**TRANSPORTATION**

By MILO VOLVOS

With scrapped bus routes and the largest amount of changes in five years, the Capital District Transportation Authority, CDTA, may no longer have students behind at the bus stop.

The CDTA is intended to meet students’ ability to get off campus, and the changes, many of which directly affect UAlbany at Albany students, were implemented right before the fall semester began. With quick access to the Route 11 and 12 lines, the CDTA is providing the students of UAlbany and the College of Saint Rose with easy and free travel around the city of Albany. The sudden shift in modes, rerouting around certain stops that are not used anymore, and frequency of pickups being changed on so many routes and stops may leave students confused if they do not check the bus schedule ahead of time.

While not as popular as the Collins Circle stop, the 1224 Western Ave. stop, or the 1417 Central Ave. stop, the bus schedule ahead of time.

**ACTIVITIES**

By LINDSEY RIBACK and SHREYA JAIN

UAlbany and beyond: Things to do in the Capital Region

Clash of the Quads is returning on Sept. 10. Battle it out with your fellow Great Danes to prove which quad is the best. There will be food, games, and giveaways. It all begins at 2 p.m. in the SEFCU Arena.

Pearl Palooza will be held on Sept. 17 from 1:00 p.m. to 8:00 p.m. on Pearl Street. Attendees to the seventh annual Pearl Palooza can enjoy food, beer, and the sound of local bands such as: Galactic, Warren, Warrant,海滩, The Crown, Committee, and Redhook Brewery.

On Saturday, Sept. 24, LarkFest will be held from 10 a.m. to 6 p.m. on Lark Street. Sponsored by the Lark Street Business Improvement District, LarkFest offers live music, local food, and great ambiance. This year’s LarkFest will feature bands such as: The Relationship, Oxygen, Lower Unit, Delicate Steve, and The Televisi-

UAlbany Homecoming Weekend kicks off on Thursday, Oct. 6 with the third annual Fall Ball beginning at 8 p.m. in the Campus Center Ballroom. Next up, on Friday, Oct. 7 from 3 p.m. to 8 p.m. in the SEFCU Arena. Attendees are free with a student ID and one meal swipe provided students with a buffet style meal. Don’t forget to show your purple and gold pride as the Great Danes take on the University of Rich-

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A grand, sweeping staircase will be one of the more prominent features of the newly constructed Campus Center.

The new Campus Center will include a 400-seat auditorium, multi-faith meditation room, and a Starbucks.

The 55,000-square-foot western addition to the University at Albany Campus Center is taking shape and proceeding on schedule, a campus official said. On a recent tour of the construction site Scott Birge, Campus Center management director, expressed confidence that the addition would be complete by the start of the spring semester.

“We’re not behind schedule,” Birge said.

”Though much of the site appears unchanged since the end of last semester, a great deal of progress has been made to the project’s interior. Kitchens serving three new retail dining venues are virtually complete. An output of “Telly’s,” a Syrian-fusion sports bar chain, and a new Asian fusion restaurant from Food Network personality Eddie Huang with easy and free travel around the city of Albany. The sudden shift in modes, rerouting around certain stops that are not used anymore, and the frequency of pickups being changed on so many routes and stops may leave students confused if they do not check the bus schedule ahead of time.

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DINING

MEAL PLANS MOO-VING OFF CAMPUS

BY TYLER McNEIL

Wesley Sherow signed up for his own meal plan months after graduating UAlbany.

Despite working at Globalfoundries, a company with an annual compensation of $115,000, the 22-year-old graduate isn’t focused on a future in engineering. Sherow spends his time outside of work focused around establishing Moo Plans, an alternative meal plan for students. Currently, Moo Plans is being tested at UAlbany and students and recent alumni are excited.

Living in the bocker room of his apartment in Albany, Sherow saves as much of his time and money outside of UAlbany, but he prefers to go without a title.

“I’m just a kid who’s trying to bring affordable meal plans to college students,” Sherow said.

The startup is centered around discounted food delivery from local restaurants like Benesr’s Bar and Healthy On Lark.

