As the University at Albany continues its sprint forward to maintain its coveted “engine of opportunity” title, the school will quietly lose one of the features that makes it truly unique within the SUNY system at the end of December. The pipe-smoking Podium Pat will retire on Dec. 30, after 27 years at the university.

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Podium Pat at 26 years old.

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Behind closed doors: What it’s like to have an eating disorder

By CLARISSA SCHMIDT

Carmela McNaught from Mastic, N.Y. is a senior at the University at Albany majoring in English. She is 22 years old and was diagnosed with Bulimia Nervosa and an eating disorder in college approximately nine years ago. McNaught said, “I’ve always been a tall, bigger girl.”

During the summer of 2006, she decided she wanted to lose weight and look “good.” She began dieting and tried the “Special K challenge,” which replaces two regular meals with a bowl of Special K cereal. She lost 20 pounds quickly.

“I kept thinking was that I felt better when I was thinner.” McNaught was then given the nutritional drink Ensure to help gain some weight back. By the end of that summer, she had gained 10 pounds. She maintained a healthy weight for a few years.

In August of 2012, she transferred to Suffolk County Community College to UAlbany because she had a college obligation. The following October, her father, James McNaught, was diagnosed with Hepatitis C and passed away that fall. She was very close with him and the loss hit her hard. To cope with her feelings, she started to binge eat.

Bulimia nervosa and binge eating disorder are two of the most common eating disorders, more than that of anorexia nervosa, according to Walker. “I was not happy, I was out of control,” McNaught said. “I would hide the food in my room because I was so ashamed and embarrassed. I didn’t want people to see, it’s disgusting.”

To punch herself, she would restrict herself from eating after binging and work out excessively instead. She hit her “rock bottom” this past summer.

“This summer was the dreadful I’d ever been,” she says. “I was in the mirror and see my bones showing.”

“Sheit was bad, I didn’t think it was possible.”

During the summer of 2015, McNaught was advised to cease activity. She decided to finally open up and talk about her experience this year.

“I was very afraid to tell about that.”

McNaught said. “I’ve always been insecure about that. I’ve always been insecure about that. People kept telling me I looked good and I liked it,” McNaught said.

According to Dr. Catherine Walker, a licensed clinical psychologist and visiting assistant professor for Union College in Schenectady, N.Y., there is a social environment that sets up individuals who are predisposed to have concerns about their shape, regarding weight and disorders. If you’d like to get involved with the ASP! Please see page 8

JOIN THE ASP!

Hey! You! Do you like to write or take photos? Do you care about the UAlbany community? Then get involved with the ASP!

If you’d like to get published online and build up your portfolio over winter break, email Kassie at theasp.eic@gmail.com for more information.

Also email Kassie for info on how to get involved next semester. We’re always looking for more writers and photographers.
additional support and his father’s disciplinary attitude molded him. “I did she was in the front row,” he said. His mother’s uncon- traditional values allowed him to go back to the tri-state area competing in taekwondo tournaments. In kindergarten his father told him he’d be an entrepreneur, and he did. He’s a college career to take leadership roles that allow him to change campus life and inspire youth to follow his path. Jemmott is now a senior at UAlbany majoring in informat- ics. “Being the president is the biggest accomplishment I’ve had,” Jemmott said. He was elected president of the Student Associated in March of 2014. His campaign slogan “Vote for Change” was more than just a slogan for him. “I wanted to be a leader, not just a president, I want to ad- vocate for students who feel they aren’t heard,” he said. After getting involved with SA, he realized that his future was in government. “I believe that you can make a direct change on people’s lives through working in the government,” Jemmott said. President of SA is not the first leadership position he’s held, after he was elected president of SA. He was elected president of the National Pan-Hellenic Council Inc. in March of 2013. Jemmott was president of the National Chapter of Iota Phi Theta Fraternity Inc. Besides being presi- dent of his chapter, Jemmott was president of the National Pan-Hellenic Council Inc. and director of Fraternities on be- half of the All Greek Council. He was a member of the Brownsville Student Association, which is a significant part of our job, but a hard one to maintain,” said Elana Zinoman, an official spokesper- son for the Troy BID. “We hope to have a fully updated list by the beginning of 2016. If businesses are going to make changes, we advise them to do it in the fall.” Zinoman could not provide a figure regarding the amount of money the program brings in to the city and no other officials were available for comment. Most businesses that participate display a sticker on their doors or storefront windows that let students know if they offer special discounts, but one problem students have come across is that people are not clear about discounts from the staff. “I don’t know why they were demade,” said Nate Rock, owner of Bootlegger’s. “I’ll have to assure my staff that he’ll give students 10 percent off.”

