EMERGENCY PREPAREDNESS

No Mandate for Active Shooter Training

BY JOE HOFFMAN AND ODFU TAKOR

The University at Albany does not require professors and staff to go through active shooter training, a policy concerning some members of the campus community after another fatal school shooting in Maryland last Tuesday.

“If there is an emergency, there’ll be too many people who have to be there,” said Alan Mull, deputy chief of police for the University Police Department. "This isn’t the time to be going to these meetings where they lecture us on what to do if there’s an active shooter situation and then tell us we have to do it on our own time."
University Considers Change in Tobacco Policy

By KATY DARA

The university is currently considering banning smoking on all parts of the University at Albany campus, highlighting a discussion controversial among students.

The initiative is being propelled by the student peer mentorship group Middle Earth, which lobbied last year against plans for a new smoking pavilion.

“Middle Earth is always willing to help with the university reports that three active shooter situations, but other, less involved students may not be,” Mull said. “It’s a good plan, but it has happened there before terrible consequences,” said University spokesman Jordan Carleo-Evangelist. “The goal of this initiative is being propelled by the student peer mentorship group Middle Earth, which lobbied last year against plans for a new smoking pavilion.”

“I don’t think that there are certain people if they have a contact with smoking should they definitely have to be part of that,” said Melissa Thome, a studio art professor, who saw the training professors despite psychological motivations about the concept into a whole lot of bad news. People would be upset, but I believe it’s for no good reason.”

“Smoking is going to happen anyway. It shouldn’t be too hard for him to do,” Mull said. “People would be upset, but I believe it’s for no good reason.” Said the unrecorded effort by the university to enforce the policy. “Plus it would be a positive action,” said Mull. “I don’t think that there are certain people if they have a contact with smoking should they definitely have to be part of that.”

“I think that there is an event, there will be enough freedom to breathe clean air. It is expected. We’re hoping to get enough support for this that Juju [SA President Jerlisa Fontaine] and our IT director have been working with Juju [SA President Jerlisa Fontaine] to find a way to do it,” Duran said.

“Smoking is going to happen anyway,” Mull said. “It shouldn’t be too hard for him to do.”

The university reports that three active shooter situations, but other, less involved students may not be. Mull said that in UPD’s voluntary training courses, they teach how to secure doors from both sides, unlike the doors in the Newtown Center, which lobbied last year against plans for a new smoking pavilion.

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CHAD ARNOLD

In their first meeting in nearly a month, Student Association senate jumped-started its legislative agenda with a debate surrounding by-laws and viewpoint neutrality, culminating in a vote to override President Quinn and Vice President Carroll's decision to create senate oversight on conference line speech.

Last Tuesday's override case occurred after Fontaine vetoed a bill proposed by Government Operations Chair Anna Agnes. The bill, which originally passed the senate, required senator majorities, requiring a two-week notice as well as a two-thirds legislative approval before any appointments or elected official can attend a conference line.

A mandatory report detailing plans to utilize skilled labor during the conference line must be presented before the SA senate under the law.

Tuesday's override once again received super-majority support from the senate, passing by a margin of 1 to 8, but not without controversy.

Chairman Fontaine wasn't there and traditionally it's the same group of people who have the same opinion," said campus restaurant worker.

There are 49 SA senators, 18 of which were absent during Tuesday's vote.

In their first meeting in nearly a month, San. Fontaine and other team members expressed confidence in their team's chances during next week's vote.

"This is 100 percent a clean campaign," said Turino, referring to the organization's weekly meeting.

"We're doing things differently this year," said Turino, "but we're definitely getting things done done more."
Damien’s Dominates: Worth the Wait

By DANIEL RUSSELL

It took longer than expected to open, but Damien’s is finally here. It’s in a weird spot in the Campus Center, and its construction wasn’t without drama, but I think that the time we spent waiting was worth it. To me, it’s best spot to eat in the Campus Center, and its construction wasn’t without drama, but I think that the time we spent waiting was worth it. To me, the Campus Center’s sole purpose of making food and then having patrons be on their way. Whether it be class, the library, or back to your dorm, you grab your food and go, and you don’t have a second thought about it; Damien’s is a whole other experience. It’s a place where you can get your food and stay there because of the atmosphere that surrounds you. It’s not that the other eateries fail to achieve this; they don’t even attempt it.

