

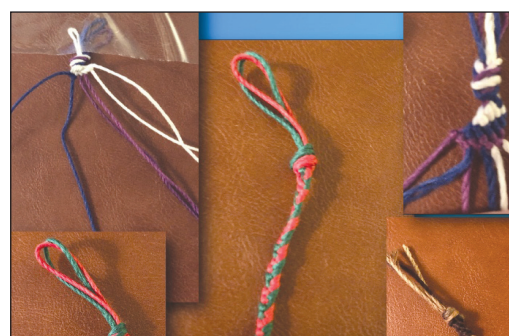


ASP

ALBANY STUDENT PRESS

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FATE OF ACTIVITY FEE UP FOR VOTE MARCH 6

Vote to Make \$110 fee Optional Included in Upcoming Student Association Elections



Credit: Albany Outreach for Animals

Students table for organizations at fall 2018's block party. The upcoming vote could mean that less funds would be available for SA to give to these groups.

By NATE DEPAUL

This week, students will vote on a resolution on the mandatory activity fee, which will have potentially drastic effects on the budget of the Student Association.

At the spring elections for SA from March 6 to March 8, the student body will vote on whether to keep the full-time student fee mandatory or voluntary.

The fee is currently mandatory for all students who are taking more than 6 credits with the college; it is \$110 a semester for students considered full time (taking 12 or more credits), \$75 for students taking between nine and 11 credits, and \$50 for students taking between six and eight credits.

This vote has been recurring since 2006, when it was made a SUNY policy that

students would vote every other year on the status of the activity fee.

SA manages an approximately \$2.7 million budget, controlling funding for student groups, events and activities.

SA also has an internal budget, which funds things like audits, office supplies, lawyers, and stipends for executive employees like president and vice president, as well as their own events. The internal budget is approximately 1.8 million dollars, while the external budget that funds student groups is around \$930,000.

The programming events handled by SA may also be affected, including Parkfest.

SA senator-at-large Ivan Daquial argued that the financial burden of events put on through SA funded groups and by the SA itself would be placed on the students who want to enjoy them, and many of those kids

would not be able to afford these groups without the help of the SA.

In recent years, SA has come under fire for losing track of funds and spending them on controversial executive conferences and SA T-shirts.

It's hard to say how much of the SA's \$2.7 million budget would be lost due to the switch from mandatory to voluntary, as it's impossible to predict just how many students would opt out of paying.

For the roughly 120 groups funded by SA, a voluntary vote may mean less access to club funds.

The ASP spoke to members of the Albany State University Black Alliance Aatiya Caine and Blessing Katawole, whose main concern was the organization's annual fashion show.

In the future, the event, which takes

nearly \$20,000 to produce, may have to be cancelled if funding from SA was reduced.

SA has the phrase "Remember to vote Yes on the activity fee" pasted on their website, but some students still have concerns about the fee remaining mandatory.

Albert Chang, a freshman commuter at UAlbany, plans to vote to make the fee optional, as he is not "spending all my time on campus or using any of these SA resources." He believes he should at least have a choice on whether or not to pay the fee.

The election will take place from Wednesday, March 6 to Friday, March 8, and will include the vote for the activity fee. Voting will take place through MyUAlbany, with instructions on how to vote on the SA section of the University website.

SAFETY

University Police Teach Active Shooter Preparedness



MICHELLE MULLEN/ASP

Lieutenant Grassman shows senior Lorna Lechak ways to intervene in an active shooter event.

By MICHELLE MULLEN

How prepared would you be if an active shooter attacked our campus?

That's exactly what Lt. Steven Grassmann of the University Police Department asked a room of 18 people last Thursday during an active shooter training event.

Thursday's program was one of many CRASE, or citizen response to an active shooter, sessions that UPD offers to university students, faculty and staff.

An active shooter can engage in various types of lethal force not limited to guns. This includes actively killing or attempting to kill people in a confined area using knives, bombs, and even vehicles.

The average time of an active shooter event is 12 minutes. While the average response time of UPD is four minutes, response time to an active shooter may be a bit longer. Some officers are already out

on patrol but those that are not, need time to put on proper gear and grab extra weapons, in addition to the time that it takes to get to the event. Unfortunately, 55 percent of attacks end pre-police intervention.

"The event may be close to over by the time we get here, so what you guys do is what matters," Lieutenant Grassmann revealed. "The university wants as many people trained in this because we [UPD] need help, we can't do it alone."

Statistically, schools and universities are the number two most common locations of active shooter events, while places of commerce, such as malls, are number one.

Lieutenant Grassmann urged his audience to break out of the habit of behavioral scripts, the act of following a sequence of expected behaviors in our everyday lives. These scripts are acquired through habit and routine.

Please see **TRAINING** page 3

ELECTIONS

Candidates Vie for Support in Races for SA Presidency and Senate Seats



Photos courtesy of the candidates.

At left: Candidate Zachary Constantine speaks to constituents. At right: an image of candidate Desann "Dee" Carty from her platform's campaign Instagram account.

By NATE DEPAUL and CAMERON CUPP

It's election season and students this week have a choice between a freshman senator or the current chief of staff for the position of president.

Desann Carty, chief of staff to current SA President Langie Cadesca, is running against State Quad senator Zachary Constantine.

Constantine and his running mate Ivan Daquial are first year representatives from State Quad and first-year-at large, respectively.

Carty, currently a junior, has been involved with SA for the last two years, serving as a senator last academic year before becoming the chief of staff for SA's current president, Langie Cadesca.

Her running mate, Ariel Nuñez, is a current Purple and Gold Ambassador and a member of SA's Strategic Plan committee.

"I like the ideas that Dee (Carty) and Ariel (Nuñez) have," said Nikita Gasu, an RA on State quad, and a Junior at UAlbany. "I also don't know them that well. (Constantine and Daquial)."