The majority of students pay their prices up to 50 percent to at least some of his students.

This semester, Moo Plans will challenge the way food service operates on the UAlbany campus community. Moo Plans will petition on campus for residents to have alternative meal plans. Meal plans from UAlbany from Savior is currently over $2,500 per semester for residents.

Karla Lentini, director of communications and marketing at UAlbany, claims that students are mostly dissatisfied with meal plans on campus and mentioned that the University makes accommodations for students to select flexible meal plans.

“If students have another meal plan and they are guaranteed to be fed and there’s no real downside to it, they should be able to choose an alternative,” Lentini said. Sherow agrees.

Prior to Moo Plans, Sherow was unsure about the price of his own future. Looking to make bigger changes after college he decided to apply to the former College of Nanoscale Science and Engineering (C-NS) because it was denial admission twice, before getting in with another appeal letter.

Lacking interest in his program, Sherow was more dedicated to work outside of the classroom rather than academics. “Once I got to the beginning of college, I was able to do something really cool with my life and attending college wasn’t one of them,” said Sherow. After testing out the idea on SUNY Polytechnic freshman, Sherow decided to move his focus towards turning the meal plans into a business venture. Receiving feedback from beta tests over the last year, Sherow grew increasingly confident in his idea for Moo Plans. Unlike Artponics, Sherow has more confidence in his team of developers and entrepreneurs that are passionate about it were running out of meals for the semester, but they weren't as enthusiastic about the startup after the first year of operation.

“If students are looking for a new opportunity to push against the way food service operates for the students, Sherow is saying that this is a great one. It’s a way to make the food industry something different.”

“I really think we can go all the way,” Sherow said. By TYLER McNEIL

Wesley Sherow signed up for his own meal plan months after graduating UAlbany.

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You’ve been at Albany for almost four years, what has been the most rewarding aspect of your time here?

SA President Felix Abreu said that “UA” branding is being left behind by the Student Association this semester to avoid being mistaken with other brands such as the University of Pennsylvania. “I have worked with the communications and marketing department to discuss pushing brand consistency in the way that we are on because it is quite exciting, it is transformative. My understanding is that the university has not generated this level of excitement about it yet and it is where it is going in quite some time and it is going to take collective action to get us there so student input is going to be critically important. So my advice is to continue to press towards excellence.”

What are your goals for yourself?

“My goal for myself is to keep waking up every day, the only thing I do is my best and continue to enjoy what I do because I am very passionate about the work that I do as a university administrator and the day that it comes to be is that I retire. I don’t do things I don’t enjoy.”

The route will have 16 stops besides Student Union and Crossgates and Crosstree includes stops at the heart of downtown Albany. The total change is expected to come in 2018 with the launch of the Purple Line.

As Great Danes await the launch of the Purple Line, the current changes made to the bus routes around the campus and students have the ability to get from one end to the other with a direct bus route to Colonie.

Getting to see my old friends and meeting new ones. Student life is memorable, getting good grades, and having fun.”

Getting back to a normal schedule and finishing up senior year. I’m working with WCBD and looking forward to Díaz. Listen out for ‘DJ Hollyw8d.’”

“The architecture on campus is so well designed. I transfered here this year. I’ve never seen anything like this. I’m looking forward to my new classes and learning interesting things.”

“Getting to see my old friends and meeting new ones. Student life is memorable, getting good grades, and having fun.”

“I studied abroad in Valencia, Spain last semester, so being back on campus is refreshing. I’m looking forward to challenging myself to do better and get more involved with the sports on campus.”
Social experiments: Harmless pranks or productive research?