If I could go to Damien’s everyday, I would. The only thing stopping me is that I am of the legal drinking age alongside it. But some people can’t let us have these nice things. As someone who really enjoys wings, Damien’s franchises them far better than Cusato’s, my local grocery store. I won’t go through the hassle of getting one for myself. I personally don’t care how much sauce my wings have, but if someone is particular about it, that’s something that’s good for them. And speaking of food, Damien’s has a wide variety of food, that’s not in the mood for wings? You can get a wrap, burger, sandwich, or even nachos. Trying to eat healthy? They have these different salads that you can order them.

Despite all the ways that I can compare and contrast Damien’s to the Campus Center’s other eateries, it isn’t exactly fair. Everywhere else in the Campus Center satisfies me, but Damien’s is finally here. It’s in a weird spot, and here it was, but there are others in the Campus Center that I spend a lot. But I’m never once satisfied. Encourage you to eat at Damien’s in the Campus Center if you haven’t done so already. It was worth the wait.
The University at Albany has been accused by the Police Benevolent Association, the union representing state university police officers, for failing to disclose information related to campus crimes in a timely manner.

The March 1 Times Union article reported that the PBA claimed there were nine incidents in 2016 and 2017 where UAlbany failed to notify or delayed notifying students and employees about serious crimes that had just occurred on campus. Though minor in nature these allegations, but I believe there are some merits behind these accusations. This may be something the university does not want to hear from one of their students, but it’s clear and obvious the university has recently failed to disclose information to their students relating to campus crimes, especially when it comes to rapes.

An Albany Student Press article titled, "UPD releases report of alleged Dutch Quad 'rapes,'" was dated Feb. 17. This was the first I had heard about rape on campus, and the article reported that a rape occurred on Feb. 6. As I read through the article, I asked myself, what was the problem here? Was I missing something?

I found this out through Facebook. I spoke with my friends and heard many of them were not understanding why the university didn’t inform the students. This was disturbing a fact.

I went through my emails to see if I somehow missed any emails. No official emails to students about alleged sexual assaults or concerns to email students. Still nothing official from the university. I would say that this is a failure to disclose information related to a campus crime.

I received an email on Feb. 26 regarding a robbery that occurred south of the main campus. One email stated that the robbery occurred at about 1:40 a.m. that day and I received the email at 4:05 a.m. I would argue that this is disclosing information relating to a crime in a timely manner.

However, if the university is capable of sending emails about non-campus written hours of crimes, where are the emails about the rapes?

It is possible that the email disclosing the information about rapes was lost. However, there is a history of UAlbany hiding information about rapes and sexual assaults. The Times Union reported in 2015 about A UAlbany campus admissions official covering up issues of this student-newspaper because of the headlines. "Assault reports up 20 percent." Could this recent surge at Dutch Quad be another example of the university trying to prevent students of dangerous crimes occurring on campus? If the university is informing students about those crimes occurring on campus, then most students, where are the emails? Where are the letters? I haven’t received any. Have you?

By BENJAMIN SANO

Facilitates Diverse Communities

First Amendment Protects Inclusivity

The role of the judiciary is to defend and uphold the Constitution of the United States and enforce the law. Judges should be appointed based on the merit of their content and their ability to carry out those responsibilities. Students should listen to the Senate floor, Schumer said. "It’s long past time that the judiciary starts looking a lot more like the America it supposes. Hiring on a diverse set of views and experience on the federal bench is necessary for the equal administration of justice."

This kind of thinking is flawed, it assumes like many people are members of arbitrary groups based on their physical appearance. People are individuals with unique interests and preferences. It is wrong to assume that everyone in a collective shares the same interests and that those interests can only be represented by someone from that same group.

Schumer is trying to score political points by making it sound as if he is the protector of the Constitution and a champion of the 1st Amendment. It is a “pandemic” for the university. Instead of focusing on hiring the most qualified candidates, the administration would rather virtue signal and create divisiveness along racial lines.

Deciding to vote for or hire someone over others based on their race is more than a violation of definitions of racism. If Schumer had said he voted against Quattlebaum because he was unlikely to uphold the Constitution, then that would have been appropriate. Using race for political points is reprehensible when white supremacy is the point. As when scholarships are afforded only to students of certain groups. The limitation of free speech in this way is allowed in the First Amendment. This is a time when ideas can only fester when the pendulum of legality will swing away from you. When the pendulum of legality is no longer protected, you never know when the pendulum of legality will swing away from you.

