Quad Fitness Centers Adjust Hours

This school year, both the Indian and Colonial Fitness Centers’ hours have been shifted earlier in response to the feedback Campus Recreation received. The Office of Environmental Sustainability kicked off its 12th annual Energy Campaign this year with a focus on water conservation. The Energy Campaign is a 10-week competition between residence halls 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 use a leaky faucet or a running toilet, report it,” said Cassidy Drasser, assistant director of sustainability. “Apartments on campus that have dishwashers, you know, one for the kitchens and dining halls. This year, there are two meters, one for the living areas and one for the kitchens and dining halls.” This year, there are two meters.

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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 its heads over the question of why the 6-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 Giarusso, 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 types of things.”

Giprusso 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 Sep. 2.

Last October, a 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 subsoil pipes in the student’s room.

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 campus.

Maintenance crews for their efforts.

“With ongoing repairs to aging campus engineering,” said Giarusso. “They have a very long lifespan.”

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

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

“I often feel uncomfortable changing in front of [my roommate] 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 freshmen this summer in Italy, but many believe they didn’t understand how difficult it might be in their rooms with an additional person and no additional room.

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 make 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 ladder of a low-ceilinged room.

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Indian

Continued from Page 3.

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 added, af- fected students who are satisfied with their living situations can choose to continue with their current arrangement until the end of the Spring 2019 semester.

Mason Volet, 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 you in these living condi- tions... at basic training we had air-conditioning and heat, and much better bathrooms,” said Volet.

Several residents of Indian Quad have shared similar ac- counts of their time in forced triple arrangements, and most of them agreed that it heightened tensions between residents.

One resident, who requested anonym- ility, claimed that the intense heat, the packed desks, and the bathroom situation, “precluded [him] from feeling comfortable around [his] room-mates.

“The university should have expected the size of the freshmen class. If the quad 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 freshmen residents in Indian Quad. There are several “thread-stripe” housing situations in State Quad, including several in East- man Tower.

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

Meanwhile, Joseph Spaulding, a senior, may have to cut his work schedule.

“I usually work around 4 o’clock because I need class and spend usually an hour and a half in the gym so I can go home and study,” said Ramos. “Now I can leave 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 I can shower thoroughly and prepare what I need for my next lecture,” he said.
1844 Restaurant Opens to Students

By CHRISTOPHER PAYNE

The former Patroon Room is now offering student discounts after undergoing renovations this past summer which transformed the space into a buffet style restaurant.

The new eatery, 1844 Restaurant, got its name from the year the University at Albany was founded, according to Michael Charitos, vice president of student affairs. The school was originally provided two-year training teachers to help meet the demand for a growing population.

The competition will go from Sept. 5 to Nov. 11. Students, faculty and staff, UAlbany reduced its overall electricity usage by 5.5 percent, according to the Office of Sustainability’s website. Students, faculty and staff, UAlbany reduced its overall electricity usage by 5.5 percent, according to the Office of Sustainability’s website.

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

CRIME BLOTTER

Enforcement Officer leaves scene of Property Damage Accident
9/6/2018

Report of a female student being harassed.
9/4/2018

CRIME BLOTTER

Enforcement Officer leaves scene of Property Damage Accident
9/6/2018

Report of damage to a door.
9/4/2018

ENERGY

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.  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.

The university responded with a public statement in January denying that any intentional violations occurred.

The safety of the campus. Leadership of the Police Benevolent Association alleged that the university violated the act nine times by not issuing notifications of dangers, or issuing them hours later.

The university approached my professor about going paperless if possible - online quizzes, syllabis, notes, homework submissions. My professor agreed to do it.

I once had an idea for a unique student, two of Vics' courses nearly used up the entire print budget for classwork. This cost not only saved thousands of sheets of paper but also aided in electricity conservation by eliminating the need for printing and copying.

Pointing 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 paperless if possible — online quizzes, syllabi, notes, homework submissions. My professor agreed to do it.”

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

By CHAD ARNOLD

CRIME BLOTTER

The former Patroon Room is now offering student discounts after undergoing renovations this past summer which transformed the space into a buffet style restaurant.

The new eatery, 1844 Restaurant, got its name from the year the University at Albany was founded, according to Michael Charitos, 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 include and that the university is celebrating 175 years this December — rebranding it with a greater emphasis on the university’s history seemed timely,” said Christians of the decision to revamp the former Patroon Room.

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By MATTHEW MIRRO

Venezuela is in the midst of a crisis, with President Nicolás Maduro facing widespread domestic opposition and international condemnation. The nation’s economy has disintegrated due to further corruption and the continuation of economic policies that have brought it to this point. The situation in Venezuela is bad, 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 Venezuelan officials seeking to overthrow Maduro through a military coup. But regardless of how much America’s old guard 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 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.
RESOURCES

SA Should Provide More Resources for Student Groups

By LIAM SMITH

Why Should Signed

Association (SA) Block Party

Students need to

Solutions

By DIVYA PITAKEY

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 don’t look forward to however, is coming back from a day of classes to a dorm room that is like a sauna due to no air conditioning.

For incoming freshmen and even the upperclassmen, dorms in the summer are 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 conditioning as a dorm facility, central air unit, 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. But 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, and sweaty conditions. Heart Failure...
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 advance 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 use such resources.

“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 to 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 final playlists, welcome back playlists, and the anniversary of Harry Potter’s playlist.