By DANIEL PINZON

Social media has made it easier to spread inaccurate information, thus degrading the integrity of social experiments. While the dissemination of false information has become easier, social experiments exist, people can go forward with false information is then released and reactions by staging them in order to elicit a reaction, as the viewer will believe that what they think that it’s true. Especially being a college student, I see this trend, with the magic of video and animation, the audiences are utilizing something that most people don’t understand social norms. Pugh planned that someone would attack the insects out of her grasp and onto the train cart. She also planned for someone to punch her and grab her attention. The university’s decision to kick juniors and seniors out of the dorms will force many students to start looking for other options whether or not they are affordable. The university is willing to isolate students with fewer options as the campus looks more appealing to people deciding whether or not they should attend. The dorms may not be the greatest, with many problems including the lack of air conditioning in most of them and the underwater/mold served in the dining hall, but it’s affordability helped out students who may not want to pay more to live in the apartments or off-campus.
The Pulse nightclub shooting left the LGBT community in shock.

Just like any other big disaster, it was an event that many people still remember where they were when they heard the news. The shooter left many LGBT people thinking that it could have been them, or their friends, and I would think that they were no more safer; that even the small places they had managed to carve a life could be lost in an instant. 

Many other local LGBT spaces in the aftermath of the tragedy were left uneasy about returning.

The University at Albany is no different. In 2015, the University at Albany College of Arts and Sciences found that UAlbany was one of the top ten LGBT friendly campuses in the United States. And appropriately, UAlbany did not investigate any future shooting.

The university news center released an article on the shooter and attack, calling it “the worst terror attack since 9/11.”

This clearly shows how many UAlbany students took on the attack and is reassuring. campus-wide also address the feelings of LGBT students. Bring up that many LGBT identifying individuals are still at risk and wondering what to do. Establish about the “homogeneous threats and mass” goes a long way to making the LGBT of the university feel accepted and secure. Understand also sponsored a blood donation drive, something that’s an even more important community effort. LGBT community or the bus on gay men donating blood.

LGBT students have expressed themselves as much as they would feel welcomed into the LGBT community. Many students understand that they have an active role to play in shaping the minds of others. Especially when more mainstream and diverse landscapes are forming within the LGBT community. A week after the shooting, they are petting the Lumen in the Campus Center. This, on top of the shooting, is a big problem for a young child.

Zen and chill?

Okay, meditating improves your life. Why else did monks practice it for centuries? It helps the body and mind. It’s not just some hippie transcendence, but it could be your new secret weapon. Meditation allows people to control anxiety, increase focus, and learn to live in the moment, which is why it helps us to live a more balanced and healthy life. Meditation helps you to relax and clear your mind of distractions and worries.

By SUNNY TSG

Oui. Is the key to inner peace actually ancient meditation techniques and not the modern technology that we are accustomed to?

If anything, this information would have drawn prospective students to UAlbany because of the importance of the many purposes of meditating to cut the distractions and hone in on concentration.

By training the mind to fixate and relax on the present, you can reduce stress, anxiety, and uncertainty.

Meditating helps to bring the mind to a peaceful state, and clear all of that. One can take as little as five minutes or less to do. 

Increased concentration.

According to an article by The Huffington Post, meditation can have a noticeable effect on increasing attention and concentration.

Meditation has been linked to a number of brain changes, including higher energy to the ability to multitask. Meditation can help you to focus on one thing at a time, rather than getting distracted by other tasks.

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Source: Fox 23

Albany Student Press Head lines that led to its first LA Block of the UAlbany students armistice. Professor Armano and then the school newspaper. I found Professor Armano and learned the armistice to some questions I had. What I didn’t find was the school newspaper. This fact that the school newspaper was dangerous, it signified that the ASP’s First Amendment rights were also removed. Not only this, but confiscating the newspapers endangered opportunities for prospective students. Being a prospective student, I wanted the opportunity to read the school newspaper and learn from experienced column writers. The information in the article would have allowed other prospective students to learn of the resources on campus they could use if they decided to attend UAlbany. In fact, as Riback reports in the original article, “the UAlbany is the only school in the SUNY system with its own sexual violence response center.”