Constantine, however, has earned a reputation among some students who view him as a political outsider free of SA's troubled past.

"I'm voting for Constantine because he has good policy compared to his opposition, who seems to have none," said freshman Anthony Parillo.

"I also believe that he is genuine in his policy propositions and he seems to be clear of the corruption that seems to be common in my student government. And I like that."

Platforms

Constantine and Daquial are running on a "Do More" platform.

"I no longer want talk about what the Student Association can't do," Constantine said.

"We came into this organization knowing what we wanted it to do, what it should do, and what it's capable of doing," he added.

The pair, if elected, hope to create three stipended "caseworker" positions in Student Group Affairs to serve as a liaison between student groups and the Executive Branch.

They also hope to improve the efficiency to Parkfest, add more intercultural events and increase accountability of SA's executive branch.

The organization faced criticism last year over its failure to provide biweekly expenditure reports and a controversial trip to New Orleans during Mardi Gras to attend a diversity conference.

"We are not jaded by the experience that we've had and the things we haven't accomplished," Constantine said.

Carty's platform centers around the acronym "I.T.S. T.I.M.E.," which stands for: Include The Students (to work towards) Transparency, Integration and innovation, Mobilization and movement, and Excelling in everything we do.

Carty did not respond to multiple request for comment, but the platform's Instagram page provides insight on what they hope to accomplish.

This includes transparency in the activities of the Student Association, and a greater involvement of the SA in the daily happenings of their funded groups.

The campaign is promising a breakdown of the barrier between students and the the SA, and getting many more students to be involved in campus life.

There was a debate scheduled between the candidates on February 26th, but it was cancelled and moved to Monday March 4th. Watch for coverage online by the ASP.

The election will be held online over MyUAlbany from March 6 to 8.

PERFORMING ARTS

Love Jones: Performers Reveal Inner Desires, Struggles at Phenomenal Voices Talent Show



Photo: Olubusayo Odusanya

By ALAIN CLERINE

Tears were wept, emotions fluttered, and passion was at a premium at Phenomenal Voice's talent show aptly titled "Love Jones."

The program on February 23 encouraged performers to articulate their feelings about their respective relationships. This included everything from romantic, platonic, parental and self-love.

Performers were challenged with being vulnerable while simultaneously making a connection with the audience.

Vulnerability is an abstract concept that does not come easy to most, yet one after the other, poets and singers dem-

onstrated a blend of talent and courage to deliver powerful and raw performances.

One artist, stage name "KingQuinc," read a poem titled "ShowOwt," where he described his desire to pleasure his woman of choice.

"God blessed me to have an amazing imagination to picture the things I write without it actually happening," said KingQuinc, real name Quincy Lassiter.

"As far as vulnerability goes, in all my pieces I always go by the mantra 'live your truth,'" he said.

The poem meticulously described the distinct ways he wanted to gratify this woman, only pausing to give room

for the vocals of his accompanying performer.

Singer Akua Williams complemented his poem with suggestive snippets of "Rocket" by Beyoncé. The oohs and aahs of the crowd could be heard throughout Lassiter and Williams' sensual piece.

"I believe in order for the crowd to understand me I have to make sure I say things people may be uncomfortable saying out loud, because it gives people comfortability to be themselves under any circumstances," Lassiter said.

The process of bearing one's soul to a public audience is welcomed by some, and dreaded by others. However, performer Shanelle Webster finds it central to her art.

"I'm always giving the audience a piece of myself when I perform. The process can be uncomfortable even sometimes mentally and emotionally draining," acknowledges Shanelle Webster.

Her spoken word unraveling of depressions' pitfalls, titled "I Love Depression," seemed like an authentic recollection of a first-hand experience. It was met with pause and concern, but it was also met with cheers and appreciation from the audience, a thank you for revealing her internal struggle.

"I'll take the ugly route in hopes of helping someone else by being their voice," declares Webster.

Phenomenal Voices is a tight-knit group, so when Miriam Joseph, President of Serendipity, joined the lineup for the show, she was deeply moved by the bond the group shared. The constructive criticism and positive reinforcement she received from fellow performers motivated her to dig deep and allow herself to expose her emotions.

"I felt inspired to give my performance everything I have," describes Joseph, whose cover of R&B singer NAO's "Blue Wine" was met with a warm reception.

She describes her fear of performing as a soloist in front of crowds, and the way in which she overcame this fear with the help of her new-found support system.

"I wanted to make my new PV (phenomenal voices) family proud and I wanted to make myself proud."

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CENTER**

TRAINING

Continued from Page 1

By **MICHELLE MULLEN**

“Who takes the same route from work every single day?” Grassmann asked, to which most hands in the room came up. “If you don’t mental script certain things, you’re going to have problems in the case of an emergency. Try at some point to take a different route home... what if the road is blocked in your usual route, for all the what if’s try to practice going out of your routine.”

Mental scripting is the process of developing possibly dangerous or distressing scenarios and coming up alternative methods so that you can more effectively react if faced with such a situation.

Lieutenant Grassman suggested that students practice exiting a lecture center classroom with two doors through both of the doors so that in the scenario that an entrance is blocked during an active shooter event, students can be more prepared.

When it comes to the tunnels, he recommended trying different routes as well.

“Take a left instead of your usual right, take those stairs and see where they go, you’re going to pop out somewhere,” Grassman said.

“I attended this program because I had a strong interest in it, and I knew that I had the capability of helping others because of my physical strength,” Sharyar Khan, a sophomore at UAlbany, explained at the end of the session. “This course helped me understand that it’s more than strength, it’s more of a logical coordinated effort rather than an individual decision. However, it taught me how to be a leader if an active shooter situation occurred.”

Just remember, if you think you’re going to die there is a good chance you may end up that way. However, it is all about mindset. According to Lieutenant Grassman, if you think that you’re going to survive and shift your emotion to that thought, and you take action, your chances of survival are much higher.



