Nursing Program Celebrates 50 Years of Success

This year Farmingdale celebrates the nursing program’s 50th anniversary. With new four year degrees and a record high number of students, the program is designed for success. Farmingdale State College is proud to have one of the top nursing programs in the State of New York.

According to the Nursing Department Web site, the program at Farmingdale allows one to “synthesize knowledge from liberal arts and sciences, humanities, and nursing to provide holistic and patient-centered care that promotes empowerment and optimal well-being to individuals, families, and communities.”

“As per the 2013/2014 New York State report, there are 256 nursing students,” said Dr. Fran Cherkis, Assistant Chairperson. By the time students complete the program they leave with the ability to “apply leadership, advocacy, and management strategies in multiple settings to advocate for high quality, safe, accessible, and fiscally responsible healthcare,” according to the Nursing Department Web site.

“To celebrate 50 years of nursing education, Farmingdale State College held an event on June 12, 2014, in the Campus Center Ballroom with dinner, dancing.

By Rebecca Strickland

Continued on p. 5

New Sand Volleyball Court in Action

Sand Volleyball, a brand new intramural sport, makes its debut this fall 2014. Located across from Orchard Residence Hall, this co-ed sport is open to all students, and over 10 teams have been formed.

Eli Olken-Dann, the coordinator of campus recreations and intramural sports said, “Participating in Campus Recreation is a great way to relieve stress, stay in shape, and meet other students.” The barefoot team held its first scrimmage Thursday, September 11. “I love volleyball, I like that it’s outside because of the fresh air and sunlight. I like being out and being active,” said Meaghan Accardi, sophomore.

The court, was constructed during the summer 2014, is approximately 20ft by 40ft and allows up to eight players per game. Sand volleyball will take place Tuesdays and Thursdays from 3pm until 6pm until inclement weather restricts outdoor activity. Regular season will last approximately three weeks and playoffs will begin mid October.

All equipment, officials, and scorekeepers are provided through Campus Recreation.

Intramural sports is entering its second year and currently have 661 signed up on their Web site imleagues.com/farmingdale. Along with sand volleyball, badminton will be a brand new intramural sport this fall. Two elements have been added to the Campus Recreation program; outdoor pursuits such as hiking, biking, skiing, snowboarding, rock climbing and white water rafting, and trips to professional sporting events.

Tom Corti, Vice President for student affairs said, “They’ve shown nationally that students that participate in campus activities and intramural sports are more satisfied with their collegiate experience.”
A Mother's Dream for Her Daughter Comes True

By Nina Obakun

Vanessa Flores’s late mother’s dream of her daughter graduating is about to come true. All of her hard work and dedication is exemplified by her 4.0 GPA. Flores is a business management major, with a minor in sociology who is slated to graduate in December 2014 and intends to gain employment in the marketing field. Flores is on a path for success, and she attributes much of her achievement to the help of Farmingdale’s Academic Achievement Program (ASAP).

“My mom was my best friend, my everything,” said Flores. “They helped me so much during my first year because my parents never went to college. Throughout the years they have helped me become the person I am today.”

ASAP-Student Support Services program is funded as a grant by the U.S. Department of Education. They serve the student population including those who are first-generation college students, those who are from low-income families, and students with disabilities. They also provide tutoring and academic, career, and personal counseling services.

Farmingdale students benefit from these services each year, although ASAP has never turned any student in need away. ASAP’s goal is to identify and address barriers to students’ college success in order to increase retention and graduation, according to the Farmingdale State College website.

Rampage Blog
Now on WordPress
Visit us at Rampage At Farmingdale WordPress.com
Or E-mail Us At: jfarmingdale2@gmail.com
Writers Welcome!
We Want to Hear from YOU!

Rambler Staff
Editor in Chief: Tameka M. Boyajian
Editorial Staff:
Marjory L. Alverston
Thomas P. Byrne
Christopher S. Healy
Annet Kou
Joel G. Kramer
Connor E. Leonard
Adam J. Mancuso
Katherine Polanco
Hayden T. Santos
Desire Skeete
Tyler Von Wieding
Special Thanks to:
Dr. Al K. Knight
President, Farmingdale State College
Dr. Vicki Janik
Chairperson of Professional Communications

Men In Action (MIA) is a new organization at FSC since spring 2014. It’s an organization that will offer something new for men on campus. “This is not another fraternity; we are more than just the camaraderie of friends and entertainment, we are a breath of fresh air,” said Scott McMillian the President of MIA an STS junior.

