



ASP

ALBANY STUDENT PRESS

Opinion:
Men don't
always have
to pay for
the first date

PAGE 5



Students launch
textbook app PAGE 8

TUESDAY, FEBRUARY 12, 2019 ISSUE 2 ALBANYSTUDENTPRESS.NET

CONDUCTOR OF THE DANE TRAIN

From his love for the Grateful Dead to his unique coaching style, an inside look at what makes Danes' lacrosse coach unlike any other



Photo Courtesy of **Lori Van Buren, Times Union.**
Men's Lacrosse Coach Scott Marr decked out in UAlbany Great Dane apparel

By **ROB LEP**

It's 7:50 a.m. on a cold November Friday. Inside the University at Albany's varsity weight room, men's lacrosse head coach Scott Marr is sporting a gray UAlbany sweat-shirt, dark gray pants, black sneakers and has a Dunkin Donuts large coffee in hand.

"The last Wednesday of every month here at school is Workout Wednesday, so we get to wear workout clothes. Scott's entire life is going in workout clothes," his wife Traci jokes.

Today is squat day, meaning his players are divided based on weight and lifting ability.

For Marr, this is arguably the most important time of the week. Different than the typical running around at practice the team will do later that day outside at Casey Stadium, this is Marr's one-on-one time to interact and check in on his team.

Marr walks around to each and every one of his players to talk to them. The conversations vary to everything from checking in on a player's family, talking about a favorite show on TV and how classes are going. Some athletes have crazy majors, like astronomy or engineering.

Ironically, Marr graduated from Johns Hopkins University with a degree in social and behavioral sciences.

Scott is bigger and taller than most of his players. During his playing days, he squatted anywhere between 250-300 lbs. His back issues forced him to stop.

He daps up his players like they're his best friends. He's essentially just another one of the boys. He throws in a couple of air guitars as well while the speaker music plays heavy metal in the background.

"When people are talking to him [Scott], they're not lifting," Eccles said laughing. "Sometimes he'll get going and you'll have to be like, 'Coach, I've gotta work out.'"

Eccles, his roommate Sean Gleason and Marr always talk about the New York Rangers.

Please see **PROFILE** page 8

CAMPUS CENTER

University Tells Photo Services to Vacate Office

By **LESLEY RODRIGUEZ**

The University at Albany is moving a student-run photography organization out of the office they have occupied for over 50 years.

On January 15, University Photo Services received a notice from Campus Center Management stating that they must vacate their office by February 15, 2019.

The university hopes to make space for two new initiatives on campus: Purple Threads, a donated professional clothing space, and a student food pantry mandated by Governor Cuomo's budget.

UPS, which has documented student life on campus since the 1960s, began a campaign to resist the move out of their offices. Last week the university extended their move-out date until the end of the semester.

The current offices in Campus Center 305 hold equipment like lights and backdrops, a darkroom, space for photoshoots, and archives of 50 years' worth of TORCH yearbooks,

which UPS was responsible for producing until funding ran out in 2014.

President of UPS Sabrina Flores and others insist that the size and resources of the current office are what allows for club activities like group photoshoots with large backdrops.

More than just a workspace, CC 305 has become a second home to members of the student group.

"Our studio has created a little photography family amongst students in the University," said Vice President of UPS, Jarron Childs.

The replacement office that the university offers is CC 337, an approximately 9 by 10-foot empty space, also on the third floor of the campus center. UPS members point out that the back wall can barely fit one of their photo backdrops.

"Our studio space is definitely a safe creative space for all of us," said Erin Connorton, current treasurer of UPS. "We provide both a space and resources for all students,

Please see **PHOTO** page 2



Lesley Rodriguez / ASP

The student organization's current space houses a darkroom.

PHOTO

Continued from Page 1

By **LESLEY RODRIGUEZ**

regardless of major or skill level, to create and express themselves through photography.”
Purple Threads, the gently used clothing donation center, opened on February 1st in a different room, CC 323.
There are also several other vacant offices on the third floor of the Campus Center, which UPS argues could house the new initiatives.
The initial letter UPS received from CC Management states: “Understanding the unique needs of photo service we [CC Management] will continue to offer lease space within the Campus Center.”
However, new lease space won’t include the current office’s built-in darkroom.
Gary Gold, one of the founders of the organization, built walls within the office to create the room and equip it with

“To get rid of this space would mean to be erasing history.”

— SABRINA FLORES

tools necessary to develop film.
Since 2016, University Photo Services has not used the darkroom. President Sabrina Flores attributed this to budget cuts – from \$10,700 in 2015 to \$2,200 this year.
“To leave our club would mean that we couldn’t create the same art that we’ve been doing for the last 50+ years,” said Childs. “Our darkroom has been helpful in bringing in members too.
As soon as the members of UPS received the eviction notice, they immediately were trying to find ways to come to an agreement with CC Management.

University Photo Service alumni started sending emails to university administration after student leadership reached out to them.
An online petition to “save UPS” that has received over 700 signatures in the first three days. The organization has also received media coverage by the Albany Times Union and WAMC Northeast Public Radio.
UPS presented their case to let them keep using their offices even after this semester Wednesday at a Student Association senate meeting. A bill of resolution in support passed 40-0-1.
According to Flores, if UPS loses their unique room, it puts the existence of their organization at risk.
“To get rid of this space would mean to be erasing history,” said Flores.

HEALTH

“Hidden” sugars in the Campus Center



Taylor Lewis / ASP

By **MICHELLE MULLEN**

Sugars, sweeteners, and additives, oh my! The healthy options at the University at Albany’s Campus Center might not be as healthy as you think; many are packed with “hidden” sugars.
At the 17 different venues in the Campus Center, added sugar is in the ingredient list of a variety of foods and drinks, often in surprising quantities.
At Nikos, a staple dining option in the Campus Center which makes its food and beverages from scratch, a 32 oz. cup of lemonade has 150 grams of added sugar content.
“We add a half cup of sugar into the lemonade to start, and then add about a fourth cup into the fruit puree as well,” explained Katerina Kitt, a student manager at Nikos.
According to recommendations by the American Heart Association, that’s about 6 times the daily recommended added sugar intake set for women, which is marked at 25 grams.
For men, Niko’s lemonade is still about 4 times the daily recommended added sugar intake, which is set at 38 grams by the AHA. And, that’s the more obvious added sugar.
According to Linda Mayerhofer, a biology professor at UAlbany specializing in nutritional studies, sugar often tends to be masked in our foods with alternate names, especially in processed foods.
Mayerhofer provides that some of the common alternate names for sugar include caramel, buttered syrup, caramelized syrup, fruit juice, and honey.
Some of these doppelgangers can be found at Star Ginger, which serves Asian cuisine dishes, and Stocks and Stems, which serves soups and salads.
Overconsumption of sugar can lead to several long and short term problems, such as weight gain, obesity, type 2 diabetes and heart disease, as reported by the Centers for Disease Control’s website.
Stocks and Stems is known by most students as one of the healthier options in the Campus Center. Two soups investigated, Carrot Ginger and Quinoa Sweet Potato Chili with

