ALBANY STUDENT PRESS

Find your voice with UAlbany's coed a cappella group PAGE 6



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ALBANY

WHO ELSE LIVES IN THE STUDENT GHETTO?

By KEVIN FUREY

t's just past 2 a.m., but all is not quiet at the home where Laurie, a resident of Pine Hills, has lived since 1993. Rowdy students are making their way between bars and house parties, walking down North Lake Avenue right past her home.

It's common to hear students screaming late at night or urinating in the alleyways between houses, according to Laurie. Even the destruction of property and vehicles is not unheard of.

Laurie, who is originally from the New York City area, attended the University at Albany from 1985 until 1990. She never moved back downstate.

"I liked the city," Laurie said. Once considered a retreat for Albany's elite and wealthy, Pine Hills has had many faces over the years. Although many permanent residents would agree that yearto-year the neighborhood doesn't change much, within the last 40 years students have shifted the demographics of Pine Hills. Some of the permanent residents recall a Pine Hills that was not referred to as the "student ghetto."

Even though the student population in Pine Hills is high, many non-students live there as well. Roughly 31 percent of those who live in Pine Hills are between

the ages of 20 and 24, which is the largest age demographic in the neighborhood, according to AreaVibes, a website that gives locations "liveability scores." Many older, long-term residents live in the neighborhood as well.

Today, Pine Hills is lined with deteriorating historic row homes, many dating back to the late 19th century. The streets are anything but quiet. The vibrations of EDM music can often be heard thumping out of basements where illegal underground parties frequently take place. Broken beer bottles litter the sidewalks and dirty sneakers hang from the telephone wires.

Many home owners have seen their Pine Hills homes depreciate in value, so they can't afford to leave and end up feeling trapped.

Carolyn Keefe, president of the Pine Hills Improvement Group, noted that as more permanent residents age and die, their homes are often sold to people interested in renting to students, which reduces the number of permanent residents.

Despite the loud noises, Laurie isn't the only one who likes the neighborhood.

Virginia Hammer, president of the Pine Hills Neighborhood Association, said she feels that many permanent residents enjoy the diversity of the neighborhood and have learned to put up with some periodic annoyances

However, those periodic annoyances have caused tension between permanent residents and the transient student population.

Hammer said that many permanent residents stereotype all students, often viewing them in a negative light. She feels that after the "Kegs N' Eggs" Riot in 2011, the media painted a negative image of UAlbany students, even though a small number of students were actually involved in the



Kevin Furey / Albany Student Press

A row of houses in the Pine Hills area. After years of students making too much noise, drinking in their houses and causing scenes like the "Kegs 'N Eggs" riot, long-time residents label them a nuisance.

> Keefe added that the common perception of students is that they are too immature to handle the responsibilities of living on their own and that they are inexperienced in urban living.

"Many residents express that they feel like they live in the middle of an unsupervised playground," Keefe said.

Perhaps the biggest nuisance for many permanent residents is the noise level, especially late at night. Keefe said that there seems to be a correlation

between the consumption of alcohol and the level of noise. She also added that when the drinking age was raised in the 1980s the noise problem worsened, as many students were pushed out of bars and into house parties closer to the homes of permanent residents.

Many residents feel a sense of dread as late August approaches, and a sense of relief in late May, according to

Please see **PINE HILLS** page 2

FASHION

Learn to strut the runway with FACE

By RUSSELL J. OLIVER

Students at the University at Albany who want to get opportunities in the fashion world, look no further. The Fashion Association of Collegiate Entrepreneurs, or FACE for short, is an organization that allows students to work together creatively and share their ideas about fashion. FACE also allows students to get in contact with professionals in the field that can lead to potential connections in the fashion world.

"FACE serves as an outlet for both professional development for students interested in pursuing a career within the fashion industry as well as... for creativity unlike any other at our university," said Sofia De Luise, a student at UAlbany who is the president

De Luise is a senior who studies in marketing and information technology management. She also said that FACE tries to offer different programming than other groups at the university by incorporating fashion, art, pop culture and social issues into what they do.

Co-Presidents Ashley Grant and Harvey Wong formed the organization in the spring of 2013. The past three years have seen FACE grow as an organization by continuously providing the campus with unique fashion events on a regular basis.

FACE holds weekly programs that focus on a variety of topics, such as careers in fashion and fashion in pop culture. They will be hosting their third annual Spring Fashion Week later this

During their annual fashion week, FACE has educational events. They table all week with recognition of student fashion on campus, as well as host giveaways for students.

Another event run by FACE is the Human Art Gallery, which has student models pose as mannequins throughout the campus wearing clothes from student designers.

"As a fashion organization we have so much opportunity to do a lot of cool stuff and again, it's not all about clothes," De Luise said.

FACE's members have a variety of majors, as the group doesn't have a major requirement for joining the organization.

By giving students an experience with fashion and getting them connections to professionals within the field, FACE gives students the chance to learn about the fashion world.

"By arming students with this knowledge and helping them connect with professionals, we hope to help as many students as possible to transition into a career in fashion if they wish to do so,' De Luise said. "Even if someone wasn't interested in moving into fashion as a



Source: FACE Website

The executive board of the Fashion Association of Collegiate Entrepreneurs (above). A fashion booth display from an on-campus FACE event (below).

career, there's still so much that can be learned by our program offerings and events.'

FACE is currently looking for partnerships with other student organizations for this semester. They have monthly meetings where they discuss new ideas and are always open to new members joining the organization.



BUSINESS

Student entrepreneurs start new healthy tea business

By MILO VOTAVA

If you have ever lived on one of the four main quads on campus, you have probably seen one of the stickers for a brand called "Chuga-Chaga." Generally found above the card readers on the doors leading into the building, the sticker itself is almost a mystery, only displaying the company's slogan, "Restore Repair Revitalize." What you would not know just from seeing the sticker is that it stands for an independent student-run tea company based right here in Albany.

The idea for the company was started by its now-CEO Luke Evans. While working under Juan Gomez in 2010, a chef in the Catskills who was interested in new superfoods, Luke was introduced to chaga, a type of mushroom that grew on birch trees in cold weather, just like the ones that grew in his backyard. Chaga is highly antioxidant-rich and contains more complex carbohydrates like polysaccharides that help stabilize blood sugars as well as melanin, an important component of your hair and nails.

After going on a hike with Gomez and harvesting around ten pounds of chaga, Luke did some research and realized that for such a highly acclaimed superfood, chaga itself was not very well known. He decided that it would be a good business venture to introduce more people to such a beneficial food. Luke ended up collaborating with his roommate and friends Mark Iskandar and Adam Kaiser, both also University at Albany students, and went on to turn his high school dream into a college reality.

