



ASP

ALBANY STUDENT PRESS

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RESEARCH

UALBANY AWARDED \$10M



Paul Miller / ualbanyphotos.com

University at Albany President Robert J. Jones address the audience regarding the importance of this grant.

By **STEFAN LEMBO-STOLBA**

The University at Albany announced last Wednesday that a \$10 million grant awarded for training scholars in eliminating minority health disparities will establish an endowment that will remain with the institution forever.

Unveiling the school's largest grant yet from the National Institutes of Health (NIH), UAlbany outlined its plan to use the funds to create a system of ongoing scholarship to tackle the growing inequity found in health among minorities.

The grant, which UAlbany President Robert J. Jones described as "highly competitive" and "prestigious," allows the university to expand the existing Center for the Elimination of Minority Health Disparities (CEMHD), as well as establish a life-long program to fund research in the field.

"It is set up as an endowment, which means it will continue to generate revenue and perpetuity," Jones said. "This money will be here as long as the university is here."

Deans of six colleges within the university attended the event, underscoring the widespread impact the grant will have on the campus community. The transdisciplinary nature of the new program will allow for new and existing faculty and graduate students to focus and re-focus their attention on issues of racial health disparities.

"The money will be used to expose faculty and students to state of the art

knowledge, and recruit new graduate fellows who will become future experts in the field," said the Dean of the Colleges of Arts and Sciences, Elga Wulfert. Speaking on behalf of the six deans involved in the initiative, Wulfert emphasized the collaborative effort involved in planning and properly utilizing a grant of this nature.

Aligned with schools and organizations in the Capital Region, Jones had considerable support in obtaining the grant, which he hopes will help "solve some of societies most complex problems."

"This \$10 million will fund initiatives to address a wide array of devastating challenges, inequity, and disparities in health outcomes among impoverished and minority communities," Jones said.

Jones further described the grant's influence as having broad implications for communities beyond UAlbany. The university's new research will rely on a cooperative relationship with local minority communities, many of which are in the City of Albany and Troy.

"I am so excited about this partnership," said Albany Mayor Kathy Sheehan. "UAlbany and the City of Albany are leading the nation in this, and I look forward to our continued collective impact together."

Sheehan, who announced an equity agenda upon taking office, noted that it is crucial to take into account issues of racial disparity and social justice before making decisions about how to allocate resources in the community.

The university became aware of this unusual grant in the spring of 2015, and worked diligently for the award. Eligibility for the funds required that the university maintain its status as a National Institute on Minority Health and Health Disparities (NIMHD) center, overseen by the NIH.

Prior to the discovery of the grant, the program now receiving the funds, CEMHD, was slated to close. In an effort to remain a NIMHD center, UAlbany re-funded the closing-campus program prior to applying for the grant, said UAlbany's Vice President for Research, James Dias.

If all goes as planned UAlbany could receive an additional \$10 million in grant money in the next six years, making this grant worth \$20 million. The NIH will be looking for the university to provide 10 trained minority health scholars by the end of the six-year period, said Dias.

Aside from leveraging the current grant to obtain additional funding for research and implementation, the university hopes that the money will allow for the diversification of the schools graduate program. Currently, minorities account for 39.9 percent of the undergraduate population, while only accounting for 16.9 percent among graduate students.

The university hopes this grant will allow them to close this gap, by recruiting and training graduate students from minority and underrepresented populations.

LECTURE

Discussion on cancer research

By **LINDSEY RIBACK**

Cancer and inflammation were the topic of conversation as Albany residents and University at Albany faculty and students gathered at the East Campus on Thursday night for the Seventh Annual Hogarty Family Foundation Lecture. Mark Nelson, a professor in the University of Arizona's Pathology Department, was honored as the Hogarty lecturer for this year and presented his research titled "RAGE against the cell: Insights into how inflammation fuels cancer progression," which focused on colon cancer.

"This is a topic that hits close to home to many of us in this room, as well as other members of our community," said Director of the Cancer Research Center, Martin Tenniswood, who went on to mention UAlbany's own Peter Hooley.

Hooley, who led UAlbany's men's basketball team to victory last year just weeks after his mother passed away from colon cancer, released a public service announcement this past March in conjunction with UAlbany, the New York State Department of Health and the American Cancer Society for Colon Cancer Awareness Month.

According to Nelson,

colon cancer is the third most common cancer among both men and women in the United States, and a significant number of people lose their battle to this disease each year.

The Hogarty honoree said that while the number of colon cancer cases is decreasing for men and women overall, the rate of this type of cancer among African Americans is still very high, even after controlling for differences in socioeconomic status and access to screening methods. He said that this indicates "there can be something still biologically different or lifestyle differences between races that keep this rate high and leads to disparity."

Nelson, who received his Bachelor of Science and Ph.D. in toxicology and pharmacology from Washington State University, warned his audience that while there is a genetic predisposition to developing colon cancer, it is lifestyle activities and behavioral choices that can accelerate disease progression.

He explained that these risk factors include a lack of physical activity, diets low in fruit and vegetables, high in fat and low in fiber, high alcohol consumption and tobacco use.

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OFF-CAMPUS

Where else to study for finals

By **REECE WILLIAMS**

Finals are right around the corner and panic is setting in. "Finals week?" said

University at Albany senior, Ominayzha Alexander. "It's stressing me out," she said on Thursday, with still eight days left before the first exams are to be administered. "And it's always way too close to the end of classes. We need a break in-between."

What future changes the school has planned for finals week scheduling—if any—are unknown. But what's important right now is that you make sure that you're prepared for this semester's exams. If you're looking to maximize study time, and minimize distractions, here's a tip: get off campus.

The University Library is sure to be crammed with students; the air of desperation from possibly 16 weeks worth of procrastination will be unavoidable. "Club Libby," the allegedly quiet study area on the third floor, is not a place conducive to saving your grades.

The benefit of studying off campus is that you don't have to worry about fraternizing with friends who are not as focused as you. Where should you go? Here are three options I recommend:

Psychedelicatessen
275 River St, Troy, NY
12180

Of the three, Psychedelicatessen is the furthest from campus; but the trip is well worth it. It's as cool as it sounds.

A cattle bell above the door rings to let who ever is behind the counter know that someone has walked in, so you don't have to awkwardly try to get anyone's attention. New York-style bagels are for sale, as are Cider Belly doughnuts. Enjoy one, or the other (or, order a one of the gourmet sandwiches on a bagel) with a 16, or 20oz. cup of coffee—\$2.25, and \$4.50 respectively.

The shop houses seven tables varying in size throughout the spacious

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ALBANY

Catching up with Ricky Styxx

By **NICK MUSCAVAGE**

The rhythmic tick of drum sticks echoes through the streets of downtown Albany. The man behind the beat is Ricky Styxx, a native to the city who grew up on Western Avenue and Garden Street and is now in his early 60s.

