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ALBANY STUDENT PRESS

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TUESDAY, OCTOBER 6, 2015 ISSUE 5 ALBANYSTUDENTPRESS.NET

CAMPUS EVENTS

#JUSTASK: HOW ELSE WILL YOU KNOW?

By LINDSEY RIBACK

A little rain could not keep University at Albany students from stopping by the #JustAsk Rally for Change on Wednesday to learn what they could do to end sexual violence on college campuses.

The uptown campus #JustAsk Rally for Change took place in front of the Campus Center Fountain and drew in over 1,000 people, both students and faculty, according to the Campus Programming Board.

Rallies were also held on the Downtown Campus at Husted Hall Café and in the George Education Center Lobby on the East Campus. The Campus Programming Board hosted #JustAsk as part of their Podium Series, and tables featured campus organizations and services like Middle Earth, Project SHAPE, the Advocacy Center for Sexual Violence, and Mentors in Violence Prevention (MVP).

"This is a way of getting people talking about the issue," Carol Stenger, the director of the Advocacy Center for Sexual Violence and Project SHAPE, said. "The amount of violence that is occurring is appalling... the statistics are much too high."

Senior Erin Hill, a Middle Earth volunteer, explained that even though rapes are under reported, students who are or have been victims of any type of sexual violence will still attend events like #JustAsk. After seeing the support from both the university and their peers, the victims will then seek help from the various university counseling and violence prevention programs.

"This event is important because we should know how to protect ourselves, how to report it and how to react. Some people don't know what to do. I know I don't," sophomore Timothy Seguia said.

UAlbany is unique because it



Brian Busher / UAlbanyPhotos.com

Students at all campuses - downtown, uptown, and east - volunteered to help put on the rally. Free T-shirts, pins, and other items were handed out while people signed a pledge to #JustAsk.

is the only SUNY campus with a stand-alone advocacy center and a full time Title IX coordinator, according to Stenger.

By collaborating with the Office of the Title IX Coordinator as well as the sexual violence prevention organizations on campus, the programming board is working to ensure a safe living and learning environment for its students, as well as to educate students about their rights on and off campus.

"We live in a sheltered society that refuses to inform people about

sexual violence due to it being uncomfortable to talk about. By informing people about sexual violence, less people will get hurt on and off campus," Joseph Wozlonis, a sophomore, said.

To raise awareness, each table was covered with flyers and pamphlets providing visitors with resources on how to recognize sexual violence, how to prevent it and where to go if they become a victim of sexual assault. The tables also offered free temporary tattoos, buttons and a t-shirt with the

#JustAsk logo to raise awareness for the cause.

Students were also invited to have their photos taken in front of a #JustAsk background holding up their personal messages on a whiteboard. They were encouraged to post their pictures on social media with the hashtag #JustAsk.

Sam Parra, a senior who works for Student Affairs, supported the campaign and the university's incorporation of the hashtag.

"It's good to use a hashtag because it gets people from other

schools involved too," Parra said.

By the entrance to the Campus Center, the programming board set up a television playing a video for the campaign posted on their Facebook page. Titled "Join Us: The JustAsk Rally for Change," it reminds viewers how common sexual violence is on college campuses: 1 in 5 women and 1 in 33 men are victims of sexual assault, and 1 in 3 students experience violence within a relationship. The video can be found on UAlbany's YouTube account as well as their Facebook and Twitter pages.

Project Shape volunteer Kristen Azzopardi told a student visiting her table that "The only thing that can count as a consenting encounter is two consenting adults." She continued on to explain that under New York state law, if a person is intoxicated in any way, they cannot legally consent to any sexual actions.

"Just asking is something we should always do," Edmund Timmons said.

He is a graduate student and brother of Alpha Phi Alpha.

As part of his fraternity, he participates in Project

Alpha which promotes sexual health. Like Azzopardi, Timmons explained that individuals may feel as though lines, regarding what constitutes as consent, become blurred when alcohol becomes involved.

To confidentially report an incident of sexual violence or to seek support, the Advocacy Center for Sexual Violence is open from 8:30 a.m. to 5 p.m. Monday through Friday and can be found in the Seneca Hall Basement on Indian Quad.



Kaarlo Luntta / UAlbanyPhotos.com



Brian Busher / UAlbanyPhotos.com

RESEARCH

UAlbany launches state's most advanced mesonet system

By TIM RENAHAN

Production of the nation's most advanced mesonet system has started in New York, and the University at Albany is at the helm.

Christopher Thorncroft,

chair of UAlbany's Department of Atmospheric and Environmental Studies, and Everette Joseph of UAlbany's Atmospheric Sciences Research Center, along with project manager Jerry Brotzge, lead the 125-station project which

will greatly improve the timeliness and quality of weather-related data in New York. Each of New York's counties will hold at least one of these roughly 33-foot towers.

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OUTER SPACE

Water on mars doesn't equal life, according to UAlbany professor

By JANIE FRANK

The recent discovery of liquid water on Mars does not provide evidence that there is life beyond earth, according to University at Albany Distinguished Teaching Professor John

Delano.

"NASA's announcement yesterday highlighted some excellent work," Delano said, "but the announcement that tiny quantities of extremely salty liquid water exist from time-to-time on Mars' surface was not

shocking."

Delano is an expert on space exploration, the National Aeronautics and Space Administration (NASA), astrobiology, and environmental science,

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WOMEN'S SOCCER

Fitzpatrick sets new assist record during 2-1 victory

By LAMYA ZIKRY

With Krista Fitzpatrick assisting goals for the University at Albany Women's Soccer team, UAlbany defeated Binghamton 2-1 on Thursday night, Oct. 1 in the conference home opener at Bob Ford Field. Fitzpatrick set a new assists record for the program. It was between Fitzpatrick, Schneider, and Kiana Rugar.

"It's exciting to set a new program record. We were close all season so we were joking around on who's going to beat it first. And it's our first conference win so it feels really good," Fitzpatrick said. Head Coach Caitlin Cucchiella said she's happy to get the win. She thinks the weather played a factor in how they came out but it's a good learning experience for them. "It wasn't our best performance but we

found a way to win and get the result," she said. Out of 10 shots on goal for Binghamton (1-9-1, 0-2-0 AE), Alana Brennan saved nine. UAlbany (6-5-1, 1-0-1 AE) didn't have as many shots, but were able to score two. Schneider thinks it's really positive that they were able to pull out the 2-1 win. "It definitely wasn't our best game, but to be

able to pull out a win when we weren't our best is still a really positive thing," she said. She says they trained really hard on set pieces and crosses. Both their goals came off set pieces which she says shows what they had done in practice worked. Albany managed to pick up a few corner kicks in the sixth minute but the attempts

Please see **ASSIST** page 9

STUDENT ATHLETE

A day in the life of Laini Leindecker

By CELIA BALF

What is a typical day like for a student-athlete at the University at Albany? It is very common to see, or even smell, a student-athlete from a mile away - they often travel in packs and drink out of bright, blue Powerade bottles. But behind the full sweatsuits and plates piled high with food is a student, too.

