Diversity in porn: Is there any?

By LINDSEY RIBACK

The Honors College at the University of Albany has less than a 30 percent retention rate. The barriers: a minimum GPA requirement, courses that don’t apply to all majors, and overall confusion about the program.

The Honors College, which began in the fall of 2006, refers to itself as “a community of developing scholars” on its homepage, http://www.albany.edu/honorscollege/who_we_are.php. Roughly 125 students are admitted to the program after they are accepted to UAlbany as high school seniors. The program also allows about 35 freshmen to apply during their first year and be admitted as sophomores. As part of this smaller community, students must complete 18 credits of Honors College courses during their first two years - 12 if they were admitted as sophomores - and submit an original thesis at the end of their senior year, which they will research and write under the advisement of a UAlbany professor.

According to Leslie Halpern, the interim director of the Honors College and an associate professor of psychology, the program typically has 140 students each academic year. However, only about 40 students will actually graduate from the Honors College come senior year.

She believes that the low retention rate is highly attributable to the thesis requirement which is both time consuming to write and difficult for students to accomplish, who have to seek out a faculty member and research a project that interests them.

To combat this, Halpern is working with Jaclyn Napoleon, the senior assistant director of Undergraduate Admissions, and Azita Hossain, the academic advisor for the Honors College.

Honors College Ambassadors, a group of Honors College students who return to their respective high schools during the winter and spring breaks with the hopes of attracting greater interest from their own communities, have been supplemented with the addition of these ambassadors in order to better disseminate information about the Honors College to high school students.

Halpern is also working to improve the retention rate by increasing the number of Honors College courses that are available to students taking a wide variety of majors.

The Honors College is having trouble retaining students who enroll. Administrators are trying a variety of tactics to ease students’ fears and keep them in the College.

ACADEMICS

HONORS COLLEGE LOOKS TO IMPROVE RETENTION RATE

Please see HONORS page 3

ACADEMICS

HONORS COLLEGE LOOKS TO IMPROVE RETENTION RATE

Please see HONORS page 3

AROUND UALBANY

An intimate group filled the Rotunda in Albany’s City Hall last Tuesday to celebrate Black History Month with a showcase of one of the city’s most historic black enclaves: Rapp Road.

The interactions of the audience were not characteristic of a publicly held event at a city building. Members of the crowd embraced each other in a manner akin to a family reunion. By 5 p.m. all of the 50 seats were filled. It would soon become clear that much of the crowd was family —some by blood, and some through the historic culture of the Rapp Road community.

Following the movements of the Great Migration in the 1920s, Rev. Louis Parson of Shubuta, Mississippi bought 14 acres of land on Rapp Road in the Pine Bush section of Albany. Over the next several decades Parson grew the community, transporting black migrants from Shubuta, making Rapp Road a home away from home for a struggling southern population.

The Rapp Road Historic Association (RRHA) is a group that was formed to honor Parson’s work in creating the Rapp Road community, and has taken great strides to ensure that Rapp Road would properly be acknowledged for its historic significance.

In conjunction with the New York State Museum, the RRHA has created an exhibit on the Rapp Road community, which is on display in the lobby of Albany’s

Please see RAPP ROAD page 2

PRINTED BY THE TIMES UNION, ALBANY, NEW YORK — A HEARST CORPORATION NEWSPAPER
The story of Rapp Road aims to bring the story alive… and recognize our forefathers and where they brought us from. It is important to keep the story current and to make it an important part of the curricula in our schools. With the help of a few community members, the story has been brought to life and is now part of the curriculum in many schools throughout the region. It is a story that needs to be told and shared with future generations.

CRIME BLOTTER

Crime Stopper with an interest in electrical engineering, while I was still in high school, I was given the opportunity to experiment with new projects. I was able to design and build my own chip, which was then used in a number of different applications. I was very passionate about my work and was always looking for new challenges and opportunities.

In the end, I discovered that I had a strong passion for teaching and helping others. I decided to pursue a career in education, and I have been teaching for the past 10 years. I enjoy helping my students learn and grow, and I am proud to be a part of this institution.

