EOP Carries on a 50 Year Legacy
Program pushes students towards high standards

By JOE HOFFMAN

Underneath the stairs from the Lecture Center to the Library, a heavy door swings open to let students enter a home they have found away from where they were raised. You can watch them buzzing like bees in and out of the complex of halls, offices, and rooms all day, from the early morning hours before a stressful exam to the darkness that falls as the dining halls close. Some come from the inner city. Many are first-generation college students. Several grew up in rural America where this kind of diversity could only be found on a TV screen. Whatever one makes of the things EOP officials expect of their students, walking through those doors is different from the average academic department.

The color photo displays a beaming young woman with two weeks of emergency on-campus housing, which includes a meal plan at no charge and has amounted to requests in academic accommodations from instructors. In addition, the university is exploring ways to help the impacted students using the Student Emergency Relief Fund. A GoFundMe named: “170 Quad Fire Relief Fundraiser” was started by Peter Valdez, a student impacted by the fire. The description reads that the funds raised will help cover...
began to take note of Dryden’s Instagram story. On Thursday, anonymous alumni began to take note of Dryden’s social media activity, his dry wit, and his allusion to popular Dryden’s Instagram story.

One fraternity that Dryden shared messages about was La Unidad Latina, also known as La Unidad Latina, was among the groups that the Friday Student Affairs email announced were prohibited from taking new members.

Made a point during his first week on the job, director Carr is often hailed in the university. But it was that tough love, that kind of discipline and bluntness, that slowly saved the kids from all walks of life.

Dr. Carson Carr was six foot, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.

Dr. Carson Carr was six feet, seven inches, with a stone-set face and a demand for respect. He also worked with EOP’s faculty to give their children a path to an education. He was the one who made the infamous five weeks of summer orientation mandatory. He also worked with EOP’s faculty to mandate that students take intensive math and writing courses which each met five days a week.
Middle Earth Urges Help with Tobacco Ban

By NICHOLAS SHEARMAN

Middle Earth urged the Student Association Wednesday to help students who smoke quit once the campus becomes tobacco-free.

Come January, the University at Albany will join the more than 1,700 colleges in banning tobacco products. 

Some have banned: cigarettes, cigars, pipes, chewing tobacco, and vaporizers and other such electronic smoking devices.

Guillermo Vega-Villegas, president of the Middle Earth Peer Assistance Program talked about what SA could do to help students who smoke after the change.

“It’s going to be a self-opening,” Vega-Villegas said.

“We really don’t believe that students should be punished. We are trying to help them realize the benefits of not using tobacco products.”

Last semester, the university launched a website containing information about the tobacco-free initiative.

The site contains resources for students and faculty that are trying to quit smoking, including phone numbers, live chat rooms, addresses to medical service centers along with a mobile app.

The program is chaired by Dr. Dolores Cimini, director of the Center for Behavioral Health Promotion and Applied Research.

Vega-Villegas wants to make the tobacco-free initiative a community effort, rather than an initiative coming from the top.

He wants SA to feel “empowered” once the initiative takes place to remind students and to politely ask them to put out their cigarettes or refrain from smoking on campus.

Brandon Holdridge, SA senate chair, said that since the policy is already approved and planned, SA senators and the Constituent Relations committee will talk to students to “allieve some of their concerns.”

Holdridge said he is aware that there are concerns over the soon to be implemented policy, but plans to speak to Sean Correia, chair of Constituent Relations, to see what they can do moving forward.

Some students are concerned about the enforcement of the initiative.

“They are going to station a cop on every corner. It will not be effective,” said Joseph Gillifarther, a student at the university.

Gillifarther, who vapes, also expressed concerns over vapes and accessories being included in the initiative.

The decision to make UAlbany a tobacco-free campus was announced last April by UAlbany President Havidán Rodríguez.

For more information on the university’s tobacco-free initiative, you can visit albany.edu/tobaccofree.

EOP

Continued from Page 2

transcripts aren’t perfect.