Laini Leindecker is a junior from New Philadelphia, Ohio. Leindecker is a biology major as well as an outside hitter for the UAlbany volleyball team. A day with Leindecker starts well before most students even cue their coffee maker. She wakes up before 8 a.m. every morning.

"I don't like to get used to sleeping in," she said.

Her typical morning begins with a hearty bowl of oatmeal or scrambled egg whites. Leindecker even admits to putting "eat" on her to-do-list because her day gets that busy.

"I'm a list maker," she said. Leindecker aspires to be an occupational therapist one day. She admits to being stressed out at times, especially during her first couple of years in college.

"My first two years it was stressful to go to practice, but this year I just focus all on volleyball for those three hours, four if it's weights. It's draining, but I focus my energy," Leindecker said.

She discussed how being present at each task and that task only is important. It is easy to be scattered when you're trying to balance a sport, school, being president of the Student-Athlete Advisory Council (SAAC), and trying to have individual time too. Leindecker said that despite the stress of it all, being busy helps her.

"Being busy helps me stay on track. You don't have time to mess around," Leindecker said.

She even gives up Netflix during the school year, a sacrifice not many of us could say we would make.

Volleyball practice lasts around three hours every day. This year practice is at night, and

Please see **LIFE** page 9

Laini Leindecker's Daily List

- | | |
|---|--|
| <input checked="" type="checkbox"/> Eat | <input checked="" type="checkbox"/> Lift |
| <input type="checkbox"/> Class | <input type="checkbox"/> Treatment |
| <input type="checkbox"/> Library | <input type="checkbox"/> Meetings/tutoring |
| <input type="checkbox"/> Class | <input type="checkbox"/> Eat |
| <input type="checkbox"/> Eat | <input type="checkbox"/> Homework |
| <input type="checkbox"/> Treatment | <input type="checkbox"/> Sleep |
| <input type="checkbox"/> Practice | |



Source: UAlbany Athletics

Leo Melgar was one of the first Brazilian players to come play soccer at the University at Albany.

MEN'S SOCCER

International sport shines at UAlbany

By AARON CHERIS

Soccer is widely regarded as the most popular sport in the world.

Here at the University at Albany, student-athletes from all around the world are coming to the Capital Region to lead the Great Danes to victory in the game.

"Soccer is a global language. Soccer is something that brings everyone together," UAlbany Head Coach Trevor Gorman said.

The UAlbany roster includes players from five different countries, leading to a melting pot on the field, which Gorman said is similar to New York state itself.

So far, the results for the Great Danes have been good on the field. In 10 games, UAlbany has five wins to go

with four losses and a draw.

However, the results wouldn't be possible without the foreign Danes, who are led in scoring by a dynamic Brazilian duo.

Junior midfielder Leo Melgar and sophomore forward Afonso Pinheiro have combined for 12 of the team's 14 goals this season. Both started playing at a young age in the country that hosted the most recent FIFA World Cup in 2014.

"In Brazil, we are practically born with a soccer ball in our feet," Melgar said. "I had pictures playing with a soccer ball at a young age."

After years of playing in the streets and with club teams, players had to make tough decisions on how to continue their careers, and the path from Brazil to UAlbany was waiting.

"There's a good tradition of Brazilians coming to the United States now," Gorman said. "It's become more popular in Brazil as they found out that there were ways to continue soccer development while also getting a high level education."

Melgar was one of the first Great Danes to come from Brazil. In 2013, he came to UAlbany with defender Bernardo Mattos, as the two had known each other back home.

The next year, Pinheiro and midfielder Pedro Espindola joined the UAlbany squad.

"Coach saw me playing on a DVD and I started to talk to him through Skype and he convinced me this would be the best idea. I talked to my parents and I decided it would be a great idea to

Please see **SOCCER** page 9

SPEAKER

Former WNBA star shares mental health message with UAlbany

By AARON CHERIS

On Tuesday night, the University at Albany welcomed former WNBA star Chamique Holdsclaw back to campus.

After speaking at the school last year, Holdsclaw returned for a screening of her new documentary "Mind/ Game: The Unquiet Journey of

Chamique Holdsclaw."

Even though Holdsclaw has a Hall of Fame-worthy resume as a basketball player, the event focused on her journey and mental health struggles throughout her career on and off the court.

Coming out of high school in Queens, Holdsclaw was one of the

top recruits in the nation. In 1995, she chose to attend the University of Tennessee and play under legendary Head Coach Pat Summitt.

While at Tennessee, Holdsclaw led the Lady Vols to three straight national championships between 1996-98, the first time a women's team had ever

Please see **WNBA** on page 9



Aaron Cheris / Albany Student Press

Holdsclaw posed with students that attended a screening of her documentary.

LOCAL EVENT

Albany defenders of free speech dare to read banned books

By PATRICK DAY TINE

About 40 defenders of free speech turned out on Wednesday night at the main branch of the Albany Public Library for the New York Civil Liberties Union's (NYCLU) annual "Banned Books Read Out." The event featured 11 volunteers from around the Capital District reading passages from books frequently challenged around the United States. The volunteers read from a

variety of challenged texts. James Yeara, a longtime English and acting teacher at Bethlehem High School, read a scene about sex being a "political act" from George Orwell's "1984," a volume that has been a mainstay on banned books lists for decades. Melanie Young, a state employee and new mother, read Shel Silverstein's poems, "Blame" and "Little Abigail and the Beautiful Pony" from his collection, "A Light in The Attic." This might sound like tame fare, but the book has been chal-

lenged on the grounds that it encourages childhood disobedience, and one hysterical school district in Wisconsin accused Silverstein of "glorifying Satan, suicide and cannibalism." Bob Resnick, an assistant librarian at the APL and a local musician, read from the most challenged book of the year, a young adult title called "The Absolutely True Diary of a Part-Time Indian" by Sherman Alexie. Though the passage that Resnick picked was

Please see **BOOKS** page 8



Nick Muscavage / Albany Student Press
Locals read from banned books at the Albany Public Library during Banned Books.

CRIME BLOTTER

UNLAWFUL POSSESSION OF MARIJUANA 9/26/2015
Alumni Quad - Waterbury Hall
Five male students and three female students were found to be in possession of marijuana brownies. Referred for same.

DRUG COMPLAINT 9/25/2015
Indian Quad - Mohawk Tower
Report of a female student that was found to have drug paraphernalia and referred for the same. Two female students admitted to selling a prescription and referred for the same.

TAKE INTO CUSTODY MENTALLY ILL PERSON LIKELY TO HARM SOMEONE 9/28/2015
State Quad - Fulton Hall
Report of male student suffering from possible overdose of prescription medication. Transported to hospital by 5 Quad.

