More Snowflakes than Students

By Rachael Funk

The spring semester began with canceled classes, thanks to Old Man Winter dumping enough snow on Farmingdale to turn the campus into Narnia.

Within the first few weeks of the semester, several full-day cancellations were announced, as well as one delayed start. The school pushed back the final drop date for classes by a few days to accommodate the unexpected scheduling.

Michele Marchese, a PCM major, did not feel the change benefited the students. “It’s a pain, to put it nicely. It still doesn’t give you enough time; we haven’t even had class yet.”

As no one was able to attend a Monday class for the first weeks of school, many students would have liked the opportunity to attend all of their classes before the drop period closed.

Humberto Bonilla, also a PCM major, expressed reservations about the postponement. “It worries me because I have no choice [to drop the class] and might get a bad grade.”

Both Marchese and Bonilla agreed the school made the right choice by canceling classes. “I wouldn’t risk my safety,” said Bonilla.

“consider the decision to cancel classes is made by President Keen in consultation with his cabinet. Offices on campus remain open unless the Governor elects to close State offices. Naturally, no one is expected to come to work if his/her safety is in question,” said Kathy Coley, Director of Communications.

Farmingdale has recently partnered with RAVE Mobile Safety to help get emergency messages out to its students via text message and e-mail. To join RAVE, visit the Farmingdale home page.

No announcements have been made about whether classes will be added, however March 6 and April 10 may be used as make up days at the discretion of the administration.

Soccer Field’s New Night Lights

By Marvin Amparo Santana

For the first time ever, night sports can now be played on the Farmingdale fields.

New half-million dollar stadium lights have been installed on the soccer field to be used for the 2015-2016 season.

The new lights are taller than any building on campus, and are the same as the ones used on professional sports fields such as Yankee Stadium.

Most students said the purchase of the lights is an asset to the college, as well as a mark of progress.

“I think it is a good asset. Every bit of progress counts,” said Simon Cepeda, a junior. “I don’t play soccer; however I think it is great progress that the FSC soccer field finally has lights.”

It costs the college $90 per hour to keep the lights on. Director of Athletics, Mike Harrington, said, “With these new lights, we can prolong practices and games. When it gets dark, students can still practice. It’s good progress for the college.”

Nevertheless, not every student believes that these new lights are a good investment for the college. Some students say that they are very expensive and unnecessary.

“That’s ridiculous. There are more needs at FSC that are way more important than lights,” said dorm student, Junior Polanco.

Juliama Campusano, a junior, said, “Those lights are so overpriced. We’re Division III, so we are not professional players. Why should we have professional lights then?”

Several teams will benefit from these new lights, such as the men’s and women’s soccer and lacrosse teams. Also, students who like running now can run or simply practice on the field at night, once the snow melts.
By Regina Rello

Stephanie Yang, mother of 22-month-old Sophia Mazarigos, was looking forward to her daughter’s first visit to the dentist when she turned two, “I’m so thankful she will be experiencing the dentist at her young age,” Yang said. Yang read about the event on Newsday.com. “Give Kids a Smile Day” is sponsored nationally by the American Dental Association (ADA). The program was established to provide a wide range of free dental services to children in elementary schools.

In America, tooth decay is on the rise. According to a 2005 report by the Centers for Disease and Prevention, children ages two to five have more cavities. From 1988-1994 to 1999-2002 tooth decay increased by 15.2 percent. Children and adolescents are most affected. “Most parents know that they need to watch what their kids eat and make them brush regularly. Unfortunately, many are not aware that letting kids sip on sugary drinks for hours or putting them to bed with a bottle of milk can be harmful,” said Dr. Phil Hunke, of the American Dental Association (ADA).

“Give Kids a Smile Day” is sponsored nationally by the American Dental Association (ADA). “The problem is going to continue until someone takes responsibility, and makes significant changes to impede the process. It is important to be educated and learn what steps you can take to prevent tooth decay in themselves and their children,” she said. Jacqueline Delgadillo, a freshman dental hygiene student, is not yet able to work on patients. Her first semester is spent doing dental work on her peers. She plans to volunteer next year when she is eligible to work on the children. Delgadillo is excited about the program and she is glad she has the opportunity to be involved.

“The program is organized, structured, and a great program to be involved with. It uses state-of-the-art technology,” said Delgadillo.

The event is sponsored by Henry Schein Dental, a Melville-based supplier of dental equipment. Drizel, a specialist of dental radiology, Colgate; and the ADA.

