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LIFE: Excercise around campus without hitting the gym PG. 8

UPD

POLICE: No Arrest for Colonial Sexual Assault



FILE / ASP

No arrest has been made in the recent sexual assault that occurred on Colonial Quad on Sept. 6, according to Assistant Chief of Police Aran Mull

By **JOE HOFFMAN**

A reported sexual assault on Colonial Quad grew more complicated Friday when police reported making no arrests after meeting with both suspect and victim.

The alleged incident reportedly took place Thursday night at 11:20 p.m., according to an email alert sent out to the campus community early Friday morning.

In response to emailed questions from the Albany Student

Press, Assistant Chief of Police Aran Mull provided an official statement assuring that the campus was safe.

“The University Police Department has identified and spoken to all parties involved in the reported sexual assault on Colonial Quad Thursday night and is confident that there is no ongoing danger to the campus community,” read the statement. “The University has connected the reporting individual to support services, and the police investigation is

ongoing. No arrest has been made at this time.”

Staff, faculty, and students at the University at Albany first learned of the reported assault in a mass email from UPD 3:36 a.m. Friday.

The email described the incident as an invitation to study which led to a sexual assault. The suspect reportedly used a social media platform to invite the victim to his dorm room.

“Once in his room he engaged in sexual contact without consent and against

the expressed wishes of the victim,” read the notification.

UPD did not respond immediately to questions about what police did between 12:51 a.m., when crime logs indicate an assault was reported at Herkimer Hall, and 3:38 a.m. when the campus was notified.

The university has come under fire in recent years over its compliance with clauses in The Clery Act, a federal law which requires universities to issue timely notifications of crimes which could threaten

See **ASSAULT** page 3

RESIDENTIAL LIFE

Indian Residents Search for Space

By **PHILLIP DOWNES**

As many freshmen Great Danes begin their fall semester classes, some first-year students in Indian Quad are feeling extra pressure from their crowded living arrangements.

Several students and university representatives have reported that the University at Albany’s Department of Residential Life has temporarily assigned students to “increased housing locations.” This decision comes as an effort “to ensure there was an adequate amount of housing for freshmen living on campus,” said Mike Nolan, UAlbany’s Senior Communications Specialist.

The class of 2022 is rather large, consisting of about 2,750 total students. Nolan said the Department of Residential Life is currently working towards a solution to this problem, agreeing that is a priority to the department.

The temporary assignments are designated areas in larger double rooms that are then converted into triples. Nolan noted. “We know from previous years that new and returning students will change their living arrangements during the fall semester. The Department of Residential Life is already in the process of identifying open spaces to decrease the number of tripled rooms.”

This is not the first occurrence of overcrowded living arrangements for UAlbany students. This is an issue that does occur frequently during fall semesters for incoming freshmen classes, and it is not uncommon among schools of UAlbany’s size.

Nolan said this year there were a total of 153 increased rooms, which is down by eight

See **INDIAN** page 2

ENVIRONMENT

Energy Campaign Seeks to Reduce Carbon Dioxide Usage on Campus

By **JANE LEONHARDT**

The Office of Environmental Sustainability kicks off their 12th annual Energy Campaign this year with a focus on water conservation.

The Energy Campaign is a 10-week competition between residential and academic buildings to see who can reduce energy usage the most. In past years, the campaign focused

on reducing electricity and carbon dioxide usage. While this year’s campaign will include those aspects, water is the new focus.

The campaign is aimed at making modifications to everyday habits that will create change on a larger scale.

“If you see a leaky faucet or a running toilet, report it,” said Cassidy Drasser, assistant director of sustainability. “Apartments on campus that have dishwashers, you know,

wait until you fill the entire load before you wash it. Same thing when doing laundry: cold water, full loads.”

These behaviors will be tracked by the new water meters on campus. Previously, there has been a single water meter that has been monitored to track water usage on campus. This year, there are two meters, one for the living areas and one for the kitchens and dining halls.

See **ENERGY** page 3

FITNESS

Quad Fitness Centers Adjust Hours

By **STANLEY ALBERT JR.**

This school year, both the Indian and Colonial Fitness Centers’ hours have been shifted earlier in response to the feedback Campus Recreation was able to obtain from students.

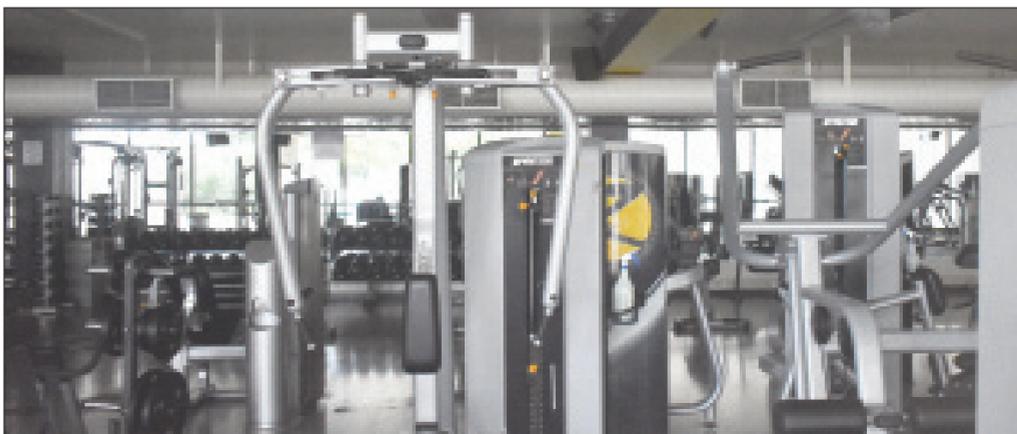
There are four fitness centers on the University at Albany’s main campus: one by the SEFCU Arena, one on Empire Commons, one at Indian Quad, and the last in the basement of Colonial Quad.

Historically, the SEFCU Fitness Center has been open earlier than the two Quad gyms.

The gyms at Indian and Colonial were open from 11 a.m. to 11 p.m. Monday through Thursday; 11 p.m. to 8 p.m. on Fridays; and 10 a.m. to 8 p.m. on the weekends.

The new hours are 10 a.m. to 10 p.m. Monday through Thursday and 10 a.m. to 7 p.m. on Friday. The weekend schedule remains the same.

See **HOURS** page 2



JOE HOFFMAN / ASP

Hours for the fitness centers located in Colonial and Indian were adjusted this year based on usage data.

FACILITIES

Burst Pipe Rankles Colonial Residents, Sign of Decades Old Infrastructure



By **JOE HOFFMAN**

The pipe burst that shut off water on Colonial Quad for several hours earlier this month was another symptom of a gradually aging campus with infrastructure dating back to the 1960s.