Free speech can also be as much a check on bad ideas as a protection of all ideas. When a right is no longer protected, you never know what the pendulum of legality will swing away from you. Free speech of one kind or another is a form of ideas, such as a protection of bad ideas as not being scrutinized, criticized and socially ostracized as what they think differently. The idea is then forced to change or be subject to righteous evil. If one only way of thinking is allowed in the forum, those ideas can only fail and be challenged and undermined. Finally, it is a failure to believe that eliminating offensive speech is the key to achieving inclusivity. Being able to speak your mind is the only true protection of one of the most important principles we have and protecting it can create the most diverse communities.
Pint-Sized Profile of Larger Than Life Country Singer

By DANNI MARTINEZ

Keith Lionel Urban has been successful because he’s broken barriers in so many ways and dominates the country music charts. He’s best known for singing songs such as “Blue Ain’t Your Color,” “Wanted Time” and “John Cougar, John Deere, John 3:16.” Urban’s father had been a fan of country music, so he grew up listening to Dolly Parton, Glen Campbell, and Jimmy Webb. In order for Urban to change the style of country music, he immersed himself with the idols that came before him.

Urban had started playing at Tamworth Country Music Festival in Australia, where he went every year: After his first album, he moved to Nashville, TN, in 1992 from New Zealand. In 2004, he released “Be Here” which earned him his first Grammy nomination for Best Country Instrumental Performance.

While most fans believe they know much of Urban’s background, most people would be surprised by the facts. Urban was born in New Zealand which is a misconception to most because fans think he’s from Australia.

Surprisingly, the countries like to take turns passing Urban off. When Urban gets into trouble, he’s seen as being from New Zealand, but when he wins a Grammy, Australia instead will claim him.

Another misconception that fans have is that Urban has limited success. But since he was introducing a new sound to country music, it took him some years to make it in the music industry. Therefore, in the mid 1990s, he gained a lot of commercial success. Lastly, unbeknown to most, Urban has overcome an addiction to drugs as well alcohol.

In recent years, Urban has been a judge on “American Idol.” He’s performed at the CMA (Country Music Association) Awards, CMT Awards, and at a special Grammy tribute to honor the Bee Gees. He’s currently working on his next album called “Graffiti U.”

According to TasteOfCountry.com, published on Jan. 17, 2018, the Graffiti U World Tour will start on June 15. According to Rolling Stone, Urban released the song, “Coming Home” featuring Julia Michaels on March 20 that incorporates a revised version of “Mama Tried” by the late Merle Haggard, another country singer who had passed away in 2016. The new song has a great beat and Haggard’s beat is easy to pick up in the song.

The song is a success because it mixes the “country twang” with Urban’s style, and Haggard is even credited as a co-writer. The song mixes an older style of country with a newer version of country. It shows that pioneers of country music will live on through the artists who grew up listening to them.

Urban will stop at Saratoga Performing Arts Center on June 27 as part of his tour.

Source: Wikimedia Commons

Keith Urban, above, has won four Grammys since 2006 and been a staple at CMA and CMT Awards.
‘Hair’ Inspires Today’s Youth with 1960s-era Sociopolitical Messages

By DIEGO CAGARA

Don’t be fooled by its frivolous-sounding name as this was perhaps one of the most scandalous, daring and provocative musicals to hit the University’s at Albany’s Performing Arts Center. “Hair” debuted on campus on Thursday, March 22 at 7 p.m., being a fusion of politically-charged visuals, a raucously-driven cast and a thought-provoking message that still matters in today’s disquieting world. Originally premiering off Broadway back in October 1967, “Hair” —promoted as the “American Tribal Love-Rock Musical”— chronicled the resistance of the so-called “Age of Aquarius,” a bunch of young hippies sporting long hair, who disapprove of being conscripted to the Vietnam War. For UAlbany, there were several scheduled performances, running from March 22 through 25, acted by students and some faculty.

The political attacks even began before the actual performance as four students appeared by the audience’s seats with posters about current sociopolitical movements and chants like “American Tribal Love-Rock Musical”— chronicled the resistance of the so-called “Age of Aquarius,” a bunch of young hippies sporting long hair, who disapprove of being conscripted to the Vietnam War. For UAlbany, there were several scheduled performances, running from March 22 through 25, acted by students and some faculty.

The company, some of whom photographed above, passionately represented how the youth, as a resistant force, can challenge politics both in the 1960s (when the musical is set) and today. The performance took a whimsical turn when Claude ingested a hallucination-inducing joint, giving him visions of famous American historical figures. Such figures were comically acted out by other cast members, portraying the likes of George Washington, Abraham Lincoln, Aretha Franklin and John Wilkes Booth.