He was the second oldest of four siblings, and had an upbringing like any other kid, he said. Even when liquor came into the picture, when he became an alcoholic at age 13, it did not affect his close-knit family.

Now, Styxx weeps for these streets and the lives lost on them, too. He can feel the pain of the people who live out on them as well. It brings tears to his eyes just thinking about it.

"I care. I'm sick of hearing the bad news. It's not fair," he said with a lump in his throat.

He has seen the streets grow old and change over time just as he has. They grew up together, in some ways, and spent a lot of time together, even though he has not always lived in the nomadic style in which he does now.

He is a figure who has been shrouded in legend in the college community for years. Students recognize him when he is pushing his cart down the street. When he starts drumming, they may yell out, "Yeah Ricky! Go, Ricky!" and then chat with him for a minute or two.

"I love them," he said of the college students.

There have been videos of Styxx filmed by students and uploaded to YouTube, such as the one of him drumming near the stage at Tulip Fest in Albany in 2012. There is one of Styxx dancing against a group of students on the corner of Quail and Western, a cor-

ner he frequents that is in the center of the student housing area. In the video, everyone seems to be laughing and having a great time.

However if the people filming were to spend a day with this iconic figure, they would find that his life is not exactly how it is portrayed in the videos.

One thing in the videos is true: the drumming.

"I love drumming," he said, and explained that he began playing when he was 10 years old, back when he lived in his childhood home on Western Avenue and Garden Street. He attributed much of his influence to Floyd Sneed from Three Dog Night.

Now, when he is not sleeping on the couch in his sister Tammy's basement in Slingerlands, he said he spends most

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FINALS

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tables are big enough for group study, or a really busy single study party.

But the best part of Psychedelicatessen is hiding around the corner.

To the right of the main kitchen area is a living room, outfitted with plush, suede couches, and armchairs. There's even a green bedrest pillow awaiting your recline in the window sill.

Most days, the shop—which is open 5 a.m. – 10 p.m. Monday-Friday, and 6 a.m. – 9 p.m. Saturday-Sunday—is pretty quiet; seats are aplenty.

But even after classes at nearby Russell Sage College and Rensselaer Polytechnic Institute let out—around 4 p.m. on week days—distractions are minimal; everyone is working. If it's too crowded, sit outside. The Wi-Fi is strong, and the locals won't bother you.

Parking is generally hassle-free; there's almost always a wspot on the street only steps from the door.

Need a study break? A unique mix featuring the sounds of Jimi, Bob Marley, and Collie Buddz dances through the speakers. So don't worry, about a thing; because every little thing, is gonna' be alright.

The Daily Grind

204 Lark St. #1, Albany, NY 12210

While many students prefer to be all hipster, and passive-aggressively fight for a seat inside of Stacks Espresso Bar, you might find it more peaceful a few steps down the street, toward Washington, at The Daily Grind.

The space downstairs is a little tight, but grab a cup of what some say to be the best coffee in Albany, and head upstairs to the retail shop. There's a couch, plenty of chairs, and two tables (if you're not working on a laptop). The one in the windowsill is great place to people watch, as you find inspiration to write that paper that you should've started two weeks ago.

The lounge is often empty, and the tunes are quiet.

But the best part about The Daily Grind is the coffee. And you're catching them at a particularly good time, as they've recently released their newest and strongest coffee to date: DEATH BY COFFEE. As the t-shirts for sale read: "Friends don't let friends drink Starbucks."

Parking on Lark can sometimes be a pain, so maybe you should take the 12, 10, 114, or any bus that runs down Washington, or Western.

The shop is open Monday-Saturday, 7 a.m. – 8 p.m., and Sunday, 7 a.m. – 7 p.m.

Arbor Hill/West Hill Branch of the Albany Public Library

148 Henry Johnson Blvd, Albany, NY 12210

If you really want to get away from the student body, but remain local, head to the nearby Arbor Hill/West Hill branch of the Albany Public Library.

No coffee or snacks for sale here, but there is plenty of space inside the 12,000 square-foot area to stretch out and study, as well as three, small group study rooms.

There isn't any background music, as it is a library; but, the quiet giggle of young children serves as a sufficient offset for those opposed to absolute silence.

Around 4 p.m. on week days, fourth and fifth graders come to read, play with Legos,



Source: Psychedelicatessen Facebook

and log on to "Whyville," which, if you don't remember, is a juvenile version of social networking.

Maybe take a short study break and read to little, willing listeners; it'll make your whole day to bring literary joy to little ears. Then let them know that you've got some studying

to finish, and, if there's enough time, you'll watch that cat video.

Parking is available alongside the library, which is open Monday and Wednesday, 10 a.m. – 6 p.m., Tuesday and Thursday, 12 p.m. – 5 p.m., Friday, 12 p.m. – 6 p.m., and Saturday, 12 p.m. – 5 p.m.

STYXX

Continued from Page 1

Delaware Avenue.

He only lives in the basement when he wants to, and explained that it is comfortable. "I've got a nice couch and TV. I'm all set," he said.

On other nights, he spends his time at Delaware Park on Delaware Avenue where he checks in on his friend who he calls Bam-Bam, a homeless woman who struggles with mental illness that he has known for two years. Bam-Bam, who is of Indian background, is not in good shape, he explained.

"We put in her Albany Med every other night," Styxx said, adding that Bam-Bam has been to Albany Medical Center around nine

of his time roaming the streets from Western to Central, to Jay Street to

times last year alone.

"I help the homeless," he said, adding that he would give them the clothes off his back.

Styxx, who has been admitted to Albany Medical Center himself, can relate to Bam-Bam. He said he is a chronic alcoholic and started drinking at 13 "just because it was there."

He keeps Bam-Bam company and plays his rhythms for her by drumming his sticks on the handle of his shopping cart.

When he thinks about homelessness, he said, "I never get mad, I get sad." He got sad when he talked about his only marriage, too. It was nearly 40 years ago, to a woman named Kim.

She convinced him to stop drumming and leave his band to prove he was devoted to their marriage. "She said, 'Ricky, give up your drums, give up your band, and I'll marry you.'" So he did. Not long after that, he received news that she had aborted their child

and was with another man.

With tears in his eyes, he said, "How could your girlfriend do that to you?"

Since then, he has been focusing on cleaning up Albany. He said he considers himself a protector of the homeless, kids and college students. Violence and crime break his heart and he will do anything to help stop it.

"I'm not going to let them hurt them no more," he said. "But I'm just one in a million."