Black Beans, listed sugar, honey, and orange juice in the ingredients.
According to Kettle Cuisine, the supplier of soup for Stocks and Stems, a single 8 oz. cup of either soup came out to about a third of the daily recommended added sugar for women, and about a fourth of the daily recommended added sugar for men.
Opposite of Stock and Stems in the Campus Center sits the Star Ginger restaurant, serving a pho broth which, according to the website of its broth manufacturer Campbell’s Reserve, has 4 grams of sugar per every one fourth cup of the broth in the serving size.
On campus, a serving, based from an on-site observation by the ASP, is one full cup, which means 16 grams of sugar.
This is more than half the daily recommended intake of added sugar for women, and almost half of the daily recommended intake of added sugar for men, as per the AHA.
The sugar content of dining options in the Campus Center is not displayed physically at the site of these venues.
According to Michelle Bowen, Senior Director of Marketing and Communications at University Auxiliary Services at Albany, there are no rules in place at UAlbany Dining that make it mandatory to have general nutritional information available on site in the Campus Center.
However, in compliance with federal legislation, caloric information is displayed on the menu.
UAS adds that they are currently in the process of upgrading their menu management system which, once it is complete, Bowen said would feature full nutritional information – including added sugar content -- for all Sodexo/campus retail brands on an app called BITE.
In meantime, watch out for those pesky hidden sugars.



Taylor Lewis / ASP

THIS COULD BE YOUR STORY!
COME TO OUR NEXT NEWS NIGHT
WEDNESDAY 7 P.M.
CAMPUS CENTER 326

DOWNTOWN

Shooting victim speaks at black history month film event

By **ALAIN CLERINE**

The room was filled with uncertainty, unsure of what actions to take as the guest of honor had arrived. The reception was lukewarm, as if everyone present wanted to make the environment an inviting one, yet the audience was split on how to welcome him. Overwhelm the man with applause? Or make him feel like any other guest? Or, alternatively, just enjoy the time here for the feature presentation.

It was a split decision as scattered applauses and empathetic gazes embraced Ellazar Williams at the opening night event of the 2019 Black History Film Series, hosted by the Center for Law and Justice and the Albany Housing Authority at 200 S. Pearl Street in Downtown Albany.

Accompanied by his girlfriend, Williams was making his first public appearance since the painful injuries sustained from the infamous shooting by Albany Police Department officer James Olsen in late August of 2019.

The effects of the incident have left Williams, his girlfriend, and their family in a state of financial uncertainty, relying on donations to make ends meet, and to accommodate his growing medical needs, according to collective statements by the group.

The altercation, which left him paralyzed, resulted in a no bill decision by a grand jury, and the officer accused has been

cleared of any wrongdoing, despite a video released which appears to contradict the officer's narrative.

There was a clear apprehensiveness of the room of about thirty attendees.

The event-- part of a black history month film series, discussing racism, colorism, and film-- was put together by Dr. Alice Green, Executive Director of The Center for Law and Justice in Albany. Being played along with Williams' lectures was the critically acclaimed motion picture Black Panther, Williams' favorite movie.

At around 6:30 p.m., Williams made his way into the back entrance of the Albany Housing Authority building. His bright red sneakers offset his colorful blue and red jacket.

Before the start of the film, Williams answered questions on the feature, which he claims he's seen "over fifty times" since his shooting.

"I wanted to know if you had any thoughts on the part in the museum, in terms of the art being taken from Wakanda?" Asked one attendee.

Williams took a moment to collect his thoughts, pondering. The question seemed to play out like a test of Williams's claim of



ALAIN CLERINE / ASP

having watched the film so many times over.

Williams picked his head up and answered, "It showed how, they basically took advantage at the time, trying to take over everything...it showed how people tried to change history a little bit."

Following Williams' words to the audience, Dr. Green presented Williams with a series of gifts, including a \$100 Olive Garden gift card, a restaurant

that he said he loves, and a Black Panther t-shirt and poster.

The incident and the events following it was widely covered by local and regional news outlets, including the Times Union.

Due to time constraints and scheduling, only half of the film was showed.

The other half will be part of next week's showing, on Thursday, February 14th at the Albany Housing Authority, followed by a Q&A with Williams.

**THIS
COULD BE
YOUR
ARTICLE!**

**JOIN OUR
NEWS
NIGHTS**

**WEDNESDAYS
AT 7 P.M.**

**CAMPUS
CENTER
326**

CRIME BLOTTER

-Assist a Person

PE Complex SEFCU Arena
2/7/2019 5:19 PM
04590-19
Report of a golf cart almost hitting a pedestrian

-FIRE ALARM

2/7/2019 18:45:59
04602-19
Campus Center
Nature Of Complaint
Caused by steam.

-Check Vehicle

2/7/2019 21:46:02
University Dr. East
Nature Of Complaint
Report of a subject driving erratically.
Gone on arrival.

-Found Property

2/7/2019 18:04:22
04595-19
Nature Of Complaint
Bus driver dropped off plastic bag to dispatch.

-Welfare Check

2/7/2019 08:54:11
04555-19
Mohawk Tower
Nature Of Complaint
Welfare check on a female student. Student found safe.

-UNLAWFUL POSS. OF MARIJUANA

2/6/2019 10:45 PM 2/6/2019 12:00 AM
04499-19
Mohawk Tower-Indian Quad
Report of a male student in possession of marijuana. Nothing further.
Closed - Judicial Referral

-Medical Incident

2/6/2019 10:26:02
04403-19
Waterbury Hall
Nature Of Complaint
Report of an intoxicated female. 5 Quad evaluated, refused medical attention

-DEFENDANT FAILS TO APPEAR IN COURT AFTER SUMMONS SERVED

2/6/2019-15:57:38 2/6/2019-15:57
Off-Campus
Nature Of Complaint
A male subject was arrested for an outstanding warrant.

-Maintenance Problem

2/6/2019 07:52:05
Draper Hall
Nature Of Complaint
Report of handicapped doors not opening.

-Maintenance Problem

2/6/2019 10:15:47
04429-19
Lecture Centers
Nature Of Complaint
Report of a leak in ceiling.

-Title IX Referral

2/6/2019 18:12:06
04470-19
Off-Campus
Nature Of Complaint
UPD took a walk in complaint about domestic violence. Subject referred to the correct agency.

-AGG UNLIC OPER-2ND: 3/MORE OPEN SUSPENSIONS ON 3/MORE DATES

2/5/2019 12:52 AM 2/5/2019 12:00 AM
04250-19
Roadways Tricentennial Drive
Report of a male subject driving with a suspended license.
Closed - Arrest

-CRIM NUISANCE 2- CREATE CONDITIONS WHICH ENDANGER OTHERS

2/4/2019 11:58 PM 2/4/2019 12:00 AM
04241-19
Stuyvesant Tower-Dutch Quad Report of a covered smoke detector.
A referral was made.
Closed - Judicial Referral

-CRIM POSS CONTRL SUBST

2/4/2019 1:50 AM 04098-19 2/4/2019 12:00 AM
Roadways Fuller Road
Report of a male student in possession of a controlled substance. An arrest was made.
Closed - Arrest

Got an anonymous news tip?