Twitter: @UAlbanyLibs
Instagram: @ualbanylibraries
Snapchat: UAlbanyLibs
Spotify: ualbanylibrary
Youtube: ualbanylibrary
Facebook: University at Albany Libraries
Buzzfeed: buzzfeed.com/ualbanylibraries
Pinterest: University at Albany Libraries
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 Moloney, Stilettos’ president. “If you have the attitude and the move, 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 makes twice as long to learn choreography,” said Guillen. “Once we put the heels on, it’s a completely different challenge.”

Momen 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,” Moloney said. “It’s not just one genre of music,” said Guillen last summer. She decided to pursue the dance team rather than a traditional college degree.

“Once you start working their way up to heels, 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.”

By KATE WEST

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

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

“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.”

By KATE WEST

The Campus Center West Addition added 76,000 square feet of additional 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 Starbucks customer. “Sometimes I’m even late to class because I don’t anticipate it taking so long to get a drink,” said Addison P., Starbucks supervisor, “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, is a contributing factor.

“Last year I was not nearly as bad as it has been this semester,” said Zehra Hashim, a student and avid Starbucks customer. “Sometimes I’ve even late to class because I don’t anticipate it taking so long to get a drink.”

“I think the students who are willing to spend,” said Addison, “Some of them are just taking a break and 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 so sometimes college students can participate.”

The Campus Center West Addition added 76,000 square feet of additional 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 Starbucks customer. “Sometimes I’m even late to class because I don’t anticipate it taking so long to get a drink,” said Addison P., Starbucks supervisor, “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?”

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The New East Café serves Starbucks products such as cold brew coffee and Teavana iced teas and is located across from Fountain Grill near the bookstore.
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 further away than they normally would. That way they are still getting in those steps in.

The University at Albany is a large campus with a lot to offer. It has a track and some courts for our students 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 to do this is the exercise alternative for them are getting a great cardio workout for themselves. Don’t forget your favorite song, and get to work. Then just pop in some headphones, play in a great cardio workout for themselves. This way they have to go exercising and deciding what to do to stay 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. Have you the privacy of your room you still can stay active. Fitness apps can also be easily downloaded on your phones. So, if you’re ever unsure of what to do to keep yourself moving.

In between classes or during a break, try going up a few flights to get some cardio in for the day. 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.

With so much open space, you can do yoga or other exercises all over campus. It’s an almost coming of age story interesting here are some personal favorites:

1) The Witcher 3: Wild Hunt. This is an almost coming of age story about people deal with death and magick.

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 1 referred to earlier.

3) Top Ten 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 bland into this series.

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 maybe 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 Life is 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 pure nonsense instead.

Take Red Dead Redemption. It has the disadvantage of being similar to a notoriety 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, Gameracore has ranked it as a must 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 I’m expensive game and an even more expensive system, but have you ever thought about watching someone else play it?"

If you’re a fan of Fortnite then you most likely know I’m talking about streaming. But that type of streaming is mere lack a sporting event. I’m referring to a form of streaming commonly referred to as “let’s plays.”

This addition of the “let’s play” adds a third layer to gameplay. Usually it’s a 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 curiosities 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 next season comes out of that show you desperately love because of its lovable characters and great set, maybe seek out a 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
2) Life is Strange
3) Life is Us

It’s an almost coming of age story about how people deal with death and magic.

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 1 referred to earlier.

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Source: Flickr

VIDEO GAMES

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so, if you’re ever unsure of what to do to keep yourself moving, use the apps as a guideline to keep yourself moving. There is no reason or excuse for any student to give us 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’ll all have for only a short time, so let’s make the most of it.

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Dev Holmes: Confident and Ready to Prove his Worth

By OMAR NOUJOUM

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.

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 FBS 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 hand. 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.”

“ I am more than an athlete.” —LEBRON JAMES

This semester, connect with UAlbany grads who once stood in your shoes and get free career advice.

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Source: Bill Ziskin / UAlbany Sports
By ALEC AMBRUSO

The future is looking bright for the University at Albany’s volleyball 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 Carolina Kepp.

While the future is bright, the Great Danes of 2018 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’s leadership, the Danes are off to a fast start, having won their first six contests while improving their American East Defensive of the Year and UAlbany’s 4th all-time fourth all-time defensive specialist. The 2018 season has been headlined by two-time AE defensive specialist Nicole Otero, who is a senior superstar.

Engstrom is welcoming back nearly all of last year’s roster, losing just two players in 2018. Not only is UAlbany athletic, well-coached, and they have strong leadership. The most dangerous teams are those who play for redemption, making this year’s team possibly the best in recent time. The Great Danes are athletic, well-coached, and they have strong leadership. Not only was Otero the libero has already sacrificed her body to make 151 digs, equivalent to 4.71 per set. This season at third on the conference at outside hitter.

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

Volleyball Team Vies for Redemption

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 conference title, 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 like the coast of Florida and Ohio State that could be deemed volleyball hotbeds, but they have what it takes to hold their own.

The team will host their first home match against Capital Region rival Siena on Aug. 17 against Iona—a team that’s tough to beat. Their season began strong, however, having earned back-to-back conference titles in 2015 and 2016. 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 conference title, 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 like the coast of Florida and Ohio State that could be deemed volleyball hotbeds, but they have what it takes to hold their own.

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