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Meet The Greeks

By Briana Panetta

Over 200 students belong to a Greek organization, and that number is growing as new organizations emerge on campus. Sigma Delta Tau, a national sorority committed to Empower Women and Tau Kappa Epsilon, one of the world’s largest college social fraternities were the first two to arrive in 2011. As a commuter school, many students decide to join a sorority or fraternity to get involved and make new friends, but few actually know the effort that goes into being a part of these organizations.

“Other than hosting social events I’m unsure of the purpose of sororities and fraternities on campus,” said Kelly Resevo, a freshman. Many people wonder if you have to be Greek to go Greek, but Greek life is open to anybody in all majors and is about leadership opportunities, expanding networks, social circles, and academic standing.

Students who aren’t involved in a Greek organization are unaware of the lifelong networks that form when joining on campus. “The way I see it is that it’s not four years, it’s a lifetime. Letters today, leaders tomorrow,” said Jessica Matassa, junior. “I am not only a founder of a part of the Sigma Delta Tau community, but a leader.”

Meet the Greeks event.

For more information contact: lgbtfsc@gmail.com

LGBT Club

A judgement-free zone for a diverse group to socialize and make new friends. Join today!

by Shannon Kennedy

In Fall, 2015, there will be new parking lots completed on campus at Farmingdale State College. “A new parking lot is in design currently,” said Erica Wachtler, Facilities Contracts and Procurement, at Farmingdale State College. “We will be putting the new parking lot on the footprint of the old care center next to the service building and heating plant. It should take about five months once construction starts,” said Wachtler.

“I think it will help out parking over for the athletes to use, and it will open up parking for all other students on campus rather than the problem we have now where there is very few parking spaces open,” said Tim Kelly student athlete.

FSC enrolled 8,163 students in fall of 2013, a 4.8 percent increase from Fall 2012. “It’s easy to say that FSC is a growing student body,” said Wachtler.

The parking issue has been discussed a lot over the past few semesters due to the rapid increase in enrollment, which is a good problem to have. The college is trying its best to help mitigate this parking issue, said Wachtler.

“The parking issue has been discussed a lot over the past few semesters due to the rapid increase in enrollment, which is a good problem to have. The college is trying its best to help mitigate this parking issue,” said Wachtler.

“I think they drive a lot better than I do, but I think they should take about five months once construction starts,” said Wachtler.

For more details about the club, e-mail clubpmc@gmail.com.

A New Club For PCM

By Desirie Skeete

The PCM Club is looking for students to become a part of the Professional Communications Club and participate in events. Club members about professional work and career options.

“With only six organizations we plan on expanding our community. It’s easy to say that FSC is a growing student body,” said Wachtler.

“I want to have the opportunity to develop programs for personal growth and also get to know people who would be interested in our club within and outside the major,” said Ferreras. PCM is interested in becoming a motivational speaker and for people to be part of the professionals who will be speaking to club members about professional work and career options.

“I plan to learn as much as I can from the professionals and alumni that we invite to meet with our students,” said Wagner. She is also chair of the tables of C.A.B. and chair of events for Rambassadors.

The PCM Club is looking for students to design a logo, and encourages and accepts ideas from students outside the PCM major, as well. Professor Howard Geld said, “The PCM Club belongs to any student who wants to learn about opportunities in the communication field.”

Club secretary and community leader Krista Spagnoletta said, “[The club] can provide more awareness about campus activities to those who commute.”

Men In Action Celebrate Black History Month

by Aidi Allevi

Framingham State University celebrated Black History Month by hosting a variety of events throughout the month of February. The events included workshops, informative talks, and movie screenings. The events were designed to educate and raise awareness about the achievements of African Americans.

“I haven’t heard much about the Rambassadors Program, but am now intrigued to learn more,” said Alex Terezas, a junior in Professional Communications.

All students interested can apply for an internship on the FSC website at http://www.framingham.edu/rambassadors/index.shtml.
Yoga classes are being held in Roosevelt Hall throughout the semester to allow students personal time to work their mind, body, and spirit. The key is relaxing distinct muscles, especially the brain. Each class is unique and releases the inner stress that builds up with time, achieving inner peace, and tranquility.

“I am teaching you to be in the present moment, connecting the body to the breath,” said Amanda Iannucci, class instructor with 4 years of experience. “It has so many physical benefits like relieving anxiety, depression, insomnia, and spinal fluidity. We are squeezing the internal organs and generating fresh oxygenated blood to our body, stretching our entire body, and also lowering blood pressure.”