Domestic Incident

2/10/2016

Indian Quad-Zenger Hall

Report of male student having a verbal argument with a female student.

Assistant PD

2/11/2016

Assaulted SWP Police

Line-of-duty death in possession of a controlled substance.

Petit Larceny

2/10/2016

Indian Quad-Adirondack Hall

Report of male student turning in a controlled substance.

Assistant PD

2/11/2016

Assaulted SWP Police

Line-of-duty death in possession of a controlled substance.

Domestic Incident

2/10/2016

Indian Quad-Churchill Hall

Report of male student having a verbal argument with a male student.

Assistant PD

2/11/2016

Assaulted SWP Police

Line-of-duty death in possession of a controlled substance.
recruiting graduating seniors to the UAlbany program. The thesis requirement is one of the main concerns she has noticed among incoming freshman, and she tries to put it into perspective.

“'I'll say, 'Listen you're a freshman now, this is three years down the road. You'll get the support that you need and the resources you'll need to make you feel like wow I can do a thesis,'” Napoleon said.

While the resources that Napoleon mentioned are available, many students are unsure of how to obtain them. To improve this, Halpern is currently in the process of working with Hanson to refine their developmental advising model. This model will allow Hanson to continue to advise Honors College students throughout all four years, working as a supplemental counselor to the advisor for their major, which will hopefully guide them in the right direction when it comes to the thesis.

“A big part of what we are going to ask her to do is to address within the next year is better integration of Honors College courses with the honors classes specific to academic majors,” Halpern said.

Andrea Sanfilippo, a sophomore double majoring in financial analysis and accounting, made the decision to withdraw from the Honors College upon realizing she would not be able to fulfill both her Honors College requirements and those for the honors programs in her majors.

“I had no time to spare taking [Honors College] classes not applicable to my majors,” said Sanfilippo, who was initially drawn to the program because of its smaller community within the university. “Also the fact that it is unclear if students can double-count [the thesis] or not shows that there is a lack of communication.”

Halpern hopes that the lack of clarity and contact between the academic departments themselves and the students will be ironed out within the next year so that “the Honors College will improve and grow. That’s always the goal, to enrich the experience.”

Some students feel constrained by the Honors College requirements, saying that they can’t fit their majors’ honors classes in addition to the Honors College’s classes.
By DANIEL PINZON

‘THAT DRAGON, CANCER’

Family, in order to portray the emotional distress that comes with cancer as well as convey how precious life is.

“That Dragon, Cancer” is a video game dedicated to Joel Green, developed by his father Ryan Green. The game was made to capture Joel’s life, alongside the Green struggle.

The game does allow a degree of escapism for people, to distract oneself from the harsh reality. Escapism does benefit society, as it can get us out of hard and people need a distraction. However, “That Dragon, Cancer” strips video games’ association to a bar. This genre of video games takes “stepping into someone else’s shoes” to the next level.

It’s essential in the name of expression. “That Dragon, Cancer” is the closest we can manipulate and what decisions they can make.

Nevertheless, the point of this game is to tell Green’s story. Its intentions don’t align with the essence of escapism, which is what most games follow. With this unique take, the evolution of technology is being exploited through his video game, creating a more practical use of technology. The game is also just as beneficial. It’s essential in the name of expression. Ultimately, this game is dedicated to Grant’s view.

“We needed to find something we could do as Joel’s parents, since we couldn’t heal him.” Green said to theguardian.com. Video games do allow a degree of escapism for people, to distract oneself from the harsh reality. Escapism does benefit society, as it can get us out of hard and people need a distraction. However, “That Dragon, Cancer” strips video games’ association with escapism, revealing that video games aren’t solely forms of entertainment. This game will be revolutionary as it’s capturing an emotional experience and reveals the true evil of cancer. Admittedly, the overall concept of this game may seem overwhelming. Alyssa Hathaway, a psychology major at the University at Albany said, “It’s a little morbid, its intentions were good, its execution not so good… I feel like it’s a virtual reality, it’s making light of something that isn’t a joke, you don’t put yourself in that situation.”