Marc Iskandar was Evans' roommate, dorming with him on Colonial Quad; he remembers hiking for chaga with Evans. He says that while the initial hikes did not end up with them harvesting a lot of chaga, they all became better at it as time went on. Now, after many years of harvesting chaga, creating and promoting their company, they are finally ready to launch their final product in March. Their kick-starter is planning to end on the Feb. 26 and it is currently 86 percent

funded

This business has changed all that have been involved with it for the better as well. Iskandar, the company's head of Sales and Marketing, started here at UAlbany as a political science major. Now, after Chuga-Chaga participated in the highly competitive Food-X in Brooklyn, an international business acceleration program that focuses on long-term food ventures, the company has moved back to Albany. Iskandar has realized the impact of their business.

"I felt that political science and law was going to be the way to impact the world. I met Luke and then realized that the real way I could do that was through business," said Iskandar.

Chuga-Chaga really is trying to impact the world. They have a program called One Tea One Tree Promise that states that they will plant a tree for every bottle of their Tree Tea that is sold. They are also teaming up with The Eden Project, a program that focuses on improving both widespread deforestation and poverty by employing impoverished people to plant trees. Chuga-Chaga is an environmentally conscious business and it's important to note how much all the members believe in their business.

While the Tree Tea won't be available in stores for a while, you can preorder some off their kick-starter, and you can get it in places like Whole Foods Market, Fresh Market, and Price Chopper's Market 32 once mass distribution starts. From stickers on door handles to making an impact on the world, it's good to see how far these three UAlbany students have come.

FROM THE ARCHIVES

THE ASP TURNS 100 THIS YEAR.

Grab a copy every week to see an exclusive clip from our archives!



JAMES T. FARLEY, YAF State Chairman, defined members of the New Left as those who want revolution for the sake of revolution.

YAF State Chairman Denounces New Left

by Linda Staszak
James T. Farley. State
Chairman of Young Americanfor Freedom, said that YAF is
concerned with what can be done
to oppose the New Left, which he
defined as those who want
revolution for the sake of
revolution during a speech last
Thursday.

Thursday.

The New Left includes such radical groups as Students for a Democratic Society and the National Mobilization against the War in Viet Nam.

He likened the New Left to a "New Fourth Reich" with its storm trooper tactics similar to those used by Hitler in the 1930's, "The New Left is further to the Left than the Communist party in the United States which it considers to be conservative." Farley said that their target is

the student as well as the establishment, even though they claum to be the students' friend "If you don't want to have to climb over barricades to get to class, you had better do something now."

Con't to p. 3

Students Gi In English I

the Chairman of the English Department on policy is to be elected by the students in the Department. A meeting of all English majors and graduate students is to be heldfor the purpose of forming the committee.

Source : Albany Student Press archives

A story in the ASP from Oct. 8, 1968, a tumultuous time.

CRIME BLOTTER

Unlawful Possession

of Marijuana 2/11/2016 State Quad Report for the odor of marijuana referrals

Persons Annoying 2/12/2016

2/12/2016
Empire Commons
Report of a female
student receiving
threatening post on
social media.

Chack a Subject

Check a Subject 2/13/2016 Colonial Quad Report of a highly intoxicated female

Lost Property

2/13/2016 Alumni Quad Report of a stolen

Check a Subject

2/13/2016 State Quad Cafeteria Report of a male student allowing others to use his SUNY card for dining hall.

Grand Larceny: Credit Card

2/12/2016 Empire Commons Report of a stolen wallet and unauthorized use of a credit card.

Vehicle Annoying

2/15/2016 Freedom Quad Report of vehicle parked on the sidewalk.

Intrusion Alarm 2/15/2016

Chapel House
A door was open at an event.

Medical Incident

2/15/2016 Indian Quad Report of a male student having an allergic reaction. Transported to hospital by 5 Quad.

Assist a Person 2/15/2016

Podium
Report of person in
Lecture Center after
hours.

Assist a Person

2/15/2016 Podium Report of person in Lecture Center after

Petit Larceny

2/16/2016
Podium - Biology
Report of a stolen skull
replica.

Medical Incident

2/16/2016 Podium -Report of a female subject fainting. Refused medical treatment.

Medical Incident 2/16/2016

2/16/2016 State Quad - Whitman Hall Report of a female student having difficulty breathing. Transported to hospital by 5 Quad.

Medical Incident

2/16/2016 Podium -Report of a female subject fainting. Refused medical treatment.

Medical incident

2/16/2016 Empire Commons Report of a male student with an eye injury.

Property Damage 2/16/2016

Roadways Report of a hit and run.

Personal Injury 2/16/2016

Other - UPD
Report of a male student that was hit by a vehicle.
5 Quad responded.

Medical Incident

2/16/2016 State Quad Report of a female student having an allergic reaction. Transported to hospital.

Persons Annoying

2/17/2016 Colonial Quad - CQ Cafeteria Report of male subject harassing a female subject.

Persons Annoying 2/17/2016

Colonial Quad Report of male subject harassing a female subject.

Forged Certificate

2/17/2016
Roadways
A male student was
found to be operating
a motor vehicle with a
forged inspection. An
arrest was made.

Criminal Nuisance

Criminal Nuisance 2/17/2016 Indian Quad A female student was found to be in possession of marijuana and covering her smoke detector with a plastic bag. A referral was made.

Petit Larceny 2/17/2016

PE Complex
Report of a stolen coat
and shirt.

Medical Incident

2/17/2016
Alumni Quad
Report of a male student
with stomach pain.
Transported to hospital
by Mohawk ambulance.

Check a Subject

2/18/2016 Alumni Quad Report of a verbal dispute between two male subjects.

Persons Annoying

2/18/2016 Podium - Pod Tunnels Report of students playing handball.

PINE HILLS

Continued from Page 1

Keefe. The neighborhood is less vibrant when the students leave, some businesses close temporarily, and more on-street parking is available. Of course the neighborhood is much quieter, as well.

"In the summer, it's often so quiet, we can hear birds

and crickets," Keefe said.
While some landlords take their responsibilities seriously, there's no question that other landlords simply use their properties to make money, often taking advantage of their tenants, Keefe said.

To help handle problems within the community and to assist students who are living or plan on living off-campus, UAlbany established Neighborhood Life in August of 2014. Neighborhood Life does everything from talking with students who have been ticketed or arrested off-campus to assisting students with any problems that they have with their landlords. Prior to the establishment of Neighborhood Life, all off-campus issues were handled by the Office of Personal Safety.

According to Keefe, students began living in Pine Hills in the 1970s and 1980s, when UAlbany underwent

expansion. Although she has only lived in the area since 1994, she has several neighbors who have lived in the neighborhood since before it was predominately populated by students.

Keefe, who lives near The College of Saint Rose, said that she chose to stay in Pine Hills and raise her family there because she loves her home and the convenience of its location, near many shops and businesses. She also added that she feels safe in Pine Hills.