"I can't stop it," he said in a weary voice. His voice was cracked and hoarse, a reminder of a life riddled with alcohol and drug abuse. He used to huff glue and smoke crack, but quit years ago because he was growing too old. He sticks to beer and liquor now. Milwaukee's Best is his favorite brew. At the time of the interview, he sipped on a mixture of Skol Vodka, beer and pineapple juice.

He took in a deep breath and then began to

cry. "I'm sorry to cry," he said. He continued, "I'm sick of these motherfuckers running up with a gun and a knife and saying 'Give me your shit.'"

He said Albany police think that just because he pushes a shopping cart that he is "just a homeless drunk."

He is treated like "a goddam derelict," he said while lighting a Black and Mild cigar, but he cares about the lives of the people just as much as the police do.

He thinks that the police and Albany County District Attorney David Soares are doing the best they can. He also mentioned Charlie Muller, the head pastor of Victory Church who tries to stop gun-violence by offering a gun buyback program. Styxx hopes to offer help in any way he can to them.

"I want to keep these guys and gals safe. It's about being safe." He continued, "I'll stay in Albany. It's where I grew up, it's what I know."

CRIME BLOTTER

HARASSMENT

4/22/2016
Empire Commons: C Cluster
Assisted students in a domestic dispute.

STALKING

4/22/2016
State Quad- Fulton Hall
Assisted male student with report of annoying female student.

MEDICAL INCIDENT

4/22/2016
Freedom Quad- Stanton Hall
Report of female student with abdominal pain. Transported to hospital by 5 Quad.

MEDICAL INCIDENT

4/22/2016
Indian Quad- Mohawk Tower
Report of a male student having an allergic reaction. Transported to hospital by 5 Quad.

DRIVING WHILE INTOXICATED

4/23/2016
Fuller Road
A male subject was found to be driving while intoxicated. Vehicle was towed and an arrest was made.

CONCEAL/ALTER/ DESTROY PHYS EVIDENCE

4/23/2016
Western Avenue
Report of a male subject with an expired inspection and in possession of marijuana. An arrest was made and vehicle was towed.

UNLAWFUL POSSESSION OF MARIJUANA

4/23/2016
Indian Quad- Mahican Hall
Report of a male student in possession of marijuana. An arrest was

MEDICAL INCIDENT

4/24/16
State Quad- Melville Hall
Report of a male student highly intoxicated. Transported to hospital by 5 Quad.

CRIMINAL NUISANCE

4/25/2016
Indian Quad- Montauk Hall
Report of two female students with covered smoke detector. Referral was made.

MEDICAL INCIDENT

4/25/2016
State Quad Grounds
Report of a male student with a neck injury. Transported to hospital.

DRUG COMPLAINT

4/25/2016
Empire Commons- E Cluster
Report of a male student with marijuana paraphernalia. Referred for same.

CHECK A SUBJECT

4/26/2016
Downtown Campus- Draper Hall

Report of a suspicious person.

DRUG COMPLAINT

4/26/2016
State Quad Grounds
Report for the odor of marijuana. One female student was referred.

TAKE INCAPACITATED MEDICAL INCIDENT

4/27/2016
Empire Commons- B Cluster
5 Quad responded and evaluated 22 year old male. Bandages provided and further treatment refused at this time.

UNLAWFUL POSSESSION OF MARIJUANA

4/28/2016
Indian Quad- Seneca Hall
Report of a female student and a male student in possession of marijuana and marijuana paraphernalia. Referred for same.

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CANCER

Continued from Page 1

After listing the risk factors associated with colon cancer, Nelson appropriately used Mark Twain's quote, "the only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

"As we become young adults we develop our lifestyle habits. We need to develop healthy habits early on so that we can remain healthy later on in life," said Heather Sabo, a sophomore biology major who works in Douglas Conklin's cancer research lab on the East Campus. "With cancer, for the most part, you really have to start watching what you eat and do around the age of forty."

Aside from cutting out these life choices that increase risk for colon cancer, Nelson mentioned screening as beneficial.

According to the Centers for Disease Control and Prevention, it is recommended that everyone between the ages of 50 and 75 receive a colonoscopy every 10 years. Those with inflammatory bowel disease or colon polyps may be encouraged by their physicians to be screened earlier than 50 years old.

This lecture came just a day after UAlbany announced that with the help of a \$10 million National Institute of Health (NIH) grant, the university's Center for the Elimination of Minority Health Disparities (CEMHD) will begin research to address health disparities in the northeast region of the country.

SENIORS

ALBANY STUDENT PRESS EDITORS SAY GOODBYE



By KASSIE PARISI

My relationship with the Albany Student Press has been one of the most significant in my life. I've been with the Albany Student Press since I was a freshman, and it's consumed my entire life for a long, long time. I started as a writer then I worked my way up the ladder and ended my ASP career as Editor-in-Chief.

It's very difficult to put into words the feeling that comes with letting go of something that has been a backbone in my life for so long. Even though running this paper has been a hugely heavy responsibility, it's made my life comfortable. It's been the love of my life for years.

I used to love the ASP because it was a place where I could further myself and publish my own writing. This year I was able to take a step back and realize that the value of this paper goes so much deeper than that.

There are a lot of people who don't have the chance to have their voice heard, but the ASP gives them that opportunity. It has taught me to treat everyone equally, and to value all ideas, regardless of my personal opinion.

The ASP has never been just a newspaper for me. It's hovered in my life like some otherworldly, guiding force that I've been lucky to be involved with. Deep down I know I'm ready to leave, but even though I'm not quite ready to come to terms with the fact that it'll continue to run without me, I'm incredibly grateful that it'll still be around other people to learn from and to love.



By MADELINE ST. AMOUR

The Albany Student Press has been the centerpiece of my University at Albany experience. I was lucky enough to realize what I wanted to do with my life shortly after I transferred here, so I joined the ASP to pursue my dream: journalism.

Working as managing editor has been one of the best experiences I've had so far. I've met a lot of people, covered a variety of stories and learned a lot about management and reporting. I've grown not only as a reporter and editor, but also as a person.

The ASP has seen a lot of changes this year. With a new design, a new website and a lot of new staff, it feels like it's a good time to move on from this adventure. Good luck to the new staff, and thank you for everything you've given me, ASP.



By JULIA DAY

I'm not sure how to begin, so I guess I'll start at square one. I joined the ASP the first semester of my sophomore year writing movie and TV show reviews for A&E. From there, I became an assistant and eventually head editor of the section. The ASP has given me so many amazing opportunities, from covering local concerts in Albany to interviewing an erotic science fiction novelist (yes, that actually happened!).

It's hard to believe that this will be my final issue. For nearly three years, I've been fortunate enough to be a part of this staff of highly dedicated writers and editors, and it's been an incredible experience.

I'll leave off with this: in the words for Ferris Bueller, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Peace out, ASP. It's been a blast.



By KEVIN MERCADO

If I had to go back and review my time with the ASP, I cannot see myself doing it any other way.