CHECK A SUBJECT 9/28/2015
Podium - Other
Report of male student attempting to steal a sign and referred for the same.

CRIMINAL POSSESSION OF A CONTROLLED SUBSTANCE 9/29/2015
Dutch Quad - Stuyvesant Tower
A male student was found to be in possession of a controlled substance and arrested for same. Another male student admitted to taking the controlled substance. Both students were referred.

POSSESSION OF A FORGED INSTRUMENT 9/26/2015
Roadways - SQ Lot
Two male subjects were found to be sleeping in a vehicle and in possession of marijuana, a forged license and a switchblade knife. Arrests were made.

MEDICAL INCIDENT 9/26/2015
PE Complex Field
Assisted female subject that was having a nosebleed.

CRIMINAL NUISANCE - CREATE CONDITIONS WHICH ENDANGER OTHERS 9/28/2015
State Quad - SQ Grounds
Two male students were found to have caused obstruction to fire detector and referred for the same.

ASSIST A PERSON 9/28/2015
Colonial Quad - Livingston Tower
Elevator entrapment in Livingston Tower. Doors opened and subjects were released.

DRUG COMPLAINT 9/30/2015
Alumni Quad - Alden Hall
Report of strong marijuana odor emanating from room. Room empty, strong odor but nothing found.

CRIMINAL POSSESSION OF A WEAPON 9/29/2015
State Quad - Melville Hall
A female student was found to be in possession of a stun gun and marijuana. Arrested and referred for same.

Uh oh! Find yourself in this week's Crime Blotter? Clear your name. Write for the ASP.

Email theasp.eic@gmail.com to get started.

EDUCATION

White House declares UAlbany to be "engine of opportunity"

By MEGHAN MAHAR

This September, the University at Albany was given the title "Engine of Opportunity" by the White House in a new online college scorecard. It was given this title due to its accessibility and economical costs for low-income students.

"Being recognized by the White House as an Engine of Opportunity affirms the University at Albany's long history of providing high quality, affordable higher education to a diverse group of students," President Robert J. Jones stated in a press release following the announcement. "We're proud that at least 30 percent of our student body will be the first in their families to earn a four-year degree."

The news release also stated that in order for an institution to fall under the Engine of Opportunity category, they must serve an above-average share of Pell recipients. Pell Grants are often given to students who cannot afford to pay all or most of their college expenses, one of the most common reasons students are unable to attend college.

As the College Scorecard showed, UAlbany makes it possible for low-income students to still obtain a college education while also lessening the loan money a student would otherwise need to borrow from the federal government. Because grants, unlike loans, do not need to be repaid, this also helps ease the amount of student loan debt, thus allowing more students to maintain financial security after graduation.

The Office of the Press at the White House released a fact sheet encouraging students to research colleges to find the one that is right for them. This sheet included information about the College Scorecard.

"At a time when America needs colleges

to focus on affordability and supporting all students who enroll, many existing college rankings reward schools for spending more money and rejecting more students," the report said.

This is what President Obama wishes to change, according to the report. While some students prepping for college might think that the schools that are more selective or cost more money each year are the ones that will benefit them in the future but, with the creation of that College Scorecard, students can see that this is not necessarily true.

The scorecard offers grades for more than 3,500 colleges in the United States based on average annual cost, graduation rate, and salary after attending. UAlbany fared well.

The average annual cost is just under \$16,000, less than most private schools and even other public schools in the country. Even amongst SUNY schools, UAlbany has a cheaper average annual cost. For example, SUNY Binghamton has an average cost of almost \$1,000 more per year, and SUNY Cortland is \$2,000 more. However, UAlbany is not the cheapest, as schools such as SUNY Buffalo, SUNY Potsdam and SUNY Delhi are thousands of dollar less per year.

The average annual salary of a student who graduates from UAlbany according to the online scorecard is \$50,900 and the graduation rate at the university is 65 percent. Both of these rates are above the national average, but are not the highest in the SUNY system. SUNY Binghamton has the highest graduation rate among SUNY schools at 80 percent and SUNY Downstate Medical Center has the highest salary after graduation at \$121,500.

More information can be found on the college scorecard website www.collegescorecard.ed.gov.



Madeline St. Amour / Albany Student Press

The College Scorecard said that UAlbany allows for low-income students to access higher education.

DANES SAY WHAT?

This week, we asked students:

The University at Buffalo recently banned smoking on campus. How would you feel if UAlbany did the same?

"I would be shocked... Tobacco is legal. If you are of age, you should be able to smoke it freely, especially since we have an open campus. There are a lot of places where you can smoke and it won't affect people. If UAlbany does choose to start enforcing tobacco rules, they should be more strict when it comes to areas where students are able to smoke. Otherwise, I think tobacco on the campus is not a problem."

- Clinton Olaniyi, Class of 2018

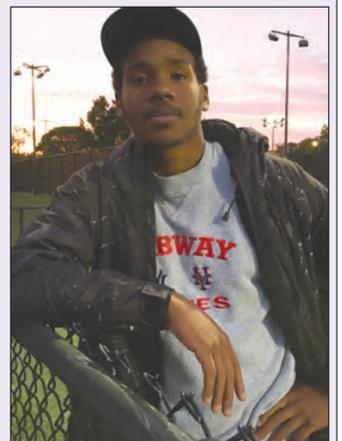


"I would be fine with UAlbany banning tobacco on campus. It is the way of the future. You see, before I was born, people were allowed to smoke indoors and on planes, which now is not allowed. Banning smoking in certain places is the new wave. It keeps everybody healthy. Today in society, everyone is more conscious of health. I think it would be great to have a smoke free campus."

- David Darang, Class of 2015

"I would think it is too much of a drastic change. I do think that UAlbany should be more strict when it comes to smoking near the academic buildings. During classroom hours, it is a pain to smell tobacco and other fumes when walking on the podium or sitting in the classroom next to a window. As long as students and faculty are mindful of others, I don't think having tobacco on the UAlbany campus is a problem."

- Raphael Henriquez, Class of 2015



Compiled by Vaughnee Simmons

CAREER

Networking 101: UCAN connect to alumni for help

By RUSSELL OLIVER

“No one gets ahead without a mentor or guide,” said Phil Rosenthal, professor of pediatrics and surgery at the University of California, and an alum of the University at Albany. “This network can help prepare students for their future with knowledge from someone in the know.”

This is exactly what the UAlbany Career Advisory Network can do for this university. Also known as UCAN for short, this free online network can connect students to thousands of alumni to get guidance for their future

careers.

Rosenthal, like many other alumni members of the network, have been a part of UCAN for years.

“I’ve been a part of the network for about six years,” Martin Bender, who works with U.S. Border Protection, said.

