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FARMINGDALE STATE COLLEGE ONLINE STUDENT NEWSPAPER • FEBRUARY 2015

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."



Heavy snowfall buried the Farmingdale campus.

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

"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 said 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?"

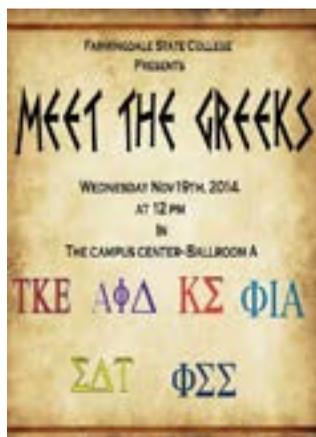
Several teams will benefit from these new lights, such as the men's and women's soccer and lacrosse teams. Also, students who like running now can run or simply practice on the field at night, once the snow melts.



Snowy ram in front of the Campus Center

Student Life

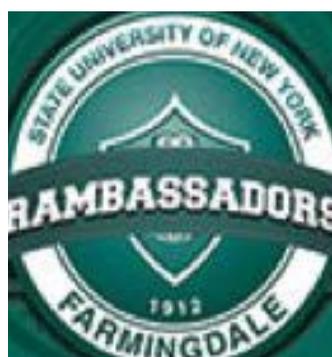
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Rambassadors



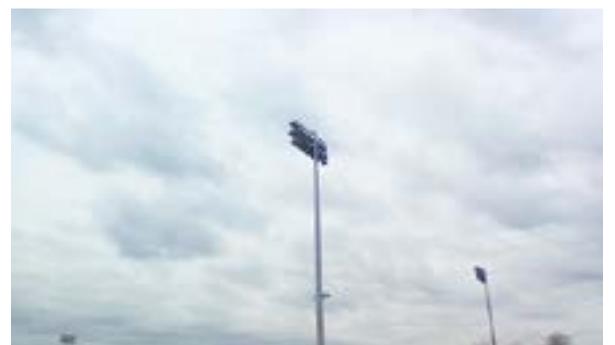
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Sports

Lady Rams



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New stadium lights above the soccer field.

Parents Beam Over Kids' Pearly White Smiles

By Regina Rello

Stephanie Yang, mother of 22-month-old Sophia Mazarigos, was looking forward to her first visit to the sixth annual "Give Kids a Smile Day" at Farmingdale State College's Dental Hygiene Care Center February 6, an event which attracts dozens of parents unable to afford care for their children.

Yang said she is among those not covered by health insurance.

"I was planning on taking my daughter to the dentist when she turned two," said Yang. "I'm so thankful she will experience visiting the dentist at her young age."

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 Control 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 just as harmful," said Dr. Phil Hunke, of the American Academy of Pediatric Dentistry. "These habits can expose teeth to sugar for extended periods of time, increasing the risk of tooth decay."

Dawn Sosnick, a pediatric dentist, has been

attending "Give Kids a Smile Day" for six years. Sosnick oversees the dental hygienists and performs dental work on the children. Sosnick is well aware of the growing tooth decay epidemic in children in America. She says the issue is how much refined sugar children are consuming. Sosnick said parents should be held responsible.

"Parents are not requiring their children to brush their teeth twice a day, and are allowing them to consume mass amounts of refined sugar," said Sosnick.

"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 can be taken 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; Dexis, a specialist of dental radiology; Colgate; and the ADA.



Showing off a smile after receiving free dental care at "Give Kids A Smile Day"

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Today's Pop Culture in One New Class

By Desirie Skeete

As Spring 2015 semester kicks off, so does a new class with Professor Robbie Woliver: Writing About Pop Culture. Woliver has been teaching at Farmingdale for four years. Students may have taken his Journalism class or Introduction to Writing for the Electronic Media course.

Writing about pop culture covers effective critiquing, and recapping topics involving music, theater, news, books, video games, trends, food, travel, sports, celebrity, fashion, business, technology, and more.

"Jobs dealing with pop culture are the most sought after positions in journalism and publishing. The areas in which pop culture writing can be used include top level print and electronic media outlets, freelance journalism, personal blogs and podcasts, book publishing, TV, film, and even your college newspaper and radio station," said Woliver.

Senior Thomas Bryne, PCM major, shared his view on the new class. "I would love to go to concerts and get paid for writing reviews."

Senior Paula Yip said, "The class description sounds like a great addition to the PCM program."



Students thoroughly enjoying Writing About Pop Culture class.

Student Body Protects Student Bodies

By Rachael Funk

Nursing students helped wrap up Valentine's Day by disbursing 1,500 free condoms.

The condoms, along with information about STD statistics, proper condom usage, and pamphlets about safe sex were distributed around campus all day February 16.

RN Nancy Smithwick, who coordinated the event, said the event was a success. "The turnout depended on the amount of traffic that came through the lobbies of each building. It turned out that a lot of FSC students were happy to



Various condoms on display for distribution.

get free condoms today!"