If anything, this information would have allowed other prospective students to learn of the resources on campus they could use if they decided to attend UAlbany. In fact, as Riback reports in the original article, “the UAlbany is the only school in the SUNY system with its own sexual violence response center.”
Britney Spears’ “Glory” days are here

By JED SHATTUCK

The second song “Make Me…” features rapper G-Eazy and continues the gradual sound of her album. As the lead single, it is a midtempo R&B song that explodes into a thunderous drop as the “beat drops” at 2:13. The song’s arrangement is a deliberate and polished production that features a strong bassline and electronic elements. The song’s production is a departure from Britney Spears’ previous work and marks a new direction in her music career.

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The first co-ed-a cappella group on campus sometimes receives odd reactions from its peers. “It would weird looks like, ‘what did you just say?’” said Orchid Tapes. Bands such as the roster of Brooklyn bedroom pop quality to it that would fit snugly on post-rocky emo. “Drawing comparisons to that style of At times, Dulgarian’s nasally voice also lead that ascends like a post-rock song. “In Vestal,” with the noodly, yet hooky Longer Afraid to Die on the intro of World Is a Beautiful Place & I Am No into. They’re clearly influenced by many bands of Jouska’s ilk often fall or melodramatic, which is a trap that feels genuine. It doesn’t feel contrived of this record. It feels authentic. It result of struggling to cope with reality. It’s a record full of introspection, angst, and other times people would just start laughing, but everybody loves it,” said Cydnie Ritchie, accounting student, mentioning the reactions she receives after addressing the name of her student group, Pitch Please. Ritchie, president of Pitch Please, has received similar reactions since her first semester. Now a senior, Ritchie is proud of her group’s sound over since the group began. In 2013, eight students from musical backgrounds on campus were looking to start a group that incorporated male and female sounds into a cappella. Prior to their start, no other a cappella group on campus performed with co-ed membership. This semester, 17 students (eight male vocalists, eight female vocalists, and one anhemit) are planned to make up Pitch Please. Throughout the last three years, Pitch Please has performed at events with other a cappella groups on campus while making an effort to stand out with a co-ed sound. “It sounds so nicely,” said Ritchie. “It’s just a different sound.” Although the group identifies as the first co-ed-a cappella group at the University, Pitch Please’s sound strayed from a cappella from the beginning according to Ritchie. After having 24 members from the start, Pitch Please has restricted membership. However, the production on this record, proving the band’s range and “Voyeur” is an excellent conclusion to the album, proving the band’s range and “Changeling” is a dreary direction of the second half of the album, and “Changeling” is a dreary turn, but it works exceedingly well as a way to introduce the more experimental direction of the second half of the record. “H.W.K.I.H.S.” is a grainy, all-choral sound. However, despite the “Topiary” is one of the beauteous traits infatuation with reverb. The song becomes increasingly discordant, chaotic and noisy. “Topiary” is one of the beauteous traits of place on the new Teen Suicide album. It’s a dreary little bedroom pop song a la the aforementioned Elvis Costello. Lastly, the gorgeous, “Changeling” is an excellent conclusion to the album, proving the band’s range is strong enough to remain interesting throughout a full, 45-minute project. Jouska will be digitally self-releasing “Topiary” via their Bandcamp on September 6. However, the band will be performing at their dual-release show along with Albany alt-rock Prince Daddy & the Hyena on September 24 in downtown Albany. Prince Daddy released their acclaimed debut album “I Thought You Didn’t Even Like Lacuna” last month via Broken World Media, proving that the Capital Region is currently a hotbed for indie music. Check out the event flyer pictured right more information on what should be one of the greatest DIY shows on the East Coast this fall.
RENovation

Continued from Page 1

Mai Pham will be among the center’s new tenants. A Starbucks is also planned for the location.

In addition to revamped and expanded dining options, the west addition will have new office space for a variety of campus groups including the Student Association and the Multicultural Resource Center.

Though earlier plans for the campus center included a full gym, the completed center will have a “movement studio” suitable for yoga, pilates and dance.

Perhaps the most significant and dramatic addition to the new campus center will be state-of-the-art multipurpose auditorium that can accommodate 400 people.

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Though the addition will feature a variety of spaces for students to work and congregate there appears to be one glaring deficiency in the new building. On the critically important issue of ample power outlets, Birge admitted there might not be enough to meet the needs of students.