“MIA will change the phrase ‘See a need, fill a need’ to ‘Seek a need, fill a need’,” said Jason Ellison secretary of MIA an Aviation and Administration major. The men of MIA are not trying to reinvent the idea of other organizations that already exist at FSC. “We just want to bring a different kind of charisma to campus,” said Ellison. The purpose of MIA is to give back to Farmingdale, through community service and events and to encourage men to become better men.

Tired of the stigmas that are attached to young men, they want to take time to discuss various topics pertaining to life such as current events, women, and the goals of the members. These young men are determined to proceed with the necessary actions that promote change. “We are building ourselves to become better men and creating ourselves as well as building our charter,” said Keshawn Jarvis vice president of MIA, Automotive Engineer Technology major.

MIA is taking it upon themselves to help each other on the journey to become better individuals which will make them better men who can help others. The goal is to make a difference and stay consistent and continue to make a difference. MIA wants to be the go-to organization on campus, if Farmingdale needs help MIA will be there. A great example is when MIA helped out with the candlelight vigil, an event with the Long Island Coalition for the Homeless. The event turned out to be a huge success.

The idea of MIA was created in a group discussion called The Locker Room, which is run by Dr. Al K. Knight, of the ASAP program at Farmingdale. Many students have challenges making the transition from high school to college life as they are trying to figure out how to thrive.

“One of the main reasons I found myself having individual conversations with students that I thought would benefit from something like this, male students in particular,” said Knight. The men come up with different questions that they feel are challenging to them and they submit them into the locker, which is a Dropbox. Knight offers knowledge and insight from his own personal experiences. “I look at myself as a bridge between the young and the seasoned,” said Knight.

“I can see myself joining an organization like MIA because I believe in their mission to volunteer, to help people that really need help, and to provide support,” said Justin Boone, a Professional Communications junior.

“The men of MIA aren’t looking for anything in return, they just want to make things better for everyone,” said Boone. MIA’s goal is to show everyone how great they are not only as individuals but also as a new organization to FSC.

In keeping true to their motto of seeking a need, on October 12 MIA will be filling another need. They will be volunteering at the Methodist Church located at 407 Main Street in Farmingdale by assisting in the soup kitchen from 11 a.m. to 2 p.m.

Vanessa Flores is proud of her accomplishments.
The Seed for Sustainable Energy on Campus Has Been Planted

By Alfred Bryner

As researchers and scientists all over the globe are inventing new ways to implement clean energy, Farmingdale State College, in collaboration with Stony Brook University and Farmingdale State College of the University of New York Research Foundation, has received a grant to build and develop alternative energy sources on campus. While Stony Brook's is the equivalent of a smart-grid technologies, Farmingdale's main task is to carry out renewable energy demonstrations on the campus. The smart-grid project is a $12.5 million grant from the Department of Energy presented in 2010 with matching funding from the State University of New York Research Foundation to Stony Brook University and Farmingdale State College. Farmingdale has not used all of the allotted funds so far, but has until February 2015 until the grant expires.

“The Farmingdale role is to have a demonstration facility to promote a smart grid in addition to creating a work force in this area,” said Dr. Kamal Shahrabi, the Executive Director for the Renewable energy and Sustainability Center. A smart grid refers to the technology people use to bring utility electricity systems into the 21st century. The benefits from smart grid include energy efficiency in users’ homes and businesses. The grant is used to test, install, and perform a feasibility study to smart-grid technology on the Route 110 corridor.

“Students receive considerable training. We get them to work in real-world applications, so they will be able to participate in growing the economy after graduation,” said Dr. Hazem Tawfik, the Director of the Institute for Research and Technology Transfer (IRTT). As a part of their senior project, senior students built hydrogen fuel cells. Dr. Tawfik and his students use hydrogen to power a proton exchange membrane fuel cell and produce combined heat and electricity. Apart from the fuel cell technology, FSC built the Renewable Energy and Sustainability Center (RESC). “RESC was established to implement FSC’s tasks required for the grant. The center is also envisioned to continue its mission beyond the life of the grant, putting Farmingdale at the forefront of colleges involved in renewable energy and sustainability projects," said Professor Marjaneh Issapour, the Program Director of RESC. “RESC works on collaborative projects with IRTT and the solar energy center.”