The ensemble cast was filled with many intriguing members. All of them were passionate in their dramas, unafraid to be physically and verbally obscene, fully embodying their characters. The audience itself almost intrunging members. All of them were passionate in their dramas, unafraid to be physically and verbally obscene, fully embodying their characters. The audience itself almost

Regardless of what each audience member’s political views were, the musical’s messages were loud and clear. "Hair" seemed to advocate freedom to love whenever one desires, to practice drugs and casual sex, to rebel against conservative and also mainstream culture, and to protest against whatever one disagrees with (in this case, mainly consumption). After all, the 1960s were a prominent decade that dealt with social and political reform. The characters also explained that their freedom to grow out their own hairs was like a metaphor for their freedom of choice, hence the musical’s title.

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We love bread and we love sugar. Heck, I ate a pop tart right before writing this. But our bodies do not love bread and sugar. Most grains include gluten and lectins. A growing number of Americans are gluten-intolerant and lectin-sensitive are difficult to digest for all humans.

Sugar is difficult for our bodies to burn off. Therefore, it is usually stored as fat. Basically, our bodies are not well-equipped to digest high amounts of carbs, yet our current culture is based on high-carb intake. The paleolithic diet seeks to remove our dependency on carbohydrates. It’s a diet in terms of counting calories, it’s more like a lifestyle. It involves eating as our human/gatherer ancestors did. That means no grains, no added sugars, and no processed foods.

This may sound daunting at first. It means banning cereal, pasta, and bread. However, it also means featuring on steak, roasted vegetables, and much more.

By KATIE GIBSON

Alternatives to Commercial Shampoos

No poo is a movement about replacing traditional commercial shampoos with less harmful alternatives. Commercial shampoos tend to use sulfates and other detergents to make their product sud up. The chemical buildup can lead to dandruff, oiliness, and breakage.

Some studies have linked sulfates to cancer. Our hair was not meant for poos, which strip hair of natural oils. Some studies have linked sulfates to cancer. Our hair was not meant for poos, which strip hair of natural oils.

Reduce your hair to the end of each day and allow your hair at the end of each day to rid itself of its own oil after years of having it manually stripped. During the transition, comb your hair at the end of each day to rid itself of its own oil after years of having it manually stripped.

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An egg over medium. Place lox and eggs over broccoli, salt and pepper to taste.

Lox & eggs
Mix two cups of almond flour, two eggs, one cup of milk (or milk substitute), and a teaspoon of baking powder. Crispy a pan, pour in some butter, and flip when you see bubbles. Once cooked, garnish the pancakes with nut butter and berries.

Paleo pancakes
Mix two cups of almond flour, two eggs, one cup of milk (or milk substitute), and a teaspoon of baking powder. Crispy a pan, pour in some butter, and flip when you see bubbles. Once cooked, garnish the pancakes with nut butter and berries.

Sea salt DIY shampoo
Mix sea salt, a teaspoon of coconut oil, and lemon juice. This is my staple shampoo. It is modeled off the shampoo “Big” from Lush. Buying the ingredients in bulk offers a much more affordable and long-term option.

Baking powder paste
Mix baking powder with vinegar to form a paste. Use paste to help wash our with water. Follow up with an apple cider vinegar rinse once a week, which looks like a natural conditioner.

This recipe is great for trips because most people who have baking soda in their homes.

Here are some DIY no poo recipes:

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Men Lose Series Opener to UMass

By ELMIS CASPER

TUESDAY, MARCH 27, 2018
ALBANY STUDENT PRESS

The UAlbany men’s baseball lost a tough conference series opener to UMass Lowell over the weekend, losing the first game 3-2 in 11 innings, winning the second game 1-0, and then losing the series finale, 1-0.

Leading the Great Danes in offense during game one was Marc Wagenmaker, who went 2-for-5, recording the only hit for the team and accounting for the teams only two runs, giving up just two runs on four hits, with nine strikeouts and zero walks.

The Great Danes (9-7, 1-2 AE) used superb pitching in all three games, but were out-distilled in the end by UMass (9-11, 2-1 AE). In game one, Brandon Smith pitched seven strong innings, giving up just two runs on four hits, with nine strikeouts and zero walks.

Dan Yankowski came on to finish the game, pitching the final four innings of scoreless relief, before T.J. Garavone (2-2) walked home the winning run in the bottom of the 11th with two outs.

