

5 reasons
Great
Danes
football
will go
undefeated
this season.
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Celebrity clown or
next president? PAGE 4



SUSTAINABILITY

PURPLE DANES GOING GREEN



Madeline St. Amour / Albany Student Press

Amanda Colley (left), a senior at UAlbany, and Mary Alexis Leciejewski, the program assistant, hold up some of the posters from the ambitious new Energy Campaign.

Campaign aims for decrease of electricity use across campus

By GRANT ZELIN

With climate change already affecting the world, the University at Albany is attempting to make a difference.

UAlbany introduced the Energy Campaign in the spring of 2007 as an electricity-saving competition among the six uptown residence halls. Now in its ninth year, the campaign is being expanded to include the Academic Podium and residential living areas.

Mary Ellen Mallia, the director for Environmental Sustainability, and Mary Alexis Leciejewski, the program assistant for the Office of Environmental Sustainability, hope to reduce electricity use the buildings the campaign is monitoring by 10 percent from last year's baseline.

While Mallia did admit that the goal is aggressive, she also said that it is "completely realistic." Last year the Energy Campaign attained an 8 percent reduction on campus.

Eight percent may not sound like much, but each year the Energy Campaign saves around a million kilowatt-hours, or between \$70,000 and \$100,000 in electricity costs per year.

This year the Energy Campaign is pushing for joint action of students and staff to foster a more

sustainable community at UAlbany. Residential Life has been increasing awareness of electrical waste, and it's showing in the data. For example, Empire Commons and Freedom apartments have shown 30 percent reductions in electricity use over recent years.

"It really is a focus on collective action," Leciejewski said. "If you have faculty and staff setting the right example, the students who are working will carry those conservation habits with them for the rest of their life."

Developing partnerships on the Academic Podium has proven more difficult, but it is important.

"We thought two things: First of all, we're all in this together as a campus, so that doesn't mean just harass the students and the residence halls. And only a third of our electricity is used there -- most of our electricity is used on the Podium," Mallia said.

This year, the Energy Campaign hopes to increase competitiveness among the academic buildings by rewarding the offices which cut electrical use by the greatest amount.

"It is true that the residents earn a portion and we do try to fund it back with different green amenities,"



Madeline St. Amour / Albany Student Press

Senior Dylan Card (right) and sophomore Robert Bertolacci create posters to promote the new Energy Campaign, which saves a million kilo-watt-hours each year.

Mallia said. "We want to try to make it something that can be purchased fairly quickly and can be used by students in the spring, because they're the students in the fall who did the saving."

The Office of Environmental Sustainability also takes a portion of the savings to fund their annual programs, such as the Give and Go Program, the Bike Share Program, and Document Shredding Day, Mallia said.

There are many ways to get involved in the Energy Campaign. Starting Sept. 2, every two weeks the Energy Campaign will sponsor a new theme focusing on specific energy actions. One is "Think Outside The Bulb," which students and staff can

join in by replacing their old light bulbs with energy efficient bulbs or by using daylight rather than flipping on the switch. Another theme is the "Pledge to Conserve," where students and staff can sign a lightning bolt containing a method of energy saving that they pledge to practice this fall.

Anyone who posts a picture engaging in something related to the Energy Campaign with the hashtag #UAlbanyEnergy will be entered into a lottery for a \$100 gift card. Every picture posted with the hashtag will count as an entry. For more information about the Energy Campaign, or to report a misuse of energy on campus, email gogreen@albany.edu.

MY INVOLVEMENT

Student site not utilized by all

By PATRICK GAREAU

Usage of My Involvement has grown in recent years as features have been added to the platform, but data suggests it is not yet an integral part of the average student's experience.

Michael Christakis, vice president for student affairs, has high hopes for My Involvement as a tool for administrators and students and says he is happy with indications that more students are logging on. A total of 11,502 users signed in during the 2014-15 academic year, accounting for about 1.4 million page views. The number of involvement markers completed-- a central feature of the platform through which students map and track what they do outside their classrooms -- nearly doubled from the previous year.

The university contracted with the firm Collegiate Link to get My Involvement and it was primarily used for managing the rosters and events of student organizations when introduced in

Fall 2007.

New features have since expanded its reach, Christakis says. These include programs that offer rewards to students who get involved and then track that involvement. One of these is Pathways to Success, which allows students to swipe their ID cards to register as



Source: www.albany.edu/pathways

"involved" in events, and thus eligible for rewards.

Applications for students seeking resident assistant and other jobs are also conducted through My Involvement.

"We were trying to give students reasons to get into the platform," Christakis said. "What we were hearing early on was that if you

Please see INVOLVEMENT page 8

LETTER FROM THE EDITOR

Out with the old, in with the new

By KASSIE PARISI

Big things happened during the year 1916. Activist Margaret Sanger opened the first birth control clinic in the United States. Journalist and pioneer fiction writer Jack London died at age 40. A baseball pitcher, music playing elephant named Mary was put to death for trampling a man who was not trained in dealing with elephants. Almost a century has gone by, and even bigger things are happening. For one thing, in 2016, the Albany Student Press will turn 100.

The ASP is the University at Albany's student newspaper (if you're holding it right now reading this, that should be evident). This newspaper, which is independent and self-funded, offers a unique perspective of our school. We are allowed to say things that people don't want us to say, and every so often we have the duty to speak for those who are not able to. Sometimes, in doing so, we make people angry.

The ASP does not exist to antagonize, despite what might be popular belief. It exists to tell the truth, and it exists to serve as the voice of all students. However,

as I enter my fourth year working on this newspaper, it has become clear to me that the ASP has been missing something for years. It has been exclusive, and disconnected from the student body that, when established in 1916, it said it would give voice and truth to.

I can't pretend to know how every student on campus feels, but to me, 100 years of the same-old, same-old is long enough. That's why we're giving UAlbany a new ASP.

Thanks to a journalism visual design class from the spring 2015 semester (AJRL 392), the ASP has an entirely new look. A lot is expected from this newspaper, and high standards have been set. Students last year spoke, and we listened. What we have now is a new, 21st century product that is more vibrant, exciting, and professional. After working all summer to prepare for our redesign, myself and the managing editor of the ASP intend to respond with a high quality product that will continue to grow, even after we've graduated at the end of this year.

Looks only go so far, and so it was obvious to me Please see REDESIGN page 8

TIPS FOR SENIORS

EAP: A resource for future graduates

By MADELINE ST. AMOUR

There are two resources people generally use for help with a work-related issue: human resources, or their mom.

But there may be a third option. Many employers have Employee Assistance Programs, or EAPs, to provide extra resources for employees.

The goal of EAPs is to ensure that employees can "be healthy, be successful, and be productive," Brenda Seckerson, coordinator for

the University at Albany's EAP, said.

Seckerson began her professional career 35 years ago as a high school teacher. She says she is a "helper," and she earned a master's degree in counseling in 2000.

"I'm here for human beings," she said.

This approach aids in two of EAPs' main components: confidentiality and neutrality.

In UAlbany's brochure about its EAP, it says that "no records

are kept" to ensure complete confidentiality for employees who use its services. Seckerson seconded this, saying that while she records attendance numbers for programs, she never records names.

The EAP is neutral in that it serves everyone at its company or organization. Everyone employed by UAlbany can use EAP, from President Jones to teacher's assistants (although students employed through work study are not eligible).

"I'm trying to support all of us who are human beings," Seckerson said.

UAlbany's EAP gives employees a variety of options for support. Seckerson sends out a monthly newsletter, keeps an open lending library in her office, and

holds various lunchtime programs. People can also meet with Seckerson one-on-one or, if they prefer, another EAP Coordinator. All Coordinators within New York state can be used by any New York state employee.

She's helped people with disagreements with other employees, getting financially stable, and just about everything in-between.