That’s why EOP’s math and English courses are specifically geared towards correcting learning habits and re-teaching English or math that they failed to learn in K-12 years.

“Historically, the programs have been the best at central control of the faculty. I think what makes our program different is that it’s a fully integrated program,” Hanock said.

“I can walk down to Patrick and say that the student needs help with this and so and so, and Patrick can come down to me and say, ‘Hey what’s going on with so and so.’”

EOP has faced scrutiny statewide due to the likes of governor George Pataki in 1994, who cut $42 million from the EOP’s $263 million budget.

“I’m not afraid to come up and tell them that the students did. It used to be a community effort, rather than an initiative coming from the top.”

EOP’s math and English courses are specifically designed to help students who smoke quit once the campus becomes tobacco-free.

For 10 seconds, the huge arena was silent. Matirnas’ eyes scanned the room as the student waited for students to extinguish their glowing screens.

Some of the oldest alumni at the mass meeting did not go through the same EOP summer program.

“Unless they are going to station a cop on every corner, it will not be effective,” said Joseph Gilferther, a student at the university.

Gillifarther, who vapes, also expressed concerns over vapes and accessories being included in the initiative.

The decision to make UAlbany a tobacco-free campus was announced last April by UAlbany President Havidan Rodriguez.

For more information on the university’s tobacco-free initiative, you can visit albany.edu/tobaccofree.

EOP

Continued from Page 2

transcripts aren’t perfect.

That’s why EOP’s math and English courses are specifically geared towards correcting learning habits and re-teaching English or math that they failed to learn in K-12 years.

“Historically, the programs have been the best at central control of the faculty. I think what makes our program different is that it’s a fully integrated program,” Hanock said.

“I can walk down to Patrick and say that the student needs help with this and so and so, and Patrick can come down to me and say, ‘Hey what’s going on with so and so.’”

EOP has faced scrutiny statewide due to the likes of governor George Pataki in 1994, who cut $42 million from the EOP’s $263 million budget.

“I’m not afraid to come up and tell them that the students did. It used to be a community effort, rather than an initiative coming from the top.”

EOP’s math and English courses are specifically designed to help students who smoke quit once the campus becomes tobacco-free.

For 10 seconds, the huge arena was silent. Matirnas’ eyes scanned the room as the student waited for students to extinguish their glowing screens.

Some of the oldest alumni at the mass meeting did not go through the same EOP summer program.

“Unless they are going to station a cop on every corner, it will not be effective,” said Joseph Gilferther, a student at the university.

Gillifarther, who vapes, also expressed concerns over vapes and accessories being included in the initiative.

The decision to make UAlbany a tobacco-free campus was announced last April by UAlbany President Havidan Rodriguez.

For more information on the university’s tobacco-free initiative, you can visit albany.edu/tobaccofree.

EOP

Continued from Page 2

transcripts aren’t perfect.

That’s why EOP’s math and English courses are specifically geared towards correcting learning habits and re-teaching English or math that they failed to learn in K-12 years.

“Historically, the programs have been the best at central control of the faculty. I think what makes our program different is that it’s a fully integrated program,” Hanock said.

“I can walk down to Patrick and say that the student needs help with this and so and so, and Patrick can come down to me and say, ‘Hey what’s going on with so and so.’”

EOP has faced scrutiny statewide due to the likes of governor George Pataki in 1994, who cut $42 million from the EOP’s $263 million budget.

“I’m not afraid to come up and tell them that the students did. It used to be a community effort, rather than an initiative coming from the top.”

EOP’s math and English courses are specifically designed to help students who smoke quit once the campus becomes tobacco-free.

For 10 seconds, the huge arena was silent. Matirnas’ eyes scanned the room as the student waited for students to extinguish their glowing screens.

Some of the oldest alumni at the mass meeting did not go through the same EOP summer program.

“Unless they are going to station a cop on every corner, it will not be effective,” said Joseph Gilferther, a student at the university.