My freshman year I knew that I wanted to write and that the ASP was around but I hadn't found the courage to talk to the Editor-in-Chief about writing for the paper.

Nevertheless, I found a place in the Arts and Entertainment section, sending 500-word short stories in my sophomore year, and I got my first piece printed.

As an English major, I had already mastered MLA format, but AP style was a whole new playing field.

I wrote my first article, "When the Griffins meet the Simpsons" for the A&E section.

From there, I covered TV shows, movies, plays, comedy shows and more.

I became the opinions editor with my first article about Beyoncé not being a feminist.

And it's been great ever since.
Goodbye ASP!



By CELIA BALF

I've been playing soccer and writing for the same period of time now. The way the two have intersected for me at the University at Albany is something I will never forget. It's as if my two favorite things, the feeling of being part of a team and playing for something bigger than myself, was the same experience while writing and editing for the ASP.

We all had to show up-- we were sweaty, we were over caffeinated, but we always got the job done--together. I will forever treasure my experience as sports editor.

I never knew I could do both in college-- however, I can honestly say I belong to two teams now. Thank you!

UALBANY

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ON CAMPUS

UALBANY'S YEAR END REVIEW

By KEVIN MERCADO

The University at Albany has had quite the year full of ups and downs. The question at hand is whether the good outweighed the bad.

UALbany has been featured in the news, for better or for worse, several times this academic year. We can start with the most scandalous story that I've heard in my four years on this campus: the infamous CDTA bus incident.

We all remember the story of the three women who cried hate crime, claiming they were attacked by a group of 10 white students because of the color of their skin. The incident was certainly well-known, as presidential candidate Hillary Clinton managed to chime in.

Finding out that the story was proven false based on investigations was a pretty hard blow. However, the university acted fast on the matter sending out several e-mails explaining the ongoing investigation.

The students on campus moved fast after the accusation, rallying together days after the event turning out hundreds of students by the Campus Center. The message was clear: we will not stand for crimes against race, color, or ethnicity.

"We had to go with the information that we had at hand. We had to respond," UAlbany President Robert J. Jones said,

marking on his response to the event. "The community wanted to know, wanted to hear from me about what happened. We felt it was our responsibility to remind the community of our values."

In better news, UAlbany has established the Blackstone Launchpad on campus. This program is designed to help pioneer students' ideas of creative business plans and make them into a reality.

Blackstone is spending \$4.5 million over three years to establish LaunchPad at UAlbany in addition to Cornell University, New York University, Syracuse University and the University at Buffalo. This program is not limited to just students in the business department and will allow all students to market his or her own interests and ideas offering everyone a chance to become an entrepreneur. Though it is still in its inaugural year here at the university, the Blackstone Launchpad could have some promise for students at UAlbany.

A recent story from the Times Union by Claire Hughes said, "A \$10 million federal grant will enable the University at Albany to train and hire researchers working to reduce health disparities in minority communities."

The university is now making strides in trying to solve major health issues and also is adopting an atmosphere of inclusivity.

"The endowment will allow the university to train graduate students and faculty to

conduct research that considers minority health disparities, Jones said. University officials hope to attract more black, Hispanic, Native American and other minority faculty with the designation," Hughes wrote.

The university also wants to help reduce the amount of sexual assaults on campus. According to a statistic found by Albany Student Press writer, Lindsay Riback, sexual assault reports have gone up by 200 percent.

"I know it sounds crazy to say, but we want reports to go up," said Chantelle Cleary, UAlbany's Title IX Coordinator. "We know it is happening and if it's not being reported to us, we are not getting services to these people who have had these experiences."

Students are becoming more open to talk about sexual assault to whatever degree and finding ways to prevent it from happening to the next generation of college students.

This story brings me to my last landmark in this academic year.

Recently, the university's independently run newspaper, the Albany Student Press, was hit by censorship when a Tour Guide supervisor decided to hide newspaper with the headline, "Sexual assault reports up 200 percent at UAlbany" because the word 'assault' would promote the school in a negative way. As the ASP has already addressed that story, I will not harp on it further, but I will say that it looks more negative for the University to hide papers



Source: ualbanyphotos.com

Photo of students in front of the iconic campus fountain.

than the word 'assault.' The university did act fast in retrieving the lost papers and getting them back on stands.

It is clear that the university as a whole knows what kind of image it wants and sometimes it is favorable to students. Nevertheless, the university has been in the news more times this year than I have ever seen it in four years of being a member of this campus community.

To say the least, UAlbany has had quite a year.



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COLLEGE LIFE

Mentally ill students in college

By AMANDA ZIEGLER-IANNOTTI

Their entire lives may lie ahead of them, but sometimes college students can feel that ending their lives is the only way to end their problems. New Paltz student Thomas O'Rourke must have felt that way.

He grew up in East Northport, Long Island. He was described by friends as one of the most creative, kindhearted, and charismatic souls around. Countless people were affected by his suicide. They posted stories of quirky things he used to say or do. For instance, his favorite joke was "So, two elephants are in a bathtub. One elephant says, 'Pass the soap.' The other elephant says, 'No soap... Radio!'" which his friend Meghan Prchal described as simple, nonsensical, yet hilarious.

College suicide has tripled since the 1950s. The total number of college students that commit suicide per year is currently 1,100. This rise in suicide has caused families, college administrators, and doctors to reevaluate whether there is enough support and options available to mentally ill college students.

University at Albany students can go to the Counseling Center, located on Patroon Creek Boulevard, with general mental health concerns or in extreme crisis. It doesn't prescribe medication, but it does refer students to nearby prescribers.

"The number of visits a student can have is not limited and counseling services are paid for by the student fees,"

said Dr. Sarah Nolan, a licensed psychologist at UAlbany.

Nolan said she believes that "the most important thing the center does for students is provide them with someone to listen...many students tend to feel like nobody cares or pays attention to them."

Carlea Walker, a UAlbany student who has been to the Counseling Center, said, "The availability there is really limited. Like, obviously if you're having an emergency they can usually get you in, but since it's free, a lot of students take advantage of it."

She wished she could see a counselor on a more regular schedule, but found it hard to both obtain and fit an appointment in her schedule.

Therapist and Adelphi University Professor LuAnn Quackenbush explained that not enough is being done for the students suffering with mental illnesses.

"Let's compare it to a person that has a learning disability," she said. "We have special services for them, and we don't yet have special services for students that have mental health issues. If we're going to respect the fact that people have learning disabilities, we have to respect the fact that some students have psychiatric disabilities."

Quackenbush stressed that not all of the responsibility can fall on the schools to aid mentally ill students; the parents and the students need to play a role in helping out. The real trouble might be that schools have no record of combating mental illness and no policy that explicitly mentions it.