Melissa Samuels, director of Alumni Programs, said UCAN is a great resource for students. The network allows students to connect with alumni from around the world to ask about interviews, advice, and networking. Students can seek advice about everything from career paths options to future

job insights. UAlbany also updates the UCAN homepage with upcoming alumni events and news about the university’s alumni.

“Students are making key connections and building that all-important professional network,” Samuels said about the network.

The UCAN network was started back in 2012 and had around 700 alumni advisors. Now they have more than 2,000 advisors from countries across the world in various industries. There have been over 1,000 connections made between students and alumni through UCAN since the network launched.

All of the alumni who are apart of the network are volunteers.

“They realize they are in a unique position to give back and make a difference in the life of a student,” Samuels said.

The UCAN was created when the Alumni Association started to receive requests from students to connect with alumni in their prospective career fields. Making connection between the two was a slow and difficult process, so the Alumni Association decided to create an online network for it.

“I think the network helps students to see what the real world looks like, both good points and

bad,” Bender said. “It’s also helpful to remind them that nobody starts at the top, and it’s important to listen while learning from the ground up.”

Steve Rogan, a member of the UCAN network and director of research at NBC Universal, agrees with Bender on the network’s usefulness.

“The network gives students access to people in the field they are interested in and allows them the opportunity to get informational interviews, ask questions, ask for advice and gain a mentor,” he said.

Please see **UCAN** page 8

CAN YOU CREATE A BETTER FINANCIAL LIFE? HEAR A PANEL OF EXPERTS ON OCTOBER 15.

When you hear stories of finance, it usually involves great fortunes made or lost. But there is much to be learned from the tales of everyday money—earning, saving, spending and taxing. You’re invited to attend NPR Presents: *Family Matters* for an unconventional discussion of college, homeownership, retirement and your financial lifetime, hosted by NPR’s David Greene and Yuki Noguchi.

This is a live, open forum event where members of the studio audience are encouraged to share their money stories. And a panel of experts will be on-hand to take a deep dive into the conventional wisdom surrounding life’s biggest financial decisions. The event is free, but seats are limited so be sure to reserve your spot today. We look forward to seeing you ... and hearing what you have to say.

**TIAA-CREF is proud to sponsor NPR Presents: *Family Matters*.
NPR Presents: *Family Matters* at 7 p.m. on October 15, 2015 at University of Albany - Recital Hall. 1400 Washington Ave., Albany.**

To get your free tickets, call 518 442-3995 or visit nprpresents.org.

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IN THE NEWS

COME ON NOW, GEORGIA!

Confederate flag remains on new Georgia license plates

By RUSSELL OLIVER

The state of Georgia has always offered an alternative to their traditionally peachy license plate. This alternative is particularly used by members of the Sons of Confederate Veterans.

The plates include multiple representations of the highly controversial Confederate flag. While this flag has often been considered symbolic of racism, it is still represented on current Georgia license plates today.

While this is not the required license plate for the state, that it is even an option for a license plate shows the problems relating to racism and intolerance that continue to emerge

The atrocious tragedy of the Charleston shootings sparked a redesign in these license plates. During the evening prayer service of June 17, Dylan Roof opened gunfire on the Emmanuel African Methodist Episcopal Church. During the attack, Roof killed nine innocent African-American churchgoers who were at the service. In the aftermath of his horrendous hate crime, Roof was arrested and pleaded not guilty to the events.

Photos of Roof holding guns with the Confederate flag in the background began to surface on the Internet after his arrest. Roof also released his own manifesto, which talks about his "white supremacy leanings." Roof

clearly believes in the racism and intolerance that surrounds the Confederate flag. On Sept. 3, 2015 Roof was sentenced to the death penalty on federal hate crime charges.

Soon after this tragedy, Georgia officials decided it was time to redesign the license plate and cut down on the display of the Confederate flag. They halted the sale of the Sons of Confederate Veterans plates in June after the Charleston shooting. Gov. Nathan Deal officially ordered the redesign in June, however representatives from multiple states such as North Carolina, Virginia, and Tennessee have announced this summer that their goal is to phase out the confederate flag from their license plates as well.

The symbol of the Confederate flag has been a major issue in the fight against racism in the United States. The depiction of the flag has been making history in recent years as many states and companies have limited its presence. For example, Wal-Mart has removed all merchandise emblazoned with the Confederate flag and Apple has eliminated every app that has any sign of

Confederate imagery. This has created a mixed reception from the general public.

I, however, agree with these decisions. The Confederate flag is not something that needs to be shown because it represents a time of racism in our country. Georgia should have followed in the examples of its fellow states and phased it out as well.

According to Time magazine, 3,500 drivers have already ordered the redesigned plate that still features the Confederate flag. The Sons of Confederate Veterans themselves have said

they've seen a spike in interest in the plate.

The new plate is almost identical. The only difference is that the background has been removed: it still features a Confederate flag.

The fact that Georgia has decided to continue to include the Confederate flag on their newly redesigned license plate is ridiculous, offensive, distasteful and flat-out racist, especially after the events in Charleston this past June. The redesign of the plate was announced due to this tragedy, and because of it,

the new plates shouldn't have the Confederate flag displayed, period.

Georgian officials decided to tone down the imagery on the plate because of how the Confederate flag was negatively linked to the Charleston tragedy. In that case, why even keep any signs of the flag on the redesigned license plate at all?

If you ask me, this is hypocrisy. This license plate is another ignorant reason of how some states' governments do not account for racism's prevalence in this country. C'mon Georgia!



Source: The Lafayette Underground
Georgia's redesigned license plates remove a strong confederate flagged background, but still features the flag on the face of the plate. Georgia's old license plate is featured.

A COLLABORATION OF



Family Matters

An unconventional discussion about saving for college, home ownership, retirement and your financial lifetime.



HOSTED BY DAVID GREENE,
HOST OF NPR'S MORNING EDITION



Co-hosted by
Yuki Noguchi,
NPR Business Desk
Correspondent



With **Louis Barajas**,
Chief Wealth and
Business Manager
at LAB Financial Life
Solutions



And **Michelle Singletary**,
nationally-syndicated
columnist for The
Washington Post.

ALBANY - OCTOBER 15, 2015

TIME: 7:00pm

LOCATION: University of Albany Performing Arts Center
400 Washington Ave, Albany, NY 12222

Reserve your free tickets at nprpresents.org

This event is made possible by TIAA-CREF, a global financial company dedicated to delivering financial outcomes that matter. TIAA-CREF: Created to Serve. Built to Perform.



ACADEMICS

A ‘major’ effect on one’s career and future

By ELENA POLLACK

“So, which colleges did you get into?”
 “Do you like it?”
 “What are you studying?”
 From high school until college graduation, everyone and their mother want to know the details of one’s academic life. And sometimes one can answer these questions, and sometimes one just doesn’t want to. But of all the questions asked, one of them is especially stressful.

“What am I going to major in? What do I want to do with my life?”
 Now we have to think.