Hammer said that although many permanent residents have built negative stereotypes of students, when they have the opportunity to interact with students in a positive way, such as during neighborhood clean-ups, their perception of students changes for the better.

Neighborhood Life manages year-round neighborhood watches, which consist partly of students and partly of permanent residents. They report noise complaints, destruction of property, building code issues, as well as any other problems in the neighborhood. One time they even assisted a disoriented elderly man who was walking around in his boxers in the middle of the winter, possibly saving his life.

While doing neighborhood watch patrols, students and residents have an opportunity to interact with one another, since they go out in groups. Any student of UAlbany or resident of Pine Hills who is interested in volunteering for neighborhood watches can. The only requirements are an application and a background check. Then there is basic training through the Neighborhood Engagement Program of the Albany Police Department.

Keefe said that she appreciates the efforts that UAlbany and the Albany Police put into managing issues between permanent residents and students. She also added that without those efforts she didn't think her family would still be living in their home.

What Pine Hills residents such as Laurie, Hammer and Keefe want to stress to students, is that the neighborhood is not only comprised of students. Within Pine Hills there are families, senior citizens, people with special needs and people who have to wake up early in the morning.

Keefe had one final message to the students who reside in Pine Hills:

"This is your neighborhood too, so live here like you would in your family's neighborhood, and live here like you plan to stay, maybe you will."

Name: Clarens Phillipp

Year: Senior Major: Accounting Least like to see president:

Ted Cruz

DANES SAY WHAT?

This week, we asked students:

Who would you least like to see become president?



▲ Name: Aaron Tucker Year: Sophomore Major: Accounting Least like to see president: Hillary Clinton

Name: Andee Fernandez Year: Sophomore Major: Human biology Least like to see president: Donald Trump





◀ Name: Briana Bond Year: Junior Major: Psychology Least like to see president: Donald Trump

Compiled by Russell J. Oliver

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WHAT'S MORE THAN OUR STATS? OUR (iKADIJAIFS

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Stephen Masker / Wikipedia.org

Upcoming presidential candidates for 2016 feel they should fill Scalia's position on the Supreme Court instead of

POLITICS

Who should fill in Scalia's position?

By STEFAN LEMBO-STOLBA

ustice Antonin Scalia, topconservative voice on the Supreme Court of the United States, died recently leaving the burning question of who will succeed his seat and when.

Scalia's death leaves the Supreme Court evenly split between liberal and conservative justices. His death marks the end of an era in which conservatives held the majority of seats on the bench, and begins a period of uncertainty during which a new justice will be

Amid the controversy aroused after Scalia's death, the main conversation focuses on President Barack Obama's nomination of a new Supreme Court justice. The majority of conservative thinkers feel that the opportunity to appoint a new justice should be reserved for the next president. Others assert that as president, Obama has both a right and a duty to nominate a candidate for the open seat.

Regardless of how some interpret the Constitution, Obama has made his intentions clear and said, "I plan to fulfill my constitutional responsibility to nominate a successor in due time."

I stand by Obama in that he should act according to the duties stated in the Constitution and select and appoint a new justice. The conservative push for the next president to replace Scalia's seat is arbitrary and predicated on the hope for a conservative president and thus holds no ground in dictating the remainder of Obama's term.

Obama's plan to select a nominee is a proactive step for liberals as opportunities to overturn a majority in the court rarely come around.

The Senate, currently controlled by Republicans, is required to approve presidential nominees for the Supreme Court. Since Scalia's death, numerous Republicans have made it clear that they plan to obstruct any efforts to confirm a replacement and insist that this selection should be left to the victor of the 2016 presidential election.

In these circumstances, gridlock seems unavoidable and the United States may see an eight-member Supreme Court for the remainder of Obama's term. The prospect of an eight-member court leaves citizens on the edge of their seats as many await important decisions currently pending. What happens to these decisions in the case of a 4-4 tie?

The Supreme Court has two options in such situations: they can vote to hear the case a second time when a new colleague joins them or they can hand down a one-sentence opinion that upholds the result reached in the

lower court, according to a report by the Associated Press.

If things go according to Republican plans, gridlock in the Senate will stall the process of filling Scalia's seat, forcing the tied-court into upholding lower court decisions in many of their pending cases. In cases like Friedrichs v. California Teachers Association, the future for millions of unionized workers is at stake.

The Guardian considered this case "virtually certain" to present a 5-4 decision in favor of the conservative majority prior to Scalia's death. With Scalia's swing-vote eliminated, the deadlock within the Court may prevail, leaving the outcome of Friedrichs and many other cases uncertain.

In the short time since Scalia's death, top political and legal pundits have dissected all of these questions. It is uncertain what will happen in the last 11 months of Obama's final term. While the United States awaits Obama's nominee, the conservative vs. liberal debate roars on. As this year's election is near, the importance of picking the best presidential candidate grows exponentially. A pivotal point in history, the upcoming decisions will dictate our nation's ideological tone for the next several decades.

DIGITAL AGE

How social media can determine success

By SHEKERA CLARKE

here are many people who believe social media is just an outlet for personal feelings and sharing moments, but they could not be more wrong. Social media is infused into our everyday lives so much so now that opportunities come from it.

Although social media is used mostly for documentation of our everyday lives, it is also a way of connecting with billions of people all around the world.

Having an active account on Twitter with engaged followers can increase the amount of opportunities a person can have. Since having a high follower count is like networking, the more followers users have the greater chance they have of important people seeing their tweets.

One of our very own students here at the University at Albany, Zainub Amir, received an opportunity of a lifetime from music star, Taylor Swift - she was given the job of social media "fan ambassador." According to Amir in an interview from shesaboss.org, this all started when she began tweeting about the singer and caught the attention of Swift's team.

"In 2012, her team asked me to come to New York for release week, that's when it all started," Amir said. "I spent a week with Taylor and now every time she releases an album, I provide social media updates."

With celebrities using Twitter more to interact with their fans, it's important to remember that anyone could see what you send (unless you're private) when hitting the send button on a tweet.

A young woman named Raven B. Varona, also known as Ravie B, landed an opportunity taking photographs of Future, one of hip-hop's biggest stars. What started off as just messing around on Twitter ended up providing Varona with the chance to start the career in photography she always wanted.

In an interview from The Fader, Varona said she had just quit her job when she met Future. Something inside her told her to pursue her photography, but she never thought that Twitter would be the way her career would catapult.

"Social media played a big role in connecting me to Future 100 percent," said Varona. "It was cool because all these kids that follow me for photos of Future remember when it was just a Twitter thing."

Varona's opportunity with Future opened the doors for her in shooting other big celebrities such as Fabolous, Drake, Big Sean, Stephen Curry and LeBron James. Anyone can say that Varona might not have needed social media to be successful, but it's possible her career wouldn't have taken off as fast as it did if it hadn't been for Twitter.