Email it to: theaspnews@gmail.com

GOVERNMENT & POLITICS

Stop Asking the Founding Fathers

By M. FRANCIS MIRRO

In 1787, our Founding Fathers met in Philadelphia's Independence Hall and, after months of intense debate, hammered out a complex and incomplete document. The United States Constitution was the basis for governance in what would become the most powerful nation in history. Today, the Constitution represents one of the oldest continuous regimes still in existence. But, while these men, flawed though they might have been, deserve our reverence and respect, the time has come to stop asking for their interpretation of that same document they wrote.

1787 was 232 years ago. Between the Constitutional Convention and today, this nation has been dramatically changed in ways even the great minds of the nascent state could not have foreseen. The country doubled in size, TWICE, then violently split in half before stitching itself together on the backs of millions newly emancipated and enfranchised former slaves. We gave women

the right to vote, something the Founders considered utterly ridiculous. A policy of neutrality and isolationism, all the Founders ever knew, was torn asunder after two earthshaking world wars.

Cars, superhighways, telephones, television, manned flight and the Internet have brought the corners of the globe together, leading to new philosophies the Framers were not even capable of anticipating. Their America was agrarian, our America is a major industrial and technological economy center of the world.

These aren't just two different centuries, they're two different worlds.

Bluntly, the interpretations of government and its relation to the people, held by the likes of George Washington and John Adams, are no longer relevant. We have the benefit and burden of over two centuries worth of knowledge, precedent and understanding. Theories and disciplines now considered vital to understanding government were not even in existence during the Framers'

lifetimes. Centuries of progress in countless social and geopolitical problems all came long after the Founders were gone. Washington died before humans had even discovered the first dinosaur bones and yet there is an insistence that his views from the 18th century ring true in the 21st, an idea void of any logic.

What the Founders intended when ink met parchment, no longer has bearing on governance when the Constitution is applied today. They could not, nor were they expected to, predict what events or ideas would shape our society and our views on government. They most certainly could not have prepared for the dramatic upheaval of norms and ideology which preceded the Great Depression and World War II.

And yet, in a way, they did. The Constitution is a living document, thanks to the Necessary and Proper Clause, also known as the "Elastic Clause" (Article I, Section 8). It is meant to breathe, expanding and contracting with the times. It is this clause that allows

for changes to the government to be made, for the Constitution to work in whatever time it exists in. There is no Constitution without the Necessary and Proper Clause; without it, America never would have survived into the 21st Century. The Constitution is meant to be adaptable, not rigid and we have proven it to be such 27 times, each amendment giving more power to the people, each the result of something the Founders didn't originally think necessary.

As such, we Americans need to be more open to more contemporary interpretations, ones that have the benefit of taking the last quarter millennium of human existence into account. Really, we need to thank the Founders for what they did but keep their opinions on it in the back of our minds until a time machine can make them applicable once again. We need to be open to making changes when necessary (looking at you, Electoral College).

We need to take action and

remove obsolete ideas that once made sense but now hinder progress from marching forward. We have the need, and the power by which to act upon it, to make



MIRRO

the Constitution work for the many in 2019, not the few in 1787. As Benjamin Franklin said, "We are all born ignorant, but one must work to remain stupid."

SPORTS CULTURE

Super Bowl of Boring: Why Super Bowl LIII missed the uprights

By AMANDA LYNCH

The New England Patriots dynasty continues after their sixth Super Bowl win on February 3 against the L.A. Rams. The GOAT himself has proven that age is just a number and the Patriots are here to stay. As a die hard Patriots fan myself, I'm pretty ecstatic to say the least, especially with Julian Edelman taking home Most Valuable Player. However, despite my joy, I can say inarguably that for more reasons than one, this was the most boring game in Super Bowl history.

The Super Bowl was like Christmas to me as a child. Growing up in the rising Brady era within a Jets household, I had a pretty big chip on my shoulder. Regardless of the team, the Super Bowl was the event I waited for all year. I got to stay up late, eat unlimited pizza, watch the hilarious commercials, and watch in awe of the halftime show. I specifically remembering the 2010 halftime show because of how excited my father was for The Who to perform. "You're witnessing history; these guys are legends. The best," he would say. And to his dismay, that was the

worst halftime performance in history, until now.

Maroon 5, Travis Scott, Big Boi, and SpongeBob Squarepants. There is no odder combination of performers than this one. Maroon 5 endured months of social media and headline hostility in regards to the upcoming performance. Having not been truly relevant in years, they needed something big and shocking. After the first half of the game, fans needed it too. With a Brady interception thrown in the first quarter, it seemed as though the game would be an interesting, edge of the seat nail biter. The game made history, but as the lowest scoring Super Bowl in history, as well as the first Super Bowl to move into the fourth quarter without a touchdown. It's safe to say that the Halftime Show was a continuum of disappointment.

I was skeptical, but excited for the halftime show due to rumors of Travis Scott proposing to girlfriend, Kylie Jenner; this was yet another let down. This Halftime Show was a big deal for more than the obvious aspect of it. The NFL faced serious struggles booking artists for political reasons.

Artists such as Rihanna and Cardi B publicly turned down the offer in order to stand in solidarity with Colin Kaepernick. Nick Cannon denounced Travis Scott's agreement to perform as well. Considering the backlash he received, it fueled the rumors that he had agreed in order to have a grand, international scale proposal.

An already unpopular show from the start, Maroon 5 performed despite the 100,000 signature petition asking them not to (USA Today). They played it safe, promoting their popular older songs as opposed to the newer controversial ones. Overall, the artists did not fit together, essentially creating three separate performances. Transitioning from Maroon 5 to Travis Scott with none other than SpongeBob Squarepants, Scott emerged on stage in flames. He then performed a shortened version of his latest hit, only to dive off the stage and not return. While Levine later removed his shirt, making his nipples the most talked about aspect of the show, Big Boi entered stage overdressed in a fur coat. While he did rep the host city with an Atlanta hat, his coat is receiving serious backlash from animal rights organizations

(USA Today). To summarize: SpongeBob Squarepants stole the show.

The NFL missed a serious opportunity to improve its damaged image and focus on the city's cultural legacy and artistry. Instead they gave Big Boi and Travis Scott half a song each, giving the audience a white washed performance by one of the more generic groups. They ultimately turned a largely uncontroversial group, into a highly controversial one.

I hope the Patriots dynasty lives on forever, but I do think it is playing a role in the decline of satisfaction with the Super Bowl as a whole. As the most hated team in America, the general public is dissatisfied with an almost two-decade long stronghold. Paired with disappointing commercials, poor halftime performances, and increasing political controversy, something within the NFL must change to increase viewer and fan satisfaction. I'm personally hoping they bring in Ariana Grande next year for the Patriot's seventh ring.

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WEATHER

Winter Storm yields no cancellations—but it should have

By AARON GINSBURG

Last week a Change.org petition circulated through the student population, asking for University at Albany administration to cancel classes on Thursday, January 31 due to the extreme cold. The news had been heavily covering the impending “polar vortex,” which brought temperatures as low as negative 43 degrees to the United States Midwest. In places like Chicago, skin exposed to the cold took only 60 seconds to get frostbite, an ailment which, at its worst, could require amputation of affected limbs.

After a successful petition at SUNY Oneonta, UAlbany students were hopeful in their request; but after waking up in the morning, were disappointed in the lack of cancellation emails. My disappointment, as well as the other inhabitants of Livingston Tower, transcended the rest due to the fire drill which occurred at the comfortable time of 3:30 in the morning. Now, almost a week after, it’s time to analyze the decision making of the UAlbany administration and conclude whether or not it was a responsible decision to not cancel classes.