DISCOUNTS

Get the most out of your college ID

BY ARIANNA CASE

Your college ID could save you up to the 20 percent next time you’re shopping around or eating at a downtown Troy, thanks to a Student Discount Program. The program, started in 2011 by the Troy Business Improvement District, gives students between a 10 TO 20 percent discount at about 40 local businesses, ranging from restaurants to clothing stores to recreational classes. “I think the Student Incen- tive Program has been very successful,” Jemmott said. “I’ve been able to get discounts at places downtown that I never thought I could,” said Rachel Martin, a student at Russell Sage College. Some of the more popular student hangouts that offer discounts are Plant Daddy on Sixth Avenue, which has buy-one, get-one-free frozen yogurt on Tuesdays and offers 10 percent off every other day of the week; Spill’s The Brawns House, which gives students 10 percent off; and Mudlady’s Plain graduation. Earning a degree may not create a signif- icant part of our job, but a hard one to maintain,” said Elana Zinoman, an official spokesper- son for the Troy BID. “We hope to have a fully updated list by the beginning of 2016. If businesses are going to make changes, we advise them to do it in the fall.”

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Getting to know the president of the Student Association

BY RUSSELL J. OLIVER

TUESDAY, DECEMBER 8, 2015

A few places around campus where you can get your study on.

By Brittany Gregory / Albany Student Press

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A few places around campus where you can get your study on.
t he University at Albany has been experiencing some strange weather recently. By strange, I mean that it hasn’t snowed all that much this semester. That’s something everyone at UAlbany isn’t used to this time of year.

Usually around late October and November, temperatures are very low and people are already wearing the fall clothes. But this year, during the colder months, there have only been a few days where the temperature has been below 30 degrees, compared to last year where there was over 30 days according to accuweather.com. The lowest temperature UAlbany has reached this year was 39 degrees on Nov. 30. The sun shining on random full days makes the day feel less cold than it should be. These days are filled with students running shorts and a sweatshirt, thinking that summer and early fall weather is still upon us. These days are soon to be over. Recently, it hasn’t been as cold as everyone at UAlbany expected coming into the semester. The weather has been pretty unpredictable. The combinations of wearing shorts, sweatpants, and full winter jackets is cold this place can get, and even though it has been cold, the underequipped don’t know what’s coming to them.

Coming to UAlbany, new students most likely assume that it will get cold, but one never really knows how cold it can get until one experiences it. I remember my orientation assistant during my freshman year telling me how cold Albany gets and how early it is. At first I didn’t believe him because it wasn’t as cold as it was during the winter season. The weather here at UAlbany is unpredictable. On this Friday morning, I brought an umbrella, not because it was raining, but because it was freezing and there was a possibility of snow falling. The snow can be beautiful, but it’s also slippery. This snow makes people be. The snow can make you contemplate your every step when walking from destination A to destination B, thinking ‘why didn’t I just walk on pavement?’ or ‘the snow is just making it hard to walk.’

As I sit in my Friday class morning writing, not paying attention whatsoever to the lecture that my professor is giving about something related to economics in the developing world, one thing is clear: Something needs to be done.

We can all have fun and games for everyone, until you’re walking from your dorm room racing to get to the tunnels with snow flurries blowing into your face. The snow makes walking the simplest, shortest distances much harder than they need to be. The snow can also make you contemplate your every step when walking from destination A to destination B, thinking why didn’t I just pack an umbrella? or, ‘the things I would do right now to go to a school down south.’ The only thing worse than the snow here at UAlbany is when the temperature goes low and the windchill makes it feel exactly cold. ‘Like the snow,’ when walking back from class to class and there’s snow blowing in your face, winter goes quickly from your favorite holiday season to the top of your most-hated list.

There is a solution to the winter woes, however. The tunnels can be your best friend during the winter season. The tunnels keep everyone cozy and warm, and become most people’s ‘path’ when going to different places on campus. Some may complain that the tunnels are too hot, especially when you’re bundled up. I’m sure those students would rather be walking in the tunnels than in the freezing cold.