Gillifarther, who vapes, also expressed concerns over vapes and accessories being included in the initiative.

The decision to make UAlbany a tobacco-free campus was announced last April by UAlbany President Havidan Rodriguez.

For more information on the university’s tobacco-free initiative, you can visit albany.edu/tobaccofree.

EOP

Continued from Page 2

transcripts aren’t perfect.

That’s why EOP’s math and English courses are specifically geared towards correcting learning habits and re-teaching English or math that they failed to learn in K-12 years.

“Historically, the programs have been the best at central control of the faculty. I think what makes our program different is that it’s a fully integrated program,” Hanock said.

“I can walk down to Patrick and say that the student needs help with this and so and so, and Patrick can come down to me and say, ‘Hey what’s going on with so and so.’”

EOP has faced scrutiny statewide due to the likes of governor George Pataki in 1994, who cut $42 million from the EOP’s $263 million budget.

“I’m not afraid to come up and tell them that the students did. It used to be a community effort, rather than an initiative coming from the top.”

EOP’s math and English courses are specifically designed to help students who smoke quit once the campus becomes tobacco-free.

For 10 seconds, the huge arena was silent. Matirnas’ eyes scanned the room as the student waited for students to extinguish their glowing screens.

Some of the oldest alumni at the mass meeting did not go through the same EOP summer program.

“Unless they are going to station a cop on every corner, it will not be effective,” said Joseph Gilferther, a student at the university.

Gillifarther, who vapes, also expressed concerns over vapes and accessories being included in the initiative.

The decision to make UAlbany a tobacco-free campus was announced last April by UAlbany President Havidan Rodriguez.

For more information on the university’s tobacco-free initiative, you can visit albany.edu/tobaccofree.

EOP

Continued from Page 2

transcripts aren’t perfect.

That’s why EOP’s math and English courses are specifically geared towards correcting learning habits and re-teaching English or math that they failed to learn in K-12 years.

“Historically, the programs have been the best at central control of the faculty. I think what makes our program different is that it’s a fully integrated program,” Hanock said.

“I can walk down to Patrick and say that the student needs help with this and so and so, and Patrick can come down to me and say, ‘Hey what’s going on with so and so.’”

EOP has faced scrutiny statewide due to the likes of governor George Pataki in 1994, who cut $42 million from the EOP’s $263 million budget.

“I’m not afraid to come up and tell them that the students did. It used to be a community effort, rather than an initiative coming from the top.”

EOP’s math and English courses are specifically designed to help students who smoke quit once the campus becomes tobacco-free.

For 10 seconds, the huge arena was silent. Matirnas’ eyes scanned the room as the student waited for students to extinguish their glowing screens.

Some of the oldest alumni at the mass meeting did not go through the same EOP summer program.

“Unless they are going to station a cop on every corner, it will not be effective,” said Joseph Gilferther, a student at the university.

Gillifarther, who vapes, also expressed concerns over vapes and accessories being included in the initiative.

The decision to make UAlbany a tobacco-free campus was announced last April by UAlbany President Havidan Rodriguez.

For more information on the university’s tobacco-free initiative, you can visit albany.edu/tobaccofree.
Have you ever tried to explain calculus to an English major? How about the underlying themes of Macbeth to a math major? I can’t imagine too many math majors will require me to solve advanced calculus, and even if one ever did, it would be unrealistic for any employer to expect an understanding of advanced mathematics. It isn’t already obvious, the main reason behind the mandating of gen eds is no longer the building of a well-rounded workforce. The modern world expects creativity, adaptation and unique ideas. Our current system is a holdever from over 100 years ago, failing to change when the internet changed everything else. But now, the main motivation behind the mandating of general education courses, is purely financial gain.