Seckerson tends to focus on financial wellness and elder care, as these are two topics that seem popular with and useful for employees. She aims to provide an array of information, though, to help as many employees as possible. Over the past few years, she's hosted programs like "Understanding Your NYS Retirement Pension Benefits," "Plastic

Surgery: Getting Out of Debt," and "Estate Planning, Wills, and Trusts."

While EAPs didn't reach New York until 1976 (the first was started in 1917), the state now has a Statewide Employee Assistance Program, dating back to 1983. EAPs are funded by both the state and unions, according to Karen Dunn, program manager of the statewide EAP. EAPs are overseen by an EAP Committee, which is made up of representatives from unions as well as management.

Workplaces outside of New York, both public and private, can have EAPs. As Seckerson said, this is a good benefit to be aware of when entering the working world.

CRIME BLOTTER

CHECK A VEHICLE

8/27/2015
Washington Avenue
Report of a vehicle parked off the side of the road. Attempts made to locate owner with negative results.

CHECK A SUBJECT

8/27/2015
IQ Lot
Report of a male subject locked out of car and attempting to enter with a coat hanger. Vehicle entry assisted.

UNAUTHORIZED USE OF VEHICLE W/O OWNER'S CONSENT

8/26/2015
Podium - LCs
Walk in report of an unknown male subject operating a Cushman cart without authorization. Investigation pending.

CHECK A SUBJECT

8/26/2015
Collins Circle
Report of a suspicious male at location. Interviewed and cleared scene without incident.

MEDICAL INCIDENT

8/25/2015
Podium - Main Fountain
An intoxicated female student was transported to the hospital by 5 Quad Ambulance.

ANIMAL REPORT

8/25/2015
Collins Circle
Report of a dog in a vehicle. Windows open and dog not in distress. Owner returned.

FIRE

8/25/2015
Delancey Hall
A melted plastic container was placed in a trash can and smoldered.

ANIMAL REPORT

8/25/2015
Collins Circle
Report of a dog in a vehicle. Windows open and dog not in distress. Owner returned.

VEHICLE ANNOYING

8/25/2015
SQ Lot
Report of vehicle traveling at dangerous speeds. Gone on arrival.

DRIVING WHILE INTOXICATED

8/24/2015
DQ Lot
A male student was found to be driving while intoxicated and arrested for same.

PETIT LARCENY

8/24/2015
Van Cortlandt Hall
Report of a stolen hand truck.

HARASSMENT WITH PHYSICAL CONTACT

8/23/2015
Eastman Tower
A female student reported that she was physically harassed by another female student.

HARASSMENT

8/22/2015
Western Ave
A male subject reported being physically harassed by a female subject.

MEDICAL INCIDENT

8/22/2015
SEFCU Arena
A male subject showing symptoms of a stroke was transported to the hospital by 5 Quad Ambulance.

SAFETY INCIDENT

8/19/2015
Physics Building
Report of a fire alarm.

AGGRAVATED DRIVING WHILE INTOXICATED

8/19/2015
Washington Avenue
Female subject arrested for driving while intoxicated. Arrested for same and vehicle was towed.

CHECK A SUBJECT

8/19/2015
IQ Grounds
Report of male subject who appeared to be unfamiliar with his surroundings. Subject had no ID and no legitimate reason to be on University grounds. Subject was asked to leave. He was observed driving away.

DRIVING WHILE INTOXICATED

8/15/2015
Fuller Road
Female subject found to be driving while intoxicated. Arrested for same. Vehicle was towed.

CRIMINAL POSSESSION OF A CONTROLLED SUBSTANCE

8/15/2015
Western Ave Entrance
Male subject found to have criminal possession of a control substance. Arrested for same.

DRIVING WHILE INTOXICATED

8/15/2015
Fuller Road
Female subject found to be driving while intoxicated. Arrested for same. Vehicle was towed.

PETIT LARCENY

8/15/2015
Draper Hall
Report of an unattended but locked bicycle was stolen. SSA attempted to detain male subject but subject fled on bicycle.

AGGRAVATED UNLICENSED OPERATION OF A MOTOR VEHICLE

8/15/2015
University Drive East
Male subject found to be driving a vehicle with a suspended license. Arrested for same.

AGGRAVATED UNLICENSED OPERATION OF A MOTOR VEHICLE

8/15/2015
Great Dane Drive
Male subject found to be driving a vehicle with a suspended license. Arrested for same.

UNIVERSITY POLICY

Code of conduct changes to adhere to Cuomo policy

By JANIE FRANK

The Community Rights and Responsibilities, University at Albany's code of conduct for students, was updated this summer to provide more information, clarify definitions and update procedures relating to sexual misconduct.

The changes made to the document were due in part to Gov. Cuomo's Enough is Enough program, also referred to as New York Education Law Article 129-B, which was signed into law on July 7.

Nancy Lauricella, Executive Director of Community Standards, said the legislative decision was based on the SUNY Sexual Violence Prevention policies from December of 2014.

"UAlbany, as a SUNY institution, had actually already adopted many of those procedures and guidelines into our code and had just a few changes to make in order to comply with the new state law," Lauricella said. "We made those required changes and then notified all students and staff about the modifications [on Aug. 12]."

The required changes to the document were approved on Aug. 7, exactly one month after Gov. Cuomo signed Enough is Enough into law.

Chantelle Cleary, the Title IX Coordinator appointed to UAlbany last year, was involved in changing and editing the code.

"I worked very closely with Community Standards to make the changes and ensure that the changes that were made comply with the changes required by the Education Law 129-B Amendment," Cleary said.

Six new definitions were added to Section 2, "Definitions," including Reporting Individual, Respondent, and Title IX Coordinator.

Cleary explained that word choice is important in these kinds of cases, which is why the definitions matter so much.

For example, a student becomes the "respondent" only after they have entered into a judicial or conduct process. Before this, they are to be referred to as the "accused."

Previously, a part of the document entitled "Cases of Sexual Misconduct" was a bullet point under Section 4: Student Conduct Procedures. With the update, this has been made into its own section. This new section includes a Students' Bill of Rights and a Policy for Alcohol and/or Drug Use Amnesty in Sexual Misconduct Cases.

The Bill of Rights ensures that the university will help students that are affected by sexual assault, harassment, or violence "regardless of whether the crime occurred on campus, off campus, or while studying abroad."

One final change was made to the Community Rights and Responsibilities to allow students one appeal in cases of sexual misconduct with no exceptions.

This point, effective since the 2014 legislative decision regarding SUNY schools was passed, is not exclusive towards victims.

"After the SUNY policies were implemented, both the reporting individuals and the accused students [received the right to appeal]," Cleary said.

If a student is found to

have violated the Community Rights and Responsibilities, this does not mean they have been charged with a crime.

Certain steps are being taken to make sure students are aware of their new rights. For example, an email outlining these changes was sent to the entire student body on Aug. 21. In addition, Karl Lunnta, the director of media relations at UAlbany, is helping to make sure that posters are being put up around campus. The posters, which refer to the Sexual Violence Victim/Survivor Bill of Rights, started to go up on Thursday, Aug. 27.

"There currently are four on the Academic Podium and two in the LCs area - all permanently fixed," Lunnta said. "Soon, all RAs, Student Affairs, and Athletics will get them. They are meant to be displayed in spots where they are most visible to students."

More than 120 of them will be posted in various locations throughout all three UAlbany campuses.

The Community Rights and Responsibilities is not a document that needs to be updated every year, according to Lauricella.

"My office does review the document on a regular basis to ensure it is current and reflects our policies accurately," she said. "If we find anything needs to be changed, we would work with the appropriate entities to get that done and approved."

The last time the document was updated was Feb. 27. At that time, the document was 18 pages, including the cover. After this most recent update, it is now 21 pages.

