passion. 

“I make it a priority to get to know the kids well enough so that they know that I am there for them and that I support them,” Sheehan says, “It really means the world to kids who need a friend to talk to.” 

Caring so deeply for his students does pose its own challenges, though. “Some kids deal with very unfortunate circumstances that may be hard for me to help them with.” Through the highs and lows, Sheehan gives it his best. “I always wondered how he manages to stay so happy, healthy, and dedicated after all these years. He says the secret is gratitude. “Knowing how lucky I am to know my beautiful wife Laureen and my amazing kids Tim and Kelly. How lucky I was when UAlbany needed someone to fill the BLAW spot. Being eternally grateful for everything.” 

Professor Joseph Sheehan recommends avoiding making definite plans for the future but, instead, feeling your way through as you go. “Stay Flexible, Stay Humble, Stay Connected,” Sheehan said.

The ASP is looking for curious and clever students to be staff writers for the Life & Entertainment section next semester! Contact Jacquelyn Orchard at lifeendent.asp@gmail.com if interested.
Crews’ father was an alcoholic and his mother was deeply religious. “Just my mother was addicted to alcohol, my mother was addicted to church,” Crews said.

Because of this, Crews grew up in an environment of shame, guilt, and fear. “We, literally, went in church every day. And twice on Sunday,” said Crews. "Growing up, I was not allowed to listen to non-religious music, to dance, to go to the movies, or play sports.

So, naturally, Crews now dances, stars in movies and television, and was in the NFL. Crews shared raw, intimate details with the stadium full of students whom he had never met. "I had a total entitlement attitude... Men star in their own movie. But my wife turned the light on," he said. He admitted to the stadium that he often ignored his wife’s advice because he was the man of the house, and that old model of the man being right was still ingrained in him. He still saw himself as the infallible NFL star.

"Success is the warmest place to hide. ‘Cus everybody thinks you’re great. Nobody’s gonna call you and say, ‘Hey man, what do you need?’” said Crews.

Crews’ first step was to recognize that he had been borrowing too much money from friends. And, "I had a mini-van, they put a mini-van in the driveway. I made $400,000 of my own money and I got my attorney fees back, but with his family life stronger than ever he faced a new challenge: sexual harassment in Hollywood.

"Introspection is like kryptonite for a toxic man... They don’t wanna be alone with their own thoughts," Crews explained. He knew it was worth it back and his resignation, so please, please don’t call her for a week. See what happens. She’ll come clean. He added, "And all of a sudden, I’m like, ‘This is me!’”

"Woman two good weeks, they’ll spend three years chasing,” said Crews. "We, literally, were in church every day. And twice on Sunday,” said Crews.

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Katie Rowan is enjoying her 1st season as the head coach of the University at Albany’s women’s lacrosse team.

A native of nearby Delmar, New York, Rowan attended Bethlehem Central High School where she was named a two-time All American while also playing basketball. She went on star at Syracuse where she majored in education and had an amazing career finishing as the schools all time leader in points (396) and assist (164). She also ranked 4th on the NCAA Division I career scoring list and third on the NCAA career assist list. She credits the “the exact program, elementary and special education that I wanted, it was a really great distance from home, and I just felt really connected to the players when I went on my visit and the coaches,” as the most important among many reasons she attended Syracuse.

She credits her part of her success to the “growing lacrosse community,” in Albany and the “great coaching and athletes” here for allowing her to play at high level in High School and become the player that she was. When it came time to begin her coaching career Rowan decided to “give it a shot,” after former Albany coach John Batta-glino offered her the job. Coaching has allowed her to combine her “passion for both athleticism and coaching and lacrosse”. It was after spending five years of being an assistant between Albany and Syracuse that she felt ready to accept the task of being a head coach and applied to the position at Wagner when it became open. Along with the coaching experience Rowan was particularly found of the location of the school because she “had family on Staten Island and had always wanted to live in or near New York City. She cites the growth of the program under her watch as the team went on to win two North East Conference championships and went on to win the program under her watch as the team went on to win two North East Conference championships and went on to win the North East Conference and had an assistant coaching position at her Alma mater Rowan was an assistant coach for UAlbany before leaving and for lacrosse”. It was obvious for her and her staff get from the player during campus visits. Assistant coaches, the most important part of this being the feeling she takes influences from all of the coaches, players, and experiences to create her own style. Of these experiences she particularly found of the love and concepts,” are the areas she specifically into urban areas that have not been exposed to the sport. Rowan feels these games have greatly prepared the team for anything they may see for the remainder of the season and still have a chance to accomplish their goal of winning the American East conference. Off the field Rowan is most proud of her team’s involvement in the community. Specifically their involvement with the organization City Lac, Albany, which has recently expanded their mission of expanding the sports reach into urban areas that have not been exposed to the sport. She mentioned how her players have loved working with younger athletes and can see many of them having great coaching careers through none have expressed interest in such a career so far. In terms of her own coaching career Rowan said she takes influences from all of the coaches, players, and experience that she has had in her own style. Of her experiences she is most proud of the two World Cup gold medals she won while playing for team USA. All of this factors into all of her decisions from on the field, to recruiting and choosing assistants, the most important part of this being the linking her and her staff get from the player during campus visits.