We have to think about the now and the future, and not just tomorrow or next week. We have to think years down the road.

What job do I want? Which major is going to get me there? What if I want to change my mind? As a sophomore, I’ve changed my mind several times within the last two-and-a-half semesters, and I know this is not an easy question to answer.

I came in as a freshman, undecided and free to explore. But everyone I knew had already picked their majors, and were deep into their respective requirements. The psychology students were taking their prerequisites, and the anthropology and English majors were deep into their classes.

I knew I wanted to interact with people. I didn’t want to sit at a desk all day and have more connection with my computer screen than the people around me. I knew I liked psychology, so I considered being a therapist. But wait -- maybe I wanted to be a teacher? I could also be a lawyer. After all, my uncle once told me that I didn’t need to major in anything special to go to law school.

“You could major in underwater basket

weaving,” he said. A nice thought, but I had a feeling I didn’t want to spend my hard earned tuition dollars on that.

My biggest concern was that I really didn’t know what I wanted to be when I grew up, and I didn’t want whatever major I chose to hold me back once I graduated.

How could I choose just one thing when there were so many things I wanted to do? How could I major in math, if maybe I wanted to be a doctor? How could I major in anthropology if I wanted to go into business?

Now, I realize that things aren’t that strict. Many jobs do require certain areas of study, but many don’t. Many master’s programs don’t require certain bachelor’s degrees. If I want to get a master’s in public policy, I can do that with a bachelor’s in Spanish. It’s quite freeing to think about it this way.

At the moment, I’m double majoring in English and psychology. At one point, anthropology, history, and political science had made their ways onto my list, but I’ve settled for these two, and I think I’m happy with my choice. Enjoying a few classes isn’t how you should choose your major. I chose my majors because they made me think, and read, and write. They make me think about people, and who and what we are.

I’m not majoring in English and psychology to get certain jobs. I’m majoring in them because they intrigue me and because they are helping me grow as a person. I’ll find the right career when I’m ready to take that next step. But for right now, I need to figure out me.

So I would say not to stress too much on picking the “right major.” Eventually a career will make itself known.

ON CAMPUS

Out with the old and in with the now: Learning your rights

By KEVIN MERCADO

Every university has its own bill of rights for its students. The University at Albany has gone a step further, placing a large sign on the podium detailing the rights that students have on campus.

Some of these rights include: being able to make a report to local law enforcement or state police, protection from retaliation by the institution, any student, the accused or respondent and their friends, family and acquaintances that are within the jurisdiction of the institution, and the exercise of civil rights and practice of religion without interference.

These rights are generally in line with the rights that we have as human beings in the United States. Therefore I think that it is important, if not crucial, that we know what these rights are at all times.

“People don’t look this stuff up, and in the case of an emergency it needs to be accessible,” Kay Broughton, SUNY System Communication intern and UAlbany student, said.

off campus.

There have been some cases of theft and assault in the downtown area according to recent emails sent out by the university. It seems as though the university wants to maintain a solid image of itself as a campus that cares about its students’ well being. And while I do not think that the campus does not care about its students, it just seems as though the university is trying too hard.



Janie Frank / Albany Student Press

She explained that the SUNY system has just launched a database that helps to prevent sexual assault and offers resources on what to do in the aftermath.

I do commend the university for plastering these rights on a giant glass case board on the podium. I commend them for making it visible to the public and, more specifically, the student body. I commend them for understanding that as students and as people, this is something that needs to be broadcasted and made visible to us.

The only thing I question is... why now? For years I have passed by this board and have only seen UAlbany alum Carolee Carmello, the Broadway star, as the image that UAlbany students should aspire to be, along with other alum including human rights activist Harvey Milk and “Wicked” author, Gregory Maguire.

The university is shifting its focus less on the success of the graduates of UAlbany and more on what the current students need to know. Perhaps the university is taking a more proactive approach to handle any sexual harassment or assault cases on and

Nevertheless, I fully support the university promoting the awareness of students’ rights on campus. I only hope that students will read the podium board and learn the rights that they have.

It is now becoming more crucial for people, especially students, to know that they have specific rights that need to be upheld by both the university and the city of Albany.

The university is allowing for easily accessible rights for the students on campus and it is now taking the necessary steps to improve awareness and to prevent unlawful harassment and assault on campus. UAlbany is taking a progressive step forward in a very subtle way.

POLL

Did you choose your major for love or money?



IN THE NEWS

Retweets and racism

By DANIEL PINZON

Let’s set the record straight: the media has butchered the Trayvon Martin-George Zimmerman incident.

Though I cannot give my full support to either side, I sympathize with Trayvon Martin, as death should never have been the end result.

The media have warped these two and made compelling arguments for both sides. I’ve heard that Martin was a delinquent. He was said to have had a record, which was later dispelled by the authorities according to the Associated Press,

and had a bad reputation, which could be why Zimmerman kept an eye on him.

On the other hand, Zimmerman has overreacted to some situations, like calling the police for minor cases or things that seemed wrong only to him.

With that being said, a person with poor judgment confronted Martin. And each side continues to add on. The question that gets prioritized is who triggered the other. What we should focus on is the horrible ending of it all. Death should not have resulted from this. A gun should not have

been brought up in this scenario. But it was, and in the courts it was justified. For some odd reason it was self-defense.

However, Zimmerman embraces his act, saying that it wasn’t an act of self-defense.

If it was an act of self-defense, there would not have been any other reason to react other than the presence of clear danger. Preconceived thoughts that are not based on facts, but are instead based on stereotypes, should not justify self-defense. Prejudice isn’t self-defense. And if there is one thing Zimmerman is, it is prejudiced.

His Twitter account, @TherealGeorgeZ, is an abundant

display of his biases. Tweets include: “Gee... I sure hate offending people that have plotted and tried to kill and my family...” and “Cops lives matter, black slime doesn’t.”

Included in some of his tweets was a “WhiteLivesMatter” tag, which doesn’t acknowledge the oppression and damage done to black lives, but instead implies that white lives are the ones at risk.

Both tweets from September, so recent and relevant, amplify how he does target black lives and, to this day, is criticizing them.

Zimmerman’s personal tweets are nothing compared to what he retweeted. Martin’s dead body was retweeted with the caption “Z-man is a one man army.”

I’m furious that there are people applauding Zimmerman’s actions. I’m furious because I know Zimmerman could have tweeted this himself, yet he settled for a retweet. He obviously agreed with what the person said by retweeting it.

So why didn’t he tweet it himself? Maybe he thought it was a way to seem less offensive, and to portray that he has supporters. Nevertheless, I’m furious because to me, this confirms that Martin was killed by and because of an extremely biased man. This retweet is saying “I’m finally getting praise for my prejudiced act.”