It is important to take time for mental health, especially when dealing with the enormous pressures of daily life. Yoga is personal time on your own to focus on breathing, doing postures, or meditation, moving into the postures-the ultimate goal of yoga.

“I feel relaxed after taking one class,” said Cindy Cid, a business management major who has made various yoga classes. “It is a time to think about one’s breathing and in meditation, moving into the postures- the ultimate goal of yoga.”

Graduate Program in the Works

By Joel Kramer

Many students graduate FSC and move on to another degree somewhere else. Currently, FSC is an undergraduate school with no master’s degree program implemented—however there is word that this may soon be changing. Some talk on campus has suggested that a graduate program may be in the works at FSC. It is interested to get students take on the matter.

Ashleigh Jackobel, Bioscience graduate of FSC, earned her bachelor’s at the conclusion of the 2014 spring semester. Jackobel wants to further her education with the hope of gaining a master’s degree in the future. The only way for her to do so however, is to apply to several new schools nationwide, since a master’s degree is not an option at FSC.

In addition to the paperwork, the student must be very low for her area of study, and schools with her intended program is limited.

Shwartz, volunteered to help design the yearbook in the summer of 2013. He has made a huge contribution over the two year time period.

New Islander Yearbook Design

By Nicole Schelllhorn

Farmingdale’s yearbook is finally coming together after two years without having one. Thanks to Professor Simone, the Islander will be published with many positive changes.

“As opposed to the previous years, the Visual Communication Department was able to design it all by themselves. There is no yearbook company involved,” said Simone. Visual Communications major, Brandon Shwartz, volunteered to help design the yearbook in the summer of 2013. He has made a huge contribution over the two year time period.

The Islander yearbook will be available soon.

Music Review

The band known as Tesorar may not be a household name, but the album known as “Altered State” features tracks that transcend the progressive metal genre. By using complex poly rhythms coupled with odd time signatures and ambient background instruments, the band creates a colorful style of music synonymous with their band’s name.

One particular track stands out in a unique way. It does not have lyrics, but only poly rhythmic riffs that are sprinkled by a fantastic saxophone solo. This dichotomy is similar to that of Sekt/IIl and Hyde, where the saxophone represents the smooth and calm aspects, while the screaming guitar riffs represent the darker more archetypal guitar rhythms.

The gritty mid-range distortion found commonly in the guitar tone is rounded out by the encompassing ambience of clean background tracks and melodic phrasing. It is interesting to note that the harsh vocals derived from progressive metal, were not the band’s initial trajectory for vocal phrasing. While the album’s “Altered State” does feature these elements, pressure from the community leads to this decision.

The song is titled “Calabi Yau”, and the name itself has roots in theoretical physics and algebraic geometry. The complexities of these topics are mirrored in the titular song. The djent-filled song (a subgenre for the sound which the guitars produce) is wonderfully counter-balanced with the glibioso of the saxophone. The song has a degree of a familiar connection between two very different, very opposing styles of music, creating a metaphorical bridge between the two genres.

The group has been nominated for the Golden God Award for their work on the 2010 debut album. In 2012, they took home the Progressive Music Award for New Blood for the same album.

Consider Studying Abroad

By Adi Hales

While it is difficult to know exactly why more students do not take advantage of this seeming to be a truly exciting experience, Zuniga has some theories. She gets the impression that since the majority of the students who attend FSC live at home, they are not comfortable with living in a different country. For many students it might be a scary thought. “I am apprehensive to leave the comfort of my house and live on my own in a different country,” saidenny Varoata, a PCM student.

While there is always going to be uneasiness surrounding leaving home, “The students who are willing to do that and go abroad always come back with a good experience,” said Zuniga. There are many misconceptions about studying abroad. One main concern is that students think it is too expensive. Zuniga agrees that while it can be costly, there are ways around it. Zuniga recently implemented a program that provides a promissory note, allowing students to take loans without paying anything up front. In the 2013-14 academic year, out of the 43 students who went abroad took advantage of this program. Yet another reason students are not interested in studying abroad is that it is not always something they have planned to do before graduating. This makes a significant change to their well-planned path towards completing their degree: “I transferred schools a few times, so I would rather be settled at school here and then travel,” said Jessica Noren.

While it is well-known that many commuter students are not interested in embarking on a new adventure, there are students who do who look into the range of academic options that the college offers, might find that studying abroad fits. As Zuniga said, “Force you to mature. The growth you find in yourself is valuable.” Studying abroad allows students to enhance their resume while offering a different college experience.
Nothing But Net For Lady Rams

By Mike Viglietta

The Women’s basketball team is in position to clinch the no. 1 seed in the Skyline Conference. The Rams are undefeated in conference play this season.