Social media is singlehandedly reshaping the world. Having an active account and active followers could only prove to be beneficial to you. It is coming to the point where social media is not just a social forum for just thoughts anymore- it can be used to further ambitions and a career.

LOCAL

The likelihood of finding jobs in Albany

By KEVIN MERCADO

eing a college student is a life-changing experience. Students who go away for college get to experience making adult decisions for what may be the first time in their lives. But those decisions all come with a lot of financial weight.

For a quick breakdown, here at the University at Albany, we currently spend \$6,470 per academic year for tuition alone. Add another \$2,024 in all the fees that students pay plus \$11,636 in housing and up to \$2,545 on a meal plan for those who live on campus. Add that all up and it comes to a cost that can be as high as \$22,675, according to the university's website.

These numbers can be daunting and intimidating, especially for

students.

We have to be able to cut down those costs. Financial aid loans are a first step in solving the issue.

The next best solution, however, is to get a job. It just makes sense. It is a good way to make some extra money while in college. Typically weekends and nights are free for students to work parttime on or around campus.

The biggest question revolves around the capability of getting hired, especially as a current student.

Well, according to the Department of Labor, the unemployment rate in the Albany-Schenectady-Troy region has dropped from 4.6 percent to 4 percent from December 2014 to December 2015. The likelihood of obtaining a job in the area is steadily increasing.

I can't say that obtaining a job is hard. Small retail stores in the mall always seem eager to hire students in the area. It keeps getting implanted in our heads that we should be wary of getting hired, that it will never happen. But, current employers are no longer thinking that.

"Often a great business decision, choosing to hire a student or a recent college graduate gives all businesses much more job description flexibility," an online article by the Undercover Recruiter says. "Probably the biggest advantage that hiring a student gives a business is the lower cost of the employees' yearly salary."

The article also says that employers are more inclined to hire college students or recent graduates because of

how comfortable they are with technology and because they are easier to manage, not feeling entitled as seasoned workers may feel

I feel more comfortable knowing that my age group has an actual shot at getting jobs after or during college.

Now I know that there is a market for college students. It is a bit discouraging to know that I may get taken advantage of, but statistically, my chances at employment are improving.

The balance between school and a part-time job is like hell, but the way I see it, the time to struggle is now. The window of opportunities for college students is slowly being cracked open and retail companies are jumping at the idea that college students will be beneficial to hire.

For students here at UAlbany, there are a few different shopping outlets ready and willing to hire several students for seasonal and part-time employment.

I don't think college students should commit to a job that devalues their worth and/or does not allow for the most benefits. However, if having the extra pocket change is needed, then do what it takes for now.

The time to build a resume through silly retail or on-campus jobs, and full-time studies, is right now. As students, we will be dealt many blows, but they will all lead to the dream job that we have been striving for since stepping onto this campus. I would go through hell now reaching for my goals, rather than attempt the easy, and often useless, way out.

CELEBRATING 100 YEARS 1916—2016



STUDENT PRESS

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HEALTH

ZIKA VIRUS SPREADS HYSTERIA

By JONATHAN MILLER

proper attire to accommodate the shifting tone in weather are all too familiar. With flu season currently in full swing, Centers of Disease Control and Prevention (CDC) are proposing certain precautions.

Up until a few months ago, the Zika virus has been "spreading explosively" according to the World Health Organization. The hysteria is spreading rapidly through news outlets and health officials. The CDC went so far as to activate Emergency Operations on Jan. 22, as well as issue travel alerts, especially for those who are pregnant or are considering becoming pregnant.

The declaration of a Public Health Emergency of International Concern by the World Health Organization (WHO) is an attempt to bring awareness to a virus that has been around since 50 years ago.

Carried by the daytime Aedes mosquito, the disease was only common in equatorial territories of Africa and Asia for decades.

The virus already had an outbreak in the French Polynesia. The virus will eventually spread across the Pacific at this rate. Most cases of the Zika virus exist in Brazil at the moment, where 200 million people are at risk.

It's difficult for many health organizations to conceal their concern that the virus will spread like wildfire, once it officially reaches the United States. Cases are already being reported in the east and west coast as well as southern states. The CDC has already given notices to physicians and medical personnel on how to treat someone who has recently traveled to a country where the virus is active. A total of 23 countries and territories have claimed to have the virus.

have claimed to have the virus. How does one know if he or she has contracted it?

According to the CDC, 80 percent of people with the virus are unaware they have it. In most cases it does not affect adults. The most common symptoms for adults are fevers, rashes, and joint pains. The virus mainly affects unborn children, putting them at risk of microcephaly.

Microcephaly is a condition where children are born with an abnormally small head as a result of incomplete brain development.

This is a common issue in Brazil, which the WHO has directly attributed to the Zika virus.

However, many health organizations have called out the melodrama, saying that the risk of the Zika virus reaching the United States is unlikely.

According to The New York Times, "Health authorities have said a major outbreak in the U.S. is unlikely because many states have effective programs to control mosquitos." The chances are low, especially with the country's history of virus epidemics in the past.

The parallels between the Zika virus and Ebola are uncanny. Ebola, like the Zika virus, is a foreign disease that is more than half a century old, and yet the disease came to prominence when the chances of it spreading in the United States became a possibility a few years back.

A very real threat in Africa, Ebola never evolved beyond the epidemic of fear infecting the United States. Many precautions were taken and there were daily news updates to prepare for the disease, but it ultimately infected four people in the United States.

With the most effective threat about the virus being that there is no proper vaccination as of yet, it is not difficult to see why the concerns are strong. Nevertheless, it is important to note that the virus has not yet been associated with any fatalities, but instead has been associated with the rising rate of infant microcephaly. Many South American countries are alerting women to put any plans of pregnancy on hold or to visit a care physician daily until WHO and other health groups can gain a better understanding of the fundamental nature of the virus.

LETTER TO THE PRESIDENT

Dear Pres. Jones

By JEFFREY ROSENHECK

Allow me to introduce myself. My name is Jeffrey Rosenheck. I am a senior here at the University at Albany, preparing to graduate in May. Though I am not the most outspoken person on campus, I enjoy being active in various clubs and activities, as well as keeping up to date with the current events in the Albany Community.

Like most young adults at this school who are searching for their place in this world, my four years of college has seen both its ups and downs. I have received As in some classes, and come close to failing others. I have made lifelong friends, and met people who consider me an enemy. There are days where I feel like everything is going my way, and others where I feel like the world's mission is to kick me while I am down.

Despite all of the positive and negative emotions endured during my tenure here at UAlbany, I never felt like my safety was threatened. Put in its simplest way: I felt protected. This opinion, though, has changed in the past weeks.