It may seem as though the game is exploitive of cancer, however we can’t overlook its context. “That Dragon, Cancer” is the closest experience to living with cancer or having a loved one with cancer anyone can get. It emphasizes the idea that life is intended to be amazing and one should not take any moment for granted. Some people are less fortunate than others. These memories open the minds of people. It allows people to feel the emotions of empathy. This game isn’t done in its category. It is a breakthrough, but other memoir-like games exist. For instance, ‘Freshman Year’ by Nina Freeman creates the experience of a woman being sexually harassed while going to the bar. This game of video games takes “stepping into someone else’s shoes” to the next level.

And even though no one is captive to simulate these types of scenarios, we weren’t meant to be free because they aren’t free. Video games give people the opportunity to be as characters that have no consequences. And it’s nice to make your character jump off a cliff, but now video games are capable of creating real-life experiences. They can broaden our understanding on certain experiences, experiences that people have to face in life. And unlike other games that treat death so loosely, this game takes death seriously. There is no respawning in real life.

The updated UAlbany app

BY MILO VOTAVA

The Albany Student app has undergone a much needed update. The app has been updated with new features and an improved design. The Uapp allows students to log on with their MyUAlbany account username and password. This gives the student the option to check things such as their GPA and schedule straight from the app. However, this feature can also be annoying because it logs users off if the user closes the app, but if the user switch tabs on their phone. One of the nicest options that the newly updated app has is a ribbon at the bottom of the screen. Its position is fixed, and even navigating to other pages of the app will not take it off the screen. This can be problematic, especially if users can’t get back to the previous page if they accidentally close the ribbon.

The ribbon does have easy access to the features that UAlbany students used most on the original version of the app, like the CCTV has schedule and the laundry application, which lets students check if the dryers in their building are available. Overall, the app feels like it’s more focused on aesthetics than function. While it looks a bit more streamlined, modern, and is a great improvement from what it used to be, some of the main functions are more of a hindrance than an improvement. It is nice to see that the app creator listened to the suggestions he received from its users, and that he seems truly committed to giving all the relevant information about campus to those who need it. However, they have missed some essential functions like being able to access email. The next update should focus more on the functions of the app, and streamlining them so that they are easier to use, instead of focusing on how the app looks.
By SUE CHEN

The porn industry reinforces racial stereotypes in order to please their viewers. In an interview for The Daily Show, porn star Lisa Ann said, “White girls will do anything, anytime, for a command. Kimono or an innocent schoolgirl, waiting for a kiss. They sell this fictionalized idea of the world,” said Maria Pareja Borsic, a freshman. “They sell the idea that these women are supposed to be the ‘exotic’ or ‘exotic’ women of color, and that results in negative preconceived notions [of] women in different ethnic categories.”

Unfortunately, with Christianity so deeply woven into our culture, the simple task of choosing a political candidate becomes blurred by religion. With the vast majority of the United States sympathetic to Christianity, politicians cater to the religious sectors of the electorate through the use of God in their rhetoric. In doing so, they identify their personal religious views in elections.

On a simple level, this inclusion of God in political rhetoric conveys “God Miss America.” Instead, Bush started the wars in Afghanistan and Iraq after God told him. “George, go fight those terrorists in Afghanistan... George, go end the tyranny in Iraq,” according to a report by Nahid Shah, a Palestinian foreign minister. Uses of religious rhetoric like this bring personal religious views too far into the public and, in this case, global sphere, deviating from secular government, which is expected in a nation built of diverse immigrants with diverse religions.

In this year’s presidential election, it is evident that candidates have not abandoned their effort to sweet-talk the large number of evangelical voters. Donald Trump recently received an invitation from “one of the evangelical community’s biggest names,” Jerry Falwell Jr., according to a report by The Washington Post. Trump has briefly spoken about his religious views, stating he has “a great relationship with God” and that the Bible is his “favorite book.” Trump has also gone on record stating that he wants “a total and complete shutdown of Muslims entering the United States” in one of his common outbursts of tautology.

In contrast to Trump, Bernie Sanders, the Democratic socialist, announced that he is “not activity involved with organized religion,” according to an interview with The Washington Post. If elected Sanders would not only be the first Jewish president, but a president who does not incorporate religious rhetoric into his political display.