Leading the Great Danes in offense during game two was Marc Wagenmaker, who went 2-for-5 for the team. The Danes were also led by Nick Kondo, who went 2-for-5 with a double for the Great Danes.

On the mound, Dominic Savino (2-3) pitched the second consecutive complete game, allowing just five hits in seven innings without giving up a run and recording five strikeouts and zero walks.

Savino’s performance comes just one day after he set the dominant- ing performance against Bemidji State in the Great Danes 1-run program record 15 of 21 batters he faced.

The Great Danes scored solo home runs in the top of the third inning, making sure to enjoy the last minute.

UMass Lowell was just a little hotter today, and you have to tip your cap to them when they score one more run than you.

Up next, the Great Danes are scheduled to host their second series opener on Tuesday, March 27, as they get set to host Massachusetts.

SOURCES:
- UAlbany Athletics
- Pitcher John Clayton.
WOMEN’S LACROSSE

Danes Defeat Hawks to Open Conference Play

By JOHN C. LONGTON III

ALBANY, N.Y. — The UAlbany women’s lacrosse team opened up conference play with a dominating 23-5 victory over Hartford at Casey Stadium on Saturday.

It’s only the Danes second win of the season, but it’s also their second win in a row as they improved their record to 2-7 and try to right the ship at the beginning of their conference play schedule.

Ten different Great Danes recorded a goal and 12 different players recorded at least a point in the game including senior attacker Emma Powlin, who netted seven goals on the day. Powlin tied the fifth-highest single-game goal total in school history with her performance.

“It’s great to start off conference play with a win. The team has been working hard, and things are starting to click — I think that was evident today,” said interim head coach Jessica Davos. “We were able to get everyone in and get contributions across the board, which was really nice to see.”

Kendra Harbinger scored four times, Peter Werlau netted three goals and Ivan Tetera and Bridget Simmons both had two goals aside. The Danes train got rolling and for the Hawks, was very hard to start.

On the other end of the field the Danes held the Hawks without a single shot on goal in the entire first half and beat them in that category 38-15 on the day.

The Danes scored 19 straight goals to start the game and imposed their will from the opening faceoff. This multifaceted Great Dane team is kicking it into high gear at the right time when it counts the most.

The Danes will host the Binghamton Bearcats this Saturday at Casey Stadium for a game that starts at 1 pm. The Bearcats have also started conference play with an unblemished 1-0 record and the Danes will get a gauge on how well their team is performing as of late in this game.

MEN’S LACROSSE

Men Remain Undefeated with Win Over Hawks

By ROB LEP

Behind a career-high 20 saves from University at Albany men’s lacrosse goalkeeper JD Colarusso and a career high seven points for Sean Eccles off five goals and two assists, the Great Danes knocked off America East foe UMass Lowell 13-6 to improve to 8-0 on the season and 2-0 in conference play.

Despite the undefeated start and the No. 1 overall ranking in the country for the fourth consecutive week, the focus after the game shifted to the right knee of 2017 Tewaaraton Trophy finalist and the Danes new all-time leading goal scorer Connor Fields.

In the first quarter, Fields was driving to the net from the right side, avoided pressure from UMass Lowell defender Jack Brokken and stumbled to his knees as Cameron Richman came over to help.

Fields limped off the field but returned late in the first quarter to score a goal, his 191st of his collegiate career, making him the all-time leading scorer in UAlbany history.

He came out in the second quarter and was examined by the UMass Lowell medical staff. No structural damage was detected but Fields will be checked further by the UAlbany doctors when the team returns home this week.

Tehoka Nanticoke finished with four goals and two assists in the win.

Sophomore faceoff specialist TD Ierlan, the leading faceoff man in the country winning over 83 percent from the X, continued his dominance versus the River Hawks with 20-of-21 won with 12 ground balls.

With the win, the Great Danes have now won 30 consecutive regular season victories in America East play.

“It is a win, we came on the road and got the victory,” UAlbany head coach Scott Marr said. “JD Colarusso was outstanding and has been dialed in all season. UMass Lowell got off some good shots, and he was calm and collected. I thought we got off to a nice start in the game.”

Colarusso had eight saves in the second quarter to help shut out UMass Lowell in the period as UAlbany took a 9-1 lead into the locker room at the half.

In the loss, Matt Balter, the River Hawks junior attack from Albany Academy, finished with a hat trick and one assist.

Next up for the Great Danes, is an at home matchup with Harvard Wednesday at 7 p.m. at Casey Stadium.