On Jan. 31, 2016, you wrote an email to the student body, stating that three women the previous night were harassed and assaulted by 10 to 12 males and females on the 11 CDTA bus. You continued the email, stating that you would return back to the UAlbany campus, and work with the Albany Police Department to catch the persons responsible for this incident. Though all the facts of the case were not in front of you at the time this email was both written and sent, you took the women's word that this event happened.

Shortly after the email was sent, public outcry came from a local and national standpoint. There were protests on campus and social media. The women who were allegedly assaulted called for the 10 to 12 males and females to be indicted, as well as the bus driver on the 11. To avoid rambling on, I will once again put these events in its simplest terms: things got out of control.

Upon finding out that these three students could possibly be lying about the alleged assault, or maybe even be the ones who started the fight (gasp!), you went to the UAlbany community once again, this time asking us to reserve judgment, be patient, and respectful of the ongoing investigation.

But, how are we to follow this precedent when you, President Jones, did not reserve judgment, have patience, or show respect?

How are we, as students, supposed to feel safe in this school, when our own president lines us up for execution before giving us a fair trial?

How are we supposed to turn a blind eye, when a student in YOUR care left YOUR university mid-semester, because he felt his life was threatened?

To me, this is not a racial problem. This is not a gender problem. This is not a black versus white, or male versus female, or student versus student problem. This is about what is right. This is about due process.

Regardless of what the outcome may be in the forthcoming weeks, no matter who is proven guilty or

innocent, you did not provide the UAlbany community with due process. You heard a story, immediately took it to be true, and sent out an email to the student and faculty body, indicting 10 to 12 students for their crimes. You did not remain impartial, you did not provide adequate notice to the alleged perpetrators, and you did not give an opportunity to hear the 10 to 12 students' side of the story (a direct violation of the Student's Bill of Rights).

This is not fair to the 10 to 12 students being put on trial for a crime they might not have even committed. This is not fair to the student who left because he felt threatened. This is not fair to the student body.

I believe that you should send a personal apology to the UAlbany family. We cannot, and will not, be the victims of something that has plagued our nation. We must reserve judgment until all of the evidence is brought before us. You must lead the way. You must prove to us that due process does not have a skin color.

I appreciate the time you took in reading this letter, as well as the time you are taking to further this investigation. Unfortunately, due to my class schedule, I will not be able to attend your Critical Conversation on Feb. 23. I hope that all students, whoever they may be, that are guilty of this heinous crime, be brought to justice.

Forever a Great Dane, Jeffrey Rosenheck *The views expressed in this editorial do not necessarily reflect the views of the Albany Student Press editorial staff.

MEDIA

Minorities portrayed in Disney films



Source: Youtube.com

By DANIEL PINZON

Disney does represent minorities. It is not to our liking, but Disney went out and has captured other cultures aside from white culture.

Disney is very influential in the United States, and one of the things kids look up to the most are the Disney princesses. Children mainly look up to the white princesses, since those of other races and backgrounds are outnumbered four to eight.

However, we have to acknowledge that the Disney franchise started back in the 1920s, and the list of princesses began in 1937 with Snow White.

We didn't see our first ethnic princess, Jasmine, until the '90s. However, Jasmine didn't come into the princess scene until four other Caucasian princesses were added alongside Snow White. So we have to give Disney leeway. It just went along with the era at the time and decided to showcase other cultures. Entertainment didn't revolve around diversity at the time, but instead focused on the mainstream.

And as the United States shifted, so did entertainment, which meant Disney started to create more ethnic princesses. It added Jasmine, Pocahontas, Mulan and Tiana, who were Arabian, Native-American, Chinese and African-American, respectively. It comes off as if Disney had met their quota for minorities. It was time to go back to their old ways, with princesses like Rapunzel and Merida. Nevertheless, people can't appreciate what has been introduced for them.

As of now, minorities aren't being overly represented in Disney. However, a minority presence is visible and continues to grow.

In fact, another Disney movie set to release in fall of 2016 is called "Moana." Set in the South Pacific, the animated film is

expected to revolve around a female character, possibly a new addition to the line of princesses.

We can't limit Disney to just their princesses either. We have to take account for it's other films, as well as their presence on television. We have to appreciate Princess Tiana's pursuit of her dream restaurant with a New Orleans twist in the "Princess and the Frog." We have to appreciate the dogs running around in Mexico of "Beverly Hills Chihuahua."

And we can't forget the Japanese-American Boy Scout, Russell, who follows an old man's journey in "Up."

Even on television, Disney had shows such as "That's so Raven", which followed the life of the black Baxter family. "Wizards of Waverly Place" starred a half-Mexican family.

And for all those who don't know, Disney is international: Each international division has modified it to their culture. There are many versions of Disney that imitate plots of television shows. For instance, Disney Channel India has remade "The Suite Life of Zack and Cody" into "The Suite Life of Karan and Kabir." This is globalization at its finest.

The main concern is that people not only want more ethnic Disney princesses or more representation of minorities, they also want a variety of people to relate to. For white people, multiple characters can be idolized, yet minorities are limited to only a few options.

It's cool that Chinese kids who watch Disney have Mulan to look up to, yet that's the only character they can relate to on a cultural level. It's nice how black kids can connect with Tiana, yet that is still one person compared to the many characters white kids have.

Disney is doing a good job trying to represent minorities, but it can do a better job. In time the representation should, and will, improve.

Disagree with the articles published this week?

Feel free to write a rebuttal.

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LOCAL CONCERT

ACTOR EZRA MILLER'S BAND PLAYS HOUSE SHOW IN ALBANY

By ELI ENIS

The presence of two Hollywood actors, a selection of musical acts ranging from experimental jazz to grunge punk, and a wide array of framed, tasteful nude photos spread throughout the house. Oh, and free popcorn. That's what went down in a rather unassuming house on Morris Street in Downtown Albany last Thursday, Feb. 18. That house is called The World Citizen Party House, and for them, an evening like that isn't out of the ordinary.

Currently one of the many DIY house venues in the Capital Region, the WCPH typically hosts a bill of local and underground touring musicians at least once a month. However, unlike the standard basement setup of other DIY venues such as the beloved Treehouse, the WCPH melds many types of art and creative expression together in a layout that consists of both living room and basement performance areas. As one artist plays in the shockingly clean basement, surrounded by walls covered in regional art, "permanently borrowed" street signs, and local politicians' campaign signs—one of which is altered to read "Erect Gay Boner"—the other artist sets up in the living room upstairs. Considering the low ceiling and small circumference, the acoustics of the room actually sound halfway decent and the positioning of the stage in the far left corner allows for ample viewing space.

On the other hand, the living room is much narrower and the presence of a large piano and a series of recording equipment takes up a good portion of the room, forcing attendees to squeeze together and kneel down in front in order to get a good view. However, given the exceptionally inviting atmosphere of the WCPH, there's absolutely no reason to complain about getting closer with your friendly neighbor and striking up a conversation about the always-eclectic lineup of musicians.