It is with this pivotal presidential election that we will see the direction our nation is heading in. Regardless of who is elected, either Trump or Clinton will sit in the White House, we may see the nation come to a religious crossroad: one being political secularism, the other being political bigotry. Regardless of which mud is taken, it seems as though the nation will react in favor of inclusion, thus slipping away from the stronghold of conventional Christianity.

Porn industries reinforce racial stereotypes in order to please their viewers. In doing so they fetishize races, clouding the cultural value they have.
The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this album screaming with memorable hooks, powerful vocals and melodic instruments, ensuring them lifelong success not only in the strongest album of their career.

This hard work and steadfast dedication has finally resulted in the perfect world, this album would be Hands Like Houses’ big breakthrough. Their past two releases, “Division Symbols” (2012) and “Unimagine” (2013), have one to stray away from a challenge. Their past two releases, “Division Symbols” (2012) and “Unimagine” (2013), have influenced the band’s heavy sound and counteract that with influences ranging from metal to post-rock. Mid-tempo track “Glasshouse” showcases the band’s technicality in the intro which leads to a breakdown. An element that may shock core fans on this record, often wowing the listener with vocal trickery and buildup, with emotionally strained vocals courtesy of Trenton Woodley—who has really come into his own on this record, hitting as this record truly is, there are only two slight disappointments in the form of single “New Romantics” and powerful pipes—and an interesting instrumentation, featuring the guitar solo on the record.

As technically interesting and powerfully hard-hitting as this record truly is, there are only two slight disappointments in the form of single “New Romantics” and powerful pipes—and an interesting instrumentation, featuring the guitar solo on the record. As technically interesting and powerfully hard-hitting as this record truly is, there are only two slight disappointments in the form of single “New Romantics” and powerful pipes—and an interesting instrumentation, featuring the guitar solo on the record.

A new form of entertainment but also a way to express yourself and rebel against the government. The language of Brazil has been used to express your beliefs and feelings, to be able to come out of Brazil. Chueke believed that "Language gives music impressions and rhythm, and a general impression that makes it different." He also went over how these instruments are used.

The performance brought up some sound clips of various traditional and modern beats. The juxtaposition of the same pace in such different styles was nice to hear, and showed how the history of traditional music is not lost in the modern age. This also carries over to traditional dances, as it was touched on how kind Chueke is. He shook everyone’s hands with a strong grip when they went to talk to him. He listened to everyone, asking questions about the music they were inspired by his home country of Brazil. This was what he focused on during his talk: the music that comes out of Brazil. This was what he focused on during his talk: the music that comes out of Brazil. This was what he focused on during his talk: the music that comes out of Brazil. This was what he focused on during his talk: the music that comes out of Brazil. This was what he focused on during his talk: the music that comes out of Brazil. This was what he focused on during his talk: the music that comes out of Brazil. This was what he focused on during his talk: the music that comes out of Brazil.

Chueke then brought up some sound clips of various traditional and modern instruments. Different types of traditional Brazilian instruments:

**Perspectives** is the perfect follow-up and an almost thought-out, well-produced, authentic, real and interesting record. The language of Brazil has been used to express your beliefs and feelings, to be able to come out of Brazil. Chueke believed that "Language gives music impressions and rhythm, and a general impression that makes it different." He also went over how these instruments are used.

By MILO VOTAVA

**REVIEW**

**HARDS LIKE HOUSES PRESENTS POWERFUL NEW ROCK ALBUM**

Australian rock group Hands Like Houses has never been one to shy away from a challenge. Their last two releases, “Ground Dweller” (2012) and “Unimagine” (2013), have pushed the boundaries of alternative rock and post-hardcore while still holding on to those authentic choral and pop elements, ensuring them lifelong success not only in small punk clubs, but potentially bigger arenas as well. All this hard work and investment has finally resulted in the strongest album of their career.

“Division Symbols” sets a high bar for many other alternative bands to follow and likely fail. It takes everything great in their first two releases and scales those elements to create an album largely driven by filler, resulting in an album screaming with memorable hooks, powerful vocals and authentic instrumentation from many genres. In a perfect world, this album would be Hands Like Houses’ big break.