Here’s some math; 18 thousand students paying to take 190 credits is astronomically more profitable than those same 18 thousand students paying for the 30-60 necessary for a major degree. Simple as that. This issue has helped fuel the growing, more than trillion dollar student debt crisis set to cripple this generation before it ever has a chance to grow from the shadow of its parents. It is a byproduct of the for-profit college system that has undergone so much questioning and scrutiny in recent years. It’s an aspect of an outdated education system with backwords, tenn of the century priorities. The time for change came long ago, it’s simply a matter of reading the numbers on the clock.
The University at Albany’s website gives us a description for the student activity fee: It “funds the groups, programs, and activities of the Student Association. This fee is mandatory for undergraduate students taking six or more credits except for those in our Overseas Academic Programs.”

The mandatory fee for undergraduate students is supposed to fund clubs, events, and activities for students, not purchasing T-shirts. The description does not mention that the SA senators have the power to allow purchasing personalized T-shirts for their organization using the fee.

The senators may say there is a policy or legislation that grants them this power, but I believe that is an abuse of power because it is unfair to the other students who must pay this mandatory fee and are denied personalized T-shirts of their club or organization. This is not the first time I have mentioned this. I wrote an article last semester about the student activity fee's purpose does not pertain to purchasing T-shirts. Not only do I believe the student activity fee's purpose does not pertain to purchasing T-shirts, but I also think it's a breach of equal fair treatment among students. Clubs and organizations cannot use student activity fees to purchase their T-shirts. To maintain fair and equal treatment, senators should not be allowed to buy T-shirts using the student activity fees. What message does that send to students, clubs, and organizations when senators spend money from a mandatory fee to purchase T-shirts that no other students can receive in their clubs or organizations?

I realize that the senators work hard on the budget and other duties, and they may want something to remember their time as a senator. I understand that the senators may wish to be recognized for their position and be able to show other students by wearing a T-shirt. However, what about E-board members among clubs and organizations? They also work hard and may want to be recognized or have a keepsake. I also understand that allowing all clubs and organizations to be able to receive T-shirts from the student activity fee would be detrimental to the SA budget.

The only real solution is for the senators to no longer be allowed to purchase T-shirts with student activity fees. These students decided to take on a leadership role. They are aware of what is the most effective way to get student attention. Many of the organizations on campus use social media such as Twitter, Instagram and Facebook. The NYS Writers Institute has its own Facebook page which, if liked, allows you to see what events they have coming up. There is also their website, which the link will be below. I was able to get in touch with Mr. J. Huber, who runs the institute and asks some questions regarding getting students attention and getting more students to attend. He noted there is really a “Three-part challenge.” He mentioned that getting attention of the news of the events was just one part of the problem. The institute learned that they needed to expand the outreach. Doing more than just sending emails out manually to be done, and they have also started pushing more on social media. I asked about tabling, something they have already started doing. Not only that the student interns and new graduate intern have been pushing into the classrooms as well as hanging flyers in the dorms. Michael also noted that they host a Cookie Day during finals week.

The second part to the challenge Mr. Huber said was that once the information is out about the events, the getting students to actually show up. Trying to get students to understand that the events are not just some boring stuffy course or English class is just part of the problem. The institute has started trying to broaden who they bring in. This semester they have Olympians, actors, authors and poets. All trying to reach out demographics. The last part of the three part challenge is the timing of these events. A lot of the speaking engagements and workshops happen in the evening. While and the institute is bringing in a diverse range of speakers it’s hard to get past the average student. Most students who attend the college has part-time or full-time jobs depending on the age, the course load is heavy and for those like myself who live off campus, it makes it hard to attend to events. While I believe the NYS Writers Institute is doing their best to get the word out about the events each semester, there could be more done by the college itself. Whether it posting more information on the colleges several social media accounts or sending out emails weekly from the communications board to students who know about these events spreading the word. The Writers Institute also has programs in the third floor of the Science library in which students can go get start flooding our inbox with ideas.

SEND US SUGGESTIONS:

OPINIONS.ASP@GMAIL.COM
By JACKIE LABOUNTY

When it comes to maintaining your health, having a healthy diet seems almost impossible. Particularly when you’re eating food every day from the campus center. Eating healthy on your campus can be difficult, but it can be done. There are several ways for students to keep their health and wellness up while attending school.