MICHELLE MULLEN/ ASP

Lieutenant Grassman demonstrating how to use part of a fire hose to lodge a door closed to prevent a shooter from entering.

CRIME BLOTTER

AGGRAV HARRASS-2:COMMUNICATE IN MANNER LIKELY TO CAUSE ALARM

3/2/2019
Other- UPD
Status: DCJS
No description

CRIMINAL TRESPASS 2ND ENTER/REMAIN UNLAWFULLY IN DWELLING

2/28/2019
Dutch Quad - Stuyvesant Tower
Report of a trespasser on campus acting suspiciously. UPD had already issued a PNG on this subject.

Assist a Person
2/28/2019 5:48 AM
Roadways Univ- Dr West
Officers responded to report of a subject changing tire in road. Stood by with flashing lights until vehicle was driven away.

Medical Incident
2/28/2019
Podium- Campus Center
Report of a female subject experiencing pregnancy problems. Transported to hospital by 5 Quad.

Found Property
2/28/2019
Downtown Campus- Milne Hall
Report of a box of children’s toys found.

Persons Annoying
2/28/2019
Podium- Lecture Centers
Officers assisted in clearing out an event in the Lecture Center.

UNLAWFUL POSSESSION OF MARIHUANA
2/27/2019
Dutch Quad- Ten Eyck Hall
Three students found to be in possession of marijuana and marijuana paraphernalia, which they turned over to Officers. Due to cooperation, no charges at this time.

Maintenance Problem

2/27/2019 2:44 AM
Downtown Campus- Phillip Schuyler
Report of icy sidewalks. Power Plant notified.

Check a Subject
2/27/2019 4:55 PM
Dutch Quad- Ten Eyck Hall
Report of a male subject trespassing acting suspiciously. UPD located and after interviewed issued a PNG.

911/Blue Light Hang Up
2/27/2019 6:05 PM
State Quad- Eastman Tower
Officer responded, individuals on elevator got out safely, and Power Plant advised to check elevator to ascertain functioning correctly.

CRIMINAL MISCHIEF - 4
2/26/2019 1:47 AM
Indian Quad- Adirondack Hall
Report of a broken window on campus. Referrals were made.

Check a Subject
2/26/2019 11:53 AM
Podium- PAC
Officer responded to a student acting strangely. Student agreed to speak with Conflict Resolution.

Found Property
2/26/2019
Podium- Social Science
Report of a bottle found with pills inside.

UNAUTHORIZED USE OF VEHICLE-3
2/25/2019
Podium Pod- Tunnels
Report of damage to a Cushman cart in tunnel by an unknown subject.

GRAND LARCENY 4TH
2/25/2019
Other- UPD
Report of a stolen Apple Mac Book Pro.

Animal Report
2/25/2019 12:18 AM
Roadways- Hawley Lot

Report of an Opossum on campus. Power Plant called to assist.

Medical Incident
2/25/2019 10:19 AM
State Quad- SQ Other
Report of female student slipping on ice. Transported to hospital by 5 Quad.

DRIVING WHILE INTOXICATED- 1ST OFFENSE
2/23/2019 6:33 AM
Roadways- Indian Roadway
Report of a female subject driving while intoxicated. An arrest was made.

CRIM IMPERS ANOTHR PERS W/INT
2/22/2019 4:03 AM
Roadways- Capital Hill Drive
Report of a male subject lying about identity. An arrest was made.

Assist a Person
2/22/2019
Podium- Lecture Centers
Report of a female student feeling threatened by another student. Does not wish to press charges at this time.

Check a Subject
2/24/2019 2:55 AM
Liberty Terrace - LT Grounds
Officers responded to a person in possible distress. Negative results.

CRIM POSS CONTRL SUBST
2/23/2019 11:38 AM
Indian Quad- Mohawk Tower
Report of a male subject and a male student in possession of a controlled substance. An arrest and a referral were made.

PETIT LARCENY
2/22/2019 5:04 PM 0
Freedom Quad FQ A-Truth Hall
Report of stolen laundry by an unknown subject.

PRESIDENTIAL RUN

Why A Mayor From Indiana May Be Trump's 2020 Kryptonite

By ZACHARY CALDERON

Even if you have been following the preliminary stages of the Democratic Primary, Mayor Pete Buttigieg (boot-edge-edge, according to his Twitter bio) of South Bend, Indiana may only be in your peripheral, if on your radar at all. Who could blame you? With powerhouse Democrats such as Kamala Harris, Bernie Sanders, and Elizabeth Warren in the fray, it is easy to overlook this seemingly obscure candidate from the Midwest. And yet, "Mayor Pete", as he is affectionately known by his constituents, has caught the eye of no less than President Obama, who named him as one of the four people he believes to be the future of the Democratic Party.

His reasons are clear when you hear Buttigieg speak. He is sharp, articulate, and well spoken. He even speaks in complete sentences, something that only three years ago was not a quality you had to look for in a presidential candidate. The question still remains though; how could a two term, 37 year old mayor from Vice President Mike Pence's old stomping grounds be the one to down Trump?

One factor that simply cannot be overlooked is Buttigieg's crossover appeal. Not only is he from the Midwest, he has recognized that Democrats have overlooked the region, which contributed to their defeat in 2016, when Trump flipped both Michigan and Wisconsin, states that hadn't voted red since the 1980s. And although not the industrial giant it once was,

Buttigieg believes the area's best days are still yet to come.

Another factor that will appeal to Republicans, right-leaning Independents, and undecided voters is Buttigieg's military history. The Mayor served for seven months in Afghanistan as a Lieutenant in the Navy Reserves three years into his first term in office. At this moment especially, Americans are feeling nostalgic for the warrior class of politicians such as George H.W. Bush and John McCain. If you value veterans, as we all should, how would a politician who avoided the draft with phony diagnoses, feuded with a Gold Star family, and insulted the commander of the Osama bin Laden raid for not catching him fast enough compare to someone who not only served

in the military, but served while in office?