The most important thing is that professors need to be more understanding and better educated on mental illness, opening the metaphorical door for communication with struggling students, because many won't take it upon themselves to initiate conversation, Quackenbush said.

College is described often as "the best four years of your life," and for many, that's absolutely true. Friendships are forged, knowledge is acquired, and countless hours are spent getting to know who you are. However, for others, these four years are spent in torture. Sleeping patterns, eating habits, ability to focus, desire for relationships with other people, among others, can be affected by mental illness. The stress from classes can exacerbate it. Many students who previously had a manageable mental illness have a high chance of going into crisis mode.

1,100 students take their lives every year. This could be prevented, if they had more support options available.

College supposedly provides students with a degree, setting them up for the rest of their lives. But for many, college makes it difficult for them to want the rest of their lives to happen. For those suffering with mental illness, it's important to remember that your life matters to many, regardless of how you feel. If you are suffering, please reach out, and don't be afraid.

Counseling Center hours are Monday through Friday, 9 a.m. to 4:30 p.m. The phone number is 518-442-5800.

IN THE NEWS

Changing the \$20 bill

By JONATHAN MILLER

Andrew Jackson, known more for his persecution of Native Americans and slaveholding practices than for his involvement during the Battle of New Orleans, is being replaced on the new \$20 bill. Maintaining his status as the face of the \$20 bill since 1928, there are now plans to remove Jackson from the bill to replace him with Harriet Tubman.

Treasury Secretary Jacob L. Lew announced that by 2020 Tubman's portrait will take over the bill. President Obama welcomed the change and many consider it to be a quintessential movement into adopting a multiracial and multicultural acceptance during an underrepresented diverse part of history. Even Republican Presidential hopeful Donald Trump threw his acknowledged the change's importance.

Of course, this did not come without controversy. Many were quick to declare that Tubman was oppressed by the very system that created our economy. Just a few years ago it was almost decided that Alexander Hamilton's spot on the \$10 bill was to be replaced. Let's start off by saying that the person who played a substantial part in creating our current financial system and currency should never be taken off said currency; however, one has to acknowledge that black and women history is very much a part of American history, and still continues to be. Through the use of our currency, we can continue to recognize a specific part of history and remember it is still relevant.

Harriet Tubman, who aided

more than 300 slaves on their journey to freedom, was pivotal in the abolitionist movement. Her involvement in spying for the Union army and her continuous effort to bring about freedom to those in need— even putting her life in harm's way to do so— makes her deserving of all the praise she receives in books, movies, and awards named after her. However, I can't help but imagine other powerful figures in American history who can take her place on the \$20 bill.

This is so much more of an improvement on the efforts of Civil Rights and other African American movements, such as the current Black Lives Matter, than any of the other movements to take place in American history. Such historical figures as Martin Luther King Jr. or Frederick Douglass are prime examples of people who've persevered through segregation, not only becoming incredibly well educated, but also devoting much of their careers to educating others within the community.

However, Tubman would be the first woman to be put on paper currency since Martha Washington's portrait briefly graced the \$1 silver certificate in the late 19th century.

Interestingly, the \$20 bill is not the only one to change. Other bills like the \$5 bill will continue to have Abraham Lincoln as its main portrait, but will acknowledge others on the back.

By 2020 Martin Luther King, Jr. and Eleanor Roosevelt will make appearances on these bills in order to further educate the importance of a variety of movements that have taken place in history.

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BAND INTERVIEW

CAGE THE ELEPHANT TO LET LOOSE IN ALBANY

By JULIA DAY

In 2006, Kentucky natives Matt Shultz, Brad Shultz, Jared Champion, Daniel Tichenor, and Lincoln Parish came together to form the American alternative rock band Cage the Elephant. Ten years, four albums, and one Grammy nomination later, the band is gearing up to tour North America this summer to promote their new album, "Tell Me I'm Pretty." Along the way, Cage the Elephant will be rocking the Times Union Center in Downtown Albany on Wednesday, May 11.

In an interview with the Albany Student Press, Cage the Elephant vocalist Matt Shultz described the band's early years and formation of their members.

"Me and Brad, our guitarist, are brothers, so we were always playing together growing up," said Shultz. "We had known Daniel Tichenor because his father and my father used to play in the same folk-singer-songwriter circle when we were growing up... We met Jared in high school and started a different band, that was our high school band, but some of the other members left to pursue school further. That's when Daniel joined, and Lincoln as well. That's kind of how it took shape."

Influenced by bands and musicians including David Bowie, The Beatles, Pixies, and Talking Heads, Cage the Elephant's style has encompassed sounds from alternative, punk, blues, and indie rock. The band's latest single, "Mess Around," ranked as Cage the Elephant's sixth Billboard Alternative number one spot. The title has likened the group amongst heavy hitters including Red Hot Chili Peppers, Linkin Park, Foo Fighters, Green Day, R.E.M, and U2 as one of seven bands to hold more than five number one singles on the Alternative chart.

At the beginning of their career the band moved to London, where they released their self-titled debut album "Cage the Elephant" in 2008. The album's single "Ain't No Rest for the Wicked" launched the band onto mainstream radio airwaves, reaching number three on the Alternative songs chart in the U.S. and number 83 on Billboard Top 100.

Cage the Elephant's sophomore album in 2011, "Thank You, Happy Birthday," spawned the single "Shake Me Down," claiming number one on both US Billboard Rock and Alternative Songs and earning a nomination for Best Rock Video at the 2011 MTV Music Awards.

The release of the band's third album again led to number one charting singles. "Melophobia," released in 2013, had success with songs "Come a Little Closer" and "Cigarette Daydreams." The album earned Cage the Elephant a Grammy nomination in 2015 for Best



Source: Meagan Sullivan

Matt Shultz, vocalist of Cage the Elephant, performs at a concert in Dallas, Texas.

Alternative Music Album.

Ten years after their formation, Cage the Elephant is back and better than ever in 2016. Their fourth album "Tell Me I'm Pretty," has launched the band with its sixth number one single and a national summer tour.

In addition, "Tell Me I'm Pretty" comes with a new twist. Dan Auerbach, guitarist and vocalist of the award-winning rock band The Black Keys, produced the album, helping with creative contributions during recording.

"Dan has the incredible ability to go on his first instinct...he's like a musical encyclopedia" said Shultz. "We would cut a track, and then once we cut it he'd have everyone come into the control room and we'd just spin records...Once we were all vibing on different things, maybe it was a baseline that stood out, or a beat, we'd say 'Alright let's cut this song again.' And whether it changed the song in composition or completely in feel, it definitely changed the spirit. It was a really great learning experience."

"Tell Me I'm Pretty" has received positive reviews by critics. Rolling Stone claimed the album as "their best yet – melodically taut garage rock with psychedelic flourishes and a fighting edge."