Though Facilities Management is still scratching their heads over the question of why the 8-inch potable water pipe simply cracked open, they maintained that this type of occasional problem is simply something the school must deal with now and again.

“Water lines, whether potable water or irrigation, have broken in the past, but we don’t keep a centralized record of them,” said John Giarrusso, vice president of finance and administration for Facilities Management.

“We are lucky to have terrific skilled and

knowledgeable staff who can respond to these types of urgent repairs. A campus of our size and age has to be able to deal with these kinds of things.”

Giarrusso said he was unsure exactly how much water had seeped out of the underground pipe before the university noticed pooling near the corner of Colonial Quad the morning of Sept. 2.

Last October, a hot-water pipe in the tunnels near the Performing Arts Center leaked nearly 20 gallons of water through a tiny hole before it was repaired. That process set the University back \$13,500, part of which was spent contracting a company to safely cut through asbestos insulation in the pipe.

Facilities couldn’t estimate on Thursday how much the Colonial repair cost, but their message was clear — these occasional expenses are dwarfed compared to the

daunting idea of digging up and replacing all of the 1960s-era pipe on the 500-acre uptown campus.

Maintenance crew worked overtime, digging through concrete to fix the pipe before making the area walkable again.

“The water lines are buried under the frost lines, remain pressurized, and were originally installed with care and proper engineering,” said Giarrusso. “They have a very long lifespan.”

Replacing entire sets of pipes underground is not commonly done unless the surrounding ground needs to be broken up, like excavation for a new building, according to Giarrusso.

Esther Kim lives in the only hall on Colonial that was not affected by the break, Hamilton Hall. She commended the maintenance crews for their efforts.

“They’re trying their best, considering the campus was basically built 50 years ago at one point altogether,” said Kim.

In every other residence on Colonial, students woke up to find unflushed toilets, unworkable faucets, and an email from Colonial’s Assistant Director Markus Ricks informing them of the break.

Alex Walshaw said he simply went out of the dorm for the day; when came back that night, water was back.

“They stay on top of it. In terms of when something goes wrong they tend to fix it within a day or two,” said Walshaw, who studies business, Japanese and English. “I’ve never really had too many problems in the time I’ve been here.”

INDIAN

Continued from Page 1.

from last fall semester. Nolan also confirmed that these arrangements are not necessarily permanent, and that the affected students “will be offered a new housing assignment prior to the end of this semester.” However, Nolan adds, affected students who are satisfied with their living situations can choose to continue with their current arrangement until the end of the Spring 2019 semester.

Maxim Voler, a freshman in Indian Quad who served in the United States Army, was shocked by the conditions he moved into.

“It’s honestly insane that they put us in these living conditions... at basic training we had air-conditioning and heat,

and much better bathrooms,” said Voler.

Several residents of Indian Quad have shared similar accounts of their time in their forced triple arrangements, and most of them agreed that it heightened tensions between their roommates. One resident, who requested anonymity, claimed that the intense heat, the packed desks/beds, and the bathroom situation, “prevented [him] from feeling comfortable around [his] room-mates.”

“The university should have expected the size of the freshmen class. If the quads can only hold a certain amount of students, the school should have reduced their amount of accepted students,” he added, in response to Mike Nolan’s statement mentioned earlier.

These circumstances are not exclusive to the freshman residents in Indian Quad. There are several “forced-triple” housing situations in State Quad, including several in Eastman Tower.

An Eastman Tower resident, who requested to remain anonymous to preserve relationships with roommates, expressed her discontent about her living space.

“I would rather lose my desk to create more space than live in my room now,” she said.

Living on the top bunk, she has to climb first to her chair, then her desk, then finally the bed in a low-ceilinged room.

“I often feel uncomfortable changing in front of [my roommates] with such little space,” she said.

Almost all the students affected by the increased housing situation found out about their dorm details with the rest of the freshman this summer in July, but many believe they didn’t understand how difficult it might be in their rooms with an additional person and no additional room.

HOURS

Continued from Page 1.

Sarah Wolanin, assistant director of facility operations at Campus Recreation, said the schedule makeover was based off usage data from the past two years as well as student feedback in wanting the quad fitness centers to open earlier than 11 a.m.

She believes the change will balance out the schedule for all the facilities to accommodate as many students as possible.

When asked about how closing earlier would affect the students who get out of class later in the day, Wolanin referred back to the usage data.

“We attempt to take all data into account but our 2016-17

and 2017-18 usage data revealed that more students attend the facilities during opening hours as opposed to closing hours,” said Wolanin. “Also, a larger demand was shown by students to open up earlier rather than closing later.”

Students who have night classes would benefit from the shift according to Wolanin, who said that they could now work out earlier or go to the SEFCU gym for later hours.

Several weeks into the new schedule, students have differing views on its convenience.

Keshawn Clarke, a junior, explained that opening at 10 a.m. helps him because now he does not have to rush out the gym to get ready for class.

“My class starts at 2 o’clock and my workouts are usually two hours so now I have an hour gap from when I leave the gym to when class starts, so now I can shower thoroughly and prepare what I need for my next lecture,” he said.

Some students, like Gabriel Ramos, are unaffected by the change since their usual workouts are in the middle of the day.

Meanwhile, Joshua Spaulding, a senior, may have to cut his workout short.

“I usually workout around 9 o’clock because I ended class late and spend usually an hour and a half in the gym so hopefully I can still get a good workout in before they close but let’s see how it goes,” he said.

This schedule is permanent for the 2018-19 school year, but the 2019-20 schedule will be based off what Campus Recreation finds in their usage data this year.

EDITOR’S NOTE:

WE WOULD LIKE TO APOLOGIZE TO ELLA COSTA AND ELIJAH CASPER WHO DID NOT RECIEVE PROPER CREDIT FOR “IS THERE REALLY ‘NOTHING TO DO IN ALBANY?’” AND “GREAT DANES NO MATCH FOR ACC” RESPECTIVELY IN LAST WEEK’S ISSUE.

FOR 103 YEARS, THE ALBANY STUDENT PRESS HAS PRIDED ITSELF ON ITS ACCURATE AND FAIR REPORTING. IN THE EVENT THAT A MISTAKE DOES OCCUR, PLEASE LET US KNOW BY EMAILING OUR EDITOR. THOUGH WE HOLD THOSE IN POWER ACCOUNTABLE, IT IS IMPORTANT THAT WE ARE HELD TO THE SAME STANDARD.

OUR APOLOGIES ONCE AGAIN TO ELLA COSTA AND ELIJAH CASPER.