“I think we’ve done a really good job of meeting the needs of three to four years ago,” Birge said.

One of the least visually appealing components of the construction has been the demolition of the Science Library courtyard. The courtyard, which had a fountain and planted trees was reduced to a pile of rubble almost as soon as construction began. Jay Baumstein, the campus construction manager, admitted that the space had been an eyesore for too long but that delays arose after leaks were discovered in the fountain. He gave assurances that a new fountain and planters would be installed as well as moveable furniture in order to create a “patio atmosphere.”

While the west addition is supposed to be completed by spring, Birge rejected the idea that its completion would signal something approaching a “finished campus.” The campus center west construction is only part of larger, campus-wide renewal plan.

“When might this renewal be complete?”

“We’re hoping to have homeostasis in ten to 15 years,” Birge said.

Below: The new Campus Center will include a 400-seat auditorium.

Stefan Lembo-Stobba / Albany Student Press

Above: The kitchen in the new Campus Center is almost complete and is fully equipped with ovens, stoves, and a multi-unit walk in freezer.

The pen is mightier than the sword.”

FB: Albany Society of Professional Journalists
**FALL SPORTS**

**UALBANY FIELD HOCKEY SUFFERS FIRST LOSS OF THE SEASON**

It was all for naught for the Great Danes this weekend as Penn State ended their unbeaten streak at three games.

Brian Schneider Photography / ualbanysports.com

**SOCCER**

Great Danes fall to Loyola-Chicago 3-0

Chicago – For the second consecutive game, the University at Albany (1-2-1) men’s soccer team fell 3-0 to a Chicago opponent, this time Loyola-Chicago (3-0-0).

“Overall, I thought we did well against a very good team,” said head coach Trevor Gorman. “Loyola is a very good team and we played well for long stretches against them.”

Sunday’s game against the Ramblers was the first-ever meeting between the two teams, as was UAlbany’s Friday matchup against DePaul.

The game remained tied through the duration of the first half, with neither team able to score for either team before the intermission. The first half proved to be weightless towards defense, as the two teams combined for a total of eight shots. Loyola-Chicago broke the scoreless tie early in the second half, when Ryan House scored off a rebound in the 49th minute to give the Rams a 1-0 lead. After another 20 minutes of scoreless play, Loyola-Chicago notched goals in the 73rd and 75th minute to take a 3-0 lead, which would prove to be the final score of match. Alex Lasinski scored the second goal, a header into the middle of the net off a cross to the top of the six-yard box. And Ryan Wallan scored Loyola-Chicago’s third goal from 12 yards out in the 75th minute.

“Ultimately we gave up an easy goal early in the second half and our legs were heavy late but I’m proud of our guys and confident lessons learned this weekend will serve us well this season,” said Gorman. Loyola-Chicago out-shot UAlbany 10-2 in the second half. UAlbany goalkeeper Danny Velleco (1-2-1) recorded seven saves in the game, including six in the second half.

The Great Danes next play at Massachusetts on Tuesday, September 13 at 4:00 p.m.

- Wire Reports

Bill Ziskin / ualbanysports.com

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In most cases, a tenth of a second means I did my best.”

And I can only imagine the look of shock on her teachers’ faces when they heard about Claxton’s remarkable achievement as a relative beginner. "At that moment I couldn’t believe it," she said. "I was speechless, I couldn’t even eat.”

In 2014, Claxton was recruited as a UAlbany athlete and began to train under track and field Coach Roberto Vives. Claxton, unlike many other Olympians, has only been running for six years, dedicating the past three to preparing for the 400-meter hurdles.

"Just three months before the Rio Games, Claxton pulled out of the trials for the event. "I didn’t feel 100%," she said. "I wanted to give it my all, but I knew I couldn’t go all in if I was still injured.""

"When I realized I couldn’t go all in, I knew I had to pull out," Claxton said. "I did that to give my body a chance to heal and get ready for what could be the most important race of my life."