The University at Albany is one of many colleges that has undergraded its student capability and has constructed a curriculum that doesn’t challenge one’s learning.
class disagrees with your politics? They’re literally woman? That’s ‘violence.’ Someone in your philosophy College Republicans aren’t sure that Caitlyn Jenner is a best when writer Charles C. W. Cooke says, “A visiting everything going on in our country and in the world, we can

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By DANIEL PINZON

Dear is an extremist who

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“What he did is domestic

Huckabee called Dear’s act too

Even the conservative

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OPINIONS 5

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Are campus ‘safe spaces’ too safe?

by kevin mercado

I hope that this article doesn’t offend anybody, but with everything going on in our country and in the world, we can just shut that out.

I say to hell with “safe spaces” at the university level. By initiating “safe spaces” on campus campuses, the discourse on racism, classism, sexism, and more are silenced. I shouldn’t feel uncomfortable using the word “black” or “white” in an academic setting because it is deemed politically incorrect.

An article for the National Review explains this concept best when writer Charles C. W. Cooke says, “A conservative speaker is skeptical of ‘rape culture.’ She’s ‘threat. The College Republicans aren’t sure that Caitlyn Jenner is a woman? That’s ‘violence.’ Someone in your philosophy class disagrees with your politics? They’re literally woman? That’s ‘violence.’ Someone in your philosophy

I think there’s a lot of belief that this qualifies as a form of domestic terrorism,” said Planned Parenthood’s Chief Experience Officer Dawn Laguens. Even the conservative presidential candidate Mike Huckabee called Dear’s act too extreme.

What he did is domestic terrorism, and what he did is absolutely abominable – especially to us in the pro-life movement, because there’s nothing about any of us that would condone or in any way look to what he did as something like this,” he said.

Dear is an extremist who deems his opinions as superior and sought to punish those

who went against him. From his point of view, they’re such as his domestic violence charge against his wife in 1997 and his charge for being a peeping tom in 2002, it can be concluded that he lacks some rationality.

Dear is an example of a person who hasn’t come to

terms that other opinion.

Levin Dear claimed Planned Parenthood is just “baby

parts.” That the organization goes beyond abortions. It’s an educational facility that specializes in sex. It’s a place that provides contraceptives and helps to prevent the need of abortion. It even helps

men with actual problems.

If woman wants an abortion, Planned Parenthood is there for more support and resources.

Planned Parenthood is a woman’s best friend, as this institution caters to situations for women.

Once we acknowledge and embrace women’s inherent desires, rights, styles which they should have since the beginning, we will be a more

humble and just society.

Yet if humankind has a right to do as they please with their bodies, why shouldn’t abortion be excluded?

Abortion is not something that I would personally encourage.

However, it is a choice that one can do, so be it. I would strongly encourage being cautious during intercourse, utilize contraceptives and being mindful of what can happen during sex. Yet who am I to decide another person’s sex life?

I’m purposely disregarding the scientific evidence of

when a fetus is considered alive or the benefits stem
cells have. That argument can go back and forth forever.

I’m strictly coming from the perspective that women have been acknowledged as humans, and just as men can ejaculate millions of potential human beings. A woman can take control of her body.

So, a woman has a say on whether she wants to carry something in her for nine months, and those who are not

she shouldn’t have a say. They aren’t carrying it for her.

At the end of the day, it’s all her choice.

Hannah Ol, Steven Glick, and Taylor Schmit, athletes at the Claremont Independent at Claremont McKenna College, wrote in a recent article, “College is the last place that should be a safe space. We come here to learn about views that differ from our own, and it’s not made to feel uncomfortable by these ideas, then perhaps we aren’t

warming far enough outside of our comfort zone.”

Students need to be comfortable enough to speak their opinions freely without getting major backhanded.

As an institution, however, it is important to

figure out what is appropriate to say and what is

inappropriate to say. In a classroom setting, people should not be offended when someone brings up racial cultures, for example.

Of course, I would never say that people can be overtly

offensive and claim it is a free speech – that would be insane. I would never encourage racism or sexism or any

similar idea.