Album opener and starter, “I Am,” is the first of many authentic choral numbers and rebellion, a fairly cliché lyrical topic, but Hands Like Houses writes them so well. Also evident on this track, unlike those from their past releases, is a hardcore-influenced breakdown that runs in head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record. The guitars are in the forefront on this one, finally rears its head throughout most of the other tracks on this record.
HALFTIME SHOW

By ANNAKA CASE

Chris Martin and his band Coldplay headlined the 2016 Super Bowl Halftime Show, held at Levi’s Stadium on Sunday, Feb. 7, in Santa Clara, California.

The show started with Martin on the field, surrounded by fans, reading and singing Coldplay’s hit song “Viva La Vida.” Then, he hopped onstage with his band and performed “Paradise” and their new tune “Adventures of a Lifetime.”

A marching band dressed in luminous yellow and pink uniforms surrounded either side of the stage and dancers twirled around brightly-colored flower umbrellas during Coldplay’s last two songs. The stadium national was a plethora of colors from the audience and the performers, and the stage itself doubled as a video screen, piggying with a whirlwind of colors under Martin and his band as they played.

But it might have been Beyoncé and Bruno Mars who stole the show. Martin introduced Mars, who was accompanied by dancers and Ed Mark Ronson. Dressed in all black, wearing gold chains around their necks, Mars and his crew performed his hit “Uptown Funk.” He worked his way around the stage during his whimsical performance, showing off his fancy dance moves.

The excitement elevated as Beyoncé popped on the field and sang Coldplay’s hit song “Hymn for the Weekend.” She was trying to promote love, but some believe they were trying to make a political statement, she also announced that she will be heading on a world tour this spring.

However, Beyoncé and Mars still may have combined Martin in almost every way. They worked the stage and the crowd in an electrifying fashion that mild-mannered Coldplay might have lacked. And as if Queen B didn’t dominate the show enough by debuting a new song and making a political statement, she also announced that she will be heading on a world tour this spring.

So while the stage was eccentric and the atmosphere nostalgic, Martin’s overall performance was underwhelming and left something more to be desired. Maybe bringing out two of the most memorable halftime show veterans was the wrong way to go. Fans were also left scratching their heads, wondering why Martin and Beyoncé didn’t sing Coldplay’s track “Hymn for the Weekend,” which is famous on this film.

Overall, the show was entertaining, but it’s up to the fans to decide who they thought the real star was.

DEADPOOL DONE RIGHT

By ELENA POLLACK

If a steady guy in a steady hand you a steady business card and offers you a steady deal of becoming "better than her," maybe you should walk away.

Ajay (Ed Skrein), the man behind the "steady" business card, has no intention of helping Wade Wilson played by Ryan Reynolds. Wilson is a mercenary who is fighting for the little guy. He is so superhuman, but when he’s diagnosed with terminal cancer, he will do anything to save himself, and therefore save his love, Vanessa (Morena Baccarin).

But Ajay, Tim Wilson into a self-sacrificing mutant, permanently deforming his skin. Ajay knowing these powers, Wilson takes on the vigilante-like name of Deadpool and tracks down Ajay, intending to both heal himself and kill the man who turned him and hundreds of others for profit.

This two-hour movie was hilarious, bloody, and downright sexual. Reynolds does a fantastic job of portraying the childish, sexual and utterly crazy person that is the Merc with a Mouth. The character himself is very close to his comic rendition, written by Fabian Nicieza and Rob Liefeld.

The action scenes were thrilling, but not too bloody or over the top. The fighting was good, although not entirely realistic. The humor was the best part. With references to other movies in the comic world, witty one-liners, sexual references and well-timed jokes, from the very first credits to the time the lights went up, no one in the theater could breathe for laughter. One of my favorite scenes was when Deadpool finally asked for help. He made a few allusions to some other movies and left me dying of laughter in my seat.

In the romantic side of things, one could say it was a romantic comedy, in that Wilson’s goal was to arrange himself and find a mate so he could return to Vanessa. There is a damsel, who might not be much of a damsel, and there is lots of love.—R-rated love, that is. I was apprehensive about the romantic aspects as the character is not supposed to be a very romantic person, but it worked. The romantic plot wasn’t too cheesy, and fit in nicely with the rest of the film. The director, Tim Miller, rather than make the love interest a sassy and innocent girl who has to save the “villain,” made Vanessa Wilson’s perfect match.