On Thursday, the WCPH was proud to present Sons of an Illustrious Father, the somewhat bluesy and at times noisy indie rock band of actor Ezra Miller who's known for his roles in "The Perks of Being a Wallflower" and "We Need to Talk About Kevin." Astonishingly enough, actress Shailene Woodley of films such as "Divergent" and "The Fault In Our Stars" also made an appearance. However, both stars kept a low profile and could've been mistaken for any other member of the crowd. Rather than ducking away



Source: The World Citizen Party House Facebook page

to support an ego, both of them respectfully listened to the other performers, all of which were particularly talented.

Rad Scientists, a funky, impeccably tight jazz sextet kicked off the night with an energized, and at times jaw-dropping collection of original tunes. They consisted of two saxophonists, a guitarist, bassist, drummer, and an apparent frontman/keyboardist who introduced each song, one of which he said was inspired by a period of binging on NASA videos. Nerdy, classically trained and an unconventional experience for most of the punks in attendance, Rad Scientists were thoroughly intriguing and some of the keyboard, drum, and guitar solos were truly incredible displays of musicianship.

Despite them being a tough act to beat, singer-songwriter Another Michael, accompanied for the first time live

by three other musicians, followed with a familiar, yet distinguishing group of sunny day R&B pop. Their warm melodies were carried by a tender, unobtrusive backbone of piano twinkling, acoustic strumming, and occasional percussive thud. Most of the songs were short, easy to listen to and sort of just ended without developing into anything grandiose or pretentious. Another Michael's simple, charming approach to an often tiresome genre was delightful, once again earning a thumbs up from members of the crowd who wouldn't usually consider them to be a part of their musical spectrum.

Once again, a stark change of pace ensued as the grungy Saratoga punks Candy Ambulance ripped into distorted riffs that brought the pace up a few notches. Although nothing particularly astonishing instrumentally, the band was inherently likeable and their blend of grunge, punk and rock had universal appeal. Olivia Quillio, armed with just an acoustic guitar and a beautiful set of pipes, followed with a sound that one attendee compared to Fiona Apple. Her bubbly banter in between songs complemented the good-timey aura of the packed living room and her songs were met with enthusiastic applause.

Finally, the staunchly progressive, social justice-infused three-piece Sons of an Illustrious Father capped off the evening with a style that's difficult to place. Miller, positioned behind his drum kit, had somewhat of a spoken word vocal delivery, as he alternated verses with frontperson and guitarist Lilah Larson. However, the music teetered precariously between driving indie rock and experimental something or other.

Regardless, the band didn't seem particularly concerned with articulating a specific style, but rather focused on a socially conscious, albeit a tad ostentatious, progressive platform they wanted to convey. Despite being a bit heady at times, their music was intriguing enough for everyone in the room to take something from and the ones who really got what they were going for would've made the band proud.

The WCPH definitely does things differently than most DIY spots. There's a certain odor of creativity and individualism that permeates throughout the building and everyone who basked in it that evening left reeking of something special. Art is alive and well in Albany.

CAMPUS CLUB

Finding your voice with Pitch Please

First coed a cappella performance group at UAlbany

By ALLEN ENRIQUEZ

There are many groups and organizations at the University at Albany that many students may not know about. Some may include groups like the Laser Tag Club, the Equestrian team, or the first coed a cappella group, Pitch Please.

Pitch Please began in 2013 with only seven members at the time, a number that has now increased to 14.

"They started the group because there was no coed group and they were all friends in the MTA department," said current President Cyndie Piscatello. "They just wanted a group with musical theater influence and stuff like that."

Piscatello, a junior, has been a part of Pitch Please ever since it was established. She described the group as a bunch of musicians who come together to showcase their talent and ultimately have a great time doing what they love.

Although the group's main purpose is for artists to express their talent, there are more serious aspects to it. The group practices every Tuesday and Thursday for two hours and there are attendance policies within the group. The

group runs on a "three strikes you're out" policy that leads to an executive board decision of whether or not a student is in the group anymore.

"We do have to be strict about it because if kids get lazy then they won't know the music," said Piscatello. "Then when we try to perform and the person who missed the practice doesn't know the music, it messes everyone else up and it's not fair to the group."

There is an audition process to get into the group. The group's maximum amount of members is 16, otherwise the group could turn into a chorus, Piscatello said.

The audition process begins with the contestant singing a song of their choice, followed by testing how high and low the singer can go. The group then teaches one of their own songs to the singer who has to sing it along with the group to see if they blend well. Although a singer may have an incredible voice, it may not be the right voice for the group.

"Sometimes, a voice is so unique that it stands out too

much and you don't necessarily want that," Piscatello said. The group mostly performs gigs on campus, but do compete yearly in the ICCAS, a national a cappella group

competition held locally at Rensselaer Polytechnic Institute. The competition consists of many powerhouse music schools across the nation, which makes it tough for Pitch Please to achieve a national title, according to Piscatello. The group is set to take on the competition once again on Feb. 20.

Not all students in the group want to have a career in the music industry. Piscatello, for example, is an accounting major and is part of the group for fun. There are only a few music majors within the group. The group also helps each singer improve in different ways.

"It really helps train your ear," Piscatello said. "With no background music and just singing, it also improves your voice and the ability to blend well with other singers."

The group is open to new members every semester. It tables at the block party UAlbany hosts in the fall and also posts on social media when it's holding tryouts. Pitch Please can also be contacted at pitchpleaseua@gmail.com or by emailing Piscatello at cpiscatello@albany.edu.

ARE YOU A MOVIE CONNOISSEUR? DO YOU LIKE TO WRITE ABOUT GREAT MUSIC?

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STUDENT PROFILE

THE POWER OF SOCIAL MEDIA

How one UAlbany student landed a job with Taylor Swift

By KARISHMA PERSAUD

Many college students worry about where they may end up post-graduation. In the everyday hectic life of a college student, there are constant worries of how one will pursue a successful career at the end. Here's the story of a University at Albany junior whose luck and hard work opened numerous doors after being recognized by award-winning musician Taylor Swift.

Zainub Amir, 19, from Delmar, New York, graduated Bethlehem High School in the spring of 2014. She will be graduating a year early from UAlbany in 2017 with a bachelor's degree in finance and marketing, due to transferred AP credits from high school. So how did Amir end up working for Swift even before graduating?

Back in 2010, Amir began tweeting promotions and the latest news on Swift and her music from her personal Twitter account. When her tweets started receiving ample attention in 2012, Amir created a fan account called "SimplySfans" - "S" for Swift

Swift noticed "SimplySfans" when Amir participated in a Google+ chat where she was picked to ask Swift questions regarding her album, "Red" (2012). A few months after, Swift's team reached out to Amir and asked her to become an official "fan ambassador." Shortly after, Amir spent a week in New York City with Swift to live tweet her appearances on "Good Morning America" and "Live with Regis and Kelly." Amir also had the opportunity to attend the American Country Countdown Music Awards in 2014 to live tweet red carpet events and interview country artists.