Simple changes in your diet that seem unimportant like portion control, healthy snacking, and varying meals actually make a big difference. There are several tips that can help with this issue. To start off, learning portion control.

Sometimes, as human beings, we indulge ourselves too much and we just don’t know when we’ve had enough. Portioning your meals keeps your food intake at balance. Varying your meals is also a healthy option. We get into habits and routines, and we unconsciously develop patterns of behavior. Changing up your diet is very important for your nutrition by having several varieties to choose from.

We also can’t skip breakfast. Trust me, I know how hard it is trying to get up and make it to class on time, let alone fitting breakfast in. This is crucial to keeping a healthy diet. If you want to be healthy you have to start your day off right. When you skip breakfast, your body is being deprived of what it needs. By the next meal you eat, you forget our first tip and you over indulge. Eating healthy snacks is also important. Buy some fruits and vegetables for your dorm room or keep them in your backpack. This helps you avoid the temptation of reaching for junk food. It’s also much better when it comes down to money. Have you ever noticed how cheap these items are? Stores basically give us fruits and vegetables for free. We would be helping ourselves financially on top of keeping a healthy diet.

UAlbany’s Campus Center has many restaurants to choose from. Some are by far much healthier than others. The healthiest options are Stocks and Stems, Star Ginger, and the 518 Market. Each of these places have many vegetable sources involved with the food. Even though the 518 Market is a small store, you can easily grab fruits and other healthy snacks there.

If you decide not to choose one of these places to eat, you can still always find a healthy alternative wherever you decide to go. Damian’s offers a lot of fried foods, but if you look carefully, you can find that they offer salads as well, which happen to be delicious. Quality of food is very important to students as well. We want to enjoy what we decide to eat, especially when it is healthy. Several of these restaurants include building your own food which give us the opportunity to make the smart choice on our own. Your mood is automatically better for you once you throw some greens.

So, start adding vegetables to what you normally eat. It’s just as good, it gives you the energy you need, and it’s a whole lot healthier. It’s all about the choices we make and what we decide to put into our bodies. Let’s take care of ourselves and start choosing the right foods!
HISTORY MONTH

UAlbany Celebrates LGBTQ+ History Month

By FATIMA SYED

The Gender and Sexuality Resource Center will be providing University at Albany students with many engaging events that will be coming up in the next few weeks to honor LGBTQ+ History Month. LGBTQ+ History Month gives recognition and education on the development of LGBTQ+ rights in the United States and celebrates their impact on the country’s history. The month also aims to remember those who have been silenced or punished for expressing their sexuality. The Gender and Sexuality Resource Center aims to get UAlbany students engaged and aware about the various upcoming activities set up for the month.

“We just want people in the LGBTQ+ community to know that they are not alone and that they should feel welcome to come here, anytime of the year,” said Neiry Fortunato, a senior and administrative assistant for the Gender and Sexuality Resource Center.

One program Fortunato referenced is “Tuesday Talks.” UAlbany student and GSRC member Fae Simpson will be the representative and spokesperson for the weekly event, which includes an open discussion group where students can come and share their experiences. Each week will offer a different discussion topic, including mental health, self-care, and gender expression.

The GSRC will also offer Thursday Art Therapy Painting this month, where students will have a chance to relax and mingle with other colleagues while painting different pictures.

UAlbany Graduate student Shaine Holloway also works at the center as an assistant and is actively involved in its activities.

In an interview, she said the GSRC will have a table in the Lecture Center, which will be promoting upcoming GSRC programs.

The table will act as a resource for any student who is interested in getting involved on campus for LGBTQ+ History Month.

Fortunato emphasized the welcoming atmosphere of the center and praised the endless support and empowerment that one can feel after visiting the GSRC, especially during this month.

Sign up now!
http://ualbany.firsthand.co

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

Free.
Easy to Use.
Search by field or Industry, degree earned and more.