Peoples’ ideas should not be hindered or limited by the possibility of it being offensive. Today’s society is becoming far too politically correct to the point where we can’t really say anything at all. The idea of a “safe space” should mean that students feel physically safe on their campus - that they can walk across campuses and feel like they aren’t in danger, they won’t beunu

A “safe space” is not one that censors someone’s opinion. It shows the classes realize that this country isn’t perfect and they need to be addressed, on campus and off, but not every response to these issues comes with a positive and fruitful place.

I push that the mentality level on college campuses would rise so that as college students we could appropriately assess the topics and reasons. It would go against taking, regarding racism, sex and different cultures and backhanded forms. And again, I’m not writing this piece to offend anybody, but at the same time I will not be censored just because somebody, somewhere will be offended by the things I say.
A CHRISTMAS STORY: THE MUSICAL
COMES TO THE CAPITAL REPERTORY

By TENDRIL XANDER

The Capital Repertory Theatre is hosting "A Capital Repertory: The Musical," which will be showing until Dec. 27. It opened to a packed theater on Tuesday, Dec. 1 after a weekend of previews.

The show, based off the 1983 classic film "A Christmas Story," takes place in the 1940s and follows the life of Ralphie Parker (played by Jake Goodwin), a 8-year-old boy from Indiana. Ralphie is on a quest to obtain the most epic Christmas gift, a Red Ryder Bb Model 215 Range Model air rifle.

"We had an older Ralphie (Gilby Rady), the audience is taken on an exciting journey through the boy's life and vivid imagination. The story is colored with a series of dance numbers, hilarious lines and an overall perfect portrayal of the holiday season in the 40s. Ralphie's vivacious memories of one's childhood, and his desperate attempts to receive his only Christmas wish is beyond relatable.

Speaker alert: this cast is a force to be reckoned with. They are fun, witty, character-conscious and filled with an unique energy. Ralphie's mother, played by Julia Burrows, pulls at heartstrings in the most warming way. Her relationship with her father, Gary Lindermand, turns from fun and goofy to being one of the most heartwarming and happiest. Let's not forget about Krause Mikula who plays a bundle of energy, and his dynamic and serious spark were a large percentage of the humor provided throughout the show. The kids in the show were phenomenon. Ranging from 6-14 years old, the large cast brought a spirited vibe to the play. Their improvisatory nature, adding up to ten lines here and there, ensured the show belonged to them, and they are certainly a new and exciting light that all in the city should be a part of.

The play is a proper message about the importance of being kind to one another, especially to the child in all of us. As we watch his attempts to "stay good" before Christmas, we are hopeful for the parents of his only wish, we begin to share his same hope.

TELEVISION

"Elf" opens up fun new topics

By DIEGO CARARA

Topics like gender, race, sexuality, alcohol and post-traumatic stress disorder (PTSD) are often sidelined or left unaddressed in film and television due to the sensitive nature. However, Marvel is finally addressing these topics upfront with its latest effort, "Jessica Jones," based on the comic-book character of the same name.

With all 13 episodes released on Netflix on Nov. 20, the series revolves around Jessica Jones (Krysten Ritter), a seemingly ordinary private investigator, around Jessica Jones (Krysten Ritter), a woman who is forced to take action once again when an enigmatic, villainous figure named Kilgrave (David Tennant) returns to her homeland in New York City.

The series, created by screenwriter Melissa Rosenberg, is Marvel's second collaboration with Netflix after "Daredevil" (2015) came out in January, but Jones is the protagonist, after ABC's "Agent Carter" lead her own series.

While Jones has superhuman strength and flight abilities, Kilgrave can verbally and physically abuse his victims. Examples of Kilgrave's power may initially sound like fun, but Kilgrave can verbally and physically abuse his victims. Examples of Kilgrave's power may initially sound as they are forced to take action once again when Kilgrave abuses her and she eventually decides to take on the villain for all. Although there are no rape scenes in the first half of the season, Marvel already has pushed the envelope by mentioning rape.

Another new topic Marvel tackles is sexuality with attorney Jeryn Hogarth (Carrie-Anne Moss), who is the first female character ever in the MCU. Known originally as Jeryn Hogarth in the comics, her sex and sexuality change for the live-action series also challenges the negative stereotype associated with lesbians as she dresses in feminine outfits, wears makeup and is in a relationship.