Ever since Amir's success with Swift started, many opportunities became available to Amir. Teen Huffington Post reached out to Amir and she began writing articles about entertainment and Swift. She also writes for MTV Voices, which is a platform where Amir can express herself from any perspective. Her article, "This Is What It Feels Like to Be a Muslim Growing Up in America," debuted on MTV.com on Feb. 14.

Ambassador life for Amir isn't always as exciting as it may seem, she's usually waiting for a call from Swift's team to promote her newest album which happens every two years. In the meantime, Amir promotes for other companies such as Good Morning America, MTV and Madame Tussauds.

"It's kind of like being a fangirl, but wait there's more," Amir said.

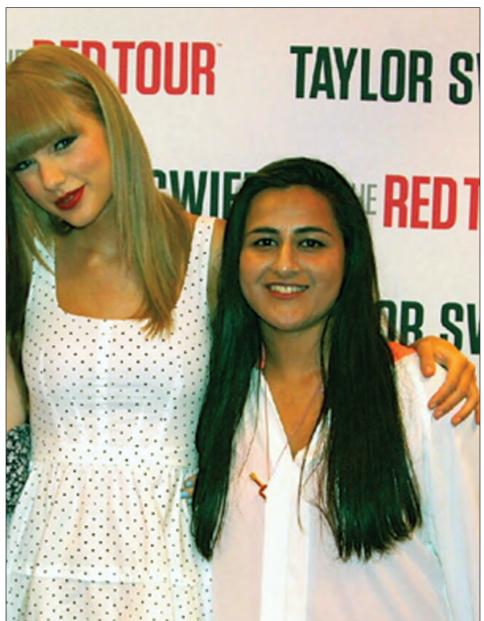
Trying to balance work with Swift, social media, homework and having a social life as a teen gets pretty tough for Amir. Ever since she decided to graduate early, everything in life has been coming at her fast, she said. The only way she combats her busy schedule is by planning every single hour of her day to organize time for homework, tweeting, having a social life and family.

Amir's next steps involve waiting until graduation to look into the MBA program here at UAlbany and in New York City. A publishing company, Simon & Schuster, recently signed her to be an official adviser for a Taylor Swift Fan Book, expected to launch in October of 2016, according to Amir.

Amir's use of social media helped her grow and create a network full of powerful contacts.

At the end of the interview, she provided fellow college students with a little advice.

"Network yourself. Use social media to your advantage because it may be someone that you follow or like, and if they really inspire you career goal-wise, talk to them and reach out," Amir said. "Social media is stronger than you think it is."



Source: albany.edu/news

Zainub Amir is an official social media ambassador for Taylor Swift's Twitter account

ALBANY INSTITUTE

A night with Oscar

The Albany Institute of History and Art hosts remembrance of screenwriter Edwin Burke

By ANALUCIA ZEPEDA



Source: albanyinstitute.org

The museum owns this actual Oscar award from 1932.

"Welcome, ladies."

Diane Shewchuk, the resident curator of the Albany Institute of History and Art, beckoned our attention. On Wednesday, Feb. 10, a group of about eight women, one of whom was accompanied by her husband, sat around a conference table. The occasion? The Institute's special

Academy Awards-themed event, "A Night with Oscar."

Several minutes later, she finally brought out what we were all waiting to see: an Oscar statuette. The award, we learned, was awarded to writer Edwin Burke for his contribution to the 1931 film adaptation of the 1928 novel "Bad Girl" by Viña Delmar.

The movie, whose title and poster insinuated a theme more scandalous than was true, centered around a couple who desired to live a comfortable life in New York City but became troubled by the realization that they will soon become parents.

The film, now 85 years old, still withstands the test of time. The jokes and wits force a laugh as well as a cringe with their misogynistic overtones while the protagonist resiliently promoted her independence at the same time. An ironic paradox of themes, "Bad Girl" attempted to redefine the meanings of feminism and domesticity, and still does.

Back at the conference room, we got an opportunity to hold the Oscar. The signature gold shell was absent and the Oscar appeared in a muddy bronze color with an iridescent sheen.

"He's been cleaned to death," joked Shewchuk.

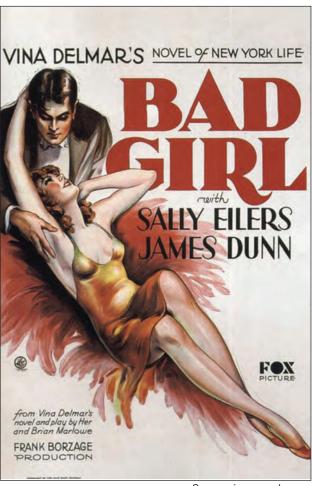
The recipient of the award, Edwin Burke, won the Oscar back at the 5th Academy Awards held in 1932. Burke was born in 1889 in Albany, eventually moving to New York City to pursue his career as a screenwriter. Burke worked closely on writing many screenplays that starred America's child star sweetheart, Shirley Temple, including "Bright Eyes," "Now I'll Tell," and "The Littlest Rebel."

In addition to his work in writing more than 30 screenplays for film between the years of 1928 and 1936, Burke was also a successful playwright. He wrote the play that inspired the 1940 film "This Thing Called Love," a racy romantic comedy about newlyweds who agree not to sleep together for a trial period, a topic considered risqué at the time of its release.

After a long and successful career, Burke passed away in 1944 at the age of 55 in his home in New York City.

Now, nearly 84 years after Burke won his Best Adapted Screenplay award for "Bad Girls" at the 5th Academy Awards, the 88th Academy Awards will be held this upcoming Sunday, Feb. 28.

Although Burke's films are long in the past, his work has been marked in motion picture history, and the Albany Institute of History and Art has the Oscar to prove it.



Source: impawards.com

The original movie poster for "Bad Girl."

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Feb

Feb

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Feb

Phase 1: Upperclassmen* Sign-Up Begins Empire Commons, Liberty Terrace, Freedom Apartments, & Alumni Quad

*Must have 56+ credits to be eligible



Phase 2: Current Freshmen* Sign-Up Begins Colonial Quad, Dutch Quad, & Alumni Quad

*Students admitted as Freshmen in Fall 2015/Spring 2016



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LACROSSE

ALBANY LOSES SEASON OPENER TO INSTATE RIVALS SYRACUSE



Greg Wall / UAlbany Athletics

Sophomore Connor Fields had two assists for the University at Albany.

By CELIA BALF

In-state lacrosse rivals Syracuse University and University at Albany met Sunday in the Carrier Dome for their annual game, Syracuse won 16-7. The two teams have been playing every year since 2004, Syracuse leads the series 13-1. The last and only time UAlbany beat Syracuse was in 2013 in a double overtime victory 16-15.