Get access to 1,000+ successful Great Danes who are ready to share their insights with you.

UCAN is sponsored by the Alumni Association.
Vans: A Street Phenomenon That Never Went Out Of Style

By ELLA COSTA

Everywhere I look on the University at Albany campus there are Vans on people’s feet. The freshman walking to English class with her black and white Checkerboard slip-ons, the senior grabbing lunch in the Campus Center with his Old Skool all-whites and even a professor in his grey and white Authentics.

Vans of all styles seem to be popular on UAlbany’s campus this year and don’t discriminate. But why is this shoe, first introduced in 1966, making such a come back now in 2018?

“I think it’s representing a street culture. Street culture is more popular,” said Xiqian Zhang, a visiting scholar from China. “More people play skateboard and wear it and it means something else. It’s chic and popular in movies and music.”

Zhang, who was wearing white and yellow striped Vans, says she likes the color and design and thinks that’s another reason people like the shoes so much. Zhang might be onto something here, street culture or streetwear is becoming popular culture among today’s youth.

According to UrbanDictionary, street culture is culture that comes from the city streets and communities around the world such as New York and London.

“[Street culture] is modern, always pushing the limits of any set idea whether that’s fashion, art, design, music or sport. It is the creative forces in the city,” UrbanDictionary said.

“This year’s streetwear trends pull a lot from skating culture, that’s part of it,” Jessica Ferrusi-Millett, a former student at the New School Center for Media, for radio said.

Vans aren’t just worn because of the rising street culture, they are a popular pick among young adults because they’re comfortable and cute.

“I think they’re popular because they’re an easy shoe, they’re a sneaker and comfortable to walk in and they’re just really cute,” said sophomore Laurel Glassier.

“They’re probably popular because they’re comfortable and last a long time,” said senior Madison Bellecap of her grey slip-ons. “I’ve had this pair for over two years.”

Vans, which was started in SoCal skate culture, has grown into a worldwide phenomenon. Partly because they have a style for everyone and because they are cross generational. From 1966 to 2018. There is something to be said for a style that never went out of style.

“I just feel like they have so many different types and it’s easy to express your personality through them. My favorite flower is sunflowers and I was able to customize them into sunflowers and I get so many compliments on them,” Glassier said.

THE ASP WANTS YOUR VOICE ON CAMPUS CULTURE!

Email lifeandent.asp@gmail.com

Come out to News Nights and meet writers on Wednesdays at 7 p.m. in Campus Center 326
Playing for Cookies: Coach Phil Sykes
Field hockey coach speaks on upbringings and coaching style

by Rob Lepelstat

UAlbany field hockey head coach Phil Sykes ticked off five of the last nine America East championships, set down with the ASP's Rob Lepelstat to talk about his coaching career, representing the U.S. in the Olympics as a player, etc.

Editor's Note - This conversation was done by phone this past weekend, when Sykes earned his 200th career victory with UAlbany.

Rob Lepelstat: Take me back to your childhood. Growing up in Livermore California, around 30 miles away from the San Francisco Bay Area. What was it like as a kid?

Phil Sykes: So I was born in Tacoma Washington and then around five and a half six years old we moved to California. In a small little valley, east bay California they call it, huge into sports. Randomly a friend one day, I lost a bet to him and he said, 'You have to come play field hockey.' And I’m like, no, don’t wanna play that. It looks like someone’s gonna get hurt! It ended up being my favorite sport. I just got a real attachment to it and about a year after that I got recruited by a national team coach, a guy named Gavin Fieldhouse moved to my town. He had just coached the 84 Olympic team. I was growing the sport. I kinda narrowed my sports down to tennis and field hockey and played volleyball as an athlete. Played D-1 tennis at a school in Texas, University of Texas Pan American and as soon as that was over I got directed back into hockey and we had just been granted the 96 Olympics in Atlanta. I was on the national team and I had taken a little break from tennis and I got back on it and was fortunate enough to make the team. I played D-2 field hockey in Atlantic and traveled the world through playing field hockey.