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RESTAURANT

1844 Restaurant Opens to Students



By **CHRISTOPHER PAYNE**

CHAD ARNOLD / ASP

The former Patroon Room is now offering student discounts after undergoing renovations this past summer which transformed the space in a buffet style restaurant. The new eatery, 1844 Restaurant, gets its name from the year the University at Albany was founded, according to Michael Christakis, vice president of student affairs. The school was originally provided two-year training teachers to help meet the demand for a growing population. “Given the rehabbed space, additional forthcoming food features (made to order) and that the university is celebrating 175 years this December – rebranding it with a greater emphasis on the university’s history seemed timely,” said Christakis of the decision to revamp the former Patroon

Room. The Patroon Room allowed students to dine, however, doing so was discouraged because meal plan options were not offered. “It has not been exclusively faculty and staff during my time on campus,” said Stephen Pearse, executive director of the University Auxiliary Services. “Although the clientele in the past has been faculty and staff, more students have been using and enjoying the space in the past couple of years.” The new restaurant is buffet styled. Students and faculty can choose various items at the hot buffet, as well as a soup and salad bar.

The concept of the buffet themed restaurant fits all styles of food for different ethnicities across campus. Prices are comparable to other restaurants and gives students with an ID card a 50 percent discount when they dine. “There are two prices for our meals at the restaurant,” said Anthony Bonilla, the supervisor for the 1844 Restaurant. “The full buffet costs \$13.50 with tax included and the soup and salad bar costs \$9.18 with tax included. Both buffet costs include a beverage of your choice.” The 1844 Restaurant is similar in price to its competitors on campus such as Damien’s, where prices range from \$4 to \$11, and Fountain Grill, which has a menu ranging from \$3 to \$8.

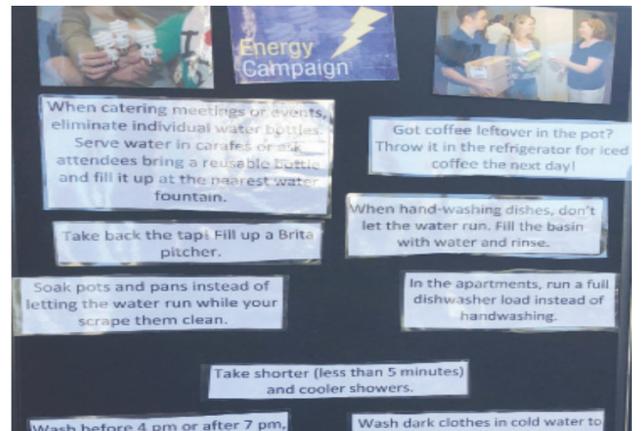
ENERGY

Continued from Page 1.

“Now we can separate living areas versus the kitchens. Now we can see who’s really using a lot of water,” said Drasser. The meters will be especially helpful when considering the prizes at stake. Ryan Knight, a representative from the Office of Sustainability said that the overall winner will have the first chance at applying for the Sustainability Grant through ResLife which will provide funds for pizza parties and other such events.

The competition will go from Sept. 5 until Nov. 11, monitored and announced via email blast bi-weekly. Last year, with the efforts of students, faculty and staff, UAlbany reduced its overall electricity usage by 5.3 percent, according to the Office of Sustainability’s website. Keturah Vics, a student in her sixth year dedicated herself wholeheartedly to the cause from her first day on campus and will continue to her last. “As a graduate student and a graduate teaching assistant, I saw more paper wasted in terms of scantrons, test papers, review

sheets, etc,” said Vics. “I approached my professor about going as paperless as possible – online quizzes, syllabi, notes, homework submissions. My professor agreed to do it.” In one semester, with the idea of a single student, two of Vics’ courses recycled nearly 2,500 scantron sheets and saved paper by switching to Blackboard for classwork. This effort not only saved thousands of sheets of paper but also aided in electricity conservation by eliminating the need for printing and copying.



JANE LEONHARDT / ASP

A poster with tips on reducing water usage found on the Academic Podium

CRIME BLOTTER

Escort
9/6/2018
Other - Off-Campus
Escort.

OPERATOR LEAVES SCENE OF PROPERTY DAMAGE ACCIDENT
9/6/2018 5:23
Roadways - Dutch Rdwy
Report of property damage to a vehicle by unknown subject.

Take a Criminal Report
9/5/2018
Podium - Campus Center
Report of fraudulent purchases from bookstore.
HARASSMENT 1ST
9/5/2018
Colonial Quad - Livingston Tower
Report of a female student being harassed.

CRIM POSS CONTRL SUBST
9/5/2018

Indian Quad - Oneida Hall
Report of a male student in possession of a controlled substance. An arrest was made.

Fire Alarm
9/5/2018
Podium - Social Science
Caused by construction dust.

CRIM MIS RCKLS PROP DAM GREATER THAN \$250
9/4/2018

Empire Commons - EC F Cluster
Report of damage to a door.

CRIM POSS CONTRL SUBST
9/4/2018
State Quad - SQ Grounds
Report of a female student and a male subject in possession of marihuana and a controlled substance. Arrests were made.

Welfare Check
9/4/2018

Colonial Quad - Livingston Tower
Welfare check on a female student. Student found safe.

UNLAWFUL POSSESSION OF MARIHUANA
9/1/2018
Dutch Quad - Van Rensselaer Hall
Report of four students in possession of marihuana and marihuana paraphernalia. Referrals were made for all.

ASSAULT

Continued from Page 1

the safety of a campus. Leadership of the Police Benevolent Association alleged last year that the university violated the act nine times by not issuing notifications of dangers, or issuing them many hours later. The university responded with a public statement in January denying that any intentional violation occurred. “The law allows University officials to weigh several factors in deciding whether to issue a notification — including the nature of the crime reported to campus authorities, the continuing danger (if any) to the community, and the risk that notification might compromise an ongoing criminal investigation,” read the statement.

GENERAL INTEREST MEETING

WHEN: Wednesday, Sept. 12 @ 7 p.m.

WHERE: CAMPUS CENTER TRANSFER & COMMUTER LOUNGE

Come out and meet the editors and learn how you can get involved with the ASP.

SOCIALISM

Venezuela is Not an Indictment on Democratic Socialism

By MATTHEW MIRRO

Venezuela is a state in the midst of a total freefall. Before too long it will be a failed state. Its government had descended into despotism, its bureaucracy has collapsed and its people are teetering on the edge of revolt. Because of this, conservative pundits have pounded their chests and held their breath just waiting to bring up the South American nation whenever any progressive brings up the idea of socialism in America. This, however, is foolish. Venezuela's fall should in no way be seen as an indictment on the ideas promoted by young liberals in America.