Last year UAlbany had their most successful season going 16-3 overall and standing as the best offense in division 1 history with 325 goals. Syracuse remains a New York powerhouse every year and opened up last week with an 18-5 win over Siena. The Syracuse-Albany game has been a longstanding rivalry for players and fans alike, this year the Great Danes are Thompson-less, so who will step up?

In the first half it became apparent that Syracuse wasn't going to go down easy. It's their Dome, it's the programs 100th anniversary, and they couldn't lose to Albany, especially without the Thompson Trio.

Ben Williams is known as the face-off master for Syracuse and freshman Zach Ornstein for UAlbany was tested early going against a player whose team ranks third overall with winning face-offs, 66.2 percent. Williams won the first half with 11 face-offs to Ornstein's 2.

UAlbany fell behind early to goals by junior Jordan Evans for Syracuse and senior Tim Barber. Bennett Drake for UAlbany responded with an unassisted goal to put UAlbany on the board.

Syracuse responded and tallied three more goals off of Derek Dejoe, Matt Lane and Nick Mariano.

With the score at 5-1 Drake tallies another one for UAlbany. The spark from Drake got sophomores Reh and Fields into the game; the duo combined for two goals and two assists.

At the half Syracuse led 7-4 with senior captain Blaze Riorden saving 10 to Syracuse's Warren Hill with one.

In the second half Albany fell

behind in the third period 6-12, however John Maloney and Eli Lasda each added a goal for the Great Danes.

The fourth quarter caused some scoring problems for UAlbany, and Seth Oakes was the only Great Dane able to get one in the net. Syracuse converted four more to win the game 16-7.

Sophomore attack Connor Fields said, "We really have to follow our system more." By system he means their offense and how they move the ball.

"Today we weren't moving the ball how we usually do," Fields said.

Coach Marr agreed that it wasn't their best game. "It was a tough day for us on the defensive end," Marr said. "I don think we played well."

Fortunately, UAlbany's season has just begun and they have a handful of games to look forward to in the next few months.

The Great Danes look to bounce back next weekend Feb.27 for their home opener against Drexel at John Fallon Field.



Greg Wall / UAlbany Athletics Blaze Riorden had 17 saves in net for the University at

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BASKETBALL



All photos by the Albany Student Press

See ya later, Seawolves!

 $\hbox{Great Danes defeated the Seawolves in the SEFCU Arena, Albany, N.Y., on Wednesday, Feb.~17,~2016. }$





By CELIA BALF

What feels better: beating Stony Brook in a historic buzzer-beater shot to move onto the NCAA tournament last year or ending their longest active winning streak in Division 1 men's basketball at 18 games this year?

Both must feel pretty good. The University at Albany men's basketball team beat Stony Brook Wednesday night in front of a sold-out crowd at SEFCU Arena 82-70.

Peter Hooley stood out for the Great Danes with a double-double on the night, 14 points and 12 rebounds. Freshman Joe Cremo had a team high 16 points for UAlbany. The game plan for UAlbany seemed to be pretty simple: defense, defense and more defense. A lot of that defense would be on Stony Brook's all-time leading scorer in Seawolf basketball history, Jameel Warney. Will Brown's team held him to 14 points and eight rebounds.

UAlbany more notably was the second team all year to score 80+ points

on Stony Brook, the other being Notre Dame. Hooley, Cremo, Stire, Sanders and Rowley all recorded double digit points on the night. The crowd loved Hooley's three three's and Singletary's two threes. The football team dressed up as different super heroes and gave the basketball team the support perhaps they were missing all season.

Coach Brown thanked the football team in the press conference for their support, "How about our football team?!"

Brown didn't however congratulate his team, rather he said they executed their game plan but nothing has been won yet. Brown said Hooley was the one who reminded him of that, perhaps a reality check during the game when the game looked like UAlbany would walk away with it.

UAlbany visits UMASS Lowell on Feb. 24 who is 11-16, 7-7 AE. They are looking to continue their momentum into the remainder of the season and win the America East for the fourth consecutive year.



ATHLETE'S CORNER

Overcoming an ACL tear

By KELSEY LUKE

Before my body even hit the ground, I knew. I tore my

It wasn't until I started thinking about the implications of a torn ACL – at least eight months out of playing soccer, the surgery, the constant rehab – that I started

crying. Sobbing, I should say. Of course, I still had a small glimmer of hope that I was overreacting and my knee was only tweaked. All remaining hope was gone by the next morning when I got my MRI results.

For the first half of that day, I sat, unmotivated and down. I called my dad to tell him the news. Soon, everyone in my family knew and I got calls, some saying how sorry

Bill Ziskin / UAlbany Athletics

Luke returns to the field this spring after being out the entire 2015 season due to an ACL injury.

they were and others like my brother, saying, "Adrian Peterson tore his ACL and came back to have a recordbreaking season the next season." My mom and dad reminded me of how many of my friends from soccer have gone through an ACL recovery and came back just as good, if not better, than before. I tried to take their advice and see some light.

Something in my mind clicked. I realized there was nothing I could do to change the fact that I had a torn ACL, so there was no reason to sulk. Given my competitive nature, I decided that this injury was something that I like going to beat, just like an opponent in soccer.

A month later, I got surgery. My dad flew out from Colorado, where I'm from, to take care of me for the week. That is when I decided to look for a silver lining in everything through the whole process. This silver lining: getting to spend a week with my dad.

Surprisingly, surgery was the easiest part of the whole process. The months following consisted of hours of physical therapy every day. Despite the fact that I was dripping sweat solely from pain, PT was still not the hardest part. The hardest thing of it all wasn't even physical, it was mental. The absolute worst part was watching my team play and not being a part of it.

Still, I found a silver lining. I had never taken a break from soccer that was longer than a couple of weeks in at least eight years. It was a unique opportunity to be able to just watch my team play for an entire season. I studied the players that play in my position (forward). I watched how they moved, how they passed, what they did well and what they could have done better. Now, I can honestly say that I understand my position on the field better than I ever have.

My team had an amazing season. They won the America East Conference and went on to face Penn State in the tournament. By that time, I had adjusted to being a spectator rather than a player, and I felt pure joy and excitement watching my team become champions.

I got an uncanny high the first time I was able to touch a ball again and actually dribble and shoot. In that moment, I knew that it was all of the pain, physical and mental, was worth it.

Ten months out of surgery now, I am a different person than I was. This was the first hard thing that I had to deal with in my life and I learned so much about myself, the game, and life in general. I know now that the gift of playing soccer, just like anything, can be taken away in a split second. Every time I step on the field now, I have a new appreciation for the sport and I am here to love every second of it. Even though I wasn't on the field during the America East Championship, I still won – I beat the ACL