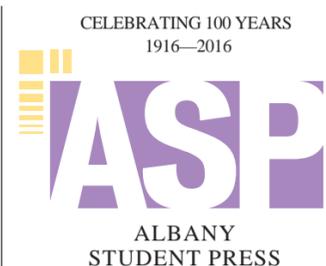
I don’t know what’s worse: Zimmerman being glorified with the name “Z-man,” or that he was compared to an army. Armies fight intentionally, yet I thought his act of self-defense was just a last minute reaction.

Zimmerman’s retweet shows that he takes pride in killing an unarmed teenager.



Twitter/ @TherealGeorgeZ

George Zimmerman recently retweeted a photo of Trayvon Martin’s dead body.



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LOCAL ART

VIDEO GAMES TURNED ART SHOWCASED IN CAPITAL REGION

‘From Concept to Console’ exhibited at Sage College

BY ANALUCIA ZEPEDA

Gamers rejoice: your passions have been turned into art. The video game realm lies in a peculiar limbo between the tangible and the illusory. One cannot hold the end product of a video game, such as graphics and characters, in one’s hand because they are digital. If we reduce the criteria of art down to one simple rule, it is not art if it is tangibly conducive to another purpose, then we may consider the video game to be art after all.

What a way it has come. Most may fondly remember the archetypal Super Mario Bros. and Pac-Man games. These modest beginnings were perhaps some of the first video games to take aesthetic into account, as they began including themes and “worlds.” The “worlds” of the video games shown at the Opalka Gallery at Sage University encompassed an obscenely new and beautiful standard of video game design.

“From Concept to Console: Art and Aesthetics in Video Game Design” began showing at the college gallery on Sept. 4 and continued throughout the month. The show displayed the art and origins of seven video games and their artists. The design studios hailed from all over the world including the United States, Sweden, the Czech Republic, and the U.K. Aesthetic ranged from as minimalist as a white screen can be to as cluttered as you may imagine the brains of these artists may be.

The way the creators of “Machinarium,” a puzzle point-and-click adventure game, drained their resources to produce a simpler second game, “Botanicula,” insinuating what must be the exhaustive nature of video game design.

For these video game artists, obsession and exhaustive design is the name of the game. A perfect and beautiful end product for these artists can only be the product of tedious work.

If we consider the end product to be the thing to criticize, then we may say that of all the games shown in the gallery, “Skylanders: Swap Force” was a belly flop. The intentions implied by the concept drawings were some of the most captivating. Soft-edged yet vibrant landscapes full of contrast grabbed the attention of the gallery-goer from the door, even at the back of the room. Yet, of all the concepts, this game had the steepest degradation on its way to execution. With all the promise it showed, and the budget at its finger tips, “Skylander’s” end product – demonstrated by the trailer provided – showed the roughest edges and was a sore-eye for the lover of aesthetic and fun. It seemed to have devolved a decade or two in the way of artistry and design.

“Botanicula,” “Transistor,” and “Tengami” showed the greatest elevation from intention and concept to execution. Like the resources of the artist may run out from game to game, perhaps the artists conceptual capabilities are limited too and must be parceled out in order to leave the more beautiful products for the end. Successfully executed, these games rendered some of the cleanest lines, sharpest images, and most charming story lines (if a charming story line is important to your video game criteria).

“Botanicula” took the soft-edged yet vibrant concepts of “Skylanders” and implemented them into the finished product with the most integrity. Though simpler in their approach compared to other examples, the artists at

Amanita Design produced a stunning game.

The artists of “Transistor” claim the most overt artistic inspiration, admitting their attachment to Gustav Klimt. This gothic example of a heroin was advanced further by the lack of her sexualization, a trend (only temporarily paused by the “Metroid” series) which many know has weighed down females in video games. The game succeeded in producing a vibrant and even sexy landscape.

The most category-less game displayed at the show was undoubtedly “The Dream Machine.” The brain child of Anders Gustafsson and Erik Zaring, of the Swedish studio Cockroach Inc., combined the tangibility of hand crafted artworks with the intangibility of a virtual game. Their characters and landscapes, hand made by the pair using mostly clay and other house hold items, conveyed the most meta message of the whole show. Dreams, which seem so real to us in our sleep, are simply fabrications of an overactive sleeping brain. The Dream Machine’s combination of materials and digital rendering supplied an eerie echo for the gallery-goer to admire. Would this game be performance art perhaps, since these tangible materials did in fact serve a purpose? Or would our definition of art require an expansion to accommodate this exceptional example?

Definitions aside, an artist’s intent is always considered first. For video games the end product should be judged by the scale assumed in the concept model. The layout of “From Concept to Console: Art and Aesthetics in Video Game Design” was more reminiscent of a museum than of an art show, and displayed that scale to the viewer with both remarkable and devastating results.



Source: Sage College of Albany art website

The exhibit, which opened Sept. 4, contains art from seven different video games designed by studios all over the world.

TELEVISION

‘The Muppets’ return

BY RUSSELL OLIVER

Everybody’s favorite talking anthropomorphic puppets are back for the new half-hour ABC comedy series, “The Muppets.”

The lovable group, first created by puppeteer Jim Henson over 40 years ago, has become an American icon. Since then, Kermit and the gang have appeared in multiple television series and eight different films. The recent reboot to the series, the successful 2011 film “The Muppets,” was the leading force that made producers decide to bring “The Muppets” back to the television.

The pilot episode of “The Muppets” aired Tuesday Sept. 22 on ABC. The show follows the behind-the-scenes of the fictional talk show “Up Late with Miss Piggy,” with Kermit acting as producer. Many other popular Muppet characters work on the show including the species ambiguous Gonzo as head writer and Fozzie Bear as Piggy’s sidekick and announcer, much like Steve Higgins is to Jimmy Fallon.

“The Muppets” follows a mockumentary-style series approach, heavily drawing from influences from the popular NBC shows “The Office.” The use of cutaway

segments to one-on-one interviews is used as it gives the Muppet characters a chance to give extra commentary.

“You tell the camera how you really fell, and then it cuts back to you saying something completely different. I hate these interviews!” Fozzie declares, before the show cuts back to him in the group with Fozzie promptly saying, “I love these interviews!”

The show also draws influences from other shows such as the show-within-the-show approach of “30 Rock.” The syndicate late night talk show aspect is obviously influenced from NBC’s “The Tonight Show.”

Old-school Muppets fans may be shocked by some of the adult-themed jokes never before seen with these Muppets. The dramatic breakup between Kermit and Miss Piggy was a big surprise. This acted as a nice narrative push that made viewers think deeper into the Kermit and Piggy romance than ever before.

Kermit maturely jokes about ‘cross-promoting’ with his new girlfriend Denise, who is also a pig.

“What can I say?” Kermit admitted. “I’m attracted to pigs.”