RL: You have a smile on your face. Just what was that experience like? I mean, representing your country in the Olympics?

PS: It’s amazing. Just even going through the Opening Ceremony, I don’t think I could not smile. You know, look who’s in the crowd. We first started walking, Carl Lewis pops out.

RL: I got a photo with Carl Lewis who’s, you know, super famous, but hopefully you know who he is.

PS: You know, of course I do!

RL: Great! Then you see the Dream Team. I mean you see all the all the celebrities and they’re like, where are we, like, who’s in the crowd? I mean you’d have between five and 10,000 people at a game there too, which was unheard of and a pretty amazing experience overall for sure.

PS: I touched on a little bit, but as a teen/young adult, what did you learn from playing in the Olympics on that stage?

PS: I was 25 when I was there in the Olympics and as I said I’m a little older than you. A lot older. I started making our junior national team around 16 and traveling and playing and having sports, but you could see there kind of a pretty neat experience. And then, you know, I think that along with playing high level junior tennis in California, which is a very tennis rich community and dealing with all these different types of competitions, you know, I just really kinda got to where I eventually wanted to be. And I think coaching was a natural kind of path.

I was instructing and playing tournaments and then I coached college tennis for a little while, and I was like, I don’t like a lot. Randomly I met my wife at a mutual friend’s wedding. My future wife, she was gonna move to California after we had dated for awhile. She lived in Lancaster, Pennsylvania. But around the year 2000, the prices were going through the roof, Silicon Valley and all this stuff. So I said, maybe I’ll come out there and coach hockey. And I hadn’t played, I hadn’t coached much and I just sort of looked on a map and said you know, Towson University looks really close to Silicon Valley. I’m sort of away on a map. I’m sure that’s really close. It was an hour and a half drive (laughing). But I got a job there. I make about $9,000 for the year. But discovered that I really love it.

I actually grew up in a very unique sporting environments. My next door neighbor was a guy named Jack Trudell. He played at Illinois football as a quarterback, ended up playing for the Indianapolis Colts, played in the Rose Bowl, all that stuff. And then the next step over was a gay named Randy Johnson, six-foot-eleven pitcher. He’s won 300 games, two blocks over. Many more too. I was just sort of a sporting hot-bed and I got to see it and witness it and watch these guys and say, well, I want to be like those guys.

PS: It’s funny because Randy Johnson is one of my favorite pitchers of all time. Is there a Randy Johnson story that you could tell me right now?

PS: There is! Ironically he and Jack Trudell, they were like, you know, kind of a few families in there. They were rivals and I got to kind of see that. So he ended up going to a cross-town high school. But my brother, anyone we get together with family reunion, my oldest brother Marty, was a pitcher against him [Johnson] as a 12 year old. And that’s his claim to fame is I beat Randy Johnson! I’m not gonna say it was in the majors, but as a 12 year old little league he did it! But I get to talk with those guys when I was a kid watching play and they’re always really nice gracious people, but you could see their kind of aspirations and their different levels of maturity and just, we just want to mirror that. I want to be like those guys.

PS: 14 years ago, you got the phone call that you’re going to be the head coach at UAlbany. When you got that call, what was going through your mind?

PS: Well, it was beyond shocking because I had coached at Towson. I thought I had a good resume. I applied for over 60 jobs, D-I, D-II, D-III and I got nothing. I was not getting interviews or anything. And in the matter of a two hour span, on one day I got offered three jobs. Albany said you know, I saw. okay at the time transitioning in D-I and they don’t have a field. Not a lot of scholarships at that time. Not very good. Maybe one of the five worst teams with rankings. But, one thing I really saw was the level of all the teams improving every year. And kinda historically went through all of them it’s worked in our athletic director, Dr McIneny, he blew me away. I said, this guy is a impresario.

And the first thing he said was, I know nothing about field hockey, but he’s like, here’s three things I want you to do, to make sure you have a great experience. I want them to produce and I want you to win. And he said, and you win over with that? I said, That’s great. And I’m in the game for the job. I’ll take it.