Veterans voted for Trump over Clinton 2-1, and have historically preferred the Republican candidate to the Democrat. While Democrats may not win the majority of the veteran vote in the near future, they can certainly put a dent in Trump's support, something that could be critical in purple states where Trump won by small margins.

Finally, as a mayor, Buttigieg has kept a relatively safe distance from Washington D.C., giving his candidacy more of an outsider flavor. Being the outsider, after all, was a major factor that played into Donald Trump's success in 2016. Perhaps Mayor Pete will have just enough outsider appeal to swing otherwise would-be Trump voters. What all of these factors boil

down to is pure electability. The Rustbelt States are vital to winning in 2020, and Buttigieg checks off all the boxes of your perfect Rustbelt candidate. This is something that many candidates lack, especially the Eastern Seaboard candidates. "East coast elitism" is a hard label to shake, accurate or not, and West Coast candidates will face similar criticisms. Flyover country candidates, then, are the candidates to look to as middle America takes center stage in 2020.

While we should of course keep an open mind during the primary debates, we should also keep an eye on Mayor Pete to make waves in the months ahead. Who knows? It could very well be that city hall is the shortest way to the Oval Office.



Source: Wikimedia Commons

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COLLEGE SPORTS

NCAA Must Reevaluate Student Athlete Regulations

By **CHRISTOPHER G. PERILLO, UA Albany Track and Field**

There has been a firestorm of attention surrounding Duke basketball player Zion Williamson since an incident on the court last Wednesday that caused his foot to blow right through a pair of Nike PG 2.5 basketball shoes. The image of the player's entire foot sticking out of the bottom of his shredded shoe went totally viral and has brought up many questions regarding the sacrifices NCAA athletes have to make when they choose to play in college.

While Williamson will only miss a few games, it has opened an old conversation: what do incidents like this say about the well-being of student athletes? Should student athletes' risk their potentially lucrative futures in professional sports for a few years in a college program? What does this say about the NCAA? Star players like Zion certainly risk a lot when they step onto the court, and if they sustain a serious injury; they might as well throw their dreams of professional sports into the garbage with their broken shoes.

Given the obvious risk that players put themselves in for their college programs, they must be rewarded somehow by their colleges or the NCAA, right? Nope. Actually, the NCAA famously places a plethora of regulations on student athletes. The most notable ones are the regulations preventing student athletes from being compensated for their skills or likenesses. They prevent athletes from being paid to play their sport, from being given any type of prize for winning a competition or receiving any type of so-called "special benefit". In the past few years athletes have even lost their eligibility for making YouTube channels.

Yet, these athletes bring millions of dollars to the institutions they play for and for the NCAA (who brought in over \$1 billion dollars last year) but receive absolutely nothing in return for their hard work and dedication. They actually lose a lot when they choose to play in college. They get nothing but the "pride" and "accomplishment" they get from playing for their program.

Some might argue, "But student athletes can get scholarships!" Yes, SOME athletes do earn SOME scholarship, but not every single one does. Often times there are only a few scholarships reserved for each team, and many players get absolutely nothing. Plus, those scholarships don't do much for paying for food or gas (its actually an NCAA violation if they get money for this). Not that playing a sport in college isn't a great and unforgettable opportunity. As a student athlete myself, I feel a tremendous amount of pride for my school and I personally love every moment I get to compete for it. But the stringent regulations put forth by the NCAA are sometimes too much to handle and makes some athletes feel exploited.

Now, I do not say that every athlete should be compensated for their participation in a college sport. I think it would be a very difficult task for college athletic departments to start paying every one of their athletes. But, student athletes should undoubtedly be allowed to earn money for their likenesses. Key word, "their". What does the NCAA care if athletes receive so-called "special benefits"? It's their special benefit to earn. If a college athlete is offered a job at a sporting goods store for their expertise in a specific sport, aren't they still working to earn that money? Isn't it THEIR expertise that got them the job, not the NCAA's?

If there is anything that the Zion Williamson incident should say to the NCAA; its that their athletes deserve more. Athletes eat, sleep and breathe their sports, and their hard work brings the NCAA billions. If anything is certain, it's that the rights of NCAA athletes NEED to be reevaluated.

IMMIGRATION

Face the Facts: There is No Crisis At The Border

By **M. FRANCIS MIRRO**

If you were to ask the President of the United States, Donald Trump, what era in history he believes he's in, I'd wager there is decent chance he believes we are sometime in the Middle Ages. That could be forgivable considering we suddenly have a new Russian Tsar and a new Chinese Emperor. But to hear him paint a picture of the world is to hear a spiteful and hateful story of barbarians at the gate, foaming at the mouth and chomping at the bit to get inside and destroy the fabric of our existence. In true form, the president believes the solution to this fabricated hyperbole is a gigantic medieval slab of concrete and racism right on our southern border with Mexico.

While Trump has fooled little in his personal crusade, he has declared, for the time being, a state of emergency in an attempt to use presidential emergency powers to circumvent Congress and fund his monstrosity. The simple fact of the matter is Trump's actions are unconstitutional because there is NO crisis at the border.

Trump's campaign was built on this wall and, like the foundation of all his construction projects, that promise was faulty. He said, if you'll remember, that immigrants were bringing drugs and guns and that they were all rapists. It is this old school dog whistle politics, the baiting of white America through fear of sexual indecency, this use of divisive dog whistle politics, that won Trump the election. And it is fear, not of immigrants or of drugs, and certainly not of guns, but of being shown as the con artist he is, that is driving Donnie Do Wrong to burn what very well could be his last political stand on something so incredibly stupid.