In terms of her own coaching career Rowan said she is most proud of the two World Cup gold medals she won while playing for team USA. All of this factors into all of her decisions from on the field, to recruiting and choosing assistants, the most important part of this being the linking her and her staff get from the player during campus visits.
Perfect Week for Danes Baseball

BILL ZISKIN / UALBANY SPORTS

The University at Albany baseball had a picture perfect week.

The Danes (12-13, 4-4 AE) knocked the visiting Stony Brook SeaWolves (13-26, 3-2 MAAC) 10-2 on Wednesday and swept a doubleheader at UAlbany (20-12, 3-3 AE) on Saturday, winning the first game 5-3 and the second 1-3.

In the first game, the Danes traveled to Johnson City, NY to take on the Bisons, and were led by junior infielder Nick Kondo. Kondo was two for three with two RBIs, while freshman Jordan Bottarino knocked in two runs with a double. The offense was led by middle infielder Randy Taveras who went two for two with a double, a run, and fanned three batters. “Our pitchers today were steady and unflappable,” said UAlbany Coach Jon Muller. “Absolutely, we put together consecutive at bats which led to the two big innings at the end.”

Maurice scored first, crossing the plate twice in the first inning of the second. UAlbany was shut out through the first five innings of the game. Kondo proved dominant, holding the Danes to only two hits during his outing. In the sixth with runners on first and second, Bottarino stepped up to the plate for the Danes, and knocked in the runner on second with a line-drive single, putting the Danes on the board. UAlbany led the game 2-0, scoring on a Mater score. “The Danes took the lead on a Botnick score, and extended their lead to two runs on a sacrifice fly.”

With a six run ninth inning, UAlbany put the Danes up 11-3. “Obviously it’s tough when you get swept in a two-out rally,” said Muller. “But we weren’t discouraged. We just made some adjustments in the ninth inning and played great defense.”

The Danes would continue their winning ways, as they traveled to Lowell, MA for an America East double header on Saturday. The doubleheader first pitch would be thrown at noon. 

Overall, for the Danes was senior RHP Dominick Savino. Savino would last six and two-thirds innings, giving up only two runs. At the plate the Danes were led by junior outfielder Matt Wagoner who slapped a double, drove in a run, and scored a run.

The UMass Lowell Riverhawks were driven at the plate by junior catcher Canon Devine who had a perfect two for two, and drove in a run. Coach Muller said: “We put together a full day of quality pitching and fundamental defense. The offense stuck to the game plan and we flourished because of our approach when asked about the success of the double headers.”

“Obviously tough when you get swept at home” said Muller UAlbany lead coach Ken Flanery.

The Riverhawks smashed first in the bottom of the third, making the score 1-0. In the fifth inning, UMass Lowell would take on another run.

The Danes wouldn’t touch home for the first time until the seventh.

The game would open in the eighth inning for the Danes. Senior Taylor Collins got the rally started with a lead off base hit. The Good game would open as the Danes would score four runs in the inning.

UAlbany would hold off UMass Lowell to win the first game 5-2.

In the second game, Kondo would again lead the Danes, going three for three with three RBIs and senior Patrick Lagravinese striking a three-run homerun to lead the Danes offense.

The Riverhawks were led by right-handed pitcher Zach Margolies who went two for three at the plate, and scared off UAlbany Cats-Salvador, who was two for two for the plate.

The game was propelled by the first inning bomb from Lagravinese, putting the Danes on top in the first. The bases were loaded only in the third inning when Lagravinese walked to force in the first run of the inning. The last run of the rally was capped by an offensiveSophisticated look. Left: Joe Cremo takes on the Ser- enity Runs with Joe Cremo during the 2019 All American baseball season at Madison Square Garden.

Joe Cremo: Should He Have Stayed With the Danes?

BY ROB LEP

Three years at the University at Albany were a big part of the decision made by Joe Cremo to transfer to Villanova, PA.

For Joe Cremo, transferring to Villanova was the logical choice. The hometown kid playing for the school he grew up watching. He played on national television at Madison Square Garden, the college’s most famous arena, and flourished. 14 points, 4 rebounds and 2 assists vs. St. John’s on a February Sunday Big East Clang in New York City.

He also hosted the Big East Championship Trophy with his brothers on the Garden floor. Cutting down the net. Celebrating in the Knicks locker room. Cutting down the net for the winning hometown team.

But he didn’t score a single point in the conference tournament or the NCAA Tournament and only played 28 minutes in those five games. There were plenty of hours spent up on the dugout and big fish in a small pond versus small fish in a big one.

Cremo’s graduate transfer season ends with a 87-61 loss to Villanova in the Round of 12 after knocking off Saint Mary’s 61-57, his first NCAA Tournament appearance. It was a day of redemption and validation.

But it could have been so much better. For Cremo and the Danes.

It was really Cremo’s decision to make. Not mine, not yours, not anyone else’s but his. He didn’t want to live with the what ifs, the questions, the regrets. Was it smooth sailing the entire way? No, but nothing in life ever is.

Joe Cremo won a Big East title and got to play for the defending National Champions in the NCAA Tournament. You can’t argue that. Everything else. Well it’s not as simple...