Usually held February 14, the event was bumped to the following school day as the holiday fell on a Saturday this year.

Students were enthusiastic about the event. Ashley French, an STS major, said she would rather get condoms through the school than going to a drug store. "It's just that the cashiers have to check you out and it's weird," she said.

Michael Napoli, also an STS major who attends both day and night classes, agreed. "Actually, school is probably easier because I'm already here. It's safe and they're free. If I don't have to go into my wallet, then no, I don't mind [getting them at school]," he said.

The Health and Wellness Center is open year-round, with an RN on staff during operation hours to answer questions students may want to ask. The center offers a wide range of contraception options, such as male and female condoms, oral contraception, NuvaRing, dental dams, and the educational resources that go with each.

Smithwick said, "Knowing your STD status is of utmost importance! Getting yourself tested for STDs is the start, then using condoms is extremely important along with having the conversation with your partner before you have any type of sexual encounter. Going over each other's actual current STD blood work results would be ideal!"

National Adjunct

By Amanda Drebsky

Last fall, a professor at San Jose State University in California proposed that part-time college instructors, often called adjuncts, unite in protest over the low wages and lack of security that come with the job. National Adjunct Walkout Day took place on Feb. 25, 2015.

The organizers behind National Adjunct Walkout Day have chosen to remain nameless and have tried to spread the word through social media, using the Twitter account @NationalAdjunct and the Twitter hashtag #NAWD.

The inaugural event is designed to draw attention to the plight of adjuncts around the country. Many of them earn less than \$20,000 a year (the national average pay for teaching a three credit course is \$2,700), receive no health insurance and often teach at more than one school or work at another facility to get by.

"This is a national event to create awareness for the people who keep our college open," said Vicki Janik, head of the Communications Department, "They are responsible for so much with a salary and job security that doesn't acknowledge how hard they work."

At Farmingdale State College there are 218 full-time instructors and over 475 adjuncts responsible for course sections with large enrollments, but are not fully recognized for their excellence. In 1975, adjuncts made up 43 percent of U.S. college facilities, but that number has risen to about 70 percent today, according to the American Association of University Professors.

The State of New York (SUNY) budget just does not support living wages for professors, and the state government --the State Assembly and the State Senate-- must be made aware that if it weren't for adjunct professors, many, if not most, students would be deprived of class.

In New York State, the Taylor Law deprives public sector workers the right to strike without grave penalties. Therefore, some in SUNY have chosen to raise awareness of the adjunct dilemma by performing teach-ins designed to enlighten students to the problems adjuncts face. Farmingdale faculty did not take part in the walk-out.

"I wouldn't mind missing a day of class, not because I want to watch Netflix, but because I didn't know this problem existed and I have had an amazing three years at Farmingdale with professors that came to class with a smile and inspired me," said MaryKate Lively, an Information Technology major. "I hope they will get the respect they deserve."

Farmingdale has demonstrated support for its adjuncts by improving their work spaces, trying to establish more inclusive mechanisms for intellectual exchange with full-time staff. Some adjuncts have even been recommended for promotions, which can raise pay approximately \$250 to \$300. But still, an adjunct at FSC can teach four courses a year and earn an annual salary of \$11,000, or, after 12 years and three promotions, \$14,000.



Current members of the Greek life community at a Meet the Greeks event.

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 Empowering 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 Restivo, 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 commitment one makes when joining an organization as well as the timeless friendships.

"The way I see it is that it's not four years, it is for life. Letters today, leaders tomorrow," said Jessica Matarese, junior. "I am not only a founder but a part of the Sigma Delta Tau collegiate leadership team. We meet once a year to share our experiences with each other, foster personal and professional growth and connect with sisters from across the country. It really has made my college experience, and I feel so fortunate to be a part of something larger than life."

An organization being approved on campus

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



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Parking Problems Solved

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 Erika Wachter, Facilities Contracts and Procurement, at Farmingdale State College.

"We will be putting the new parking lot on the footprint of the old child care center next to the service building and heating plant. It should take about five months once construction starts," said Wachter.

"I think it will help out parking over by Nold 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.

"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 Wachter.

Since the beginning of the semester, students have been talking about how there aren't enough parking spots for everyone on campus during morning and afternoon classes. Many students complain and come into class late due to lack of parking on campus.

"I always drive around harassing people following them to their car asking if they are leaving so I can take their spot," said senior, Jackie Kennedy.

"I've been here for four years and parking has

"People are fighting for spots,"

gotten so much worse. They need to make more parking lots somewhere on campus, because I am always late to class and get in trouble," said Christy Thoden, a senior.

"People are fighting for spots," said Sarah Gerner, a junior. "I notice people running to class because there are few parking spots open before class times," said Gerner.

Mike Scarlato, a senior, is a student in the aviation program. He is rarely on campus during the morning and afternoon unless he goes to his dorm. "When I am on campus I notice how awful the parking problem has gotten over my four years here at school," said Scarlato.

This new project will not only help the students but everyone else on campus as well.