Also new to the campus is the solar car port with 20 charging stations in parking lot five behind Lupton Hall, which puts 95 kilowatts of energy back into the campus energy grid. Three small-scale wind turbines were also installed behind the existing solar arrays. They stand 70 feet tall behind the student parking lots and put 7.2KW of energy back into the campus energy grid.

Neil Ramos, the Smart Grid Instructional Support, explains that the house, situated in the Roosevelt parking lot, is another aspect of the grant. “Once the house is open, we’ll start giving tours to homeowners. The house is an average size and shows how anyone can implement this technology in their homes," said Ramos.

“We offer a series of classes to train people to install solar panels, thermal, and wind turbines," said Dr. Shahrabi. “We train existing mechanics to become familiar with electric cars and the work they need to do to them.” The grant also purchased three hybrid vehicles.

The Smart Grid Demonstration Grant will put Farmingdale on the map as the first Smart Energy Campus on Long Island. “Working on a project like this will be beneficial, because currently, everything is about sustainable fuel and companies like Honda and Toyota are investing in it," said Visvanth Duddampudi, a 21-year-old student working on a hydrogenerator for his senior project. “Experience in this will make a good mark on my resume.”

Play Review: Hedwig and the Angry Inch

By Jenna Rameeran

The gay rights movement has taken huge strides in the 21st century. In fact, an ABC News/Washington Post survey in March revealed that 59 percent of Americans now approve of legal marriage rights for gay couples—a surprisingly high number for a country that was founded on equality for all people, as long as those people were exactly like the majority.

But to see a Broadway musical about a transgendered rock star nominated for eight Tony awards is still impressive in the most jaw-dropping way. “Hedwig and the Angry Inch,” which hit the stage on March 29, is a story that really captures the heart of why gay marriage rights are so important.

To put it simply, if Neil Patrick Harris, who stars in the lead role, were a woman, the country would be taking a step backward. However, the man who’s making the biggest leaps to show how wholesome and normal the gay “lifestyle” can be is the play’s lead star. He’s the man, he’s the lady, he’s the star. Neil Patrick Harris is NPH better know as Neil Patrick Harris. When Neil Patrick Harris came out in 2004, he destroyed gay stereotypes and revamped what it meant – or didn’t mean – to be homosexual. Since his days as a child actor in Doogie Howser, M.D., fans knew nothing about his sexuality. They knew him from the roles he embodies best: the womanizing, machismo Doogie Howser, the effeminate, {

The public has seen all kinds of faces from the gay community: those who fought for AIDS awareness, movie stars and comedians, some politicians (many of whom would have liked to remain closeted), and hundreds of others who stood up and said that their lifestyle was no different from any other American’s. However, the man who’s making the biggest strides in the 21st century. In fact, an ABC News/Washington Post survey in March revealed that 59 percent of Americans now approve of legal marriage rights for gay couples—a surprisingly high number for a country that was founded on equality for all people, as long as those people were exactly like the majority.

Some of the sustainable energy initiatives on campus

Nursing continued from p. 1

Play Review: Hedwig and the Angry Inch

By Jenna Rameeran

The gay rights movement has taken huge strides in the 21st century. In fact, an ABC News/Washington Post survey in March revealed that 59 percent of Americans now approve of legal marriage rights for gay couples—a surprisingly high number for a country that was founded on equality for all people, as long as those people were exactly like the majority.

But to see a Broadway musical about a transgendered rock star nominated for eight Tony awards is still impressive in the most jaw-dropping way. “Hedwig and the Angry Inch,” which hit the stage on March 29, is a story that really captures the heart of why gay marriage rights are so important.