New This Fall

Late night dinner @ Indian, Colonial & Alumni, 8p-11p

New washer/dryer machines installed at all five quads, Liberty and Freedom

A 15 Meal Plan has been added for commuter & apartment students!

EAST ADDITION

- Cusato's:** Featuring pizza and specialty subs. Add some hot wings and make it a meal.
- East Deli:** Made-to-order carvery featuring sandwiches and subs. Sure to satisfy the heartiest of appetites.
- Fountain Grill:** Open for breakfast, lunch and dinner and featuring a wide variety of grilled entrees and sides.
- Jazzman's Brew and Bakery:** Start your morning with a great cup of coffee or stop by for a hot or cold specialty drink and a bakery item to go.
- Stalks and Stems:** Pick your greens, protein, toppings and dressings and design your own salad.

Opening September 7, 2015

USALBANY

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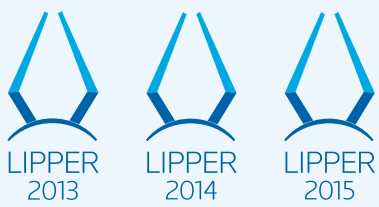
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Donald Trump announced his run for president on June 16, 2015. He is now one of the leading candidates in the Republican party.

ELECTION

THE DONALD FOR 2016?

Why a reality star could be 45th president of the U.S.

By BENJAMIN GOES

In the days of Caesar, the politicians of Rome would borrow money from their rich friends in order to provide circuses for the masses, supplying them with entertainment in exchange for their vote.

Sound familiar? Today, the only difference is the form of the circus: the campaign itself provides our entertainment. And now, after so many years of dull, politically correct political theater, we finally have a clown: a tremendously wealthy, undeniably smart, unbelievably popular, and resilient clown.

His name is Donald Trump. Trump's performance this summer has been impressive, to say the least. Not only did he quickly jump ahead of the entire Republican field—which feels like it stretches on for miles—and maintain a strong lead for two straight months, but he did so while providing more entertainment to the people than we could have ever hoped for.

One standout moment of the campaign was the Lindsey Graham phone number give-away. Trump gave one of his usual speeches in which he attacks a wide range of Republican figures, and this time John McCain made the list. Trump claimed McCain is “not a war hero,” saying he preferred soldiers who weren't captured. While it's his opinion, such a slip of the tongue would have ended the career of any other politician. The next day a press conference would have been held where the politician or candidate would retract their statement and resign from the race.

We've seen it a dozen times. Indeed, McCain's “boyfriend” and lackey, Lindsey Graham, immediately demanded that Trump do just that, and called him a “jackass.” In response, at an event in Graham's home state of South Carolina, Trump pointedly refused to apologize and slammed Graham in turn, giving away the senator's cell phone number as proof that Graham had sought favors from him in the past. The audience, consisting mostly of veterans, greeted these insults with much applause.

Another standout moment was just last week, when Trump called up a woman from the audience to tug on his hair to prove it wasn't a toupee.

On a more serious note, Trump has topped almost every poll for weeks now (Walker still barely beats him in Wisconsin, but Bush hasn't had the same luck in Florida), earning three times the support of his runner-up, Ben Carson, in the latest Gravis national poll (40/13). But why is he doing so unexpectedly well?

One reason: anger.

When Trump makes inappropriate comments and the media goes wild, his supporters don't care. They don't support him because he's politically correct; they support him because they're angry. When Jeb Bush calls him a fraud, pointing out his spotty record and arguing that he's not conservative enough, Trump's supporters don't care. They don't support him because he's conservative; they support him because they're angry. When Frank Luntz shows a group of Trump supporters a video montage of his flip-flops, they really don't care. They don't support him because he's consistent; they support him because they're angry.

This anger is not, as the casual observer might guess, the anger of old, rich, white people against young, poor, Hispanics. No, this is the anger of Republican voters against the political class.

The average Republican hates (domestic) government. He hates politicians. He even hates Republican politicians. The rise of Trump marks a complete breakdown of trust in any politician, Republican or Democrat, incumbent or challenger, state or federal. In Trump, people see a choice between various politicians or a businessman, and they'll vote for anyone over a politician, even Trump.

But still, why Trump? Carly Fiorina is a businesswoman. Ben Carson is a neurosurgeon. So why Trump?

One small reason is the level of anger Republicans feel. It isn't enough to elect someone who's not a politician, they want to elect someone who will be a

slap in the face to all politicians, especially the party leaders and the rest of the Establishment.

They want revenge; since they gave the Republican Party control of the country, and nothing good happened, they're going to give Trump control of the Republican Party.

The other, greater reason is Trump himself, both who he is and what he's doing. He knows how to play the game -- that's why he's masterfully controlled this election season since the day of his announcement. He absolutely dominates the media, causing many people to forget the names of half the candidates running against him. When he refuses to pledge support to the eventual nominee and threatens to run as a third party, he not so subtly informs the Republican Party that their only chance at winning the general election is to nominate him.

And whatever the official estimate is, Trump is rich, and rich translates to success for the average American. If he was so successful at business, the voters reason that he'll be successful at governing. More importantly, being as rich as he is, Trump can't be bought, which means that he might actually do something meaningful, good or bad, breaking the monotony of no-change coming from Washington. It helps that he's fearless. He says what he wants and does what he wants. This is a welcome change from the boring, canned statements that other candidates and politicians deliver. All this contributes to genuine support for Trump.

I see Trump going far in this race. He does have a certain charisma, and as various candidates start dropping out, I think many Republicans will join the message-sending movement that is Trump. And if he wins the Republican nomination, he'll find a lot of Independents and even Democrats who are also fed up with all politicians. It'll be even better if he runs against Hillary, the very incarnation of the political class. Trump's got my vote for now, not only to piss off everyone else in Washington, but also because I'd like to see another four years of him entertaining us.

CAMPUS LIFE

A Great Dane plans ahead

By DIEGO CAGARA

The University at Albany campus is already so huge, yet it's still expanding. As the amount of enrolled students here grows larger, it's natural for some to become confused and lost, especially at back-to-school time.

Whether an incoming freshman, a returning senior or somewhere in between, it is helpful to plan ahead and try to get involved somehow—this will make the summer break-to-college transition much easier.

On the much-dreaded first day of classes on Aug. 26, there were already numerous tables set up throughout the Campus Center that were filled with brochures, handouts, banners and helpful students who could inform people about their organizations.

As the days go by, such groups continue trying to attract potential students who might have been hesitant at first.

Joining at least one club or organization will group students with other students who probably share the same interests, increasing the chances of making new friends on this gigantic campus.

Students should try to use this opportunity to reach out and see what interests them.

This especially applies to incoming freshmen students, international students, and transfer students who are still acquainting themselves with the campus and the community here. Sure, a student's studies and classes are very important, but so is maintaining a healthy social life while in college.

Commuters, like myself, may also find it a bit challenging to meet new people since we don't live on campus so we can't easily strike up conversations in dorms.

It was hard for me to make new friends as a freshman last year since I was too shy to join any clubs or organizations. I would huddle in a corner with my laptop in the Commuter & Transfer Lounge and just replay negative and miserable thoughts about how lonely I was on this campus. By spring 2015, I gained the courage to join the Albany Student Press, because of my dream to become a magazine editor one day. It still is

challenging to make friends, but at least I pushed past my comfort zone to do something I ended up loving.

When I visited the Commuter & Transfer Lounge on my first day back from summer, I was surprised to find several vending machines and a table with a mini-buffet of sandwiches and iced water. The room had once just been filled with seats for the most of last year, but it was nice to see UAlbany was making an effort to welcome new students there, too.

I was stunned to see various stands with useful guides and brochures set up in the Science Library. While getting involved is highly recommended, doing the best in students' studies is imperative. Since the university took the extra step to try to reach out to students, this further proves that starting the year with a prepared mindset goes a long way.