Personally, I believe that all students living on campus didn’t have much to worry about. Those who live on campus should have no problem getting to classes, because all it takes is a minute or two of walking outside to reach the tunnels.

For students who live off-campus and have to commute, this decision affected them the most. For students who commute via public transportation, the cold was even more brutal. The snow and ice on the roads made it dangerous for people travelling in vehicles. And after finally arriving on campus, people would have to worry about digging out their car or wiping off the snow when they left.

Even while taking into account the easy access to the tunnels that all on-campus students have, classes should have been cancelled in respect to off-campus students and staff. There should be a reevaluation of the requirements that need to be met in order for classes to be cancelled, because many were outraged over this decision. Perhaps when coming to a decision, the administration should do a better job at considering all those who have to travel to campus.



ASP photos from 2017 show campus conditions in February two years ago

COLLEGE DATING

“Going Dutch” on dates makes sense in 2019

By JESSICA SHERMAN

Every date has it. That awkward moment when the bill is placed squarely down on the table. Sometimes the waiter assumes and places it slightly more within reach of the man but more often than not that leering black folio contains more than a bill for whatever meal was just consumed. It also contains the ever confusing question of who pays the bill. Maybe 40 years ago this answer was simple as gender roles were more defined and there was such a thing as single income households. But nowadays it just leads to this awkward moment in the date, with so much riding on the line in way of expectations for the future, should the man automatically pay for the first date.

In 2019? I think we

will see this expectation start to die even more quickly than ever before. Nowadays, “going Dutch”, splitting the bill, is even more of a common trend and not just for first dates. It is a not uncommon for most couples to both pull together to pay for the wedding, not just the bride’s side of the family. Men and women are both primary household breadwinners, long gone are the times when having a single income household was a given. In order to support a family more often than not both parents are working one if not two jobs. Economically it makes sense to split the bill.

Besides saving some money in both parties pockets, splitting bills takes a bit of pressure off of both sides. Men can calm down about trying to set this bar that they are then constantly trying to meet

and might not meet again. This is real life, not the movies, and expectations placed on the opposite sex can sometimes be based in things that are nowhere near close to being the real thing. And it also relieves the pressure that dates can place on women. Do we shave or not shave? Is he going to want to kiss or possibly do more? Will he think I am not interested if I say no because he went out of his way to pay for this great date? There is just a lot riding on this first impression, when both parties are awkward and just trying not to sweat through the expensive outfits they had to buy.

From personal experience, and I can say this with utmost confidence, splitting the check on the first date has often made for a more relaxing and fun experience -- almost as if two friends reacquainting

themselves with each other. Instead of placing the expectations on things like can he afford to take me to Jack’s for the first time (even though he doesn’t even know if you are a Jack’s worthy date) we worried more about having a natural flow of conversation and seeing what kind of people we were.

When you take the importance of the date away from the materialistic things, you are more likely to have a human connection and are able to tell a little quicker if this is worth a second date or not. Because if he says “yea dude” every two seconds, I wouldn’t care if he bought us the chef’s table at N/ Naka, there would only be one date. So no ladies, don’t be surprised if he doesn’t automatically pay for the bill. But are you there for that or the man himself?

PUBLIC POLICY

WOMEN WON WITH NEW YORK ABORTION LAW

By EMILY HAYES

A few weeks ago, New York State passed the Reproductive Health Act. This added the right to an abortion in the New York State constitution, just in case Roe v. Wade is ever overturned. This Reproductive Health Act guarantees the right to an abortion before the fetus is at 24 weeks, and in cases after 24 weeks when the fetus is no longer viable or the mother’s life is at risk. This is a step in the right direction for New York, and a great win for women all over the state.

The right to an abortion is an extremely important right that every woman should have. Luckily, New York has recognized this right. So many women have struggled with children they can’t afford, or can’t care for. So many women have been raped and impregnated. In this state, these women are cared for. No matter what, a woman should have complete control over her body.

There are so many scenarios that could illustrate how a woman could use her right to choose. I won’t go into detail, but what everyone needs to understand is that ultimately, it is a woman’s choice what she wants to do with her body. No man, woman, or family member should make a woman feel any less than human for wanting

to do what is best for her. A decision like this is obviously a very hard one for most people, and it doesn’t make them any less of a caring person. It doesn’t make a woman a monster. This choice makes a woman secure and comfortable in her own body, and that’s something I believe everyone should feel.

Do not only think of the women with this act, think of a broader picture. Imagine the children left behind by their families. Think of all the children who are left in foster care, orphanages, or simply left to die. Think of children who aren’t given a fair chance because they were born to a family who doesn’t care for them or love them. There are so many children who can’t live a normal life because of poverty. Unless a pro-life protester is willing to adopt multiple children, or become a foster parent, there is no room to try and argue. So many children are born into families that do not want them, families that beat their children or exploit them. This is an awful thing to do, and an extreme example.

This topic is not something that anyone wants to talk about, but so many people want to comment on. I believe those who see this act as horrendous do not understand what this act is about. This is something that allows women a choice. This

allows women comfort and security. This is not an act that allows “women to kill babies.” This is an act that



HAYES

has created a safety net that we desperately needed. And, this is an act where a woman can make a hard decision for her own safety, or if the fetus is no longer viable.

So far, abortion is something that has been debated for years and years. I believe this is a great achievement for New York State, especially in a time when so many people are trying to limit the rights of women. Not only is this a win, it is a great example of what a State should do, and what the federal government should enforce.

ASP OPPORTUNITIES

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MUSIC

Walking to Your Own Beat: Why We Listen to Music All Day

By KATY DARA

Devin Jinadasa started his morning like many other students at UAlbany. He stepped out of his dorm to head to class, reaching for his phone so he could listen to some music on the way. To his dismay, his headphones weren't with them.

He felt around in his pocket, desperate to find his earbuds. They were nowhere to be found. He was already late to class. It didn't matter. He stopped mid-step and raced back to his room to get them.

"I listen to music all the time," the sophomore explained. "Like, whenever I'm not in class. It's like a soundtrack to my life, so it's easy. If I ever forget my headphones, I immediately turn around and run back just to get them."

It's everywhere on campus. Nearly everyone is plugged into some tunes on their way to class. With streaming services such as Apple Music and Spotify, finding your favorite music is now easier than ever. The question to ask is, why do we love listening to music so much?

A 2013 psychological review by the Cognitive and Systematic Musicology Laboratory of the Ohio State University School of Music says that we have three

general reasons to listen to music: the first being to regulate mood, the second being for self-awareness, and the third was cited as an expression of social relatedness.

For many students, the reason seems to be the first one.

"I listen to music because it usually helps me focus my energy and emotions during the day," said UAlbany sophomore Fred Wieneke. "It relaxes me and helps me fill silences that I don't want."

One 2013 study published by the U.S. National Library of Medicine suggests that music does help to relieve stress. A group of participants were exposed to one of three conditions: relaxing music, the sound of rippling water, or no sound at all. All participants were then exposed to a standard psychological stress test. Those who listened to music consistently recovered from the stress much faster than the others.