To put it simply, if Neil Patrick Harris, who stars in the lead role, were a woman, the country would be taking a step backward. However, the man who’s making the biggest leaps to show how wholesome and normal the gay “lifestyle” can be is the play’s lead star. He’s the man, he’s the lady, he’s the star. Neil Patrick Harris is NPH better know as Neil Patrick Harris. When Neil Patrick Harris came out in 2004, he destroyed gay stereotypes and revamped what it meant – or didn’t mean – to be homosexual. Since his days as a child actor in Doogie Howser, M.D., fans knew nothing about his sexuality. They knew him from the roles he embodies best: the womanizing, machismo Doogie Howser, the effeminate, {

The public has seen all kinds of faces from the gay community: those who fought for AIDS awareness, movie stars and comedians, some politicians (many of whom would have liked to remain closeted), and hundreds of others who stood up and said that their lifestyle was no different from any other American’s. However, the man who’s making the biggest strides in the 21st century. In fact, an ABC News/Washington Post survey in March revealed that 59 percent of Americans now approve of legal marriage rights for gay couples—a surprisingly high number for a country that was founded on equality for all people, as long as those people were exactly like the majority.

The public has seen all kinds of faces from the gay community: those who fought for AIDS awareness, movie stars and comedians, some politicians (many of whom would have liked to remain closeted), and hundreds of others who stood up and said that their lifestyle was no different from any other American’s. However, the man who’s making the biggest strides in the 21st century. In fact, an ABC News/Washington Post survey in March revealed that 59 percent of Americans now approve of legal marriage rights for gay couples—a surprisingly high number for a country that was founded on equality for all people, as long as those people were exactly like the majority.

Some of the sustainable energy initiatives on campus

Nursing continued from p. 1

Play Review: Hedwig and the Angry Inch

By Jenna Rameeran

The gay rights movement has taken huge strides in the 21st century. In fact, an ABC News/Washington Post survey in March revealed that 59 percent of Americans now approve of legal marriage rights for gay couples—a surprisingly high number for a country that was founded on equality for all people, as long as those people were exactly like the majority.

But to see a Broadway musical about a transgendered rock star nominated for eight Tony awards is still impressive in the most jaw-dropping way. “Hedwig and the Angry Inch,” which hit the stage on March 29, is a story that really captures the heart of why gay marriage rights are so important.

To put it simply, if Neil Patrick Harris, who stars in the lead role, were a woman, the country would be taking a step backward. However, the man who’s making the biggest leaps to show how wholesome and normal the gay “lifestyle” can be is the play’s lead star. He’s the man, he’s the lady, he’s the star. Neil Patrick Harris is NPH better know as Neil Patrick Harris. When Neil Patrick Harris came out in 2004, he destroyed gay stereotypes and revamped what it meant – or didn’t mean – to be homosexual. Since his days as a child actor in Doogie Howser, M.D., fans knew nothing about his sexuality. They knew him from the roles he embodies best: the womanizing, machismo Doogie Howser, the effeminate, {

The public has seen all kinds of faces from the gay community: those who fought for AIDS awareness, movie stars and comedians, some politicians (many of whom would have liked to remain closeted), and hundreds of others who stood up and said that their lifestyle was no different from any other American’s. However, the man who’s making the biggest strides in the 21st century. In fact, an ABC News/Washington Post survey in March revealed that 59 percent of Americans now approve of legal marriage rights for gay couples—a surprisingly high number for a country that was founded on equality for all people, as long as those people were exactly like the majority. 
Skin Deep Survivor

By Tameka M. Boyajian

Skin Deep Survivor was before breast cancer. My beauty magnified moment when we lose our possessions that especially the small things, and it’s that we as women take what we have for granted, however, I brought sexy back and made short lump in my breast on my own. altered and my life changed forever. I found a prime of my life as a woman, my journey was discriminate. Your race, financial or material Seven percent of all breast cancer cases occur cancer rates on Long Island have increased changing. The facts are alarming; breast related issues among women. Women in their surviving breast cancer. A healthy lifestyle focuses on men and the latest fashion trends; doesn’t matter when you’re fighting for your appearance. Hair, hips, waist and breast size doesn’t mean that the end is near. Early detection is essential to beating and women in their 20s should be very interested in their health, as hormone levels are constantly changing. The facts are alarming: breast cancer rates on Long Island have increased tremendously, especially in younger women. Seventy percent of all breast cancer cases occur in women under the age of 40 on Long Island.