After all, a good first impression is key.

In order to get involved, one could also go onto MyInvolvement.org, a website that lists all the clubs and organizations here at UAlbany. It has also undergone a redesigned layout, making it more visually appealing. If anyone is lost about how to get started, there is an interactive option at the bottom of the page that will easily guide them.

Furthermore, one can check the UAlbany Events Calendar online, which lists many significant events that are happening in and around campus by day, month, and even year. Students interested in sports and athletic activities should refer to UAlbanySports.com.

Overall, a lot is happening here at UAlbany, so students should be sure to research about events, activities and organizations that may personally or even academically interest them.

But always remember to practice good time management. This may sound clichéd, but it is essential to balance time for studying, getting involved and also for oneself—overloading your schedule with too many activities is unhealthy and strenuous. With classes back on, we all deserve some time to just relax and lounge around too.



Madeline St. Amour / Albany Student Press

Students at the University at Albany are offered several ways to get involved on campus through clubs and organizations specializing in academics, volunteer work and social activities.

CAMPUS LIFE

The collegiate circus act of juggling

By KEVIN MERCADO

This generation of young adults faces an eternal stigma of laziness and lack of motivation. No matter how much we do, we are thought of as not doing enough.

Of course, I do not feel like my generation is portrayed accurately. I always come across individuals who try hard to defeat the perception of us that the rest of the population has. I believe more credit should be given to students in my generation.

Students have to perform the ultimate juggling act by balancing school work, jobs, clubs and organizations they may be involved in, handling their finances, and maintaining a decent social life. From a person who is involved in this metaphorical circus act, I know exactly how hard it is.

I know that other students are in similar predicaments. I have to say that college students are some of the hardest working people that I can think of. It is a shame that we sometimes do not get the credit that we deserve.

College is no joke. We have to juggle anywhere between one to six classes ranging from the basic 100 level to 400 level senior classes, and even some graduate level classes. We constantly have to be aware of readings, homework, and essays, we have to take notes during lecture and be talked at for an hour to an hour and a half. It also seems as though we really have no breaks, because even during those breaks, we still have to do assignments.

Over time there has been a steady increase in the enrollment of students in American universities. In fall 2015, "some 20.2 million students are expected to attend American colleges and universities, constituting an increase

of about 4.9 million since fall 2000," according to the National Center for Education Statistics (NCES). And of those 20.2 million, NCES reported, "about 7.0 million students will attend two-year institutions and 13.2 million will attend four-year institutions in fall 2015."

More and more young adults are taking on the responsibility that being in college requires. However, on top of being enrolled in university full time, most students tackle employment either outside or within the university.

In general, the number of employed people ages 16 to 24 years old increased by 2.1 million to 20.3 million from April to July in 2015, according to the Bureau of Labor Statistics.

Students are also involved in several clubs and organizations on campus that can require a lot of attention. The University at Albany specifically requires each recognized club and organization to hold at least one event for the student body to participate in each year. Clubs also often take part in tabling events for recruitment or fundraisers, weekly or biweekly meetings. All of these events can take several weeks, if not months, to plan.

Some students also opt to live locally in apartments rented out specifically to college students who choose not to live in on-campus dorms. Those students then have to worry about expenses including rent, electricity bills, cable and Internet bills.

I realize that not all students



Madeline St. Amour / Albany Student Press

College students handle several responsibilities including work, classes and clubs and organizations. Most of their time is devoted to the responsibilities they acquire during their time in college.

have to handle all of these pressures, especially not all at once. Journalist Natalie Gil wrote for the Guardian in Jan. 2014, "My university is right to ban part-time work" because "there's no way I could have held down a part-time job as an undergraduate. With relatively short eight-week terms, at least three essays constantly on the go, and a never-ending reading list, on top of the extra-curricular commitments so crucial for one's CV, I would have burned out."

Gil speaks for many undergraduates who would rather not have

to handle the pressures that they have to feel just being enrolled for a semester. And I fully agree with Gil that it is difficult to juggle these daunting tasks on a daily basis.

I must commend the strength of today's young adults for this same reason. Maybe it is my naiveté, but this has been the highest stress situation I have ever been in and I am sure I am not speaking for only myself when I say that.

Being a college student is proof of someone's strength and determination, and not every one can handle it.

POLL

Do you have trouble juggling the responsibilities that come along with college life? Answer our poll by scanning the code.



ACADEMICS

Expanding campus online

By PATRICK GAREAU

In today's world, a student can learn from anywhere. They don't have to be sitting in a physical classroom listening to a live lecture at their university. The internet has permanently altered the landscape of how information is provided.

The University at Albany and schools throughout the SUNY system need to catch up when it comes to providing programs that reflect the modern world. One way to do that is to expand the accessibility of cross registration.

Cross registration is when a student enrolls for a course at another school through UAlbany and is not charged extra tuition. The university has two cross registration agreements in place, one with local colleges (including private ones) in the Hudson-Mohawk Association of Colleges and Universities, and one with SUNY.

Currently, a student has to enroll in at least 12 credits at UAlbany before they can cross register for an additional course at another college. For the Hudson-Mohawk agreement, students can't cross register for a course that is offered at UAlbany (in the SUNY agreement they can).

Additionally, a cross registration form has to be filled out and approved by both UAlbany and the college that will be hosting the cross registered student.

Considering that only 21 UAlbany students per semester cross registered for a course at another college in the 2014-15 academic year, this is too difficult of a process with too many limits.

Meanwhile, the options to benefit from doing so are abundant. In recent years, SUNY has

created a one-stop site for all of the online courses and degree programs offered throughout the 64 campus statewide system, called Open SUNY.

For the Fall 2015 semester, there are over 5,000 courses listed on the Open SUNY webpage. Only 82 of them are from UAlbany. If a student from this university wants to take an online course, they are much more likely to find what they want through cross registering than from the current offerings here.

Karen Chico Hurst, the university registrar, also would like to see more students take advantage of cross registration. According to Hurst, there has traditionally been apprehension among the university staff when a student wants to cross register because it has been a complicated process in recent years, but has gotten better.

Hurst is hoping for more awareness of cross registration among advisers, and for them to proactively provide students with information about existing options.

"It's kind of on the student to look. I'd rather it be [that university staff say], 'Hey, look what's available,'" she said.

She also said that UAlbany makes an effort to be as flexible as possible, while some other colleges in the system may not.

For example, UAlbany allows students from other colleges who want to cross register here to fax in their application form. This is not a uniform policy throughout the system, and some campuses may require that a person bring their form in person with photo identification. Obviously, that is impractical if a student from downstate who wants to take an

online course offered by a school in western New York.

The SUNY system revised their cross registration policies in 2013 to advance their strategic goals of student mobility and degree completion after 40 years without any changes. However, there is a long way to go before it is an integrated system that works well for students.

If students are going to be able to take full advantage of new statewide initiatives like Open SUNY, further changes are needed.

First, students should not have to take 12 credits at their home college before being eligible to cross register. If they want to take nine at UAlbany and six online through other colleges (especially if UAlbany doesn't have them), they should be able to. There needs to be a more lenient cutoff.

Second, advisers need to make

sure students are aware of these options, as well as identify the best online courses in each major offered by colleges in cross registration agreements with UAlbany and suggest them to students.

Most of all, the process has to be streamlined and made easier. All applications and approvals should be moved to a standardized online platform for the SUNY agreement that also allows for seamless information sharing between the home and host school.

The SUNY system is certainly working on becoming more integrated and flexible for students, and UAlbany is playing a major role with that in many areas.

UAlbany needs to realize that the future of higher education is flexibility, convenience, and individualized offerings for every student - and that future can't come soon enough.