The facts, and they are facts, are indisputable. Border crossings on both a monthly and annual rate, are down and have been down since the early 2000s. And as for those so-called "dangerous" immigrants coming in to destroy us all, all studies show that immigrants are less likely to commit crimes, especially violent crimes, than native born Americans.

Trump can decry children as criminals all he wants and Secretary of Homeland Security (and your resident war

criminal) Kirstjen Nielson, can defend the administration's actions until she's blue in the face, but policy based off of LIES can, and have already, caused serious, irreparable harm. As a result of Trump and Nielson's child separation practices have led to thousands of children being sexually assaulted while being held in ICE detention centers. We did that. The United States did that. And if you continue to support this presidency, you are an accomplice.

But even all that aside, the most basic argument is that this decision is not Trump's to make. The Constitution (Article I, Sections 8,9) grants Congress, not the president, the power of the purse. Trump's wall is, at its base, a budgeting issue. In December, when Congress passed a spending bill not including his wall, Trump balked and ignited the longest and most embarrassing government shutdown in our history. Then Congress, in the wake of that episode, passed another budget (somehow) and guess what? It still didn't fund the wall. And thus, this State of Not an Emergency was born.

Simply, this was always Congress' call and Trump displayed a fundamental misunderstanding of checks and balances while campaigning and startlingly continues to do so now. Trump truly believed building a wall would be as easy as being elected president and that is the problem with someone that clearly idolizes the power held by dictators around the world.

We have a president that believes Congress is an employee and the people of the United States are inconsequential unless they wear red hats and can't tell you who won the Civil War. On top of every bit of damage, physical or symbolic, repairable or not, he now wishes to squirrel away with unprecedented budgeting power that even Franklin Roosevelt, in the midst of not one, but TWO actual earth defining emergencies, knew he had to work with Congress for.

Donald Trump has made a mockery of a hallowed office and eroded American influence around the world, perhaps permanently in some areas. Do not allow him to permanently scar this continent with his monument to Jim Crow.



Source: Wikimedia Commons

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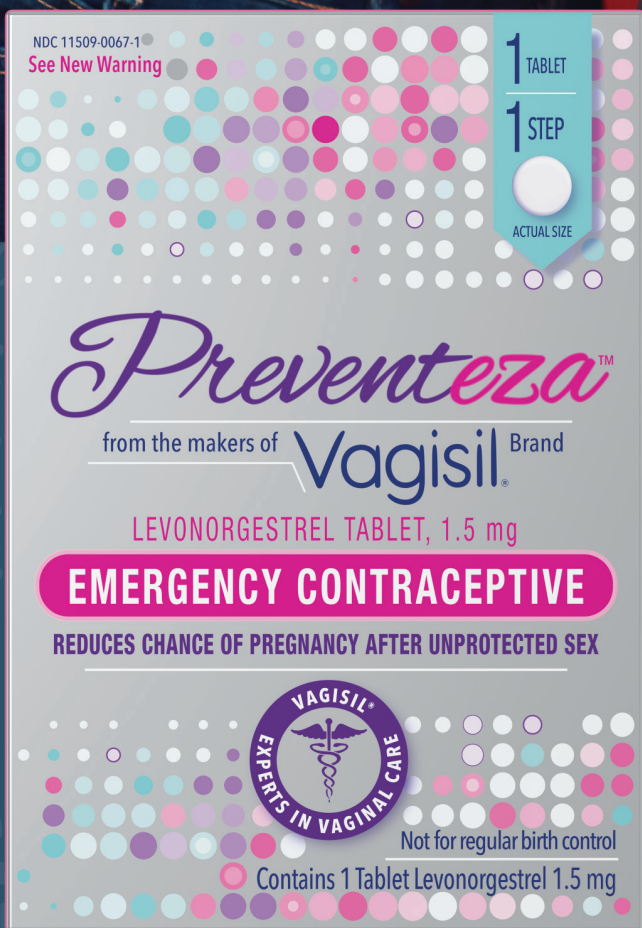
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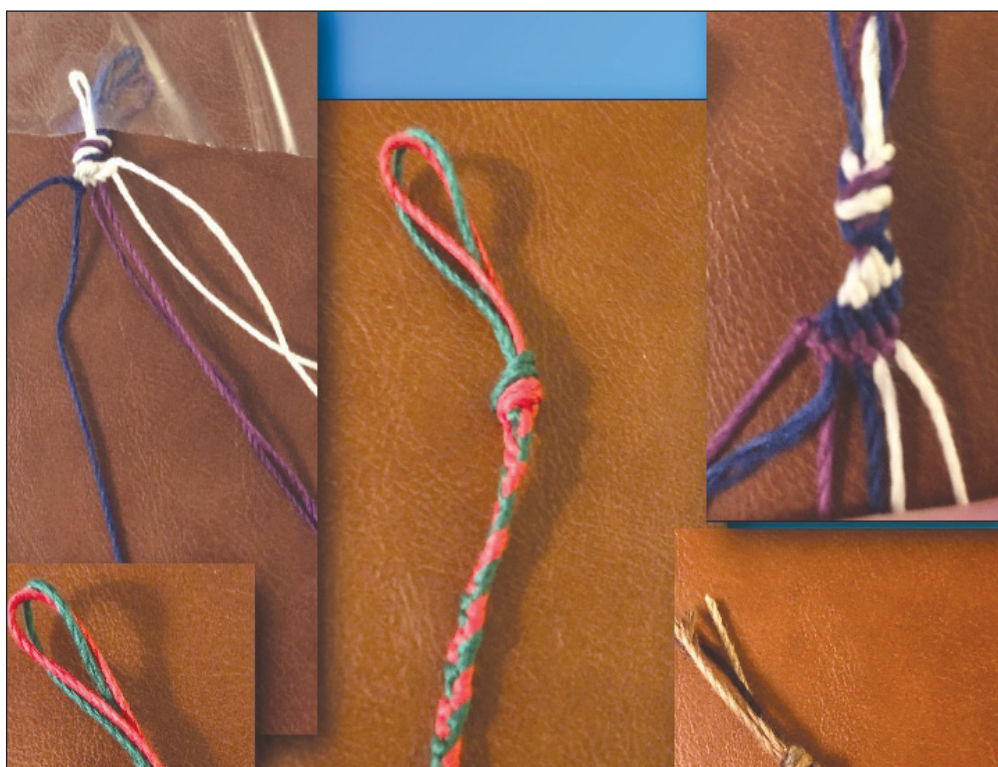
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DO IT YOURSELF