Breast cancer is a disease that does not discriminate. Your race, financial or material status, culture, and job title do not matter. It could affect anyone,- your mother, sister, cousin, friend or even your father.

I was diagnosed with breast cancer at the young age of 29 with no family history. At the prime of my life as a woman, my journey was altered and my life changed forever. I found a limp in my breast on my own. Losing my hair was never a goal of mine, however, I brought sexy back and made short hair my new fashion statement. Sometimes as women take what we have for granted, especially the small things, and it’s that moment when we lose our possessions that they gain great value.

Without hair, breasts, and eyebrows I was still a complete woman. The subtraction of my female parts didn’t make me any less of who I was before breast cancer. My beauty magnified from the inside out. This year I celebrated my third year as a survivor. Early detection is essential to beating and surviving breast cancer. A healthy lifestyle consisting of good eating habits, exercise and most important a healthy mind are essential. Remember, stress is a leading factor in health related issues among women. Women in their 20s should conduct their own self-breast exams monthly and get a complete physical. This physical should include blood work, cholesterol, sugar, thyroid function, liver and kidney function, and vitamins B12 and D levels. These tests should be done until you reach 40.

According to the American Cancer Society, there will be about 232,570 new cases of invasive breast cancer in the United States. Of that number 2,400 women on Long Island will be diagnosed this year, 440 of these women will die. The sad fact is that breast cancer affects 1 in every 8 women, however, this does not mean that the end is near. Early detection is key. I am promoting breast cancer awareness and reminding everyone to start completing a self-breast exam. It can save a life.

October is Breast Cancer Awareness month. Please be encouraged to check your own breasts, remember, can save your life. Pink Shoes Inc. is an organization that I work with and we are trying to raise money for the Making Strides Walk Against Breast Cancer at Jones Beach in October. To donate, please go to www.pinkshoesinc.org and click the donate tab. We thank you for your donations.

Back to the recipe...

Skin Deep Survivor

Class Scheduling Needs To Be Clearer

By Scott Callahan

Making a schedule every semester is a point of stress for a lot of students. The process is long and confusing and usually requires a lot of flipping back and forth in the large and wordy catalog.

Farmingdale does what it can to help ease the process by having advisement appointments and notifying us well ahead of the times when students need to register.

The process does have its drawbacks though, as nothing is perfect. With so few advisors available for each major, and so many students trying to get in at once, the offices get a bit clogged. Sometimes students have to wait a week or two to even get the appointment and by that time classes have already begun to fill, especially for freshmen.

“I like that the advisors create a schedule for me, they even make sure it’s at times I need to work around my work schedule,” said PSC Student Eliaj Ford. “I don’t like that in the past I’ve had to take a class that I did not want nor did I actually need.”

“Some advisors are great at helping you out, but I’ve had a few who make it really confusing and make you classes you’ve already had,” said senior Jon Lewis.

Students mostly don’t mind the advisement appointments, though sometimes finding the time for one can be really difficult. Students want a better way to plan in advance; in other words, classes so they can go into the advisement appointment ready to go.

“I feel as though I’m the one who has to research the classes and what they entail and basically answer questions,” said Ford. “I don’t feel like it’s my class I don’t need or have already taken which has almost happened,” said Kate Newman.

“I feel like they should give us a sheet where we are able to keep track of the classes we have taken and are able to work off that.”

The consensus is that students want an easier way to be more active and feel more secure about choosing classes, an option that allows them to see what they have taken, what they are taking, and what they need to take to complete their major, preferably something that can be accessed from any computer or tablet. Side note, your voice matters.

Farmingdale Sports

NFL Sneak Peak

By Dan Shoonan

The National Football League (NFL) is arguably the single most popular sports franchise in America. Here is a preview of the most intriguing match-up each week.

WEEK 1: Indianapolis Colts @ Denver Broncos

What if Bill Polian had just kept Peyton Manning to mentor Andrew Luck? Football fans will never know, but Luck seems just fine on his own having already made the playoffs twice. Manning will look to beat his old team for the first time; this time his shot comes in Denver, his new home. Imagine the stories 20 years from now about this new rivalry.