Thomas Palmer / Albany Student Press

Only 42 students cross registered last year, despite its many benefits.

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Diego Cagara / Albany Student Press

Fifth Harmony rocks the stage as confetti falls over the audience at the Palace Theatre.

MUSIC AND CONCERTS

FIFTH HARMONY SHOWS THEY'RE 'WORTH IT' AT PALACE THEATRE

By **DIEGO CAGARA**

Fifth Harmony stopped by the Albany Palace Theatre on Monday, Aug. 24 as part of their Reflection: The Summer Tour to showcase their music to local fans.

The girl group was met with a nearly sold out theater and screaming fans who sang along throughout the 70-minute set list in support of their debut album "Reflection." It debuted at number five with 80,000 copies sold on the US Billboard 200 in late January.

The five ladies—Camilla Cabello, Lauren Jauregui, Normani Kordei Hamilton, Ally Brooke Hernandez and Dinah Jane Hansen—stand as the most successful act from the "The X Factor USA," despite having come in third place back in 2012. Their multi-platinum single "Worth It" has peaked at number 12 on the Hot 100 so far and recently won the Teen Choice Award for Choice Summer Song.

Opening the concert with "Boss," Fifth Harmony managed to maintain an energetic and enthusiastic atmosphere, each member having her fair share of singing and dance numbers. They performed a mash-up of "Miss Movin On," Queen's "We Will Rock You," Taylor Swift's "Bad Blood" and Rihanna's "Bitch Better Have My Money" which initially had the potential to be overwhelming



Diego Cagara / Albany Student Press

The Palace Theatre entrance displays a big welcome for girl group Fifth Harmony.

but ended up sounding unique. Continuing with their synth-pop hit "Sledgehammer" which was followed by a row of songs straight from their "Reflection" album, the ladies changed gears when they replaced the usual lively numbers with an emotional speech directed towards the audience.

"Now I want you to talk to your reflection...and tell yourself, I am brave...honest...and beautiful," played an overhead narration which the five women had pre-recorded, offering the mostly tween audience some heartfelt advice before performing the aptly-named "Brave Honest Beautiful."

Fifth Harmony has frequently said that female empowerment and self-confidence are part

of their overarching message. Member Normani Kordei said in March, "that's what our goal is...and people can definitely see that we incorporate that [in our music]," in an interview on "The Today Show."

After paying homage to singer-songwriter Mariah Carey as well with "Like Mariah," Fifth Harmony once again slowed down and took seats onstage while close to the crowd with five lone spotlights on them, creating a more intimate atmosphere.

Members Ally Brooke and Lauren Jauregui shined particularly with their vocals during a major acoustic mashup of Jason Derulo's "Want to Want Me," Carey's "Dreamlover," The Weeknd's "Can't Feel My Face," Ed Sheeran's "Don't" and "You

Need Me, I Don't Need You" and Nico and Winz's "Am I Wrong."

The night's penultimate number "Worth It" elicited the loudest screams and applause from the crowd as the members had fun dancing all over the illuminated stage with sass and abandon.

Finally, after a brief encore break, the members reappeared one last time to perform the closing song "Body Rock." During this, the whole theater briefly went dark. Only the ladies' individual microphone stands suddenly lit up, shocking the animated Harmonizers before them. Member Dinah Jane was the highlight with her strong vocals, having led the concluding dance number amid falling confetti and deafening screams.

Although the ladies didn't have enough time to intimately interact much with the audience, the overall concert was a highly energetic and visual spectacle, coupled with striking vocals and surprise dance routines.

The concert had first opened up with three acts: Natalie La Rose, former "X Factor USA" contestant Bea Miller and Common Kings, all of whom had their own strengths.

La Rose's dancing abilities shone throughout and her single "Somebody" excited the tween crowd. Miller performed songs from her debut album "Not an

Apology" and the atmosphere intensified when she performed a grunge version of Nick Jonas's single "Chains" while ending with the anthemic "Fire N Gold."

Hailing from Orange County, CA, Common Kings initially had trouble connecting with the audience who evidently weren't familiar with their music but later livened the theater up with impressive guitar solos and performing a remix of DJ Snake and Lil Jon's "Turn Down for What." During one of their performances, Fifth Harmony member Dinah Jane Hansen surprised the crowd when she came onstage and danced with Common Kings. They ended with an emotional cover of Wiz Khalifa and Charlie Puth's "See You Again" which had much of the audience softly waving their flashlight-enabled smartphones in the air.

This was the second time that Fifth Harmony has visited the Capital Region for a concert stop. They had performed at Upstate Concert Hall in Clifton Park for the original Reflection Tour back in late March. Despite their busy tour schedule, Fifth Harmony also managed to find time to film and release a music video for "I'm in Love with a Monster," an original song that will feature in the upcoming "Hotel Transylvania 2" film.

Their current summer tour is scheduled to end at San Jose, Calif. this December.

TELEVISION

True Detective season two: Confusion, conflict, and California

By **LOUIS SMITH**

Fresh-faced television writer Nic Pizzolatto bounced back from his stellar crime-drama success of 2014 with a second season of "True Detective" that premiered June 21, 2015 on HBO. The eight-episode series was again entirely written by Pizzolatto, with the directing handled by multiple parties, as season one director Cary Fukunaga did not return for the second installation of the show due to alleged rumors of drama that had arisen between the writer and director post-season-one. The bulky cast included heavyweights Colin Farrell, Rachel McAdams and Vince Vaughn, along with newcomer Taylor Kitsch of "John

Carter" (2012) and "X-Men Origins: Wolverine" (2009) laced-fame.

"There's no relationship between the stories and characters [from season one and two], which was the result of fully committing to something new, but I do think that the seasons have a deep, close bond in sensibility and vision, a similar soul, though this is a more complex world and field of characters," said Pizzolatto in a Q&A Session with HBO this past May.

It became clear how true this statement was after viewing the first handful of episodes. Ferrell was transformed into the moderately washed-up, substance-fiend detective Ray Velcoro (complete with the uncomfortable moustache

style that graced the upper lip of Matthew McConaughey throughout portions of season one), while McAdams filled the role of knife-wielding, badass detective Ani Bezzerides. An aging, baggy-eyed Vince Vaughn was cast perfectly as an aging, baggy-eyed gangster Frank Seymon and Taylor Kitsch was molded into the character of the sexually-confused California Highway Patrol Officer, Paul Woodrugh. This overall dynamic cast of characters showed the vast differences between the freshman and sophomore installations of the series, because instead of the focus being on two main characters, now there were four different personalities clashing on-screen. The second season kicks off



Source: indiewire.com

Ray Velcoro (Colin Farrell) and Frank Seymon (Vince Vaughn) serve as two of this season's protagonists.

in a very confused fashion, with California city official Ben Caspere being shown as a character of interest due to the fact that he

has been killed and dumped off at a random rest-area in a portion of the California coast. Woodrugh, Please see **DETECTIVE** page 7

PROFILE

STUDENT BY DAY, MIXER BY NIGHT

UAlbany junior releases 33rd album, 'Remixer Paradise 2k15'

By JULIA DAY

Being a full time college student can leave little time for outside hobbies, but that's not the case for University at Albany student Sean Lachhander. "I have to find time for music," says Lachhander. "Whenever I get stressed I put down the school work and just play around with it."

The 20-year-old Computer Science major and Latham native has been mixing and remixing music since the fourth grade. Much of the genres of music Lachhander works with combine a Caribbean vibe with an underground dance hall sound.

Music has always been an important part of Lachhander's life. His familial heritage from the South American country of Guyana had a strong influence on the type of music he was exposed to growing up.

Much of Lachhander's style originates from reggae and dance hall CDs family members would listen to, as well as visiting Jamaica and learning more about the West Indian entertainment industry.