RL: I’m very fascinated by the way you run practice. "Competition days..." What are they?

PS: So basically there’s a bakery across the way called Fortiche’s and its famous Jim Lee who runs it over there. I say bake 12 chocolate chip cookies, 12 oatmeal raisin and we split them into two different groups. And we’re all at different points and the winners get the chocolate chip and the losers get the oatmeal raisin. We think, we want you to bring them over and to the girls and to the boys and we kind of love being a part of our culture. So we got these tough games, we’ve got to do this, and it’s fun competition. But they get into it. They’re fun. We put in the laughs and I think it kind of reduces tension of being in hockey, okay, we’ve got these tough games, we’ve got to do this, and it’s fun.

But this way we have a light practice and it’s worked over the years.

RL: How would you describe this 2018 team versus any that you’ve had in terms of not just on the field, but overall, the way they conduct themselves?

PS: Overall, very different. I think they’re all led by our captain Frederika Helenka who is probably one of the most sandpiper or someone over me. You know, they’re typically a little intense but she’s very relaxed. And then they follow her lead. I think, you know, practically talking to them, when they’re there, there’s always good times and bad, but they’re all automatically supportive of each other. I think in college sports with men and girls and hockey and I think that everyone can get a little jealous here and there, but these girls don’t have little jealousies. They’re excited for one another. I think it was that way, and whatever scores the game, they don’t have a whole lot of jealousy, they don’t have a whole lot of jealousy, and I know, I haven’t had to deal with too many problems, based on jealousy, envy and that sort of thing, which is what you are often.

Field Hockey: Coach Phil Sykes

Get involved with the sports section as is simple as contacting Sports Editor Rob Lepelstat.

Email sports.asp@gmail.com

SPORTS REPORTING NEEDS YOUR VOICE!
Danes Crush Catamounts in 4-1 Revenge Match

By Rob Leplestat

The University of Vermont Catamounts' women's soccer season (3-7-2, 1-1-1 AE) ended with a 4-1 loss to the Great Danes of Albany in their America East quarterfinal game Saturday afternoon at Virtue Field.

Head coach Nick Bochette's squad lost the final regular season game of the season 4-1 to the Catamounts who registered their third straight win.

Senior forward Mariah Williams, being guarded by two defenders when Vermont senior midfielder Burchell said: "They're pretty insane..."

"A lot of the credit goes to our defense," BOCHETTE said referring to that controversial call. "UNH head coach Robin Balducci said, "We were missing by little bits here and there."

"It wasn't just that we lost, it was the manner in which we lost that game," BOCHETTE said. "It's hard to deal with. I think there was an extra spark on our girls tonight. Three points and it puts things right against a very strong Vermont team.

Sophomore defender Katie Gowing got the scoring going early with a header just 44 seconds into the match, taking a free kick from Callum Keen and tapping it past the UVM goalkeeper Kacey Lambert. Lambert righted the ship past goal of the night. Keen joined her teammate Williams in the record books, becoming the program's all-time leader in assists with 3-1 win to Northeastern on Sept 13.

The scoring would remain the same for the rest of the half but the fireworks had just begun. With 1:35, things got juicy when Vermont senior midfielder Brooke Jenkins shoved a shot in the back right corner of the net. It was her second goal of the season. Kopp joined her teammate Williams in the record books, becoming the program's all-time leader in assists with her team-leading goal tally to 22 which Helmke finished for her 10th of the season.

The frustrations continued for a Catamount team that has not won a regular season match in Albany since 2012. Vermont came in with a losing record of 2-1-3 against the Danes.

"It ended our season. I think it was the manner in which we lost it was the manner in which we lost that game," BOCHETTE said. "I didn't think it was going to be a tough game. I think the way the game was going...it was going to come down to this type of moment. Any way to get to the [win] great, but for our kids in win overtime, that's always a nice confidence booster so..."