You're Never Too Old To Make Easy Friendship Bracelets

By SKYLAR BLANKENSHIP



Photos and graphic by Skylar Blankenship / ASP

Camp and friendship bracelets -- that's what my summers were about as a child. Whether it was a scorching sunny afternoon or a dreary, downpour of a morning, friendship bracelets were a way to pass the time and make my

friends smile.

This fun craft does not have to stay in summers past! It can be revived in the college dorm room. It is a cheap, simple craft that can be a way to start up conversation with your roommate or a fun activity to pass a Sunday afternoon.

Feeling contemplative? Making

friendship bracelets is a great solitary activity as well. The rhythm of the repetitive motion is relaxing and akin to meditation before and after exams and big assignments.

All you need is some colored string such as yarn, thread, embroidery floss or cord. Use masking or duct tape to keep the bracelet in place. Select a pattern and get to crafting!

There are several websites and YouTube videos that are helpful for learning patterns. I recommend the DIY Friendship Bracelets for Beginners video by Craft Factory. Or, if you want to go old school, there are several booklets available such as Friendship Bracelets 101: Fun to Make, Fun to Wear, Fun to Share by Suzanne McNeill and Friendship Bracelets: Pocket Guide by Leisure Arts.

A simple pattern is called "Chinese staircase" or, if you are feeling crafty, the "dog den" and "rag rug" are more complex. I suggest starting with a three string braid or Chinese Staircase. The materials to make this craft are inexpensive; especially when bought in bulk. At the Walmart on Washington Avenue, 120 feet of Cousin Natural Hemp Cord costs about \$3, J & P Coats Embroidery Floss Value Pack costs about \$11, and Red Heart Super Saver Yarn costs between \$2-\$11.

Personally, I prefer using yarn or some kind of cord as I find them to be easier to manipulate and to last longer. Thread tends to fray and separate.

You can add flair to your bracelet with choosing unique beads, charms, and pendants. An assortment of metal/plastic/wooden charms or beads can be bought at Walmart for around 5 dollars.

These materials can be used for a bracelet or, down the road, an anklet, bookmark, key chain, or backpack decoration.

Taking the time to create friendship bracelets is an inexpensive opportunity to embrace the care-free attitude, joy, and bonds of friendship we had during childhood summers. The next time you are at Walmart searching for boring, adult necessities, take a moment and consider this nostalgic craft. We may be in college, but we are never too old for friendship bracelets.



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LIVE MUSIC

Elton John Bids Farewell At Times Union Center Concert

By CHRISTOPHER POUCH

Elton John performed at the Times Union Center on Friday evening, gracing a Capital Region audience with the music that has fueled his dazzling career for more than 50 years.

Elton, whose craft is based primarily on piano and vocals, began the night with the upbeat classic “Bennie and the Jets” and later included, alongside several lesser known tracks, the iconic “Rocket Man” and adored “Tiny Dancer.” He finished the night, appropriately, with “Goodbye Yellow Brick Road.”

One fan, who travelled from Saratoga Springs to see the event, said: “It was amazing—he played his heart out.” Others took to social media, calling the night “beautiful and energetic” and thanking “Fantastic Elton.”

The show marked another stop on his sweeping world tour—officially titled “Farewell Yellow Brick Road” which is set to cover 5 continents and continue into 2021.

This tour is said to be Elton’s last.

“My priorities have changed in my life. Ten years ago if you’d said I’m going to stop touring, I’d have said, ‘no, no, I’m a working musician. I always play.’ But we had children, and that changed our lives.” Said Elton in a live-stream Youtube interview with Anderson Cooper.

Elton and his long-time partner, David Furnish, want to be there for their kids.

“David and I sat down with a school schedule, and I thought, I don’t want to miss too much of this.” Elton said.

Now over 70 years old, and with more than half a century of audiences behind him, he will give his musical gift one more time to cities across the globe.

“I don’t want to go out with a whimper—I want to go out with a big bang.”

The “Farewell Yellow Brick Road” tour will be in the New York City area for several shows next week, before heading further south to North Carolina and Florida, marking the last of the North America dates later this month.



Photo by David Trestick

Climate Changing; UAlbany Responds

By LUCAS CARL

According to NASA, since the 1880s, the Earth has warmed 2 degrees Fahrenheit, and 2018 was the fourth-warmest year since recording began in the 1880s.

Climate change has become a prevalent, global issue, and UAlbany is working to keep its students informed.

Students for Sustainability aims at improving sustainable day-to-day life on campus. The organization informs students on how to reduce electricity and water consumption and how to grow plants in your dorm.

Mary Ellen Mallia, director of Sustainability, looks at the campus’ carbon footprint, which can be found online at reporting.secondnature.org.

“My job is to focus on engagement, education, integration on academics and research”, she says.

Her office also is part of the Green Scene, a student organization dedicated to environmental sustainability.

From her office in the lecture halls, Mallia can see data like how much is sent to the landfill, how much is recycled, and how much electricity is used.

These insights are used for the Energy Campaign, which challenges the quads and departments to save on electricity and water.

“We save about one million kWh in the ten-week campaign”, Mallia says.