"It's a much rawer record than we've ever made before," said Shultz. "There are definitely a lot of elements of toning the beat back...It holds much of the same intensity that we had in the past but is restrained."

Shultz encourages aspiring musicians to work hard at what they love.

"Play as much as you possibly can...and write as much as you can," said Shultz.

This summer on tour, these "caged elephants" are being let loose. Cage the Elephant will make their way to cities including New York, Nashville, Los Angeles, and dozens of others while on tour. On May 11, the elephants will rock Albany in a performance that's sure to be unforgettable.

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AWARD CEREMONY

FALLING INTO THE ART OF WRITING

By **DIEGO CAGARA**

Three confident University at Albany students proved that words alone were powerful enough to reduce an audience into sobs and laughter, each reading a captivating story during the second annual Writing and Critical Inquiry Essay Contest on Apr. 27 at the Campus Center Assembly Hall.

WCI lecturer Amanda Girraça and secretary Kimberly Nava were among those who helped organize the event to recognize students' writing and congratulate their bravery to share their essays with a crowd mostly comprised of strangers. The contest was also a way to involve students outside the classroom.

"Last year, [I] randomly liked the idea of a writing contest," said Girraça. "I got a crew of three other professors and together decided on this model of collecting essays and it was a way of celebrating student writing."

Prior to the event, students who took the WCI class (UUNI 110) had to pen essays and encouraged to voluntarily submit them into the contest. Nine WCI professors read the entries and judged which should go on in terms of writing quality and reader impact. Afterwards, the approved entries were judged by actual WCI students in the spring semester who discussed which should be the finalists and winners for three categories: Personal, Analysis and Argument/Conversation.

The event unexpectedly began on an emotional route as student Ashley May's story poignantly revolved around her mother's battle with lupus which caused members of the audience to choke in tears, their weeping barely suppressed. Her essay, "Goodbye Blue Sky," won the Personal Essay category.

"I hope that she dies knowing how strongly her memory will live on in all that she comes to know," she concluded her piece, pausing intermittently throughout to compose herself while her family, including her mother, sat in the front row, also touched. "I hope I get a chance to say goodbye, I hope one day she will find peace...I hope she feels loved, she is loved. What a wonderful, beautiful woman and what a tragedy: my mom is dying and there's nothing I can do about it."

After a cathartic applause as May's family embraced,

Kendra Baxter came up and read "Modern Day Factories" which won the Analysis category by providing constructive commentary on the American public school system. She wrote about author and former school teacher John Taylor Gatto's argument that the public education's rigorous timeline—five days a week, sitting in classrooms for 12 years—is like a "factory employee from the Industrial [Revolution]." Her essay further criticized public schools for being "deliberately designed to produce mediocre intellects...and to ensure docile and incomplete citizens."

Scarlet Brown's "Obscene Kayaks and Violent Pornography: Censorship in Japan" piece discussed the hypocrisy of censorship standards there, winning the Argument/Conversation category. Her insightful critique concerned a Japanese artist, Megumi Igarashi, who was arrested for "distributing the 3D printer code for how to print a kayak in the form of the artist's vagina" while in the city of Kawasaki, there is an acclaimed penis festival called "Kanamara Matsuri" which is not subject to censorship.

Despite garnering several chuckles from the crowd, her intriguing essay also brought up issues of sexism, objectification of women, and body image. She also wrote that in modern, capitalist societies, women become insecure with their bodies due to constant exposure to advertisements and commercials that advocate a certain sexualized body image. This makes female viewers buy products to try to "improve their bodies and hating themselves when they can't meet society's unrealistic standards."

The contest encouraged students to write about practically anything, Girraça saying that any story "is not too out there." She confessed that since writing in itself is subjective, judging which essay should win or be a finalist was challenging. This year had almost 150 essays while last year had under 100 but Girraça credited this year's increased attendance to positive word of mouth as only about 60 people attended last year.

The third annual essay contest will happen next April and WCI students may submit essays before May 31 and the three winners would receive a \$75 gift card for use in the University Bookstore.

MUSIC PREVIEW

Summer concerts in the Capital Region

By **RONISHA WILLIAMS**

If you're going to be in Albany this summer or want to go to some shows before you leave, check out these events. All are worth looking into whether you're a student or a local, as each performer on this list has proven to put on entertaining and engaging shows.

On May 6, Post Malone and his special guest Designer, will be at the Palace Theatre, their shows starting at 8 p.m. Ticket prices range from \$30 to around \$90 and can be purchased on Ticketmaster. Post Malone is known for his hit rap singles "White Iverson" and "Too Young" while Designer will be performing his #1 single, "Panda."

Primal Fear and Luca Turilli's Rhapsody have paired together for a joint tour which will be at the Upstate Concert Hall in Clifton Park on May 25, scheduled to start at 7 p.m. Tickets are on sale for around \$50 at TicketsNow.com. Primal Fear is from Germany and Luca Turilli's Rhapsody are Italian, and both put on energetic international rock performances.

The duo, Rodrigo y Gabriela will be at The Egg on June 23. Their music is very worldly and they both rely heavily on classical guitar to portray their lyrics.



Source: theegg.org

They are from Mexico and get inspiration from every genre of music. Tickets for the 8 p.m. show are on sale at The Egg, Ticketmaster, and Stubhub, ranging from \$30 to \$60.

On July 21, English band The Struts will hold a show at the Upstate Concert Hall, on their "Dirty Sexy Summer" tour with opening band Dorothy. It will be their first time in the Capital Region so any fans are encouraged to attend. The tickets range from \$10 to \$25 and can be purchased at the door or any Ticketmaster location.

Lastly, Luke Bryan's "Kill the Lights" tour will stop over at the Saratoga Performing Arts Center on July 31. Bryan is a big deal in the world of country music and has won and been nominated for countless awards that recognize his music, including winning Country Artist of the Year at the iHeart Music Awards. Little Big Town and Dustin Lynch with him and tickets are on sale at Live Nation, ranging from \$30 to \$85 a piece.