"Giant man is also brought up at Ritter's portrayal of Jones does not conform to female gender-stereotypes. She never really wears overly feminine clothes, constantly wears foul language, is very assertive and frequently drinks alcohol.

Her divorced background and ironic attitude contrasts her from the more mainstream superheroes like Spider-Man and Superman. Jones' surviving nature also connects with audiences, particularly with real-life women who have personally suffered from abuse. PTSD or rape. This makes Jones a more human character with flaws that differ from how superheroes are often perceived as ideal and perfect beings.

The series also utilizes episodes to reflect on personal experiences. For example, the series' 13 episodes, given more time to portray characters' individual backstories and realize that we only see a small piece of them. For example, the scene where he, at the height of it, is still human and can die. Doing all these things is harder with a single two-hour MCU film because viewers are given limited time to connect with the film's characters and MCU films often favor action sequences over in-depth characterization.

While a second season has yet to be confirmed, the first season is currently available for streaming on Netflix.

THE NIGHT BEFORE (2015) takes the Christmas

By RUSSELL J. OLIVER

Most Seth Rogen comedies are usually full of stories about who will and won't get their wish. They have to get themselves out of situations, such as "Knocked Up" (2007) and "Pineapple Express" (2008). His new movie, "The Night Before," doesn't play the same game anymore. It's more about the time in between when his whole friend group is getting ready to celebrate the most famous holiday of them all.

Eventually, Janus runs away in a panic to find his phone and Chris rates away to catch Rebecca, who stole the gang's weed. Rogen, as the paranoid and eccentric, is in the comic highlight of the film. Janus has numerous flaws throughout the movie and his deep dislike towards anyone is hilarious to watch. At one point in the night, he has a vision into the future where his adult daughter is working as a stripper, while his wife, Billie, shockingly eggs her on.

The trio runs into tons of stoners who end up in comical hijinks they have to get themselves out of. Numerous Rogen-flushed movies have similar tropes, such as "Knocked Up" (2007) and "Pineapple Express" (2008). His new movie, "The Night Before," doesn't play the same game anymore. It's more about the time in between when his whole friend group is getting ready to celebrate the most famous holiday of them all.

The gang forgives each other and reunites for one last party. Before that, the film shows a flashback of Janus on the night of his parents' death. Janus and Billie comfort him, convincing him to go out and enjoy his Christmas Eve together. The action plays out younger selves, which sentimentally shows the viewer the beginning of this tradition.

"The Night Before" is definitely the kind of movie you should see in theaters with your best buds. The film was released nationwide on Nov. 20 and is currently playing in theaters.

THE NIGHT BEFORE (2015) takes Christmas
The word gangster often elicits images of bootleggers in Chicago in the 1920s and people like Vito Genovese ordering hits on rivals in New York City. Possibly the furthest from most people’s minds at the word gangster is London in the 1960s. “Legend” shows that crime and gangsters are just as at home in London in the 1960s as they are in any dirty backroom of an Italian restaurant in America.

“Legend” is a biopic of the Kray twins—vicious killers from the East End of London. Reggie Kray and Ronnie Kray (both played by Tom Hardy) ruled London enterprises as portrayed on screen. Another area of contention with the truth of the film relates to the sexuality of the twins. Both twins were reportedly bisexual, with Ronnie leaning more towards men and Reggie more towards women. The differences between the brothers are really what show how extraordinary Hardy’s acting is in this film. The manic behavior of Ronnie juxtaposed with the natural and brotherly manner that Reggie plays both roles, interacting with himself in an entirely human perspective on the vicious Krays. She explains how she fell in love with Reggie and her experiences with Ronnie. Her almost omniscient narration provides an added dimension, as is common for biopics. It seems only natural and brotherly manner that Hardy is playing a variety of roles. Hardy wonderfully plays both roles, interacting with himself in an entirely natural and brotherly manner.