For comparison: The 234 solar panels on the Social Sciences building produce about 50 000 kWh, which roughly equals the annual need of 5 homes.

“We can’t underestimate the power of conservation.” Mallia said.

There are also plans for UAlbany to take a larger conservation role in the future.

“We are in the middle of a project that will put solar panels on every roof

that is viable.” Mallia says.

On the academic side, each department is uniquely involved.

The English Department lists Environmental Humanities as one of the undergraduate program’s subcategories. In this field of study, the relation of humans to the non-human world is explored in courses like Climate Change and Science Fiction.

The Department of Atmospheric and Environmental Science (DAES) also offers a major specializing in climate change.

Justin Minder, Associate Professor at the DAES, is concerned with making the issue of global warming more relatable on a geographical scale, such as vulnerable species in the Adirondack Mountains that would not survive even a slight temperature increase and migrate further north to Canada.

Brian Rose, an Associate Professor at the DAES, says, “there is a lot of pure science going on.” He uses hard science in his classes to teach the impact of climate change. More specifically, his work focuses on understanding the results climate models spit out.

Apart from working on contemporary climate science, the Department of Atmospheric and Environmental Science also reaches out to the public.

“We run a special event every April for Earth Day”, says Professor Rose.

This year, the Earth Day event will be Saturday, April 13th. It will be catered to elementary school children.

“I kind of want to have kids with their hands in the dirt. That is kind of my goal,” said Rose.

Another Aussie Grabs the Spotlight

By TOM CASTRO

Big-time players always seem to shine the brightest when the stage is the biggest. And these games just keep getting bigger for the Great Danes.

Adam Lulka, and the rest of the University at Albany men’s basketball team, have been heating up of late but, they also understand the importance of finishing the season out strong. Lulka, a redshirt freshman, has averaged 9.0 points per game, along with just under 8 rebounds in his first full season as a Dane. On a team that is very perimeter oriented, the 6’8 Forward has served as the only true inside-scoring big man for head coach Will Brown.

Adam was originally born in Sydney, Australia before making his way over to the United States. It is no surprise to see yet another Australian born player shine on the court for UAlbany – just look at fellow freshman Cam Healy and Brent Hank.

The entire Lulka family was very involved in athletics while Adam was growing up which allowed him to ease into it at a young age. He participated in various kinds of sports including swimming, tennis, rugby, and eventually basketball around the time he was in the 8th grade. At the age of 16, after growing to be about 6 foot 4, Adam really started to get serious about basketball and jumped around a bit in the process - attending three different high schools.

During his senior year of high school, Adam starred at “The King’s School”, one of the oldest and best-known schools in Australia, averaging 24 PPG & 10 RPG. This was around the time when Adam started to get interest from Division 1 colleges to play basketball. He knew he had ability but, just wanted to find the right fit for himself. After talking to many schools and going for recruitment visits, Adam felt that Albany not only spoke to him the most consistently but, also really tried to build a relationship with him.

“It just felt the most genuine,” Adam said about his recruiting experience in the Capital Region.

Lulka thinks very highly of the culture that Coach Brown and company have steadily instilled here on and off the court but, ironically it is Lulka himself that can be described as the ‘most genuine’.

“He’s a great kid to coach. Every day I try to find ways to get under his skin just to get him to get more aggressive and he just smiles. Always smiling. You know he enjoys college, he enjoys the academic piece, enjoys the basketball piece, loves his teammates. You just can’t get enough guys like him,” said Coach Brown when asked to describe Adam.

Adam is well-regarded by his teammates as well.

“He’s a good guy, a good teammate, [he] always has his things up to date whether it’s coming here on time or in the classroom. He’s great on the court and great off the court with everything he needs to do,” said freshman forward Brent Hank.

It’s not just his play on the court that has been impressive, everything that Adam does, he does well. His unselfish attitude toward the game and to his teammates is unwavering but, it is what Adam does off the court that may be the most



Continued on Page 10



**UNLEASH
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MEN'S BASKETBALL

Women's Lacrosse Drops First Game of Year

By TYRELL FEASTER

After a 3-0 start to the season the University at Albany women's lacrosse (3-1) team closed their four game opening home stand losing to its first and possibly only ranked opponent of the year - the 22nd ranked Stanford Cardinal (3-1).

Team leading scorer and assister Kendra Harbinger continued her impressive start to the year by extending her streak of scoring three or more goals to four straight games. She also assisted Madison Conway on her second goal of the season.

Harbinger along with junior defenders Imani Hedgeman and team captain Jordyn Marr also received yellow cards during the game.

First Year University at Albany head coach Katie Rowan said she "thought that was a really good learning experience for us." Also stating she was proud "our girls fought hard till the end," while pointing out that the team "gave up a few four goal runs," and "played better in the second half."

The Great Danes, who at one point lead the game 4-2 during the first half entered half time trailing 10-5 after a late goal by Stanford Sophomore Alley Baiocco.

After junior midfielders Hannah Newton and captain Sam Tortora both scored unassisted goals to kick off the second half the Great Danes narrowed Stanford's lead to three.



Bill Ziskin / UAlbany Sports

This hot start however was spurned after another Baiocco goal kick started Stanford's third four-goal run of the game to give them a 15-8 lead with 17:21 left in the half.

The Great Danes did show great fight down the stretch scoring three unanswered goals within two minutes in under two minutes, however they were

not able to score again after narrowing the score to 16-13 with 5:28 left.

Albany also outscored Stanford in the second half 8-6 however this was not enough to retake the lead.

Junior goalkeeper Georgia Schneidereith was credited with her first loss of the year after giving up the ten first half goals.

Schneidereith was subbed out at half time for junior Erin Leghart who gave up the remaining six-second half goals

Both keepers were credited with 4 saves each in the loss.