"When I started hearing about the West Indian entertainment industry, they had their own Caribbean type vibe. But I had more of an underground dance hall vibe, so I helped bring a new style to the market," says Lachhander. "I feel like I've evolved the style and then added other styles combined with it because I grew up here [in America]. Not a lot of people listen to reggae or dance hall, they listen to rap or pop, so I implemented that type because I'm always exposed to it."

In eighth grade Lachhander was able to sell his first CD to a record label and since then has been releasing mixes to the public. His CDs, under the name of Impact Soundz, can be found throughout New York, New Jersey, the Caribbean, and Canada. Lachhander

estimates that thousands of units of his CDs have been sold during his active years.

Lachhander's family has been supportive of his passion for music. "They didn't expect it to be as big until they heard that family down there [in Guyana] saw my CDs in store, and then friends of the family saw the CDs too," says Lachhander. "I remember when I went down to Queens all I would hear is some of my CDs in people's cars blasting. And then stores would play it very loudly too."

Through both mix and remix CDs, Lachhander has been able to express his music in different ways. He explains that mix CDs allow him to express creativity and tell a story through music, while remixing helps express emotions and allows people another way to interpret songs.

A lot of time and effort is required to make his music possible. "A mix CD could probably take me a couple of days, a remix CD could take me a couple of months," says Lachhander. "Before I even start a mix, I make a story of how I want it to start and end. I want everything to be smooth. But with remix CDs you go in and only know a general gist of what you're going to do. You start a remix and just play around, so it takes a while to be done."

Creating the music involves the use of numerous computer software programs that were not available to DJs and remixers over a decade ago. As opposed to the traditional practice of using



Source: Sean Lachhander



Sean Lachhander, a junior transfer student, has been mixing music since he was in the fourth grade. Lachhander, whose family is from Guyana, said that his remixes take on a sound that is not the classic West Indian style. Instead, Lachhander combines a Caribbean style with rap, reggae, and even pop genres.

turntables, Lachhander uses a combination of Sony Asset Pro, Adobe Audition, and FL Studio to create instrumental sound, make beats, then master, render, and equalize the music.

Impact Soundz, Lachhander's

Soundcloud page, has nearly 3,800 followers as well as 2.6 million plays of his remixes, not including his CDs.

On Sept. 2, Lachhander will be releasing his 33rd album titled "Remixer Paradise 2k15." The

album is the fourth of the "Remixer Paradise" series, which has already released volumes one through three. The Remixer Paradise promotional CDs have all been released exclusively online and are available for free.

Lachhander has chosen to release his music for free online in an effort to reach a wider global audience and to create a longer album. Typically when releasing a physical CD, there is a maximum cut off point of 80 minutes. The exclusive online release of "Remixer Paradise 2k15" will be a total of three hours and 23 minutes long, comprised of 53 tracks.

The new promotional CD not only features remixes from Lachhander (Impact Soundz), but also from collaborators such as DJ Supakid, Unique Soundz, Massiv Flo and others. Also featured on the CD is DJ JonOne, who has worked with famous EDM DJ and remixer Avicii in the past.

"Remixer Paradise 2k15" will be the last CD Lachhander will be releasing publicly for a while. Having just transferred from Hudson Valley Community College, this will be his first semester at UAlbany. Lachhander plans to focus on his school-work until his expected graduation in Spring 2017, and wishes to pursue a profession within the computer science field.

When discussing the attention his music has attracted over the years, Lachhander expressed that his main motivation is his love for music. "I used to love the fame but as it comes down to it now, I just do it for the music. Nowadays some people are only doing it for the fame, and they don't take a step back to take a look at the music and see if it makes sense."

Lachhander plans to continue mixing and remixing music in his spare time as a hobby, and looks forward to beginning his first semester at UAlbany this Fall. His promotional CD "Remixer Paradise 2k15" will be available online Sept. 2.

PODCAST

Starlee Kine's 'Mystery Show' answers unsolved questions

By ZOE HICKS

Life is full of little mysteries. While most don't find their life filled with the kind of suspenseful capers that might draw Sherlock Holmes to the case or belong in an Agatha Christie novel, there are questions that rise up every day about the small details in life that nag at us, only to remain unanswered. Whether it's why the car in front of you at the stoplight chose their vanity plate, or just how tall that actor really is, our curiosity is often tested but rarely satisfied. Until now.

Enter Starlee Kine. Like many others, her childhood was spent obsessing over whodunits. Now, she spends her adulthood solving mysteries herself, but not just any mysteries. There are plenty of people to solve the high-profile murders and jewel heists. Those flashy cases with high stakes act as magnets for most sleuths, but leave a void of available and willing detectives to solve the more ordinary mysteries, which can often be just as interesting and far more personal.

This is where Starlee Kine has found her niche with her podcast "Mystery Show" on Gimlet. Every week she takes on a new case, giving answers to the questions that have been tugging at a person's mind, but which they were unable to solve themselves.

Kine isn't like most other investigators. To preface her first case, "Video Store," in which she sought the fate of a video store that seemed to vanish overnight Kine says, "I do not have a head full of encyclopedic knowledge. I am neither autistic, nor addicted to morphine. I can only remember two jokes. But that won't stop me. I will be talking to friends and strangers about their

mysteries, big and small, and trying to solve them."

With neither the usual gimmicks in personality or case aiding the detectives on our screens and in our books, "Mystery Show" is able to capture its audience through the special emphasis it places on the process, rather than the solution. Kine doesn't give a dramatic presentation of her genius a la Christie's Hercule Poirot. In fact, more often than not, whether there will be a solution is a more interesting reveal than what that answer actually is.

After chasing every lead and calling on every favor to track down Britney Spears to find out why she was photographed with a certain book years prior, or scouring every record of the name found on a belt buckle to return it to the owner decades after it was lost, the thrill of "Mystery Show" isn't found in why the book was read or how the buckle was lost, just if it can be learned at all. Kine is able to fulfill the desire everyone has to simply satisfy their curiosity. The mystery may not be life-changing or even important, but it is irritating not to know.

Her only rule when taking on a case is that the answer can't be found on the internet, so she goes through every channel she can with the time and the will to solve a case, embodying the fantasy of the detective that can belong to anyone. As she solves the case through fascinating and mundane and obvious ways, not just talking to but also connecting with the people she comes across on the way, "Mystery Show" brings to mind the old cliché, "It's not the destination, but the journey."



Source: Mystery Show Facebook Page

DETECTIVE

Continued from Page 6

fresh from being put on leave due to allegations of accepting a sexual bribe from a high profile Hollywood actress, discovers Caspere's abandoned corpse and alerts the authorities to the scene, which includes Bezzerides along with Velcoro. The plot continues into the next few episodes in a very broken manner, with all of the characters being told different things about what is going on in the investigation and how they should respond.

In the first episode we also learn of Vaughn's character, Frank, his role in the city, and how he ties in with Ferrell and the now-deceased Caspere, who had apparently brokered money for the aging mobster in an attempt to get him in on a rail corridor deal, which would guarantee massive amounts of money in return.

As the episodes drag on, we learn that Caspere did much more than get killed; he had double-crossed Frank, stolen more money than initially suspected and had a bit of a sex problem. Although this "main" plot remains throughout the season, it becomes diluted with vague sub-plots of the numerous characters. From the broken home and drug use of Velcoro, the sexually confused, ex-"Blackwater" security officer Woodrugh, to sex

parties for the elite in northern California.

We're also filled in on the odd past of Bezzerides, her sex-camera performing sister, and her hippie father as portrayed by David Morse, which is a backstory that can't seem to get out the way of itself.