The show also does a great job of carrying over the personalities of each Muppet to represent their job on the show. Of course, Miss Piggy is the diva who is the host

of the show, Kermit is the man in charge who is doing his best to keep the show from falling apart (a nod to Liz Lemon from “30 Rock” is when Kermit mentions his stress eating). However, one detract from the show is that viewers who are unfamiliar with the characters may not find them as humorous as most of the jokes are character driven.

As usual for a Muppets production there are guest stars galore. The pilot episode included guests Elizabeth Banks, Imagine Dragons, fitness entrepreneur Tray Anderson, and “Dancing with the Stars” host Tom Bergeron. More big names are planning to drop by in upcoming episodes such as Josh Groban, Jennifer Lawrence, Sofia Vergara, and Liam Hemsworth.

The voiceover work and puppeting is also top notch. The series is shot in Burbank, CA at the Walt Disney Studios. All of the sets are required to be raised four-and-a-half feet so that the puppeteers can have enough space to work. Multiple long-time Muppeteers work on the show, including Bill Barretta, Eric Jacobson, Dave Goelz, and Steve Whitmore who also voice the plethora of characters on the show.

“The Muppets” airs every Tuesday night at 8 p.m. on ABC.

WRITERS INSTITUTE

AWARD-WINNING AUTHOR AND POET SPEAK AT UALBANY

BY ELENA POLLACK

Fiction writer Ann Beattie and "Salmagundi" editor and poet Peg Boyers spoke about their respective works, their shared passion for writing and also gave advice to hopeful writers during a seminar on Sept. 29 in the Standish Room at the Science Library, their visits being coordinated by the New York State Writers Institute.

Beattie has written several short stories including "Park City" (1998) and "The New Yorker Stories" (2011) as well as several novels like "Chilly Scenes of Winter" (1976), "Picturing Will" (1989), and "Mrs. Nixon: A Novelist Imagines a Life" (2011). She has won the 2000 REN/Malamud Award for Excellence in the Short Story, as well as the 2005 REA Award for the Short Story. She has been featured in John Updike's "The Best American Short Stories of the Century" (2000), and "The Best American Short Stories" (2014) by Jennifer Egan. She has even had an entire generation named after her called "Beattieland" which is notable for being a countercultural milieu.

Boyers is an editor for the "Salmagundi" magazine, which is celebrating its 50th anniversary this year. Born in Venezuela to Cuban and Irish parents, Boyers spent her childhood traveling the world, living in places like Libya, Indonesia, Cuba, and Italy. When she was an adolescent, she fell in love with the Italian city of Venice. She was so inspired by the city that three of her collections centered around Italy, notably "Hard Bread" (2002), "Honey With Tobacco" (2007), and "To Forget Venice" (2014). Boyers currently teaches creative writing at Skidmore College.

Beattie encouraged writers to never give up despite not always getting recognition right away, although she still acknowledged that "we want to think that brilliance is appreciated" at some point. She said that people don't get to see anything unless the work is published. She used the example of fellow writer Edith Pearlman, who has been writing for years and yet has only recently been recognized by literary enthusiasts for her work.

Beattie said that a writer must first "approve of oneself" and not elsewhere. Both writers believed that aspiring writers should not care too much about the public's or

critics' reactions to their works. One's work should satisfy oneself and not necessarily everyone else. Boyers added that a good writer also "reads and rereads."

Boyers then jumped in with a story of a group of women, who were truly passionate about writing, continuously attending a writers' workshop even though were told by the instructor that they should just give up. Boyers said the women were furious, and rightly so, but they ignored the instructor's words.

Beattie, who has written short stories, said that she was always an avid reader and as she grew up. She said she "loved books more and more."

"The world you know is largely the world you think about," she said while discussing how she chooses her subject matter. "[I] can't have my attention directed [at just one subject]."

She acknowledges that a writer could write whatever his or her mind fixates up, and she personally uses real places and information in her work so that she won't "have to come up with names."

Both Beattie and Boyers agreed that focusing on just one subject for inspiration only limits one's creativity and it "makes you arrive at a predetermined conclusion."

Boyers also warned that just because one is familiar with something, one shouldn't "assume you know everything about it".

Regarding word selection, Boyers said that it "varies from poem to poem" and editing also affects the process.

Beattie then described that she tends to write late at night and she has to have the "right things on the desk, and in the right configuration": a number of bird figurines, a telephone, and a shoe filled with paper clips, all of which are arranged to her personal liking on her desk.

Boyers talked about her multiple writings in Venice, saying that it stemmed from "a lifetime obsession" with the city. She's been frequently visiting the Italian city for 50 years. Beattie also talked about why she chose to write about Maine, saying that she wanted to "de-mystify" the city, and all of the stereotypes of people eating lobster every night and such.

For more information, visit the Writer's Institute website.



Hannah Brigida Infantado / Albany Student Press
Ann Beattie, left, and Peg Boyers, right, talked about their writing careers and encouraged young writers.

Think Syracuse University! Graduate Program Info Session

Friday, November 6

Visit SU's Falk College and learn about graduate programs in:

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4 p.m. November 6
Syracuse University
Falk College

Details and registration
at falk.syr.edu, 315-443-5555
or e-mail falk@syr.edu.

SYRACUSE UNIVERSITY
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of Sport and Human Dynamics



LIFE

Continued from Page 10

Leindecker likes this timeslot more because it gives her more flexibility with classes. A volleyball practice generally starts out with a good portion dedicated to film and scouting the team they will be competing against, a skill and tactic-oriented portion, and then a competitive part that prepares the team for situations that could happen in the match. Leindecker adds an hour to her practice before and after to receive treatment on nagging injuries.

“Do I want to pursue volleyball past my four years? Yes. Can my body handle it? No,” Leindecker said.

This junior captain has been nursing nagging injuries since joining the team. The amount of time she spends taking care of her body in a week may exceed the time college students study for a final exam.

It is an easy assumption to think athletes just practice and then play games without considering how much off-the-court or

field time is put into their craft. It is very common to see a student-athlete in the training room reading a textbook while getting heated or treated by a trainer. Multitasking is what they do, and for Leindecker it’s just another part of her day.

“I’m really independent,” she said.

Her goal for the remainder of her time at UAlbany includes staying on top of her schoolwork and putting herself in a good position to pursue graduate school for occupational therapy. She also couldn’t be happier about who she has as her teammates. This season, Leindecker said, is the closest the team has been.

Tatum Jungsten is the lone senior on the volleyball team and co-captain. Jungsten described Leindecker as “ambitious and dedicated.”

“When [Head Coach MJ Engstrom] saw her, she was goofy footed, she was right handed, but she took a left handed approach,” Jungsten said. “Which is bad. So MJ told her that she wasn’t

going to offer her a scholarship unless she changed her footwork. Changing your footwork entirely is something that you wouldn’t think she would do. But she walked around her house in high school working on her footwork.”

Leindecker was offered a scholarship to come to UAlbany under Engstrom because she was willing to do the seemingly impossible.