During the four presidential terms (1999-2013) of the now deceased Hugo Chavez, Venezuela saw the rise of what the president termed "Socialism in the 21st Century". Chavez's vision

was something almost completely different from the ideas of American socialists such as Senator Bernie Sanders (I-VT) or New York congressional candidate Alexandria Ocasio-Cortez. Their platforms are based on programs that have already been wildly successful in Scandinavian, a system called "The Nordic Model".

However, Chavez created a system centered on himself and putting a premium on his own personal gain and image. His death created a power vacuum that was filled by another despot in President Nicolás Maduro. Since the beginning of his administration, Venezuela's economy has disintegrated due to further corruption and the continuation of policy that required a dead dictator to actually work.

The Nordic Model, however,

has produced fabulous results. According to the 2018 World Happiness Report, Finland is the happiest country on the planet, followed by their neighbors Norway and Denmark. According to the World Bank, Finland (27.1), Norway (27.5) and Denmark (28.2) all score well on the GINI Index which measures wealth inequality on a scale of zero to 100 with zero being perfect equality and 100 being total inequality. In contrast, the United States (41.5) ranks near the bottom, scoring close to Venezuela (46.9) and worse than Russia (37.7). Furthermore, the United States is still the only developed nation that does not offer its citizens with affordable state sponsored health care.

But you don't see Scandinavia breaking out into mass protest to try and expel an authoritarian oligarch

who talks to birds. In fact, the United States ranks as a "flawed democracy" on the Economist's Democracy Index whereas every country in Scandinavia meets the requirements for "full democracy." Comparatively, Venezuela has descended into a state of total authoritarianism in recent years. This appears to indicate that it is not Venezuela's economic policies that have brought it to this point.

The situation in Venezuela is bad, almost impossibly bad. So desperate are their people that the New York Times reports of a secret meeting between President Donald Trump and Venezuela officials seeking to overthrow Maduro through a military coup. But regardless of how much America's old guard



SMITH

wishes to use it to condemn the younger generation's new ideas, such associations revolve around ignorance and fear, not evidence. Venezuela's collapse is instead yet another warning about what happens when one man can gain too much power, and how greed and corruption can send an entire country to the brink of madness. Maybe we should listen.

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a little tastier

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INTRODUCING

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RESTAURANT

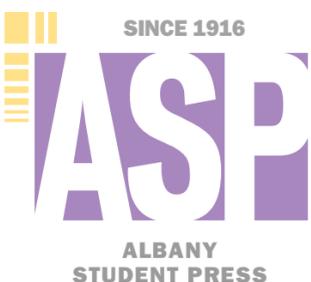
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AIR CONDITIONING

Too Hot to Function: Dorms Need A/C or Other Solutions

By **DIVYA PITAMBER**

Living in a dorm on a college campus is an experience many students look forward to having. They see it as a way to have freedom and experience living without their parents. One thing most students do not look forward to, however, is coming back from a day of classes to a dorm that feels like a sauna due to no air conditioning.

For incoming freshmen and even the upperclassmen, comfort in dorms should be a top factor that the university focuses on. The dorms are a student's home away from home and without basic comfort, academic performance could suffer.

For these reasons, the University at Albany needs to consider either providing air conditioners in dorms, funding central air, or allowing students to bring their own air conditioners to the dorms in order for students to feel at home and comfortable in their dorms without feeling like they are in a sauna.

When it is cold, you can bundle up, wear socks, or wrap yourself up in a blanket. When it is hot, unless you have cold air, there is no escaping the heat. Students cannot be expected to study or sleep in hot, arid rooms. Heat makes it hard to concentrate on school work, which can affect academic performance. Heat can also make it hard to sleep when it is uncomfortably hot, causing students to be tired, which affects their ability to function during the day and concentrate in lectures.

There are only a few months throughout the year in which air conditioners would be needed as most students do not stay on campus during the summers. The lecture center and other buildings are typically freezing during the hotter months, so why shouldn't the dorms be the same when students are expected to live in them?

During my lectures, I have heard several students say that they find it hard to study in their dorms throughout the day as they cannot stand being in the heat. They have no escape from the heat as the temperature is so high both inside and outside their dorms. Additionally, many students have said that fans just are not enough to provide cool relief from the hot, sunny days. A few students mentioned being tired as they toss and turn every night due to the hot dorms.

Students should not have to live in hot dorms as this affects their academic ability as well as affects their standard of living. Parents should not be expected to send their students away from home to a place that cannot provide them with adequate living conditions, such as air conditioners during the hotter times of the year. The time has long passed to fix this issue.

RESOURCES

SA Should Provide More Resources for Student Groups

By **LIAM SMITH**

With the Student Association (SA) Block Party behind us, I thought it was salient to discuss some of the less glamorous problems facing clubs. These days, younger clubs are struggling to reinvent the wheel, get basic things done the correct way, and understand the SA and University at Albany's way of operating. This has led to a lot of new clubs being led by a single passionate president, and then falling apart after they leave. The tools for handing over and managing a club are lacking, I should know, since I help run one of them.

This is leading to a number of clubs becoming chapters of a national organization. At first, I didn't understand why a club would want to be a chapter of a larger organization if it ended up costing their members so much, until I sat on an Eboard and got a pitch myself. As a club leader, their pitch is very appealing, they offer dedicated "soft" resources like their name, premade posters/fliers, ideas for events, but also

"hard" resources like access to a documentation platform, a member management software, online training videos, sponsors, and guest speakers. No longer would we need to have an ugly spreadsheet of members, nor planning for past events be in a million different places, and most importantly we could create a generic document of who we were, and they would send it to sponsors. We could do so much more as a club if all that overhead was simplified.

Those resources came at a cost however. One organization that made an offer to my student group, (which I will not name specifically), would give some resources at a cost of \$25 per student, per year, before dues for T-shirts. While this may seem cheap to many, when compared to some that ask for over \$100, but asking any amount of money can be a

hardship for some students. We don't want our clubs to become pay to join.

With over 100 clubs on campus, I don't see any reason

most of them are awesome, and well worth the cost. These bundles like GSuite, Atlassian, worklogiceps, would fill in a lot of the gaps that MyInvolvement has, such as task management, documentation, and sponsor management.

Let me be clear, this is hardly the most pressing question that SA faces, but providing these resources to student groups is very much achievable. If SA doesn't want to invest in a new platform, adding some Wiki/documentation functionality to MyInvolvement would go a long way in keeping institutional knowledge with a club. (Or at least clubs motivated enough to keep good notes). And it's hard to think that companies wouldn't jump at the chance to have their logo on the back of student organization's T-shirts, especially if they could be working with SA, instead of 100 individual clubs.