Although the cast performs their roles perfectly, and T-Bone Burnett once again provides music so fitting for the mood, the season just doesn't have the direction of the first. Maybe it was due to the fact that Pizzolatto created too big a monster to take on so early in his career, or due to poor directing and lack of consistency in literal direction and development of the story. Even before I watched the second season, I had to remind myself time and time again "this isn't going to be anything like season one at all." The beauty of the freshman installation of "True Detective" was the fact that there were two dynamic characters, each with their clear back stories and a killer plot (no pun intended). Season two just seemed too dynamic, too confusing and too long-winded. The theme and concept were there. However, the execution was much too shaky and broken, almost difficult to watch at some points.

"I'll usually have an end that makes a kind of

emotional sense to me, but there's always a big question mark next to it, because you need to be willing to throw your preconceived ending out the window if the characters and story go in a direction you didn't foresee," Pizzolatto said during an HBO Connect interview.

One of the most common critiques was that throughout the first six episodes no one knew what was going on. To that point, the level of confusion the audience was feeling was the same level of confusion each of the characters were feeling. Pizzolatto did a fantastic job of capturing the essence of bureaucracy within local and state government and law enforcement.

Even though this was a major criticism of the second season, it could have been done intentionally to illustrate just how in the dark mid-level civil servants are when faced with the interests of the upper-echelons of the elite ruling class. Perhaps the deeply introspective Pizzolatto created too-perfect of a story that couldn't be given justice on-screen.

Either way, a third season is in the works due to the contract that was signed between HBO and the writer. Hopefully the lukewarm second season can be a learning experience for everyone involved.

REDESIGN

Continued from Page 1

something else must be fixed. I was an editor sitting behind a computer for three years and now, as Editor-in-Chief, I intend to be outside, interacting, and communicating with this school, as does the entire staff of this newspaper. The editors of this paper should not be the ones filling the pages every week, because we aren't the only students on campus.

This school is incredibly diverse, and the newspaper needs to reflect that. The paper should have the voices of the 200 plus clubs on campus. It should have voices from all of the different cultures that exist on campus filling the pages. It should have voices from adjuncts, full-time professors, and the student government. It should hear from the campus staff who frequently go unaccredited and unnoticed, but are instrumental in making our time here special. I'm propping open the door to our office for the first time in three years because I want the school to flood in and make this paper what it should have been a long time ago.

Sometimes I forget that I'm a student because of this newspaper, but then I'm reminded of that fact when I'm told about a mistake I've made. But pushing forward through criticism and sometimes downright cruel remarks is something I've learned to do because, like I said, this newspaper is held to a very high standard. As much as I like to think I am, I am not infallible, and



Editor-in-Chief Kassie Parisi (left) and Managing Editor Madeline St. Amour go over new prospective layout designs for the centennial Albany Student Press. Thomas Palmer / Albany Student Press



Madeline St. Amour / Albany Student Press
Professor Thomas Palmer from the Journalism Program taught the class which did the redesign.

I will make mistakes during my time as Editor-in-Chief. I say this not as an excuse, but because I want this school to understand that we at the ASP are people with real souls and (very) real student loans, that you can reach out to.

I can't force people to be involved with this newspaper... no school paper will be everyone's cup of tea. But I can ask, and give everyone a guarantee that this paper will become a part of the community, as it should be.

All I can really do is come at this school with an obnoxious enthusiasm that burns like 1,000 suns and hope that it will be returned, because your voices matter to us. I'm asking that we take this climb up the ladder together, and that you celebrate 100 years with us. At the end of the day, this is our home, and we're all Great Danes.



Madeline St. Amour / Albany Student Press

New students can use My Involvement to mark their involvement in clubs at UAlbany, but numbers show that many students don't use this feature.

MY INVOLVEMENT

Continued from Page 1

weren't involved with a student club or organization you weren't necessarily going to My Involvement."

Involvement markers are a signature feature to get more students using My Involvement. Some 3,124 students completed six or more involvement markers in the 2014-15 academic year.

But, that leaves nearly 15,000 students averaging less than two involvement markers completed each year. This suggests that most of the student body participates minimally in tracking involvement markers, which is a primary metric in judging the usage level of My Involvement. Nearly 9,000 students completed no markers.

This may be because students have had trouble interacting with the

platform. Austin Ostro, treasurer of Hillel, said that last year there were occasional problems with administering his group through My Involvement. More recently, in the week before classes started, members of Kappa Alpha Pi fraternity became frustrated with My Involvement when their page was unexpectedly made non-public, according to Hans Hypolite, the vice president of the fraternity.

Other students are more supportive of the website. Kelvin Andrickson, who graduated from the Emerging Leaders Program last year, said, "MyInvolvement is where all the clubs are, anyway, so it's the easiest way to get involved."

Lindsey Chase, graduate student assistant for the Leaders in Service Program, says

she will use the platform to advertise her group's activities.

"What we'll be using it for is posting our flyers for our programs," she said.

Christakis acknowledges that My Involvement could be further improved, but he emphasized its current value. "It helps me enhance the student experience if I've got good information in terms of what students want, what they are engaging in, or maybe what I'm not delivering to them that I should deliver to them," he said.

And students, he said, can use My Involvement to print out comprehensive records of their activities outside the classroom. Such an extracurricular record can be an asset when job hunting and trying to show employers communication, teamwork and other skills honed through activities outside the classroom.

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STEPS

Continued from Page 10

we need to improve in red zone defense, some critical indicators,” head coach Greg Gattuso said. “We’re a little bigger this year. We need to have a good year defensively. They need to step up.”

Two guys that the Great Danes need big efforts from on defense are Zach Troutman and Sam Gray, two of their defensive linemen. Troutman, a 6-foot-3, 265-pound nose guard had 27 tackles last season, including two sacks. Gray, a 6-foot-5, 265-pound defensive tackle played in nine games last season, totaling 21 tackles. With most of UAlbany’s returning starters in the line-backing corps and secondary, the play up will be crucial in 2015.

“We have some really good rushers off the edge,” Gray said. “(Troutman and I) like to tear it up with our power on the inside. Our main focus is stopping the run, we want teams to try to beat us with their arm.”

4 Schedule Gauntlet

UAlbany opens the season Saturday at University at Buffalo, the Great Danes’ first Division I Football Bowl Sub-division opponent, and the aura around the locker room is that UAlbany could start the season with a huge upset.

“The kids are excited,” Gattuso said. “It would certainly be a big upset, you got a team that has 25 more scholarships. We’d certainly like to have a chance to win the game. (If it’s close) in the fourth quarter, who knows?”

On top of playing Buffalo, the Great Danes face the top four opponents in the CAA from a year ago in New Hampshire, Villanova, James Madison and Richmond. The latter two are road trips for the Great Danes, who were 3-2 on the road last year.

“I love challenges,” Crook said. “In order to get your name out there, you’ve got to play big opponents.”

5 New Threads

Last week, UAlbany unveiled new alternate uniforms to be worn during their home opener against Rhode Island on Sept. 12. Injured tight end Nic Ketter was the model for the uniforms which consist of purple helmets with “UAlbany” in an arc. The jerseys are Nike’s anthracite gray with purple numbers and yellow outline to go with gray pants.

“The kids want to wear them as soon as possible,” Gattuso said in a statement. “They’d probably wear them at Buffalo if I’d let them, but we’re going to wear them against Rhode Island and then probably another game later in the year.”

EVANS

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guard because one of the point guards for the Swiss national team got hurt,”

Evans recalled. “That’s how I ended up playing for that team.”

After a brief stint in the Swiss second division where he averaged 38 points a game, Evans was called up to the top league in Switzerland, and it was nothing like he ever experienced before, both on and off the court.

“It was a different style of play. The tempo is pretty much the same but you have more experienced players,” Evans said. “You have a lot of guys who have been playing 10 plus years professionally. The basketball IQ is pretty high. I’m quicker than a lot of guys, so I was able to dominate that way.”

Off the court, the adjustment was a little more difficult.