“I think that shows how ambitious and dedicated Laini is,” Jungsten said.

“I was never the best. It was always a maybe for me,” Leindecker said.

Maybe she’ll make it to a Division I program, maybe she’ll be one of the best outside hitters to play for UAlbany and maybe she’ll become an occupational therapist. But all of these maybes have given Laini that bite and preparation for any challenge thrown her way.



Source: UAlbany Athletics

Leindecker has a busy routine each day, but it helps her stay ready to play.

ASSIST

Continued from Page 10

weren’t enough for a goal. Then Binghamton had a few shots, all saved by Brennan. Both teams tried initiating play in the midfield, but neither got a strong offensive chance.

In minute 43, a free kick by Fitzpatrick was deflected by the keeper to Schneider for a rebound kick right into the net, making the score 1-0 going into halftime.

“We weren’t playing that well and they had a lot of opportunities. I think it’s good when you’re not getting a lot of opportunities, but then the momentum automatically switches once you get that first goal, so I think that was huge before halftime,” Schneider said.

Binghamton took advantage of the wind in the second half but Albany got the first chance at a goal. Rugar aimed for the goal 25 yards out, but goal-keeper Katie Hatziyannis caught the ball.



Brittany Gregory / Albany Student Press

UAlbany forward Morgan Loder helped the team secure a victory against Binghamton on Thursday.

In minute 68, Binghamton’s Aly Falinski scored her first goal of the season. A free kick by Katherine Corcoran was blocked by Brennan, which led to a corner kick by Falinski that was deflected by UAlbany, giving Falinski a second shot. The ball went into the left post, tying the game at 1-1.

Fitzpatrick got a free kick five minutes later. It deflected off of

Schneider to Vivian Vega, who shot the ball into the right post, putting UAlbany in the lead 2-1.

There were a few more attempts by Binghamton but none held, leading to the Great Danes’ victory.

Cucchiella thinks Binghamton is a good team and they were definitely challenging at times so she’s happy to get the result. “I think Binghamton at times put us under some good pressure,” she said.

Schneider couldn’t agree more. “They pressured us a lot. It

was hard to get on the ball for three or four touches which made us get out of our game for a little bit,” she said. Once they adjusted they were able to play. “But props for them for being able to get us out of our game,” said Schneider.

UAlbany will be on the road for the next two games. Their next home game will be Thursday, Oct. 15 at Bob Ford Field.

WNBA

Continued from Page 10

won three titles in a row.

After graduating, Holdsclaw was the first overall pick by the Washington Mystics in the 1999 WNBA Draft. During her long WNBA career, Holdsclaw earned many records and was a six-time WNBA All-Star.

“That was my dream when I was a kid,” Holdsclaw said of her top selection in the draft.

At one point, Holdsclaw was called the female Michael Jordan because of her star power and athletic prowess.

But her time in the WNBA is when her life took a turn for the worst. When playing with the Los Angeles Sparks in 2006, Holdsclaw tried to take her own life. She was diagnosed with bipolar disorder and depression, and needed to step away from the game.

“Having to walk away from the game when I had those struggles with mental health,” Holdsclaw said of the low point of her career, “to know that something that brought me so much joy over the years, it was killing me that I had to step away to take care of me.”

The sequence of events in her life were chronicled in the documentary that was shown in the Campus Center ballroom to about 200 students, faculty, and community members.

After speaking at UAlbany last year, Counseling and Psychological Services were happy to bring Holdsclaw back again.

“She is so authentic in the way she speaks, and the way students react to her is great,” Heidi Wright, a staff psychologist, said. “[The film] showed her story in a different way. We got to see different people in her life.”

Before the documentary was screened, Holdsclaw briefly talked about her life and the journey she took to becoming



Aaron Cheris / Albany Student Press

Chamique Holdsclaw

a mental health advocate. After the screening, Holdsclaw took questions from the crowd, and many students were eager to hear from the former Olympic Gold Medalist.

“I just love young minds and how they break it down. This is mental health and we’re trying to spread the conversation,” Holdsclaw said. “These kids hit it from all different angles and I love that.”

Holdsclaw has been spreading her message of mental health since she retired from the WNBA in 2010.

“It’s about a journey. Being with college students is amazing because these are the people of the future that are going to continue to change the conversation,” Holdsclaw said. “I use my platform to get it out there. I’m going to make people real uncomfortable to help bring some attention to this and help de-stigmatize it.”

Toward the end of the event, one student stepped up to the microphone and talked about her own struggle with bipolar disorder before asking Holdsclaw a question. “It’s really powerful. You’re in school, you’re shy and you don’t want to talk in front of people but she recognized that this is who she is. The fact that she recognized it is admirable because it shows she’s working to be better,” Holdsclaw said. “People are empowered. They’re saying it, claiming it because they want to get better.”

SOCCER

Continued from Page 10

study here and play soccer at a high level,” Pinheiro said of his decision to come to UAlbany. “Bernardo [Matos] started everything. I’ve known him since I was 9 years old and it all worked out.”

“The soccer world is a very small world,” Gorman said. “It’s amazing who you know and how players all know each other and they like the idea of playing together.”

Gorman knows what to expect after having seen many players make the transition themselves, but that doesn’t make it any easier for the players.

“It’s not easy for anybody, no matter how good you are or how talented you might be. It’s a difficult transition,” Gorman said. “You’re in a completely new environment, a completely different country, a new language. You have to get used to those things.”

The transition to American life was a tough one for the players, on and off the field. Like many other students, the Brazilian duo were surprised as the calendar turned into winter.

“I thought my English was better than it actually was. When I got here, I saw that it’s hard to communicate,” Melgar said. “The cold weather, for me, is the worst. In Brazil, it’s never cold like that. My first winter was horrible for me. I missed home every day.”

“For me, it was funny at the beginning. We’d go to classes and have no idea what’s going on. You think you had good English,” Pinheiro said. “The first month was the most difficult but you get used to it. Then the winter comes and, oh my God,

I’ve never experienced anything like that before.”

Despite the cold weather, Pinheiro finished his year on a hot streak by winning the America East Rookie of the Year Award by scoring seven goals in his first season. Now, he already has eight with at least nine games to play.

Even though the individual numbers were good, the team failed to reach its goal as they fell to Vermont 2-1 in the America East Quarterfinals last November. Now, the team is focused as they try to write a better finish to their script this year.

“This year, we set a goal to stay first or second in the America East,” Pinheiro said. “I want to host the final here in our stadium so we can have our fins in a good environment. We all know we can do that. That’s our



Source: UAlbany Athletics

Pinheiro has already passed his goal total from last season. He is UAlbany’s top goal scorer.

goal.”

“The goal is to get better every day and every game,” Gorman said. “Ultimately, the only game that matters is the next one you play.”

For UAlbany, that next game will be on Saturday, Oct. 10 at UMBC in an America East conference match.