It is very hard for small and/or new clubs to "get themselves out there," but I think that SA is in the perfect position to help them.



SMITH

why SA couldn't begin to act like some of these parent organizations. Something as simple as negotiating a cheaper rate for an enterprise level productivity suite would go a long way for clubs. As a president, and a technology nerd, I can say that

SMOKING BAN

Complete Tobacco Ban Best Option

By **RAYMOND E. STRAWN III**

The University at Albany will have a complete ban on smoking starting next year. The biggest backlash to this ban appears to be regarding smokers battling with addiction. I would suggest resources and counseling to be in place to help those struggling with addiction. But when it comes to smoking on campus, I fully support a complete ban.

Addiction is a real concern. I acknowledge that. At the same time, if I'm addicted to alcohol, am I going to be allowed to drink on campus? No. Sure, if I was a resident, there are limits to how much I can drink. But I can't hold a bottle of vodka outside the library. And yes, I'm at legal drinking age.

Drinking does not affect bystanders like second-hand smoke does. I do not give consent to being poisoned.

Shouldn't my right to breathe clean air and not be exposed to cancer-causing chemicals matter? I'm also allergic to cigarette smoke and can't breathe around it. How about those concerns? How about my children, whom I bring to events and expose them to higher education for positive exposure? Should they be exposed to cancer-causing chemicals because of your addiction?

Speaking of higher education, most of us are here to better ourselves and achieve employment, hopefully, related to our degree. We are here to prepare ourselves for the workforce. Learning valuable skills, building networks, and making connections for our careers. Not all workplaces will allow you to smoke, drink, or even do drugs at work. Addiction or not. Wouldn't you agree it would be more beneficial to prepare you for the workforce by guiding you

to counseling and resources to break your addiction, not enable you?

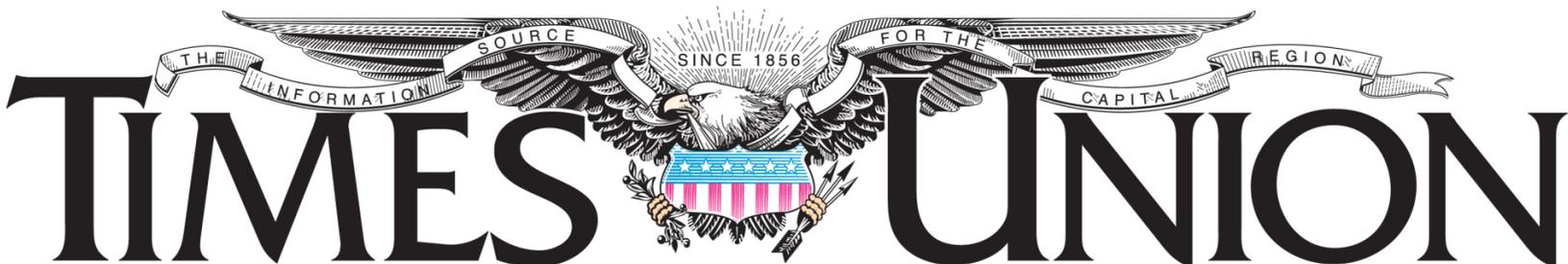
One idea that has been mentioned is setting up a designated zone for smokers, away from the other students. One problem with this idea is, it is still enabling the addiction. The second problem is ensuring smokers only smoke in the designated zone. It is evident that smokers will still smoke in the non-designated zone. Walk by the library if you don't believe me. You will see smokers standing next to non-smoking signs. Setting up designated zones for smokers will not help the issue. A complete ban is the best option because it will be easier to enforce. Stop the enabling and protect all students from the health risks of secondhand smoke.

I sympathize with those struggling with addiction. I hope those who are addicted



STRAWN

can find the help to battle and win against their addiction. But I don't want cancer. I don't want my children to have cancer. I want to be able to breathe as I leave the library. Eventually, many smokers are going to have to deal with their addiction when they start their careers. Might as well start now.



The Times Union packaging department is looking for qualified part-time employees to work day or evening shifts. This is the perfect job for a college student looking to work one of more four- to seven-hour shifts each week to make some extra money. Candidates must be able to stand throughout the shift to lift and load stacks of inserts into packaging machine feeders. Exposure to some paper dust and machine noise is expected. Ideal candidates possess a high school diploma or GED, have reliable transportation and are able to read and follow written and verbal instructions. These are part-time, union positions of up to 28 hours per week. Pay starts at \$13.75 per hour and progresses up to \$18.50 per hour with training and experience. Benefits include health insurance, paid vacation and a 401K plan. You must list your job history in your application, or attach a resume, in order to be considered. The link to apply is: <https://hearst.referrals.selectminds.com/hearst-capital-region/jobs/mailer-trainee-2513>

SOCIAL MEDIA

Librarians Savvy on Social Media

By ARIAH MATIAS

With a wide range of different social medias - yes! even a Spotify account - the University Libraries are trying to entice students to take advantage of the different resources they have to offer.

Run by a social media committee, the library's Instagram, Twitter, Buzzfeed, Pinterest, Facebook, Snapchat, Youtube, and Spotify accounts are designed to stay a fun and safe space for students to stay informed with events and changes happening in the library, or school in general.

The entire social media team is guided by Amanda Lowe, outreach and marketing librarian. She says the team keeps in mind any occurring issue they feel the students should know right away, or plan in advanced the week's posts by researching past events, or library activities.

"All of our social medias serve for different functions," said Lowe. "The collaborative effort of input from all of the different librarians, sites such as History Today, and on campus events keep our social media accounts running smoothly."

The team tries to connect more to the students through the Twitter account, where they usually answer any questions students "quote or tweet" them on, usually followed by a "funny (Harry Potter related) meme" to let the student know it's a safe space for questions.

"We try to theme our weeks; if there's something big happening one week, we try to have our posts

connected to it," said Lowe.

Sometimes, they come up with their own themed week, such as "research" week, where they promote research help, and how-to's for such researches.

"We try to make our posts fun." On the library's Twitter page it shows on their bio, "scholarly, not scary." Lowe says they try to have fun, as well as have the accounts be as student centric as possible because they want the students to follow and be familiar with all the different kinds of help and workshops being provided.

Lowe says they want to make the students comfortable and the resources approachable, while still being subject to an academic social media environment.

"We try to stay fun by posting memes, responding back to you guys when you tweet, and staying open to any social media you guys start getting used to," said Lowe.

With over 20 playlists, the library's Spotify page features a librarian every month by having them pick 20 songs that "defines them as a person," said Lowe. It also includes finals playlists, welcome back playlists, and the anniversary of Harry Potter's playlist.