“It felt like another world. The food was different but I had to adjust. I learned to speak a little French by finding things I could eat and learning them,” Evans said. “The first day they were trying to give me horse but I denied it. I told them where I’m from, we don’t eat horse.”

While his pro career was just getting started, Evans’ old team was making a run

to remember. Evans’ good friend and former teammate Peter Hooley sent UAlbany to the NCAA Tournament with a buzzer beating shot that made national headlines. Evans was watching, and he couldn’t be more proud.

“It was priceless,” Evans said of watching that shot. “I was pretty amped up. Just to see that and experience what I experienced and see what those guys did. It was unbelievable.”

Now, Evans is taking his talents to a place he has never been to before: Morocco.

“It’s going to be a totally different culture and basketball atmosphere,” Evans said of his upcoming move to Africa. “I’m just excited to have the opportunity.”

Evans’ season in Morocco starts soon, and whenever he puts on the uniform, he knows it probably won’t be worse than his final uniform at UAlbany.

“The uniforms overseas are pretty different because they have all the sponsors. They find a way to put the sponsors on the shorts. I have a lot of words on my shorts,” he said. “It looks pretty weird, but I like them. They actually look better than the two-toned uniforms, I have to say.”

Evans is leaving for Morocco this week. His former team’s season doesn’t start until November.

SOCCER

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goal is to establish the best attacking combinations and apply pressure with versatility, pace and movement. The Danes scored an average of 1.11 goals per game last season. Sophomore forward Afonso Pinheiro, UAlbany’s biggest scoring threat after a team-leading seven goals and sixteen points in 2014, will accompany junior midfielders Leo Melgar, who scored four goals and 10 points in 19 matches, and Pedro Espindola, who scored a goal and two assists in 18 matches last season.

Junior goalkeeper Michael Pizzuto will take over the starting role in net after allowing 1.97 goals per game and making 14 saves in four starts a season ago. Redshirt sophomore Eric Orologio returns to the lineup after taking a redshirt season last year.

Highlighted among the seven offseason additions is freshman Nico Solabarrieta, a product of Santiago, Chile, who has been in the Chilean youth national pool at numerous under-21 age groups. Solabarrieta’s dynamic scoring ability as an attacking forward



Photo from UAlbany Athletics

UAlbany has high hopes entering the 2015 season.

brands him as a constant threat and immediate impact player in the fall, according to Gorman.

Reid Conde, a freshman from Manchester, Vermont also joins the 2015 squad and presents a flexible option in the midfield. Conde is a two time all-state selection from Vermont who tallied 39 goals and 30 assists with Burr & Burton Academy and earned an invite to the U.S Soccer Training Center.

UAlbany is scheduled to play the three-time defending conference champions, the University

of Maryland, Baltimore County Retrievers, on October 10 in Baltimore. The Danes are responsible for UMBC’s lone in-conference non-victorious result last season in a 1-1 double overtime tie.

UMBC finished 6-0-1 in the America East last season, became the conference’s first team to reach the NCAA College Cup and finished 2014 ranked fourth in the country. The America East coaches consider UMBC one of the favorites to repeat for the title again this fall. UMBC has not lost an in-conference regular season

match since October 2012 when the Danes won 2-1 at home.

UAlbany will have its hands full in a competitive America East field, but Gorman is overtly confident in his experienced team’s ability to fight like dogs on the pitch.

“We have a lot of older players who have significant match experience from their career; that kind of experienced depth is something we consider a major strength,” said Gorman. “The college soccer season is an intense grind that’s very physically demanding. To

have so many guys prepared to handle it is something I’m excited about.”

The schedule consists of matches at George Mason on September 5, the 31st overall team in the NCAA Division I preseason rankings, and at Syracuse on October 6, who is ranked 15th overall.

After a tough loss to Villanova in their first game, the Great Danes rebounded with a 1-0 win over Rhode Island on Sunday afternoon to even their record with one win and one loss.

WOMEN’S SOCCER

Inside the preseason life of a DI athlete

By CELIA BALF

The beginning of August for most college students is a time to squeeze in as many beach trips, barbecues, mini vacations and maybe even work shifts as possible. However, for many Division I athletes, the beginning of August means preseason.

For those of you unfamiliar with what preseason is, it’s a period of time before the season starts to prepare the team for their upcoming season. For the University at Albany women’s soccer team, the preseason began August 4. Preseason means many things to a college athlete, a time that is exciting because it sparks the beginning of the best time of the year, a time of endless nervousness over fitness tests and playing time, and for most of us, a combination of the two.

Since I am now a senior completing my final collegiate preseason, I thought I would share what the UAlbany campus is like weeks before the rest of the student body comes.

Colonial Quad welcomed us with its overwhelming beauty. The 19th and 20th floor of the tower would be the UAlbany women’s soccer teams home away from home for the next two and a half weeks.

Our team all filed in on the fourth, freshman with their bags, school supplies, mattress pads and entire Bed Bath & Beyond sets. The upperclassman traveled as minimalists, no mattress pads, no extensive wardrobe, basically a bag with cleats, shin guards and a pillow.

Over the years you learn to rely on the

underclassman to bring the fan, snacks, bathroom products, and other necessities. The first day of preseason usually is filled with meetings, gear issuing, and all the technicalities before playing can actually start.

Bright and early the next day, the pressure of fitness testing becomes a reality. All teams do their testing differently, for the soccer team we have a test called SEBCO and the beep test. SEBCO was our first challenge this year. After SEBCO was completed the day was far from over; we had a juggling test a gap in our day and then an afternoon session.

The schedule during preseason goes like this: Wake up early, eat a light breakfast in the locker room (which you will end up not being able to digest), practicing or running, lunch at Colonial Quad, if you’re lucky nap time on your uncomfortable bed, practice, dinner (again at Colonial Quad) and then the most highly anticipated and highly rewarding part of the day: bedtime.

Campus is incredibly quiet during the preseason; at least until the football team



Photo from UAlbany Athletics
Balf is currently a senior.

comes. It is typically only athletes and occasionally some summer programs occupying the facilities, making it a great transition for freshman and transfers who are just coming into their sport season and want to get acclimated to the campus.

It is always an overwhelming transition when the rest of the student body comes and you can no longer walk into the dining hall at any hour and be first in line for a wrap, or go from one side of campus to the other in five minutes. But even more difficult is going from completely being

focused on your sport and team and having to go into school mode with all the coursework required.

The women’s soccer team was in two-a-day practices for about two weeks. We went through grueling practices, mentally taxing classroom and film sessions, testing and all the blood, sweat and tears required to be in full stride when the season starts.

Our goal is to win the America East Championship, and with this goal in mind since the end of our season last year we have had our head down, eyes set, and grind in tact to do so.

Every year preseason is different, and most of this has to do with how the players have prepared and showed up. Our summer is a lot different than most of yours, we have to play soccer, we have to train and maintain fitness, and sometimes we have to make up classes that we couldn’t fit in our schedule in-season because of traveling and practice times.

There really isn’t an off time when you play a Division I sport. Summer is technically an off time. But when you’re working towards something like a championship, your summer becomes the key building block for post season success.

I would describe it as that constant feeling of when you’re not training you feel the need to be training. The anticipation of preseason eats you up when it draws near, it digs at you in almost every situation: should I really be eating this? Drinking this? Should I go for another run? What are my teammates doing?

For four years those have been my thoughts when preseason is around the corner, and then once it starts it’s one of the most mentally draining, physically rewarding and exciting times of my life.

I can’t say I will miss Colonial Quad or fitness tests at the crack of dawn. But I will miss the feeling of fighting for something so much bigger than I can describe here.

We may not have the summer, bronzed tan like many students, but we do have a shin guard tan that marks a month of hard work to hopefully bring home a UAlbany women’s soccer championship for the first time in program history.