Coach Rowan felt good after the loss however saying it'll "help us knowing that we're right there with these top teams. She also stated the team always thinks their going to win and that won't change as they head into a tough road game March 9th against Penn State. blocks, and an emphatic dunk late in the second half to bring the lead to 20.

UMBC junior Arkel Lamar gave UMBC their only lead of the game when he hit the first basket of the contest to give the Retrievers a 2-0 lead. Once UAlbany built a double-digit lead midway through the first, they kept the pressure on and never let the lead fall below nine.

The Danes shot 56 percent from the field and made 13-of-27 three pointers. UMBC also had a hot shooting night, making over 55 percent of their shots, but found themselves on the wrong end of 12 free throws made difference.

UMBC's leading scorer, Joe Sherburne finished the night with 13 points, six rebounds and six assists. Junior guard K.J. Jackson provided on the few bright spots for UMBC and led his team in scoring with 16.

The Danes improve to 11-17 (6-7 AE) and look to stay hot as the season starts to wind down.

Continued from Page 8

By TOM CASTRO

impressive of all. He is a brilliant 4.0 student, that is set to graduate next spring because of his academic excellence but, luckily has 2 more years of NCAA eligibility remaining. Moving forward, the thing that is most important to him is to leave here with a master's degree; Adam is currently majoring in psychology.

"He wants to see his teammates have success. If he shoots the ball two times in a row, there's no way in heck he's going to shoot it a third time in a row," Brown added about Lulka's selfless character toward his teammates.

Adam will always give praise those around him but, when asked which of his teammates in particular he looks to for guidance and mentorship -- he was quick to praise veteran senior Devonte Campbell.

"Dev, he's our senior, he's been here for the longest amount of time. He just knows how to work with the system here at Albany. He knows how to get in and out of the grind, constantly work hard and compete repeatedly. He's been a great leader for all of us," Lulka said.

Lulka was forced to redshirt after missing his entire freshman season with a left shoulder injury and wasn't even able to practice or lift until the summer. Still, it is no surprise to see him take on such a large role this season. On a team that graduated so many players and has been starting five freshmen of late; Adam is just another example of a young player that has made the most of his opportunity to play early on.

"He's great team player for us, and as one of the captains on the team, he is always keeping everyone together and being a great leader out there. He's really just doing well his first season out on the court," said Brent Hank, shedding light on the maturity of his teammate.

After a slow start to start the season, the Danes have played better of late and have put themselves in a position to compete for a home game for the Conference playoffs.

It will be a tough task as they must win their remaining three games to do so. When asked about his personal goals moving forward, Adam paused for a few seconds then replied,

"I really just want to make the American East Championship. I want to win the championship. I want to go to the NCAA March Madness because that is just a dream. That is everyone's dream here. I think we have a young group of kids, and the guys here we all have the same goal and we want to get there together. I just want to contribute as much as I can to that goal and see our team succeed."

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MEN'S BASKETBALL

DANES LOSE HEARTBREAKER TO WILDCATS AFTER SENIOR NIGHT



DALIA YAN / ASP

Moments before the loss, Nick Fruscio screams into forward Kendall Lauderdale's chest as the Danes nearly catch up with UNH.

By CAMERON CUPP

The University at Albany Great Danes (11-18, 6-8 AE) lost a heartbreaker to the University of New Hampshire Wildcats (4-23, 2-12 AE), who is sitting at last place in the America East conference on Wednesday night at SEFCU Arena. The loss snaps the Danes' three game win streak, as the team comes closer and closer to the end of the regular season.

The Great Danes celebrated senior night prior to the game. This year, the team only celebrated two seniors, Guard Rayshawn Miller and Forward Devonte Campbell. "It actually hasn't hit me yet," said Campbell. "We still have got two more games to go and I'm just so focused on that, and I'm going to be much more focused after this loss but it just hasn't hit me."

Topping the score sheet once again for the Danes is Redshirt Freshman Cameron Healy, who raked in 14 points and seven rebounds. Fellow freshman Antonio Rizzuto also had an impressive performance, scoring 12 points and grabbing seven rebounds.

"I think the first half there was no flow.. we were poor offensively in the second half, with the five assists and the 1-10 from three," said Coach Will Brown. "I thought we had opportunities".

UNH was led by junior forward Chris Lester who scored 15 points and totaled 6 rebounds. Senior Josh Hopkins also showed out for UNH, scoring 11 points. "We have obviously had a really tough long year," UNH head coach Bill Herrion said. "I thought today that our defense was great, (Chris) Lester stepped up and made a lot of crucial threes. We got after (Cameron) Healy a little bit and (Antonio) Rizzuto hurt us in the first half, and we took away the three in the 2nd half, those were the keys to the game."

The game started off closely contested, as UNH and UAlbany swapped the lead multiple times before the Danes were the first to pull away as Junior Ahmad Clark hit the first UAlbany three of the night. With 11:00 remaining in the first half, UAlbany rolled to a 17-9 lead before UNH began to catchup to the Danes, going on a five

point run to bring the UAlbany lead down to 4.

Healy and Rizzuto closed the first half with back to back threes, both within 5 minutes to go in the half. UNH answered with a three of their own, and the 1st half ended with the Danes holding onto a 32-30 lead.

With 17:55 left in the 2nd half, the UNH Wildcats took the lead 35-34, which had been their first lead since the early first half. The Danes only retook the lead when Healy hit a deep three shortly after the first lead change of the half.

New Hampshire would take a three point lead, going up 49-46 with 8:27, and the Danes would never tie the score, nor lead in the game from this point on.

With 4:25 remaining in the game, UNH took a 59-52 lead, their largest lead of the night. The Danes were able to cut the UNH lead to three with 1:47 left. Clark hit two free throws to reduce the Wild Cat lead to one with 26.9 seconds left. In the final seconds of the game, Healy missed a deep three ball. The final seconds ticked away with UNH hitting two more free throws.