- Twitter: @UAlbanyLibs
- Instagram: @ualbanylibraries
- Snapchat: UAlbanyLibs
- Spotify: ualbanylibs
- Youtube: ualbanylibrary
- Facebook: University at Albany Libraries
- Buzzfeed: buzzfeed.com/ualbanylibraries
- Pinterest: University at Albany Libraries



LEFT: The UAlbany Libraries uses social media to ensure students are aware of resources available to them. BELOW: Amanda Lowe, outreach and marketing librarian, runs the libraries' various accounts.

ARIAH MATIAS / ASP



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DANCE

Stilettos Stand Taller Than the Rest

By HENRY BURKERT

The University at Albany's newest dance crew stands above the rest.

Established last fall, Stilettos takes the art to new heights, dancing in high heels rather than flats or sneakers.

"We're excited, we're a fresh slate, we're very different from other dance teams," said Sophia Guillen, Stilettos' president. "If you have the attitude and the sass, we want you."

The group's practice routine highlights the talent of the more than 20 person roster, which typically practices in flats before working their way up to heels.

"I think it takes twice as long to learn choreography," said Guillen. "Once we put the heels on, it's a completely different ballgame."

Mirrors also play a role in Stilettos' success.

"They definitely help clean up the choreography a lot quicker," said Katelyn Moloney, the group's vice president.

"When you see [yourself] it's easier to correct your face and things you wouldn't be able to see otherwise cause you're

looking at your feet."

The idea to perform in heels came to Guillen last summer. She decided to pursue it in the spring where it quickly caught on.

"I didn't think this was gonna be as popular as it was," said Guillen. "We had a lot of girls try out for our first semester ... and we have people already asking us when's tryouts."

How did the club catch on so quick? Diversity, according to Guillen and Moloney.

"It's not just one genre of music," said Moloney of the Stilettos' routines. "The other dance teams might focus in on a specific style of dance, we're very open to all types of dances."

Last year, Stilettos collaborated with the Fuerza Latina Club and Serendipity among others.

"This semester is a lot about building us up," said Guillen who hopes to establish several events for the club in the near future.

In the upcoming year, Stilettos hopes to collaborate with more clubs and build up their reputation on campus. The group hopes to add a few men to its ranks as well.



SOURCE: STILETTOS

"We only have girls on the team at the moment, we would love to have some guys that are ready to dance," said Moloney.

The Stilettos value culture and personality just as much as choreography.

"That's definitely a lot of what we look for," said Guillen. "You're wearing heels, you're not just a regular average dancer, you're on top. So you've gotta have the personality."

COFFEE FIX

Starbucks: Long Lines and Solutions

By KATE WEST

The Campus Center West Addition added 76,000 square feet of brand-new space for student resources, lounging, and dining. Of the many new and delicious locations was Starbucks.

The new retail location has everything that your regular functioning Starbucks would have. This new option gave students a single location to grab their coffee or drink of choice, maybe a light breakfast, and make it to their class in an easy breeze.

However, the convenient Starbucks that students enjoyed in the past has been recently clouded by one huge issue: ridiculously long lines. This brings many to think, you could get that Venti Iced Caramel Macchiato, but it will cost you 30 minutes of your time, not to mention some of your sanity in the process.

"Last year was not nearly as bad as it has been this semester," said Zahra Hashimee, a student and avid Starbucks customer. "Sometimes I'm even late to class because I don't anticipate it taking so long to get a drink."

What's the reason behind this sudden influx in Starbucks customers? Perhaps working out some beginning of the semester kinks? Or simply that there is now a higher volume of people on campus?

"In the beginning of the semester, many students dining accounts are refilled with money, so they're generally more willing to spend," said Addison P., Starbucks supervisor, who believes seasonal options the company offers, such as the cooling Refreshers that people have been enjoying during the recent heatwave, may be a factor.

To combat the crowding, the prompt addition of a "We Proudly Serve Starbucks" location in the East end of the Campus Center has replaced what used to be known as

Jazzman's. While many are sad to see Jazzman's go, the hope is to give the original Starbucks some much needed relief from the traffic it has been facing.

The new East Café offers the Starbucks basics such as cold brew coffee and Teavana iced teas, as well as hot coffees and espresso drinks. This option is certainly worth checking out if you go for a simpler drink and wish to avoid the wait times.

At the end of the day, Starbucks is providing us with what seems like our life line some days as college students: our caffeine fix. So the demand for a cup of joe isn't going anywhere anytime soon. Hopefully with the addition of the second Starbucks location, keeping up with our coffee cravings will become more convenient again.

The New East Café is across from Fountain Grill and next to The bookstore.



KATE WEST / ASP

The New East Cafe serves Starbucks products such as cold brew coffee and Teavana iced teas and is located across from Fountain Grill near the bookstore.

GENERAL INTEREST MEETING

WHEN: WEDNESDAY, SEPT. 12 @ 7 P.M.

WHERE: CAMPUS CENTER TRANSFER & COMMUTER LOUNGE

Come out and meet the editors and learn how you can contribute to the Albany Student Press

EXERCISE

Forget Excuses: Exercise on Campus

By JACKIE LABOUNTY

Exercising in your dorm room or on campus is a lot easier than most of us think. Instead of going to a crowded gym and feeling uncomfortable, there are many ways we can stay fit and healthy without having to go out of our way.

Easy ways to exercise would be utilizing the campus. Instead of taking the elevators, try using the stairs. In between classes or during a break, try going up a few flights to get some cardio in for the day. Even for students who don't live on campus, they can park farther away than they normally would. That way they are still getting in those steps in.

The University at Albany is a large campus and it has a lot to offer. It has a track and tennis courts for our use to get a little exercise in. Even running around the perimeter of the campus is a great idea. The campus has about a three mile perimeter. Students who decide this is the exercise alternative for them are getting in a great cardio workout for themselves. Then just pop in some headphones, play your favorite song, and get to work.

Other things UAlbany offers are clubs like the runner's club. Don't forget UAlbany's Division 1 sports teams. All these teams and clubs are designed to keep their students active and healthy. For students that know they have terrible follow through with their exercising

schedule, they can sign up for physical education classes for credit to keep themselves fit. This way they have to go exercise but they are also earning credits for their degrees -- a win-win.

As students, we learn to solve issues with what we have. What we have is a huge campus, so to stay fit, let's use it. Take advantage of all the beautiful, grassy space UAlbany has to offer and do some yoga outside. Who cares if people are staring at you doing your warrior pose. Bring a friend and encourage others to join and participate with you.

It's always best to work out with a friend. Especially if you are uncomfortable around a lot of people. Your friends will give you the confidence and encouragement to better yourselves by staying active. People tend to follow along with others if they are in groups. Standing alone is scary but with a friend, it's not so bad.