In addition to the expository acting, the film is also rather artfully crafted. The film is narrated by the physically abused and neglected wife of Reggie, Frances (played by Emily Browning), who gives a more human perspective on the vicious Krays. She explains how she fell in love with Reggie and her experiences with Ronnie. Her almost omniscient narration provides an added dimension, as is common for biopics. It seems only

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Semester Survival

How to Get Away With Finals

Five ways to relieve stress during the hardest time of year

By Russell J. Oliver

1. Yoga is a way to relax and release tension during finals. It’s good for your body to know your muscles and stay focused while studying. Taking yoga breaks during study sessions is a great way to stay relaxed. There are yoga classes in the Physical Education building offered by campus on a daily basis. Most smartphones have yoga apps that can take you through the positions of yoga classes aren’t your thing. 2. Though proven that taking a break while studying is proven to increase test scores, based on a study from Psych Central. They are found to improve attention span. Go home, get some food, or even take a short nap. Scansions have said that even short breaks from tasks can increase productivity on them. 3. The University at Albany is also there for you during finals week. This year they have a wellness expo program to help students get through finals by providing stress-relieving activities. These include free coffee, a chair massage, therapy dogs, and smoothies. 4. Sleep! Sleeping is so crucial to having an attentive mind. Most studies prove that sleeping rather than cramming all night improves test scores. A lot of people try to stay up all night studying the night before a test, but this can in fact decrease test scores. Also choose sleep over staying up all night to cram. 5. Go out and grab a drink. Staying in the library all day can be successful, so go out for a couple of drinks with your friends. This is so significantly refuses those because having fun does that can make sure you don’t go out the night before the test.

Disorder

Continued from Page 2

Although she is recovering, she takes it one day at a time. She credits her eating disorder to that of an addiction. “It’s something I wasn’t even aware of,” she says. “I had to tell myself everyday not to sit a meal, not just because I’m hungry, but because I’m ready to relapse.”

Nichole McHugh has taken the initiative to raise awareness for eating disorders. Through her experience, she learned that even short breaks from tasks can increase productivity on them.

Paredes

Continued from Page 3

Mall said, “In part so as to capture the intensity of the work being done by those looking into the case, but more importantly to avoid losing sight of the human family further.”

On Thanksgiving, Ian “Chinna” Parada, another UAlbany student who knew Paredes, created a GoFundMe page for Paredes’ family to help with funeral expenses. “He was very genuine, caring and fun to be around. He never one to judge anybody,” Parada wrote in the GoFundMe description. “He welcomed anybody with open arms and a big smile.”

The same day, a new fiancé was added: RUSSELL J. OLIVER

Fingerprints

to further develop this test and determine what levels of the bodily fluid left behind indicate the age or ethnicity of an individual.

“One day we can say the person was old, Caucasian or vegetarian,” he says. His fingerprints similarities could be developed into a DNA match, but it will also be helpful when the fingerprint sample is analyzed and does not provide enough information for making a confirmed match. At this time, forensic scientists are creating fingerprints as pictures and compare them with databases, according to Halámek. He explained that with the tests he developed, a degree in forensic science is not necessary, as it works just like some of the less glamorous and less-visible tests. Those are “prescreening tests to narrow a pool of suspects,” Halámek said. “One day we can say that this person has a lot of the same fingerprints.”

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This type of testing will not only allow forensic scientists to quickly narrow down their suspect pools while they wait for the labs to return with a positive DNA match, but it will also be helpful when the fingerprint sample is analyzed and does not provide enough information for making a confirmed match.

He has also begun working with Cornell University and Rensselaer Polytechnic Institute, establishing a forensics lab within the school. Halámek hopes that these students will look to continue their work at UAlbany when they graduate.

“If it is possible to identify excellent high school students interested in forensics, why should they go away [for college]? Why can’t they enroll into SUNY Albany and we can train them as undergraduates and then as graduates if they like,” the chemist said. “That’s the plan, that’s the dream.”

The initial funding for this project, which took half a year to develop, came from UAlbany where Halámek agreed to become an assistant professor at the university in the fall of 2013. The research group is in the process of writing grant proposals from outside sources like the Office of Naval Research and the Partner- ship for Clean Corporation to pursue other projects related to the chemical compounds in finger-

Photograph: Paul Miller / ualbanyphotos.com

The University’s libraries have extended hours during finals to make things more convenient for students.

Preparations for the Fall 2015 semester have been underway for months. The university’s libraries have extended hours during finals to make things more convenient for students.
Reflecting on a senior soccer season

The UAlbany Women’s soccer after winning the America East Championship.