The team, led by Coach Chris Mooney, is riding a 11-game winning streak dating back to January 17.

After winning 12 of their last 13 games, the team is showing no signs of slowing down.

“We always strive to work hard and become better after each game and just get the job done to come out with an win,” said junior forward Nai'lah Cherry.

Led by the impressive play of players like Cherry, senior guard Jeanette Spillane, junior guard Andrea Desvignes, and senior guard Nicole Lanteri, the team is looking to maintain their momentum going into the playoffs, but are not over-looking their remaining regular season games.

“We have good team balance. [We] never want to give the other team an opportunity,” said forward Marlaina Sherman.

Despite their dominance throughout the conference, the Rams don’t plan on over-looking any of their opponents come playoff time.

“The team is taking it one game at a time. We focus on winning one game then when that’s done we make sure we win the next game,” said Cherry.

For more information regarding the team, roster, and photos, check out Farmingdalesports.com. Farmingdalesports.com.

Guard Marissa Monaco drives to the basket.

Men’s Basketball Season Over

By Mike Viglietta

The men’s basketball team finished with an 8-17 overall record this season. The team came out this year looking to improve on their playoff appearance last year, but came up short. They had a 6-12 record in conference play.

The season will prove as a learning experience for the Rams and their younger players. Freshmen Eriq Williams, Leland Williams, and Trey Kinard all posted over 17 minutes per game this season, proving to already be key components of the team.

All three players have shown signs that they can compete at this level and continue to improve with each season.

One of Kinard’s best games this season came in a 61-57 against The Sage Colleges on January 25. Kinard tallied 16 points and 4 rebounds to help drive his team to victory. Leland Williams’ logged 35 minutes in an overtime victory against Medgar Evers College on December 11 when he recorded 17 points with 6 rebounds. Eriq Williams’ best game also came in the overtime win when he logged a staggering 50 minutes with 23 points and 13 rebounds.

Coach Brendan Twomey believes this team will improve next season with the maturity of the younger players. “We have a good young team that we expect to grow,” he said.

The Rams also honored senior Justin Bailey before the last game of the season. Bailey, a 4-year player for the Rams, is leaving Farmingdale ranked 4th all-time in starts and 5th all-time in games played.

Bailey played 90 games for the Rams averaging 6.4 points per game with his best season coming in 2013-2014 when he averaged 8.7 points per game.

Among the top performers for the season was junior Anthony Lanieri with 7.9 points per game. Sophomore Weldon Irvine led the team with 7.9 rebounds per game and junior Ruben Terrero was the workhorse for the team leading in minutes per game with 28.4.

The Rams may not have gotten where they wanted to this season, but there is reason to be excited about next season.

New Lax Coach Ready For Debut

By Connor Leonard

Sean Chamberlain will be the new head coach of the men’s lacrosse team for the 2015 season. Chamberlain graduated from Stony Brook University in 2007 and played attack for the men’s lacrosse team for four years. He was a captain his senior year and led the Seawolves to an 8-5 record, losing to Albany in the conference semi-finals.

Chamberlain also coached the Poland National Lacrosse team in the Federation of International Lacrosse (FIL) World Championships in 2010 and 2014.

“I have been coaching there since 2010, and it has been a great experience. I believe that coaching at Farmingdale will be a great one as well,” said Chamberlain.

Athletic Director Michael Harrington said Coach Chamberlain will be a great addition to the coaching staff. “We hired Sean because we feel he was the best candidate for the job. He is very involved in the lacrosse community,” he said.

Junior defensemen, Kyle Carrick, who is coming off an ankle injury that sidelined him all of last season, believes they can make something happen this year. “We returned some of our starters from last year and just missed out on making the conference finals last year. I believe we can get back there and win it all,” said Carrick.

The Rams will look to lean on the solid play of goal-scorers Philip Schafer and Tyler Rifice this year. It’s expected that younger players from last year will be able to contribute more this year as well.

The new season is shaping up to be an exciting one with a new coach and returning players.

The Rams finished last season 8-6 with a loss in the conference semi-finals to Montclair State. Chamberlain will look to get this team over the hump to play for a conference championship. The season will begin in March, they will be heading upstate to face Morrisville State on the 26th.

Senior face-off middle Donovan Devany (12) chases down the ball after winning a face-off.

Freshman guard Leland Williams (15) takes a jump shot over a defender.