Students can even bike around the school. Instead of driving, sitting, or standing, take your bike out for a spin to get a quick workout in. This gets you to your classes faster and there's no worrying about parking or traffic.

Your dorm rooms have plenty of space as well. A few push-ups and sit ups can easily be done. Here you have the privacy of your room and you're still staying active.

Fitness apps can also be easily downloaded on your phones. So, if you're



JACKIE LABOUNTY / ASP

With so much open space, you can do yoga or other exercises all over campus.

ever unsure of what to do to keep yourself fit, use the apps as a guideline to keep yourself moving.

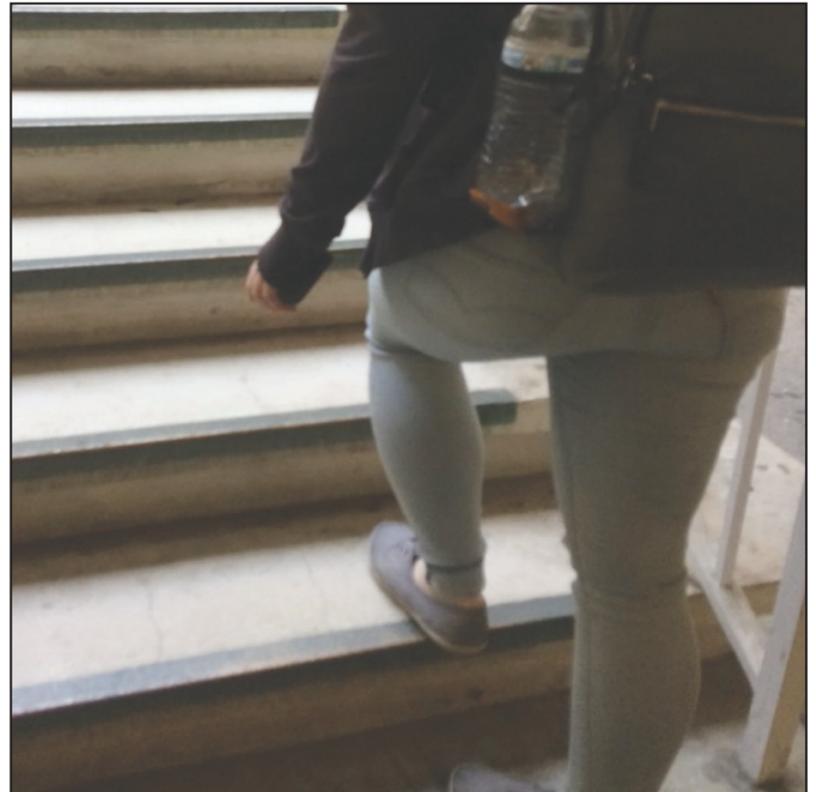
There is no reason or excuse for any student to give as to why they cannot stay active. There are numerous ways for college students to maintain their

physical health as they are acquiring their education. So the last bit of advice is to remember to have fun. We're all here for only a short time, so let's make the most of it.



JACKIE LABOUNTY / ASP

Biking helps you move around campus faster while exercising your muscles.



JACKIE LABOUNTY / ASP

Even taking the stairs is one 'step' towards exercising more often.

VIDEO GAMES

Are Video Games Just Mindless Violence?

By ANDIE THOMPSON

When you think of video games, a first-person shooter might come to mind — something like Call of Duty, Halo or more likely one of the new popular battle royale games like Fortnite. You might not immediately think of a more story-driven game like Life is Strange, What Remains of Edith Finch, or the more well known Last of Us.

There are many games with incredible storylines and dialogue that some people don't even realize have stories; they just write them off as gruesome shooter games.

Take Red Dead Redemption. It has the disadvantage of being similar to the notoriously violent game series GTA (which is a reasonable assumption seeing as the game is by the same developer, Rockstar games, and has a similar platform).

Even with this disadvantage, Gamesradar has ranked it as ninth in their article "The 30 Best Video Game Stories Ever." The game takes you back in time to the beginning of the 20th century in the west. Our protagonist, a retired bandit named John Marston, just wants to settle down into a comforting life with his wife and son but the law catches up to him and

he is forced to track down and kill the remaining members of his old posse.

Now I'm not saying that next time you're desperate for a new series to binge for the week you should instead go drop money that we all know you do not have (we're all broke college students) on an expensive game and an even more expensive system, but have you ever thought about watching someone else play it?



Source: Flickr

If you're a fan of Fortnite then you most likely know I'm talking about streaming. But that type of streaming is more like a sporting event. Here I'm referring to a form of streaming commonly referred to as "let's plays."

This addition of the "let's player" adds a third layer to gaming. Usually it's game to player content consumption, but now there is a third person: the spectator. In some

cases there is no player, just game to spectator. In those cases it's usually just cutscenes no gameplay or a "movie" cut of the game with no player to voice their concerns about a situation.

Next time you're looking for something to hold you over until the new season comes out of that show you desperately love because of its loveable characters and great settings, maybe scoot over to Youtube or Twitch and give 30 minutes to any of the titles I've mentioned. If none of those sound interesting here are some personal favorites:

- 1) What Remains of Edith Finch. It's an almost coming of age story about how people deal with death and tragedy.
- 2) The Witcher 3: Wild Hunt. Although it is the final in a three-part series about a monster hunter more formally known as a witcher, Geralt is in search for his ward Ciri (I'm really dumbing it down). It's number four on the top game list from Gamesradar I referred to earlier.
- 3) Top on my list and number three in Gamesradar's "The 30 Best Video Game Stories Ever" is the Bioshock trilogy. Our protagonist is in a plane crash somewhere over the mid-Atlantic set in the 60's. That's all I need to say. One should really go blind into this series.

FOOTBALL

Dev Holmes: Confident and Ready to Prove his Worth



Source: Bill Ziskin / UAlbany Sports

By OMAR NOUJOUR

There are good first impressions, and then there's the impression wide receiver Dev Holmes made during the Danes' season opener against Pitt.

Holmes, a freshman playing in his first game as a Great Dane, shredded a talented Pittsburgh defense to the tune of nine catches, 143 yards and a touchdown. Holmes, who earned CAA Rookie of the Week honors for his monster statline, was the brightest spot for the Danes in their 33-7 season opening loss to Pitt at Heinz Field.

The performance was the seventh-best receiving day in Great Dane history.

Holmes may have kicked off his college career in grand fashion, but he's adamant that he didn't need a confidence boost.

"I've always had confidence in myself, even when I played Pop Warner. It's just who I am. I play with a chip on my shoulder," said Holmes after practice Thursday.