For Wieneke, who has a 27-hour Spotify playlist made for getting places called "Songs to Cruise To," music is enjoyable for most activities. "I usually listen to more active music when walking between classes and then at night, while working and reading and relaxing. I usually listen to more jazz and instrumentals,"



Source: pixabay.com

Wieneke explained. "It's a nice way to express myself without necessarily using my own words."

Some don't share this sentiment, such as sophomore Kaitlyn Dickson. "I basically listen to music when I walk to class or in the car. I can't do it when I'm studying, that's distracting."

Is it a good idea for students to listen to music while studying? It can depend on many factors such as the type of music, the student's academic ability, and

how musically-trained the listener is, according to a collection of studies and research reports. For some students, it really helps them focus. For others, it's a distraction.

A 1993 study in the British science journal Nature, led by Frances Rauscher, popularized 'The Mozart Effect,' which found that students who listened to Mozart's Sonata for Two Pianos in D-Major experienced a temporary increase in spatial reasoning abilities.

While many have debated the

validity of this experiment, the concept that music can increase focus still exists in the psychological field.

Regardless, it is clear that tuning in to music can be an essential part of life.

"I don't know what I'd do without it," Jinadasa said. "I need to listen to some music to get through the day."

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RECREATION

Inside the Underground Kingdom of Indoor Rugby

By JACQUELYN ORCHARD

“Aw hey man, yeah, glad you could make it!” a half hug, half handshake.

A water bottle flies through the air and lands with a thud on an overflying gym bag.

“No cleats! No cleats!” a girl yells from the other side of the turf gym.

“Toss around – circle up!” someone shouts from the sidelines.

All around me as I take my seat among the hard, plastic chairs, there are rugby balls soaring through the air and broad men and women lumbering toward the field. I feel as though I’ve stumbled upon a meeting of modern Vikings. But instead of archaic woods, we are surrounded by a mesh net divider and instead of great furs and curved horns they adjust too-tight, brightly colored jerseys and tiny shorts.

But Vikings they certainly are. Here at Afrims Sports Complex, in a tiny corner of Albany, New York, about fifty men and ten women gather for this little known league of indoor touch rugby. Why?

“Time to knock off that rust, ya know?” I overhear one saying to another.

These practices are open to anyone who loves rugby: men, women, students, local professionals, coaches, and yes, even tag-a-longs like me. If you happened to catch the post on the Albany Nick’s Team Facebook page, you could stop by any Wednesday from 8:30 to 9:45, pay your five-dollar fee, and line up.

“On the line!” a girl announces. There is no whistle, no anything, really. Just people yelling at each other and laughing as they rough-house.

The players count off, one through six, and break into groups.

“ONES! ANYONE A ONE? ONES OVER HERE! Oh... you guys are ones? My bad. ONES OVER THERE!”

“ANYONE A SIX? ... AM I THE ONLY SIX? ... Dude I’m the only six.”

The field is divided in half and two games start running at the same time. To me, someone new to the hoard, all of their customs are strange. A very large man taps the ball to his foot, feints left, then darts forward. He tosses the ball. A woman yells, “That’s one!”

The women are powerful. These are not the sort of women you see carefully designing their bedazzled nails. These are broad-shouldered, eye-focused, hair in a messy bun kind of women. These are open your mouth and fire back women. I find myself wondering who they are outside of this secret space. Maybe at a bar they feel too big. Maybe in class they are rough around the edges. Maybe their parents wish they were more “lady-like.” But not here. Here they rule ages and kingdoms. Here they spit. Here they rumble and roar and toss. Here they say, “That’s five!” and clap for the damn rugby ball. “Let’s go!”

A man, standing in front of me on the sidelines is commentating, half to himself, half to his buddy,



Jacquelyn Orchard / ASP

who happens to be half listening.

“He was complaining that I touched the ball and not him, I mean I touched the ball. He’s carrying the ball.”

“Yea, man. If you’re debating the rules of touch rugby you’re missing the point of touch rugby.”

I have no idea what they are talking about, but I want to agree. “Yea, seriously.” I want to say. “Respect the play,” I could add,

nonchalantly. But there is just that one small detail of me not having a clue what is going on. So, I remain silent.

These vikings, these jokesters, these smelly, lumbering heroes of sport, will be here for the next 9 weeks. With them they will bring their dirty gym clothes, their body odor, their too-long hair sprouting over sweatbands, their laughter, their high-fives, and their love of

the game.

Something about the drafty, warm air and their contagious child-like insults, a brief reprieve from adult-life and a reversion back to youth, makes me want to be here for the next 9 weeks, too.

WRITER’S INSTITUTE

How an almost lawyer came to write jokes for Bart Simpson

By CHRISTOPHER PAYNE

A key figure for the long-running animated comedy “The Simpsons” made a visiting appearance at Page Hall on Friday, Feb. 8, where Mike Reiss, writer and producer for “The Simpsons,” was a guest speaker for the New York State Writers Institute.

“I am not a comedian,” said Reiss. “I am a comedy writer. I could not write comedy myself.”

Reiss discussed how teamwork is needed in order to create the television series.

“There are 23 writers on staff,” said Reiss. “There are 22 episodes a year and each writer must have one good idea. One doesn’t do squat. That person is me.”

Reiss provided the audience with a great “behind-the-scenes” look at the creation of some iconic episodes from the series, which currently has 30 seasons under its belt.

Some episodes were based off experiences of different writers and workers on “The Simpsons,” according to Reiss.

One episode, which was “Goo Goo Gai Pan,” showed how Selma, Marge’s sister, adopted a baby from China because she could not have any more babies. This episode was based on an episode where a writer adopted a baby girl from China.

“One writer adopted a baby girl, and instead of saying ‘congratulations,’ we wrote an episode about it,” said Reiss.

Reiss talked to fans about how episodes in certain countries were banned because they were offensive to cultures of different countries.

“We were banned in Japan, because each character has four fingers,” said Reiss. “Walt Disney Studios gave Mickey Mouse the ‘finger’ so he would not have four fingers because in Japan, four is bad luck.”

France cancelled “The Simpsons” shortly after the show premiered on American television, because of an episode in the first season called “The Crepes of Wrath,” a play on words of the John Steinbeck book, “The Grapes of Wrath.” Venezuela has also banned “The Simpsons” because leaders thought the show would bring “bad American values.”

“We were banned in Venezuela because leader Hugo Chavez said it had ‘bad American values,’” said Reiss. “It was replaced with ‘Baywatch.’”

Most of the guest stars who received guest roles wanted to please their grandchildren.

“The Rolling Stones’ [Mick Jagger and Keith Richards] grandchildren influenced them to do it,” said Reiss. “Author Thomas Pynchon wanted to impress his teenage son by getting a role on the show. We always get calls from him.



After the second time he called the show, we told him we were not in.”

Reiss discussed how he wanted to create more movies after the success of “The Simpsons Movie.” It took four years, nine writers, and 11 directors to create the movie.

“We currently have no plans, but you never know,” said Reiss. “I want to make a live action movie featuring Vin Diesel as Homer Simpson. I also would cast William H. Macy for the role of Ned Flanders. We would also give Tom Cruise the role as Mr. Smithers, [Mr. Burns’ assistant].”

Throughout his time as writer, he has experienced failures while creating other television shows.