Our goal: to be America East summer air. We were sure of any season, but there was going to be ups and downs ahead like in a season of my dreams. It was something about the way that we played the ball to one another, laugh and that we could connect like this was our year— it flowed nicely and we all felt the excitement that came of a season that seemed difficult, but was all over the place—we pressed them so hard. It was the feeling of making a tackle in the box and thinking I could just stay down right now and never get up, but I have to get up. It’s that feeling of Sysnew having to waste time in the last seven minutes because we were pressing them so hard. It was all of these feelings starting a fire that would burn through the fall season. Our out of conference play was all over the place—we won some big games, and lost to some mediocre teams. Our head coach had a baby, and our assistant coach took over as associative head coach. Our starting goalkeeper got injured and had to sit out the rest of her senior season. The ups and downs came in waves. The biggest win, however, was the one that took us from being 5-0 to going all the way and winning the program’s first ever America East Championship. When I look at my stat sheets now I still get chills throughout my body from that championship game — we came back in a crazy beautiful game to beat Hartford at their house and we earned another title. We, as the seniors, knew that everything up to that point was completely worth it. The dreaded beep test, the notoriously long SEBCO running test, the losses that made me shed tears and feel awkward, the practices that ran until sun— all worth it. We will never get this one-milllion team back and I will hold onto that for the rest of my life. Few people can say they are champions, especially in college—but now, we once truly joined the banner crew of so many other teams at UAlbany. The scariest part is now. Soccer is done, and the retired life is too real. I miss the soreness of a long practice, the emptiness of sitting on the bus indulging in pizza after a hard-fought game. I miss the wagon at the entrance of my teammate and the rest of my life. Few people can say they are champions, especially in college—but now, we truly joined the banner crew of so many other teams at UAlbany.

The next two months were a grind— we traveled to North Carolina for seven days beating Davidson and fell in overtime to Campbell. For our next games we traveled to Sysnew to play Cboy and Syac in one weekend. On paper, our first chalk of the season seemed difficult, but it just reassured us that some conference play we were going to dominate. It was the feeling of running beside a Sysnew player knowing that despite our noticeable difference in thigh muscle from mine, I could keep up with her. It was the feeling of making a tackle in the box and thinking I could just stay down right now and never get up, but I have to get up. It’s that feeling of Sysnew having to waste time in the last seven minutes because we were pressing them so hard. It was all of these feelings starting a fire that would burn through the fall season. Our out of conference play was all over the place—we won some big games, and lost to some mediocre teams. Our head coach had a baby, and our assistant coach took over as associative head coach. Our starting goalkeeper got injured and had to sit out the rest of her senior season. The ups and downs came in waves. The biggest win, however, was the one that took us from being 5-0 to going all the way and winning the program’s first ever America East Championship. When I look at my stat sheets now I still get chills throughout my body from that championship game — we came back in a crazy beautiful game to beat Hartford at their house and we earned another title. We, as the seniors, knew that everything up to that point was completely worth it. The dreaded beep test, the notoriously long SEBCO running test, the losses that made me shed tears and feel awkward, the practices that ran until sun— all worth it. We will never get this one-milllion team back and I will hold onto that for the rest of my life. Few people can say they are champions, especially in college—but now, we once truly joined the banner crew of so many other teams at UAlbany. The scariest part is now. Soccer is done, and the retired life is too real. I miss the soreness of a long practice, the emptiness of sitting on the bus indulging in pizza after a hard-fought game. I miss the wagon at the entrance of my teammate and the rest of my life. Few people can say they are champions, especially in college—but now, we truly joined the banner crew of so many other teams at UAlbany. The scariest part is now. Soccer is done, and the retired life is too real. I miss the soreness of a long practice, the emptiness of sitting on the bus indulging in pizza after a hard-fought game. I miss the wagon at the entrance of my teammate and the rest of my life. Few people can say they are champions, especially in college—but now, we truly joined the banner crew of so many other teams at UAlbany. 

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**BASKETBALL**

Get ready for a battle. Albany Saturday’s matchup at the Times Union Center is a showdown of two of the hottest men’s basketball programs in the Northeast. University at Albany enters the week with wins in six of its last seven, and an overtime win over Holy Cross, in which the Great Danes (6-3) shot a season-high 27-for-30 (90 percent) from the free throw line, and tied a season-high with nine 3-pointers.