Despite playing his high school ball just down the road in Troy, Holmes wasn't always destined to be a Dane. Once committed to Villanova, he and the Philadelphia powerhouse had a falling out during the recruitment process.

Now a Dane, Holmes says that the way Villanova treated him motivates him, and he's chomping at the bit to get his first shot to line up against them.

"It's life. It happens. I'm just playing and letting them think about me. I know that they saw that game," said Holmes of Villanova.

In recruiting, every coach looks for winners. They look for guys that have played on the big stage and have excelled in that spotlight.

In Holmes, head coach Greg Gattuso found that guy. He and his Troy High School teammates captured two state titles while he was there -- with Holmes contributing on offense, defense, and special teams in both seasons.

That track record of winning may have helped to silence those who doubted Holmes due to his size. Listed at 5 foot, 8 inches, and weighing 153 pounds, he's never been a physically imposing wide receiver.

"I was getting a lot of interest from FCS schools, so I knew who I had to prove myself to the FBS schools. After a while, I just forgot about it and moved on, and that's when I committed," said Holmes of his battle to prove that his slight frame wouldn't hold him back.

Growing up with three brothers, Holmes never had an issue channeling his competitive side. His older brother spent time in the NFL with the Green Bay Packers, while his father chose to forgo Division I football to focus on raising his first child.

"It was always fun [growing up]. Me and my brothers always talked trash to each other. Then of course my older brother set the standard playing for the Packers, so that's the goal," said Holmes of growing up in a football family.

Off the field, you can find Dev perched in front of a TV with a controller in his hands. He considers himself an avid gamer, and although he likes his fair share of new titles, the now extinct NCAA Football franchise lingers in his heart.

"I still play NCAA Football '14 all the time. It's gotta be one of the best football games ever made. I'd do anything to have that [series] come back man."

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SOCCER

Bright Future for Women's Soccer



Source: Bill Ziskin / UAlbany Sports

Midfielder Gina Bracamonte scored two game-winning goals last year.

By ALEC AMBRUSO

The future is looking bright for the University at Albany's women's soccer team. Following a 2017 campaign that introduced first-year head coach Nick Bochette, the team is led by five seniors including forward Mariah Williams and defender Caroline Kopp.

While the future is bright, the Great Danes of years' past reigned at the top of the America East conference under

head coach Caitlin Cucchiella, winning back to back conference titles in 2015 and 2016.

Under Bochette last season, Kopp was selected to the United Soccer Coaches All-East Region Team, as well as being named the America East Defender of the Year - a first in program history. Both Kopp and Bracamonte were named to the All-Conference First Team, and Williams was selected to the Second Team.

This Great Danes

squad is looking to return to championship form, and they're already off to a stronger start than last year's team.

Their season began on Aug. 17 against the University of Arizona—a team that's received votes for national rankings—with a 1-0 victory. Two days later, they followed that impressive win with a convincing 3-1 victory versus New Mexico State.

While the Great Danes have since

suffered tough losses against opponents Boston College, Colgate, and Buffalo, they responded with victories against nearby rivals Iona and Siena.

Siena was 3-1 heading into last Thursday's matchup against UAlbany, but the Great Danes took that match in a shutout, winning 3-0 on the road.

The goals were divided between freshmen Jada Colbert and Christina Cernuto, as well as senior Mariah Williams, who was the

leading scorer for the Great Danes last season with seven goals and 14 points to her name.

"We have been creating quality chances in just about every game we've played," said Bochette. "But it's fantastic for those chances to culminate in three goals."

Not only was Bochette pleased with the scoring, but he was particularly impressed by the source of the goals.

"I'm also happy to see two of our freshmen

get on the score sheet today. We have some real quality and danger in our youth, and we're excited to see Jada [Colbert] and Christina [Cernuto] open their scoring career here."

Bochette is well aware that more work has to be done to get back to the championship form of the past.

"We still have a lot of progress to make in order to be where we want to at the end of the year."

VOLLEYBALL

Volleyball Team Vies for Redemption

By GABE FLATEN

The overarching theme of the 2018 University at Albany women's volleyball team is redemption. After winning the America East regular season title with an impressive 11-1 conference record last season, the Great Danes failed to finish the job, falling to their rival Stony Brook in straight sets in the conference tournament semifinals.

The loss extended UAlbany's championship drought, who have failed to hoist up the trophy since 2011.

Fortunately for the Great Danes, long-time head coach MJ Engstrom and her team understand the value of a difficult non-conference schedule.

As the path to the NCAA tournament is predicated on an America East championship, UAlbany has already competed with what could be the toughest opponents they see all season. Opening their 2018 slate on an impressive tour, the Great Danes have competed in areas that could be deemed volleyball hotbeds, like the coast of Florida and Ohio State University, respectively.

In addition to a tough schedule, Engstrom is welcoming back nearly all of last year's roster, losing just two players to graduation. With that said, the Danes are going to be an exciting watch in 2018. Among the many familiar faces returning in 2018 is senior superstar Nicole Otero, who is a two-time AE defensive specialist of the year and UAlbany's fourth all-time leader in digs with 1,536 and counting.

Through eight matches, Otero the libero has already sacrificed her body to make 151 digs, equivalent to 4.71 per set. A year ago, she lit up the court with unflappable energy, making 4.82 digs per set while leading the Danes to an AE regular season title.

Not only is UAlbany sound on the back line, but they have what could arguably be the best middle-blocker in the conference as well. At 6 feet, 2 inches tall, Akuabata Okenwa is a talented junior who is coming off of a successful sophomore campaign, earning first-team all-conference at outside hitter and finishing the season at third on the AE leaderboards with 3.3 kills per set. This will not be her first season at middle blocker, however, having excelled at the position as a freshman, when she earned a spot on the AE all-rookie team.

In addition returning of 11 players, UAlbany is welcoming eight freshmen. Several have already made their way into the rotation, including outside hitter Grace Cozad and defensive specialists, Charlotte

Macken and Anna Chalupa.

Cozad has excelled on the front lines thus far, providing the Danes with two kills per set which is second on the team behind Okenwa. The emergence of Macken, a Clifton Park native, has also been a pleasant surprise for coach Engstrom. Macken is second on the team in digs per set with 2.56. Chalupa has rounded out an impressive back line and an even more

impressive freshman class with 1.75 digs per set.

The Great Danes are athletic, well-coached, and they have strong leadership. However, the most dangerous teams are those who play for redemption, making this year's team will host their first in recent time.

The team will host their best home match against Capital Region rival Siena College on Sept. 23 at 2 P.M.



Source: Bill Ziskin / UAlbany Sports

The team aims to overcome their loss in last year's semifinals.