Two other characters in the X-Men universe made an appearance: Negasonic Teenage Warhead (Brianna Hildebrand) and Colossus (Stefan Kapicic). While the film introduced the former, the latter had already been portrayed by Daniel Cudmore in “X-Men: First Class” and “X-Men: Days of Future Past.” Colossus was definitely a hero and Negasonic lived up to her name as a teenager. These two X-Men attempt to recruit Deadpool as a superhero and then join for the big finale. Unfortunately, we don’t get to see any other X-Men in this film, but one can only hope that new character will make appearances in the films to come.

Overall, the film’s portrayal of this comic book legend did not disappoint. This was certainly Deadpool done right.

HALFTIME SHOW

Coldplay, Bruno Mars, and Beyoncé unite for Super Bowl’s 50th halftime

By AMANDA CASE

Once again, Mars and Beyoncé came together to join Martin on the field, surrounded by an army of dancers and a drumline. Beyoncé fiercely tried to promote love, but some believe they were trying to make a political statement.

The excitement elevated as Beyoncé popped on the field and sang Coldplay’s hit song “Viva La Vida.” Then, she hopped onstage with her band and performed “Paradise” and their new tune “Adventures of a Lifetime.”

A marching band dressed in luminous yellow and pink uniforms surrounded either side of the stage and dancers twirled around brightly-colored flower umbrellas during Coldplay’s last two songs. The stadium national was a plethora of colors from the audience and the performers, and the stage itself doubled as a video screen, piggying with a whirlwind of colors under Martin and his band as they played.

But it might have been Beyoncé and Bruno Mars who stole the show. Martin introduced Mars, who was accompanied by dancers and Ed Mark Ronson. Dressed in all black, wearing gold chains around their necks, Mars and his crew performed his hit “Uptown Funk.” He worked his way around the stage during his whimsical performance, showing off his fancy dance moves.

The excitement elevated as Beyoncé popped on the field and sang Coldplay’s hit song “Hymn for the Weekend.” She was trying to promote love, but some believe they were trying to make a political statement, she also announced that she will be heading on a world tour this spring.

However, Beyoncé and Mars still may have combined Martin in almost every way. They worked the stage and the crowd in an electrifying fashion that mild-mannered Coldplay might have lacked. And as if Queen B didn’t dominate the show enough by debuting a new song and making a political statement, she also announced that she will be heading on a world tour this spring.

So while the stage was eccentric and the atmosphere nostalgic, Martin’s overall performance was underwhelming and left something more to be desired. Maybe bringing out two of the most memorable halftime show veterans was the wrong way to go. Fans were also left scratching their heads, wondering why Martin and Beyoncé didn’t sing Coldplay’s track “Hymn for the Weekend,” which is famous on this film.

Overall, it was an entertaining show, but it’s up to the fans to decide who they thought the real star was.
Do you want to work in media?

Are you afraid to graduate because you have no clips?

We have a solution for you.

Write for us!

Email us at:

News - theaspnews@gmail.com
Opinions - opinions.asp@gmail.com
Arts/Entertainment - artsent.asp@gmail.com
Sports - sports.asp@gmail.com
Lifestyle - lifestyle.asp@gmail.com

If writing isn’t your cup of tea, email our photo editors at photos.asp@gmail.com
Morning off-season tests UAAlbany football

“...anyone is late for anything they’ll get a 6 pm on a day we’re not running in the morning and your team will lose 50 points. And if you’re late for runs, don’t even bother showing up cause if it’s 18 times worse for you once you get there as you just have to accept defeat and take the next 6 am,” captain Mike Nicastro said.

Morning runs separate the guys who are distracted in the offseason from the ones willing to sacrifice their time, bodies and mental toughness for the sport. It’s hard to think of a better test than forcing a group of college guys to wake up two or three times a week at the crack of dawn to run their bodies into the ground in Albany winter weather.