After averaging just 8.5 points over seven games, UAlbany guard Peter Hooley broke out with 20 points in the 88-84 overtime triumph over Holy Cross on Saturday. Meanwhile, freshman Joe Cremo has provided depth to frontline, and tied a season-high with nine 3-pointers.

Coach Bob Mc尧t (left) and guard Peter Hooley (right) battle to the basket against Siena guard Jimmy Paige.

Shane Marshall

**Sports editor hangs up the Albany Student Press**

Joining the Albany Student Press the fall 2013 semester was the most exciting. I followed the pep band and interviewed the student inside Damien’s mascot costume who made headlines after fighting Stony Brook’s mascot on national television. It was the most exciting. Coach welcomed me into their offices to talk sports, and I was comfortable in my position

Last spring, I didn’t go more than two weeks without writing an article in the ASP. It started with an interview with UAlbany lacrosse player Lyle Thompson, arguably the greatest college lacrosse player ever.

However, the highlight of my time at the ASP came in March. I saw UAlbany win plenty of conference championships, but that couldn’t have prepared me for Saturday, March 14: Championship Saturday: UAlbany versus Stony Brook. A sold out SEFCU Arena rocked like I’ve never heard before as the Great Danes and Stony Brook battled for a spot in the NCAA Tournament. It appeared UAlbany’s luck was finally running out as they trailed by seven with under two minutes left.

In a script tea for Hollywood, the Danes came back. In the game’s waiting minutes, the bull friend Peter Hooley, the Great Danes’ perimeter, averaged 12 points off the bench for head coach Will Brown’s squad.

Perhaps the biggest surprise from UAlbany has been the play of its big men. Mike Rowley, Grig Szott and Travis Bell have contributed solid minutes as center Brown saying this group is more talented than a year ago, despite losing America East first-teamer Sam Rowley to graduation. After improving to 2-3 on the road, UAlbany faces two of the nation’s toughest teams opening the season at Kentucky’s Rupp Arena, the Great Danes play Saturday against Siena.

The Saints (5-3) just had a four-game win streak, but have since dropped the last three. Please see BASKETBALL, page 9

**EDITOR’S FAREWELL**

By Aaron Cheri

Students said goodbye to the sports editor at an event on Saturday, March 14.

The ASP has given me opportunities I never thought I’d have when I first started as a freshman at the University of Albany in 2012.

The ASP has taken me many places, from Columbia to Cornell, Colgate to Baldor, and to channel 23, The Weather Channel, on your campus television. I have been the sports editor since the fall 2013 semester. My time as editor has been a whirlwind ride, but I wouldn’t have traded it for anything.

When I started us sports editor, I had no clue what I was getting myself into. The ASP was without a sports editor, and someone asked if I was interested in the position because of my love for sports.

After an interview with then-editor-in-chief Lauren Minza, I was in. That year was a learning experience for me. I learned field hockey, soccer, softball, and many other sports I wasn’t too familiar with.

Quickly, I was thrown into the fire. For the few times in decades, UAlbany made a football coaching change. The men’s and women’s basketball teams went on improbable winning streaks to take home the America East championships.

The men’s and women’s basketball teams went on improbable winning streaks to take home the America East championships. For the first time in decades, UAlbany made a football coaching change. After fighting Stony Brook’s mascot on national television, UAlbany enters the week with wins in six of its last seven, and an overtime win over Holy Cross, in which the Great Danes (6-3) shot a season-high 27-for-30 (90 percent) from the free throw line, and tied a season-high with nine 3-pointers.

Shane Marshall

The ASP has given me the skills I need to move forward as I pursue a career in sports journalism. I have met some amazing people who have really helped me during my time at UAlbany. Lastly, the ASP has given me some of the best memories of my college experience. Thank you, Albany Student Press.

Aaron Cheri

Shane Marshall

**SPORTS**

**DANES PREPARE FOR CAPITAL CITY BATTLE**

UAlbany guard Peter Hooley (right) battles to the basket against Siena guard Jimmy Paige.

Shane Marshall

**DID YOU MISS THE GAME? CATCH UP AT @SPORTS_ASP**

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**SPORTS**

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**TUESDAY, DECEMBER 8, 2015 **

**ALBANY STUDENT PRESS**

**UAlbany guard Peter Hooley (right) battles to the basket against Siena guard Jimmy Paige.**

Shane Marshall

Source: UAlbany Athletics