Reiss’ show ‘The Critic’ bounced around networks until it landed on a comedy website that eventually went bankrupt.

During his time as writer for different television shows, he enjoyed working on “ALF,” a classic American sitcom of its time. The show, which was televised in the 1980s, was about an alien who lived with a suburban family.

“It was easy and fun,” said Reiss. “It was a kid’s show where adults could understand the humor. Paul Fusco, the creator, was fun to work with while the show was on the air.”

If Reiss was not in the television industry, he would have been a lawyer.

“If I was not a comedy writer, I would definitely be a funny lawyer,” said Reiss. “I would always like to get laughs when I was at Harvard Law School.”

Mike Reiss’ book, Springfield Confidential: Jokes, Secrets, and Outright Lies from a Lifetime Writing for The Simpsons, discusses behind the scenes of the longest running television series in television history. It is in stores now.

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STUDENT BUSINESS

Students Launch Book Rental App



Alex Melas, left, and Phillip Haraarovici, right, hope to make renting textbooks an efficient way for students to make money.

Jackie Labounty / ASP

By JACKIE LABOUNTY

Alex Melas was looking at his pile of textbooks one night when he realized: Everyone thinks the price of textbooks is too high and everything thinks it's a pain to get them.

So, he made an app.

REXT aims to make buying textbooks more efficient. Melas' concept: you can rent to students for an hour, daily, weekly, monthly, by semester, or you can even sell textbooks. The idea is to only pay for what you use; no more wasting money on books that you only need for one assignment.

Alexander Melas is a UAlbany student and now he also holds the title of CEO of REXT. His business partner, Phillip Haraarovici, is his CFO.

Alex was born in Russia and was adopted by an American family when he was a boy. He grew up in South Colonie and graduated high school there. He works full time at Ayco, an investment company, while also taking classes. When asked why he transferred, he said it was due to the locality of his business partner and it would be easier to work on the company.

Phil, a Siena junior studying Finance with a minor in Computer science, met Alex in high school. When Alex came to Phil with the idea for the app, he was all for it. Especially due to the fact he has a book selling business on Amazon.com: EMIL printing.

When I asked these gentlemen about where the name came from, they laughed. They explained how difficult creating a name was. Taking days to simply agree to one, they finally decided on REXT; short for Rental Texts.

With REXT, the seller sets the price and that person can block off the days he or she does not want the book to be rented. If you are renting it, you can choose the duration of the renting period and pay through the app.

Communication between the buyer and seller is also easily accessible because there is a chat icon for the purchase.

As for the future of the company, both Alex and Phil are excited to launch the app. They both discussed REXT's future, saying that right now they are just dealing with textbooks but, once they are bigger and expand, they plan to rent and sell anything and everything: movies, TV's, cars, toys, etc.

With energetic personalities, respectable people skills, and a clear vision, Alex Melas and Phil Haraarovici hope to accomplish great things. As Alex said, "This is just the beginning!"

PROFILE CONTINUED FROM PAGE 1

By ROB LEP

When they aren't doing well, they'll always hear about it from their coach.

Marr stresses the importance of the camaraderie and chemistry of his players. The team started the tradition last year of going to rent cabins at Dippikill, an 850+ acres wilderness retreat in the heart of the Adirondack Mountains owned and operated by the UAlbany Student Association, in the offseason.

There's no cellphone service there and the experience really allows the players to all get to know one another--especially the upperclassmen and the new freshman.

The thing that Eccles remembers most from that weekend last year: Coach Marr falling way behind on the team's hike.

His upperclassmen players have told Marr that the chemistry of this year's squad is particularly close.

Marr is quick to point out to the team's head trainer Tony Tullock that the Great Danes' America East championship banner is missing "2018."

Tullock said he's "working on it."

Marr and Tullock huddle the team at the end of lifts around 8:45 a.m.

"I'll see you guys at 1:15 p.m. at Casey Stadium. We'll do some running, drills, tug of war and of course lacrosse," Tullock said.

Marr shakes his head no to the lacrosse part. The team erupts in laughter.

The Beginning

After a college career at Johns Hopkins (1987-90) as a player which included winning a National Championship in 1987, Marr started his coaching career as a volunteer assistant at the University of Delaware in 1991.

It was that unpaid role that gave him his start in the profession. The gig also led to him meeting his wife Traci.

He needed a job and Delaware head coach Bob Shillinglaw hired Marr to come on. Traci ended up working at the same elementary school that Shillinglaw's wife Tina worked at.

She was unloading all of her books on the Labor Day weekend before the start of the school year, carrying everything inside the building.

Marr had an interview that same day for the equivalent of a paid clerk/monitor position. The job really allowed him to just talk to people. He brought a positive and enthusiastic energy with him.

With his mullet in full force, Marr introduced himself. The two ended up eating

lunch together for the remainder of the school year.

Eventually, Scott invited Traci to come watch a Delaware lacrosse scrimmage at the end of September that was being played at the high school she went to.

After the game, he invited her to join him and the rest of the team at Klondike Kate's, a local bar. She waited two hours but Marr never showed up.

"Remember, this was well before the age of cellphones," Traci recalls.

Thankfully she was not waiting by herself. She went to school at Delaware, where she was a Division I volleyball player, and had plenty of friends there. Although she didn't like being stood up, she recalls it wasn't officially a date so it was OK. She even left and came back two hours later. Still no Marr.

At school on Monday, he apologized, explaining that it was the first time Coach Shillinglaw had asked the coaching staff if they wanted to go out together. They tried to convince him to go Klondike Kate's but Shillinglaw didn't want to go somewhere they might run into athletes.

That led to Tracy asking Scott to go to an Oktoberfest with her. She had a really great time and thought the feeling was mutual. Instead, Scott then asked if her friend Amy had a boyfriend.

"They never did end up going out," she recalls with a laugh.

Despite the setback, the two continued to have lunch every day. Eventually, around the holidays, Scott called and asked if she wanted to spend New Year's Eve 1992 with him.

That was their first official date. They got engaged in April of that same year and married in August. The wedding was in Coach Shillinglaw's backyard. And now, 26 years later, the rest is history.

"If Scott Marr won the lottery tomorrow, he would still be involved in lacrosse. A lot of people would leave their job. He wouldn't," Marr's wife Traci says.

The Albany Way

Marr enters his 19th season leading the helm for the Great Danes in 2019, the only in the program's Division-I history. He joined UAlbany in 2001 after serving as a coordinator/assistant for both Delaware and Maryland.

With the Yorktown, NY native leading the way, the Danes have done nothing but win. A lot. He's a six-time America East Coach of the Year and has coached UAlbany to nine America East tournament titles.

Last season, Marr led the Danes to a 16-3 mark (tying a program record) while spending six weeks ranked No. 1 in the country in the USILA Coaches Poll and Inside Lacrosse Media Polls.

They went on to reach their first ever Final Four appearance before falling to the eventual National Champion Yale Bulldogs.

As a coach, Marr is widely known for his unconventional approach. He isn't a micromanager. His teams have a free-flowing offense, giving the power to the players to make the decisions they best see fit.

"As they like to say, he just lets the boys play," Marr's mentor and current Denver head coach Bill Tierney explains.