“It’s freezing out, but once you start running around it’s okay,” Nicastro said. He also added how the first week can be frustrating because it’s not very difficult, but then the week after is when the conditioning coaches start dispersing track-casts around the field because everyone is pushing.

“I would say last year the second week of morning runs was the first half, it was pretty gross,” Nicastro said.

Connor Hughes, the main coach of strength and conditioning for the football team, runs the morning sessions. His voice projects in the same manner on the run as it does in the weight room. If Hughes is out there he is going to make it worth his while to help make these guys better.

Morning runs don’t only put pressure on these guys to challenge their bodies physically, but they also force them to focus on their studies because a big part of the point system is doing well in school.

Nicastro says you want your team to be the fastest and the smartest, because the winner usually gets some exclusive gear from Gatusso.

Last year Gatusso got the winning team Mike bucket hats with “UAAlbany Football” on it,” Nicastro said. “It’s hard to imagine getting your body moving at its fastest so early and in negative degree weather. The rust most sting to touch – forget feeling your fingers and toes. It’s a mental battle above all else out there.

The UAlbany football team was 5-8 overall last season, so perhaps for the team and coaches they believe it’s the offseason that will be their best bet in improving in the CAA conference.

The runs are set up like this each morning:

Different schedules switch up on occasion, however the main ones for running are called ‘Four Quarters’ which consists of four periods of different a running exercise for five minutes straight.

After that a running test called “Gassers” might happen which is essentially from one end line to the other, or a half, quarter or quarter gasser which is just a shorter back and forth sprint.

Apart from just running, there are different stations like 5-yard-10-yard, 5-yard sprints, sled pushes, figure eight cutting drills, box drills, cone drills, tennis ball competitions, relay races and so forth.

There are lots of different competitions that help build a better overall athlete and also test different components of the team’s athleticism.

The football team is going into week two of morning runs, so be forewarned if you’re thinking of playing some pick-up on Bob Ford Field. There might be dromes of trash cans and unsorted football player’s leftovers.

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY

Danes bounce back to dominate Black Bears

It was brutally cold on Friday afternoon, but that didn’t stop the University at Albany men’s lacrosse team from defeating Princeton University 11-6 in a preseason scrimmage on John Fallon Field.

UAAlbany battled with last year’s Ivy League champion, a team that came one goal short of clinching a berth in the NCAA tournament a season ago.

As expected, the frigid conditions led to a sloppy start for both teams. Each squad struggled to settle into a rhythm, as demonstrated by several dropped short of clinching a berth in the NCAA tournament a season ago.

By MICHAEL TURAY
BASKETBALL

WHAT HAPPENED THIS WEEK:

Women's basketball beats UNH 85-48 in front of 3,000 fans on Commitment to Education Day at SEFCU Arena.

By CELIA BALF

For student-athletes, Sundays aren’t a day off. It’s typically a game day, a practice day, or a lifting or conditioning season, depending on the season and the sport. This past Sunday was Valentine’s Day, meaning student-athletes everywhere had to find the love and basketball spirit to put away their otherwise fleeting college relationship or flirt.

The 2008 hit movie “Love and Basketball” is the quintessential college athlete love story. Male basketball player meets a female one, while one succeeds, the other one struggles, providing an imbalance that creates an emotional nightmare. But at the University at Albany—as well as many other places—it doesn’t work out quite like that. But it’s still fun to see what some of the UAlbany student-athletes had in mind for the special day.

Unfortunately the UAlbany women’s basketball team had their hearts broken due to a basketball game on Sunday, giving the team its first loss in the America East all season. It was an emotional nightmare. But at the end of the day, it was worth it for student-athletes who didn’t have to worry about a game—or something like it—in their lives for later in the day.

But for those student-athletes who didn’t love to worry about a game—or something like it—in their lives for later in the day. Some said they were swapped with work and would share the love with their assignments. For others, they said certain beverages would be their date on Valentine’s Day, while a few recognizable names planned elaborate dates for their partners to make the day extra special.

“People have in mind for the dinner,” Sakowski said. “And for dessert?” Malloy said.

The 108 points is the first time the Danes reached triple digits this season and they had UAlbany Lowell for most points in this season this week when they did it against Maine on February 11th.