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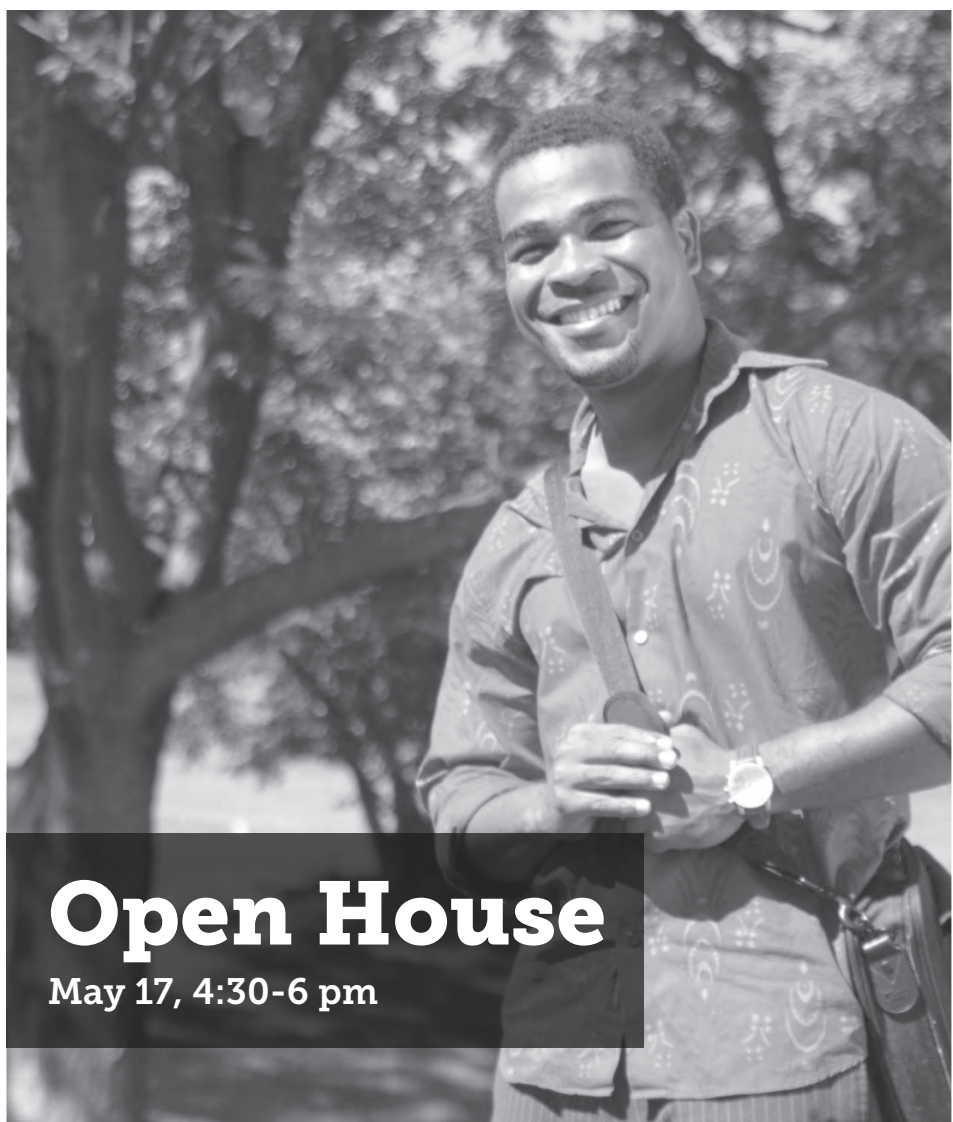
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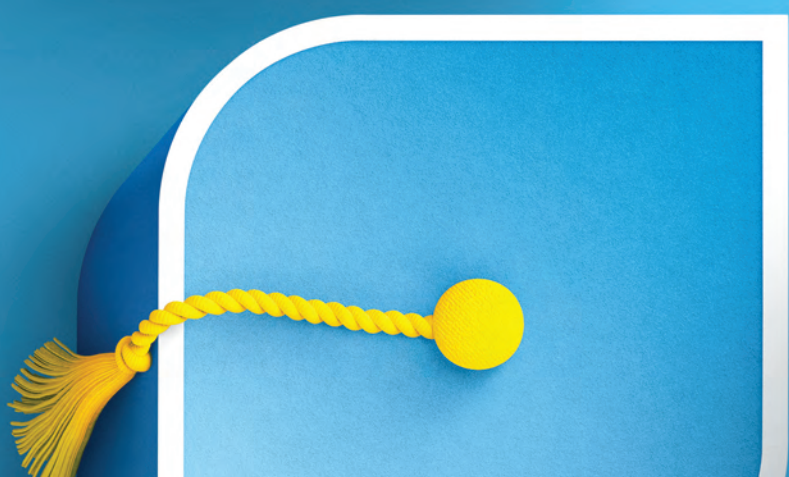
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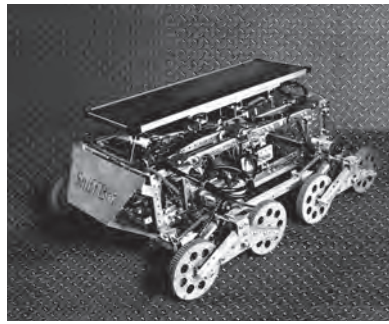
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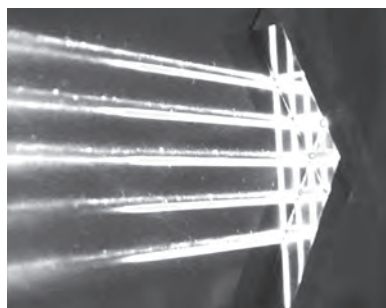


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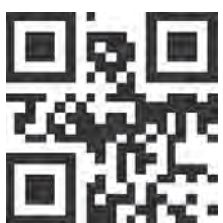
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FAREWELL GAME

WOMEN'S TENNIS ACES FINAL SEASON



Source: UAlbany Athletics Facebook

UAlbany women's tennis team savoring the honied glory of victory.

By JULIA DAY

In March, the University at Albany women's tennis team announced that the 2016 season would be their last. However, that didn't stop the team of nine determined UAlbany student athletes from finishing their final season with a championship.

On Sunday, April 24 after a weekend of nail-biting matches, the UAlbany women's tennis team became America East Champions, beating Stony Brook 4-2. The team effort from the girls, assistant coach Petra Ferancova, and head coach Gordon Graham resulted in the program's first Division I conference championship. The team's final record for the season was 14-7.

"This is one of the most amazing college teams I've even been associated with in my 34 years of coaching," said Graham to UAlbany Athletics. "The obstacles this team overcame not only today, but over the season would have floored anyone. This group has been on a mission since September."

UAlbany is the third team to win the America East women's tennis tournament. Since its formation 15 years ago, Boston University held the title consecutively from 2002-2011, followed by Stony Brook's three year reign from 2013-2015.

The weekend long America East tournament included UAlbany, Stony Brook University, Binghamton University, University at Maryland

Baltimore County and Hartford. The first match of the weekend pitted Binghamton against Hartford, where Binghamton won 7-0. UAlbany went on to play Binghamton in the semi-finals, and won 4-0. After Stony Brook's victory against UMBC in the semi-finals, it was left to the two SUNY schools to battle it out for the title in the finals.