"We go over to his house on Easter and he has a long sleeve tie dye Grateful Dead shirt on and bandana," senior midfielder Sean Eccles says. "It's the same guy you get at practice... We respect the shit out of him for it."

It's a fast and free-flowing style of play that very few teams can counter.

He has a 179-114 career record at UAlbany and has coached Tewaaraton Trophy winners (2014-15), 35 All-Americans, six Tewaaraton finalists, etc.

"[His players] just like him," Tierney said with a laugh. "Free-willing, not afraid, inventive, they're fast and they have fun doing what they do."

Rock 'N Roll Marr

Marr has plenty of interests outside of lacrosse. Still, his wife Traci is also quick to point out that although Marr may not always be at the office, the game is always on his mind.

He loves music. He loves to camp. "He

just likes being outdoors. It's his favorite place," she explains.

During the offseason in August with no recruiting at the top of the agenda, the family has a boat on Saratoga Lake. They get to spend time together and do a lot of swimming.

Sitting in his grey Jeep Cherokee, Scott controls all the music in his car. The person sitting in the passenger seat must be ready to be a part of the drumming corps or have Marr tap on their leg/shoulders to the beat of the song. He might even use their arm as a piano.

"When dad is driving, no one can change the music," daughter Jordyn explains, a sophomore on the UAlbany women's lacrosse team. His son Kyle, an All-American and senior midfielder at Johns Hopkins, confirms, adding that the women have more luck trying to get him to budge.

Inside Lacrosse Editor in Chief Matt Kinnear knows Scott well. He has been covering the game since he was a journalism student at the University of Maryland at College Park from 2003-07.

Kinnear and Marr both share a love for the band Pearl Jam. According to Kyle, it's a tough decision, but his dad's favorite song is "Alive".

Marr and Kinnear will even have text conversations about the band. Whenever they see each other, it's one of the first three or four things that comes up.

The other, asking Kinnear about his newborn son, who was born on the day of the Great Danes' 15-3 win over Syracuse in the



DALIA YAN / ASP

Great Danes faceoff specialist Anthony Altimari in action on Feb. 8 against Siena College

PROFILE

CONTINUED FROM PAGE 8

Carrier Dome last year to begin their historic 2018 campaign.

After UAlbany's upset loss to Hartford 11-10 in overtime of the 2016 America East semifinals at Casey Stadium, Kinnear and the rest of the media waited for Marr to enter the postgame press conference room.

Scott was clearly upset. His team would still end up receiving an at-large berth to the NCAA Tournament but it likely cost them a home playoff game and left a sour taste in their mouth. They'd end up losing 11-9 on the road to Syracuse in the First Round to end their season two weeks later.

Kinnear had been at a Pearl Jam concert at the Wachovia Center in Philadelphia a few weeks earlier. They played their album "Ten" in its entirety.

Scott walked up to Kinnear after the loss and said, "Hey, that must've been a hell of a Pearl Jam show to be at."

That same year, Kinnear had also attended a Pearl Jam concert at Wrigley Field. Kinnear heard someone calling his name when he walked off the subway. He turned around, and of course it was Marr. He had made the trip with Kyle.

"I flew over to Chicago from Baltimore and he had driven over there with his son. Never in a million years did I think I was going to run into a Division-I lacrosse coach I deal with all the time."

Kinnear puts it simply: "He is authentic. He doesn't put on an act for recruits or anyone. He is who he is."

The Edell Effect

Marr spent six seasons as an assistant on Dick Edell's Maryland staff. The Terps made five NCAA Tournament appearances during that period and were the Division-I national runner up in 1995, 1997, and 1998.

The Terrapins broke the school's single-season scoring record with 236 goals when the program captured the 1998 ACC regular-season and tournament titles. Their lethal attack averaged 12.5 goals under Marr's time there from 1995-2000.

"Those six years at Maryland really molded me into the part where I could become a head coach," Marr said.

The two first met at a lacrosse camp at Army when Marr was 11. He took a blow to the head and Edell personally brought Marr to the hospital to make sure he was OK. From there, he was a hero for Scott.

More than anything else, Edell taught Marr how to interact with and treat people. To Edell, everyone was the same. Marr instills the same philosophies at UAlbany.

Even the custodians all know Marr. He stops and talks to them. They come to games to support his team. He'll do the same with the average fan in the crowd at Casey Stadium.

As his daughter Jordyn explains with a laugh, going out with Marr in public is the worst. Everyone knows who he is.

The family went Christmas tree shopping earlier this month, and when Traci took a picture for them Scott stayed back for five minutes to talk to the dad.

"My poppy was the same way. He's kind of like the mayor of the town," Jordyn said.

"If dad disappears, it's fine," Kyle explained. "You know he's just talking about lacrosse with somebody. Could be a complete stranger, doesn't matter. To him, it's as if everyone is his best friend."

“If dad disappears, it's fine,” Kyle explained. “You know he's just talking about lacrosse with somebody. Could be a complete stranger, doesn't matter. To him, it's as if everyone is his best friend.”

-KYLE, Coach Marr's son

His parents and especially his dad, his biggest influence, taught Marr to always treat people the way he wanted to be treated.

He stresses it to his team. The same thing when he speaks in public.

"To me, everybody is somebody. It doesn't matter what title you've attained. People are people."

Jam for JP

15-year-old JP Honsinger, a Clifton Park, NY, native and student at nearby Shenendehowa HS, suffers from Niemann Pick Type C, a neurodegenerative disorder that causes progressive deterioration of the nervous system.

Honsinger has been an integral part of the men's lacrosse program since 2013, spending time with student athletes and coaches, assisting on the sidelines and cheering from the stands.

On a snowy fall afternoon, there is Honsinger. Sitting in a golf cart as he watches the Danes practice. He talks to assistant coach Merrick Thomson. The conversation: Honsinger trying to convince Thomson to go the bar with him that night. Why? That's where the girls will be.

Marr and the Danes hosted a lacrosse scrimmage event at Casey Stadium along with Johns Hopkins, Army and Vermont the month prior. The event was dedicated to Honsinger as their "hero of the day".

As his parents describe when he goes to a game or practice, his entire mood changes. Despite everything he's going through, when he's with the Danes, he feels "really good".

Marr loves to talk about lacrosse being a medicine game. For JP, it's no exception.

The team also attended the "Jam for JP" event in November with around 35 players participating, to help raise money and awareness about his disease.

An emotional Marr holds back tears as he talks about Honsinger.

"It's neat to be in a position to help...When you have an opportunity as a coach to be involved with and do things for people, it's not about you or your team. It's about trying to help heal and help people get through tough situations."

He feels that all coaches have an obligation to be involved in their community and make things more positive for others.

"Life is not always fair. It's not always equal."



DALIA YAN / ASP

Marr coached for six years at the University of Maryland under head coach Dick Edell

Luke Beats Darth Vader

"I would not be here today if it weren't for Bill Tierney," Marr explains.

Born and raised in Yorktown, NY, Marr received high school All-American honors while twice leading the storied Yorktown High School program to the state's semifinal round.

Tierney gave Marr his start in the sport. He was the only Johns Hopkins coach that saw Marr play and recruited him.

As an assistant for head coach Don Zimmerman, Tierney took a plane to visit Marr for a home recruiting visit. They took an alumni's plane. As Tierney recalls, it was a miserable night in the winter.