The Danes come to dominate at SEFCU Arena and are a perfect 12-0. Now the Danes will have to follow up for their big game 7 pm Wednesday night on SEFCU arena where they will face the Stony Brook Seawolves (21-4, 12-3 America East). The Seawolves are currently in first place in the America East and have the longest winning streak in Division I college basketball with 16 games.

ATHLETE’S CORNER

Players weigh in on Valentine’s Day plans

By CELIA BALF

For student-athletes, Sundays aren’t a day off. It’s typically a game day, a practice day, or a lifting or conditioning season, depending on the season and the sport. This past Sunday was Valentine’s Day, meaning student-athletes everywhere had to find the love and basketball spirit to put away their otherwise fleeting college relationship or flirt.

The 2008 hit movie “Love and Basketball” is the quintessential college athlete love story. Male basketball player meets a female one, while one succeeds, the other one struggles, providing an imbalance that creates an emotional nightmare. But at the University at Albany—as well as many other places—it doesn’t work out quite like that. But it’s still fun to see what some of the UAlbany student-athletes had in mind for the special day.

Unfortunately the UAlbany women’s basketball team had their hearts broken due to a basketball game on Sunday, giving the team its first loss in the America East all season. It was an emotional nightmare. But at the end of the day, it was worth it for student-athletes who didn’t have to worry about a game—or something like it—in their lives for later in the day.

But for those student-athletes who didn’t love to worry about a game—or something like it—in their lives for later in the day. Some said they were swapped with work and would share the love with their assignments. For others, they said certain beverages would be their date on Valentine’s Day, while a few recognizable names planned elaborate dates for their partners to make the day extra special.

“People have in mind for the dinner,” Sakowski said. “And for dessert?” Malloy said.

The 108 points is the first time the Danes reached triple digits this season and they had UAlbany Lowell for most points in this season this week when they did it against Maine on February 11th.

The Danes come to dominate at SEFCU Arena and are a perfect 12-0. Now the Danes will have to follow up for their big game 7 pm Wednesday night on SEFCU arena where they will face the Stony Brook Seawolves (21-4, 12-3 America East). The Seawolves are currently in first place in the America East and have the longest winning streak in Division I college basketball with 16 games.

ATHLETE’S CORNER

Players weigh in on Valentine’s Day plans

By CELIA BALF

For student-athletes, Sundays aren’t a day off. It’s typically a game day, a practice day, or a lifting or conditioning season, depending on the season and the sport. This past Sunday was Valentine’s Day, meaning student-athletes everywhere had to find the love and basketball spirit to put away their otherwise fleeting college relationship or flirt.

The 2008 hit movie “Love and Basketball” is the quintessential college athlete love story. Male basketball player meets a female one, while one succeeds, the other one struggles, providing an imbalance that creates an emotional nightmare. But at the University at Albany—as well as many other places—it doesn’t work out quite like that. But it’s still fun to see what some of the UAlbany student-athletes had in mind for the special day.

Unfortunately the UAlbany women’s basketball team had their hearts broken due to a basketball game on Sunday, giving the team its first loss in the America East all season. It was an emotional nightmare. But at the end of the day, it was worth it for student-athletes who didn’t have to worry about a game—or something like it—in their lives for later in the day.

But for those student-athletes who didn’t love to worry about a game—or something like it—in their lives for later in the day. Some said they were swapped with work and would share the love with their assignments. For others, they said certain beverages would be their date on Valentine’s Day, while a few recognizable names planned elaborate dates for their partners to make the day extra special.

“People have in mind for the dinner,” Sakowski said. “And for dessert?” Malloy said.

The 108 points is the first time the Danes reached triple digits this season and they had UAlbany Lowell for most points in this season this week when they did it against Maine on February 11th.

The Danes come to dominate at SEFCU Arena and are a perfect 12-0. Now the Danes will have to follow up for their big game 7 pm Wednesday night on SEFCU arena where they will face the Stony Brook Seawolves (21-4, 12-3 America East). The Seawolves are currently in first place in the America East and have the longest winning streak in Division I college basketball with 16 games.