WEEK 2: Pittsburgh Steelers @ Baltimore Ravens

The first CBS Thursday Night match up features arguably the best, and undoubtedly the greatest, rivalry in all of football. In a game meant for Pay-Per-View, both teams need strong starts to shake off the perils of last season, Mike Tomlin promises to stay on the sideline.

WEEK 3: Washington Redskins @ Philadelphia Eagles

Denver Broncos @ Seattle Seahawks

There is no way to pick just one game this week. We’ll double dip with an evening doubleheader. First, Denver’s blackjack brings his crew (will not say gang) into Philly for the first time. Then, the Broncos travel into Seattle where the Seahawks have more of a home field advantage than they did in New York. I will be watching both games but I feel sure that Denver will come out on top.

The consensus is that students want an easier way to be more active and feel more secure about choosing classes, an option that allows them to see what they have taken, what they are taking, and what they need to take to complete their major, preferably something that can be accessed from any computer or tablet. Side note, your voice matters.

WEEK 4: New England Patriots @ Kansas City Chiefs

The Hoodie vs. Big Red. Are there two better nicknames from anyone’s perspective? How good is Kansas City after losing many key players in free agency? Fitting the Chiefs against New England in prime time is a good barometer.

WEEK 5: Seattle Seahawks @ Washington Redskins

The Hawks return to D.C. for the first time since RG III blew out his knee in the playoffs. Surely he has been looking forward to this game for a long time. This time, he will have more weapons and a coach.

WEEK 6: New York Giants @ Philadelphia Eagles

A quiet week in the NFL is headed by an always entertaining Giants-Eagles match up. Perhaps by this juncture in the season, the Giants will have already won a game. One of the big questions this season is whether or not Nick Foles can repeat his success from last season.

WEEK 7: San Francisco 49ers @ Denver Broncos

Exhale Peyton, you can finally play an NFL West team in your own building. By the way, for other well can the 49ers keep it together after an offensive mired by off-field controversy and distraction?

WEEK 8: Green Bay Packers @ New Orleans Saints

Maybe the best shoot out of so far this season. No football fan can turn away from this game. Aaron Rodgers going mano a mano with Drew Brees down in the Superdome. Enough said.

WEEK 9: Denver Broncos @ New England Patriots

OK I lied. Brady-Manning XVI is the game of the season and the new game of the century. That is until the (every football fan in the world really hopes) inevitable Brady- Manning Bowl XVII in January.

WEEK 10: San Francisco 49ers @ New Orleans Saints

The Niners already returned to the Superdome last season after their Super Bowl loss there, so pocket all your power outage jokes and concentrate on the game of the century. Both teams makes for a great match up and the Superdome is a tough place to play, especially with lights off. Dam it!

WEEK 11: Houston Texans @ Cleveland Browns

I’ve been told to take this one out. Apparently, Matt Shaub and Brandon Weeden are no longer the starting quarterbacks for each team. I will still through to see if I can find anything better.

WEEK 12: Indianapolis Colts @ New England Patriots

Brady vs Manning. I’m not sure it’s the same pizzazz a Schaub-Weeden showdown would have, but we do our best. Where is Brady Quinn when you need him?

WEEK 13: St. Louis Rams @ San Diego Chargers

Seriously. Both teams get overshadowed by their divisional competitors, but both teams are also sneaky good. Each team could need this win to clinch a wild card spot. Bolo ties for everyone!

WEEK 14: Seattle Seahawks @ San Francisco 49ers (Thanksgiving Night)

New, new game of the century. Forget what I wrote before, this is the best rivalry in football, hands down. Stupid Thanksgiving joke: I guess they won’t be sharing Thanksgiving dinner together, huh Susan?

WEEK 15: Dallas Cowboys @ Chicago Bears

A fan late season old school NFC match up. The Cowboys hope Jay Cutler is healthy, and the Bears hope Tony Romo is healthy. Irony at its finest.

WEEK 16: Arizona Cardinals @ St. Louis Rams

The other two NFC West teams are playing each other again but, I just wanted to say that. In all seriousness, watch out for both these teams. The NFC West is easily the strongest division in football.