It was raining sideways and cold enough to snow. Their small four seater plane was bouncing all over the place.

"I literally thought I was going to die," Tierney said.

He recalls asking Zimmerman, "Is this guy good enough to die for?"

"Yes, he is," he replied.

There were only 26 lacrosse programs at the time.

It was a smaller sport and Hopkins was a powerhouse, having been to 10 straight national championships. Its success spoke for itself. All the doors that were opened for Marr in the sport started with Tierney.

Fast forward to this past May with a 15-13 victory over Tierney's Denver team in the quarterfinals of the 2018 Division-I men's lacrosse playoffs at Hofstra University on Long Island, Marr's Great Danes advanced to their first ever Championship Weekend.

The 17 years prior with Marr at the helm, they had some remarkably talented teams but had never been able to get over the "Final Four hump".

Legendary players like Lyle and Miles Thompson, Merrick Thomson, Connor Fields, etc. High powered offenses. Goal machines. Albany swagger. But never had the purple and gold been one of the last four teams standing.

On top of that, it was also Marr knocking off his mentor in Tierney.

"He's a gold standard in the sport. It was an honor to beat him...his seven national championships speak for itself."

He lost to Tierney in the national championship twice while an assistant at Maryland. He lost to him in the

quarterfinals with the Terrapins as well.

His first ever tournament appearance at Albany against the Princeton Tiger's lacrosse team followed the same story, a game where they led at halftime. Playing at Denver in 2013, Marr and the Danes' game ended the same way.

"It was like Luke beating Darth Vader" he said with a chuckle.

For Marr, it was especially challenging mentally. He had to focus on not paying attention and looking at Tierney on the other sideline.

They spoke for 10-15 minutes before but once it started, he didn't even make eye contact with his mentor until the last two minutes of the game.

"To beat Coach Tierney, he set the standard. To beat someone at that level is really satisfying... it was a great day for our university."

Father First

"My wedding, my first son, my first daughter, my second daughter and then my national championship. Those are the five best days of my life."

Marr is quick to note the 1987 National Championship with Hopkins as a player was number one, but got bumped down when he got married.

When the clock struck zero, he was the first one to run to goalkeeper Quint Kessenich, now an analyst at ESPN. He still remembers ending up at the bottom of the dog pile celebration after the win.

"I got trampled!" Marr remembers.

Ultimately, fatherhood is at the forefront of everything that Marr does.

As described by his family, "Scott the coach" is very similar to "Scott the father." He believes wholeheartedly the more you give to other people, the more you'll get back.

He feels the relationships you build in lacrosse are the most important thing. As a parent, he always tries to get that same message across.

"At the end of the day, he's not a lacrosse coach that has kids. He's a father who coaches lacrosse," Kinnear said.

"He just has the biggest heart," daughter Jordyn said.

"That sums it all up. He just wants the best for everyone."

Traci puts it simply: "He is my partner, without a question."



DALIA YAN / ASP

Marr coaching the Great Danes in a scrimmage against Siena College on Feb. 8

WOMEN'S BASKETBALL

UALBANY DOMINATES VERMONT 65-40

DANES WIN THIRD STRAIGHT WITH VENEGANCE

By **WILLIAM GAITINGS**

The University at Albany women's basketball team (10-13, 7-3 AE) dominated Vermont (9-14, 5-6 AE) 65-40 in its rematch against the Catamounts at SEFCU Arena Saturday.

Junior center Alexi Schecter scored a team-high 17 points and sophomore guard Kyara Frames notched her first career double-double with 15 points and 10 rebounds as UAlbany controlled all aspects of the game from the jump.

The Great Danes hit 44.3 percent of their

shots, netting 27 field goals and six three-pointers while holding their opponent to an astoundingly low 27.5 percent from the field. Their 40-points allowed was the fewest points total surrendered to an opponent since 2016. UAlbany also assisted on 17 shots, generating a whopping 36 points in the paint.

Schecter opened the scoring with six points to amount an early 9-0 lead for the Danes, who held Vermont scoreless over the first three minutes of the game. Sophomore guard Patricia Conroy and senior forward

Amanda Kantzy each nailed three-pointers to give UAlbany an 18-5 lead after the first quarter.

Later, with 5:22 remaining in the half, Frames connected from deep as the Great Danes started the second quarter much like the first, this time on an 11-0 run. UAlbany took a commanding 26-point 36-10 lead into halftime.

The Great Danes took their largest lead of the game, 48-16, when senior forward Chyanna Canada converted an and-one opportunity at the free throw line with 2:11 remaining in

the third. The closest Vermont got in the second half was 26 points, until Conroy hit her second three-pointer at the 6:43 mark of the fourth quarter. Frames left no doubt, hitting one last three-pointer for good measure.

UAlbany maintained sole possession of third place in the America East Conference with its win against the Catamounts. The Danes look to win four straight games for the first time this season when they visit UMass Lowell Wednesday Feb. 13, who they defeated 63-56 earlier this year.



Habib Affinnih / ASP

Highlights from the women's basketball victory over the University of Vermont on Feb. 9 at home, securing a three-game win streak for the Great Danes at home

MEN'S BASKETBALL

UVM snaps Danes' three-game streak

By **ROB LEP**

The University at Albany men's basketball team (8-16, 3-6 AE) followed last weekend's Big Purple Grunt win with a Big Purple Grunt Saturday afternoon.

After ripping off three straight wins, the Danes came up short in Burlington 67-49 to the America East Conference's best Vermont Catamounts (19-5, 9-1 AE).

Freshman guard Antonio

Rizzuto scored 15 points hitting five three-pointers and redshirt freshman forward Adam Lulka added 10 points and five rebounds in a losing effort as Vermont defeated the Great Danes by double digits for the second time this season. Junior guard Ahmad Clark played most of the game in foul trouble, logging just three points in 20 minutes.

"I thought we wasted away a really good opportunity and a good

defensive effort," UAlbany coach Will Brown said. "I think we lost this game in the first half, because of self-inflicted stuff that you have to avoid when you play Vermont."

Both teams struggled to score in a slow-paced opening half. UAlbany grinded out an early 8-4 lead, which proved to be its largest of the game. Vermont eventually took control, hitting three consecutive three-pointers

to jump ahead 24-14 with 3:56 remaining in the first.

Both teams missed a third of their shots in the first frame, as UAlbany trailed by nine at halftime.

Despite better shooting numbers in the second, the Great Danes failed to keep pace with the high-powered Catamounts. Trailing by 13 with 14:30 remaining, forward guard Ernie Duncan nailed back-to-back triples to extend the Vermont lead to 47-28.

The Catamounts led by as much as 26 points before UAlbany answered with three straight threes to cut the deficit to 58-40 with 7:38 remaining. Vermont kept its foot on the pedal, hitting 52 percent of their shots in the second and cruising comfortably to victory.

Junior forward Anthony Lamb finished with 26 points and 14 rebounds for Vermont while redshirt senior Ernie Duncan added

16 points and tallied four assists.

"I knew we'd struggle to score, just because of the way they defend and the way our team is constructed, but I thought we defended much better than we did in the first game," Brown said.

UAlbany returns home for its second meeting against UMass Lowell on Wednesday Feb. 15, who defeated the Danes 84-72 earlier this year.

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