The Great Danes started the match with a 3-1 advantage over the Seawolves, with freshman Jovana Kenic, sophomore Ana Glumac and junior Paulina Torres sweeping each of their singles matches. Stony Brook fought back and won 3-2 over UAlbany senior Dajana Ognjenovic. The final two matches, played by singles players Alba Sala and Isidora Pejovic, each went to a third set with the title on

the line. Freshman Pejovic fought hard and won her match, suspending Sala's game and winning with the advantage of 4-2 over Stony Brook.

Now the America East victors, UAlbany will advance to the NCAA Tournament this May, pitting the girls against the top 16 teams in the nation.

Following their well-deserved victory, UAlbany players Kenic, Ognjenovic, Sala, and Torres were named part of the America East All Conference Team. In addition, freshman Kenic was awarded Rookie & Player of the Year. America East also awarded senior Mireille Hermans the Elite 18 Award, and junior Paulina Torres Most Outstanding Player.

"One of the best feelings is seeing your hard work pay off," said Torres. "[The award] could've gone to anyone on the team, we all deserve it."

Teamwork was a key component as to how the team achieved a storybook ending to their final season.

"I think it really matters that we were a really close team and we fought really hard this semester," said Hermans. "Especially after we heard that the tennis team was going to stop next year, I think we got more powerful and determined to win it."

The decision to end the women's tennis

program at UAlbany stemmed from the announcement that UMBC and Hartford would discontinue their programs in the America East Conference. Their departure left the conference without enough teams to qualify for the NCAA Tournament. Unable to find a new conference to enter, the team made the difficult decision to end the program. Determined more than ever, UAlbany was presented with their last opportunity to sweep the title.

Only a month after the news, UAlbany's women's tennis has proven themselves as the new queens of the America East Tournament. And with their continuation onto the NCAA Tournament, the team now has the chance at capping its final season with a storybook ending: an NCAA title.

OFF THE FIELD

Taking a closer look at athletes' mental health

By CELIA BALF

She sucks her stomach in as the trainers pinch her fat. She tries to tighten her arm muscles hoping they can't detect her weight gain since getting on birth control. She looks at the numbers, compares them to her teammates and can't help but feel insecure.

He doesn't feel like himself anymore—he doesn't want to go out and celebrate after a win, he doesn't want to get up in the morning for practice, but the last thing he can do is tell someone. He's supposed to be the strong one, the manly one, the Division I athlete who can take on any challenge. Yet here he is, insecure.

Mental health includes our emotional, psychological and social well being. For college athletes, mental health has always, perhaps more than the public at-large, had a stigma surrounding it—something teams know they have to discuss, players know they need to be aware of—but as a result, it is often just avoided.

It may have all started during a pick-up soccer game at a park or maybe some wall ball in the backyard—but, somewhere a little boy or girl fell in love with a sport. What may have begun as a lighthearted game soon became a full-time hobby,

eventually an obligation, and then a job. Part of being a serious athlete is the dust the dirt off, kid and get back out there mentality that requires you to say you're okay, even when you're not. While sports are known for building commendable character traits—it

is also fair to say that they could also be known for hiding important truths.

The NCAA recently published a book, "Mind, Body and Sport" which is used for college teams to understand and support student-athlete's mental wellness. Though many college athletes seek to cultivate an image of invincibility, a survey by the American College Health Association found 30 percent of the 195,000 respondents reported having felt depressed in the last 12 months and 50 percent felt anxiety.

At the University at Albany, student-athletes have felt depressed. They have also felt anxiety. Despite the hard front

and confident stature that you may see in passing, they very well could be battling a mental illness. Every Tuesday, the Student-Athlete

Academic Services has a program called "Let's Talk" which encourages athletes to stop by between 11 a.m. to 1 p.m. to talk to one of the sports psychologists. Dr. Joyce DeWitt-Parker and Dr. Joe Monserrat are the two providers in psychological services to student-athletes.

The athletics department have implemented programs like "Let's Talk" in order to provide athletes the choice to seek help if they need it. Dr. Parker and Monserrat will meet with teams throughout the semester to give the necessary guidance the respective team may need.

At the University of Michigan, three student-athletes created a video to promote mental health awareness and as a way to reverse the stigma. The three women worked with the University of Michigan School of Public Health, Depression Center and the Athletic Department to create Athletes Connected, an "Outreach and education program for student-athletes to increase awareness around mental health issues, reduce the stigma of asking for help, and promote positive coping skills." The video features different athletes as they share their personal battles with mental health.

For female athletes in particular, body image is a serious mental health issue. There is the outside pressure of society's preoccupation with skinniness, which has to be weighed against the nutritional demands of training, namely building muscle. While body image impacts female athletes all over the world, ten to 25 percent of males have eating disorders too.

Nick Bochette the assistant coach of the UAlbany women's soccer team spoke to the Albany Student Press about the role coaches play in terms of student athletes mental health.

"We are extremely conscious of our teammates mental well being," Bochette said. "And often make considerations like extra days off, yoga, lighter training days, relaxed travel atmosphere, etc. to try to provide everyone with the time and support they need to maintain a healthy mental state."

Yoga and mental training have become an integral part of several teams at UAlbany. Coaches are constantly looking for ways to improve the performance of their athletes in all

aspects by mixing up their training routines. Men's lacrosse and men's soccer have begun integrating yoga into their training regimes. The sheer fact that these grown men are taking to the yoga mat in order to find a zen place shows how far approaches to mental health in athletics have come.

"If true mental health issues are involved, we encourage all of our teammates to seek the proper professional care they need," Bochette said.

"My aim as a coach has always been to draw attention to all the potential the player has and all the great things she can accomplish," Bochette said. He said the act of trying to reach these standards will create a team who can succeed under all the greatest of pressures.

Bridget Pryal is the strength and conditioning coach for several varsity teams at UAlbany. "One of the main goals of a strength and conditioning program is instilling mental toughness in college athletes," Pryal said.

This toughness is challenged in the weight room every day. The lifting tasks that Pryal gives her athletes are both physically and mentally challenging. Her support is similar to the varsity coaches in how committed she is to challenging the athletes, but also making sure they are mentally prepared to handle the pressures.

Co-captain Kelly Kempf of the women's soccer team said she thinks the topic of student-athlete mental health is a delicate subject. "You never want to seem weak [nor] put yourself in a situation that could affect your chances of playing," Kempf said. "We put so much stress on ourselves by trying to always appear perfect because student-athletes strive for perfection."

Every single day, student-athletes wake up with the feeling that they need to do more. Even if you play on the women's basketball team and have won consecutive championships, not enough has been done. Even if you are a straight-A student and captain of your team, the job isn't even close to being done. They thought they may seem superhuman based on their feats on the field, student athletes grapple with mental health issues just like any other students, with programs like Let's Talk the university has started a very important dialogue.