WEEK 17: New England Patriots @ New York Jets

OK Jets fans here you go. This is your game. Darelle Revis not only returns to MetLife Stadium to face his old team, he returns on the dark hoodie side. If Foles can win a game this season, this will be it.

WEEK 18: Detroit Lions @ Green Bay Packers

All intra division games this week. This was the one game where two contenders were facing each other. I’ll spare you the annual Cowboys 300 game.
Rams Win Seventh Consecutive Skyline Championship

By Brian Schultz

With a 5-2 victory over top-seeded Old Westbury, the third-seeded Farmingdale State baseball team won their seventh consecutive Skyline title. With the win, the Rams received the conference’s automatic bid for the 2014 NCAA Division III baseball tournament.

The Rams finished the regular season with a 21-10 record before they entered the conference playoffs. After beating Mount Saint Vincent in the first round, the Rams entered the double-elimination tournament at Old Westbury where they beat second-seeded Purchase College and Old Westbury en route to the championship game. After reaching the finals, they were set for a rematch with Old Westbury.

When the title game began, Farmingdale took an early 3-0 lead in the top of the second inning off four errors by Old Westbury. Senior designated hitter Daniel Paccione was the first to cross home plate before senior first baseman Sal Sanquini drove in the second run with a double to left field. Sanquini later scored on a wild pitch.

In the bottom of the second, Old Westbury threatened to score with the bases loaded and only one out. However, freshman pitcher Matt Seelinger struck out the next batter and induced an inning ending ground out. “That was a big moment in the game,” said Seelinger, who battled to keep the Rams ahead.

In the third inning, the Rams tacked on two more runs making the score 5-0. Junior second baseman Anthony Alvino scored off an RBI single from Paccione, followed by another RBI single past the second baseman by junior third baseman Mike Scarlato.

After the third inning, Old Westbury pitcher Braylin Perez settled in giving up no runs for the rest of the game. Rams pitcher Seelinger threw three scoreless innings before a wild pitch in the sixth made it 5-1. In the seventh inning Old Westbury tallied another run after an RBI triple to center by Nick Yip.

With two outs in the seventh, senior pitcher Mike Dolce came in to close the door on Old Westbury. Allowing only one hit and striking out three, Dolce helped Farmingdale capture their seventh consecutive title.

With the win, Farmingdale awaited word on their next opponent, which was revealed May 11 at midnight. “It feels good to be heading back,” said manager, Keith Osik, in his ninth season as the Rams manager. Osik hopes to lead Farmingdale to the Division III College World Series, which they haven’t been in since 2009.

Campus Recreation Department Flexes Its Muscles with Free Fitness Programs

By Thomas Byrne

With hundreds of new participants, the new intermural court, and the new sand volleyball court, the Campus Recreation Department is really showing off.

The Campus Recreation Department was initiated two years ago by Farmingdale University and Eli-Olken-Dann. Olken-Dann, a former Director of Campus Recreation for Manhattan University, was recruited to bring his expertise to Farmingdale and craft a fully formed Recreation Department.

“Campus recreation is an important program to have on any college campus because it allows students to de-stress from class, meet up with other students, and stay fit.” said Olken-Dann.

With 650 students already joined, the new program is running strong. Campus Recreation promotes a variety of sporting events such as flag football, sand volleyball, soccer, 3-on-3 basketball, badminton, and the Flab Factory gym, in Roosevelt Hall. The program also runs outside trips. Coming up, they have a trip to watch the NY Jets play on the September 22 and a second trip to watch the NY Redbulls soccer team play on October 4. Tickets are cheap and include both transportation and food voucher.

Campus Recreation also runs Fitness Classes Monday through Friday at the Loft Lounge in Roosevelt. Trained instructors teach Cardio Kickboxing, Yoga, Pilates, Body Boot Camp, and meditation.

“The classes are tough, I did yoga and cried the first time.” said Palma Palacios.

The classes are available to students for free and all weights and yoga mats are provided.

“It’s great,” said Lia Sang, Campus Recreation employee “You just gotta show up in shorts and you’re good to go.”

For more information on games and schedules and to get involved in all Campus Recreation Activities go to, www.imleagues.com/farmingdale to register.