"There will be a mixture of staff, students, and handicap parking spots. The parking lot should yield around an additional 300 parking spaces," said Wachter.

A New Club For PCM

By Desirie Skeete

Regardless of a student's major, the fundamentals of communication are important in obtaining a job after graduation. The newly formed Professional Communications (PCM) Club is planning to provide students with FSC activities that are both educational, career-building, and fun.

Lisa Ferreras, president and founder of the club, invites all students interested in meeting other residents and commuters to join the PCM Club. Ferreras, an international student from the Dominican Republic, has a strong desire to get her club off the ground.

"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.

Resident Jessica Wagman, the club's treasurer, is interested in becoming a motivational speaker and social advocate. She will benefit from 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 Wagman. 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 Gold said, "The PCM Club belongs to any FSC students who want to learn about opportunities in the communication field."

Club secretary and commuter Krista Spagnoletta said, "[The club] can provide more awareness about campus activities to those who commute." She also looks to invite



Lisa Ferreras, president and founder of the Professional Communications Club

dents who already have jobs in their field to speak to the club and share their professional experiences. Spagnoletta would like to pursue a career in public relations or human resources after graduation.

In collaboration with the Residence Hall Association, the PCM Club invited students to an event at the Poet's Coffee House for anyone who wanted to come out and share a poem of their own. The event took place on Wednesday, February 11 in Sinclair Hall and prizes were awarded to those who were nominated for best poems.

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

Men In Action Celebrate Black History Month

By Adi Halevi

The Men In Action (M.I.A) members held a Black History Month event on campus February 18. During the event, members wrote on the board a name of their role model, including Malcom X, Rosa Parks, Harriet Tubman, Abraham Lincoln, Maya Angelou, and Neil Degrasse Tyson.

Each student then stood and spoke about how they were inspired by these leaders and some spoke about their own relatives.

"Paying homage, I believe is a necessity. It is important to know where we came from and who paved the way for us. By doing so, we can challenge the world like our predecessors. We want to make an impact on the world as they did," said Scott McMilan, president of M.I.A.

The event ended with two male members singing "What's Going On," by Marvin Gaye.



M.I.A members gather to pay tribute for Black History Month

Rambassadors Reach Out

By Paula Yip

Current students with a 2.5 GPA can join the Rambassador Leadership Program. It is an elite group of students who help show prospective students and alumni everything that FSC has to offer. The group currently has 27 members with different roles including social media, community outreach, and much more. There is also an elected executive board formed by the members.

The Rambassador Program was initiated in 2012, by Amy Michelin, director of Admissions Communications from the Institutional Advancement Office. The goal of the program is allowing current students to help market FSC to prospective students and parents. As Rambassadors, students learn leadership and team building skills as well as gain hands-on marketing and polish communication skills.

"The Rambassador program is not only a great way to build on the leadership skills necessary for the work force, but it is also a great way to connect with faculty, staff and students on campus. One of the main goals of the program is for all of us to work together to promote this remarkable institution," said admissions counselor, Nicole Dose.



Rambassadors of fall 2014

Aside from the 2.5 GPA requirement, members must attend the three top recruitment events at FSC over the academic year. That includes events such as Open House and campus tours. Students can be involved in various aspects of the program such as social media, events, tours, and the call center. Members also have the opportunity to assist other departments at FSC.

"The Rambassador Program has not only helped make Farmingdale better, but it also helped me to better myself," said Mirjam Scholz, a senior in Computer Engineering Technology. She is one of the original members still in the program from its launch in 2010 she heard about the program through one of her professors in the Academic Student Achievement Program (ASAP). She feels that this program gives students a voice and has enjoyed being part of the past two FSC homecoming events. She aspires to be a leader for people with disabilities one day.

"I haven't heard much about the Rambassadors Program, but am now intrigued to learn more," said Alexa Toyas, a junior in Professional Communications.

All students interested can apply for an application on the FSC website at <http://www.farmingdale.edu/rambassadors/index.shtml>.

Keep Calm and Om On

By Danielle LoPinto

Free 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.

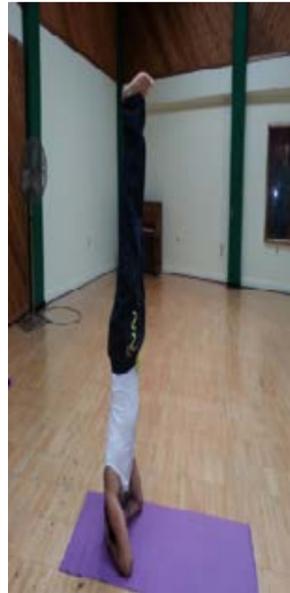
"It is teaching you to be in the present moment, connecting the body to the breath," said Angela Iannucci, class instructor with 14 years of experience. "It has so many physical benefits like relieving anxiety, depression, insomnia, and spinal fluidity. We are squeezing the internal organs and generating fresh oxygenated blood to our body, stretching out the muscles for overall health, 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 the mat to focus on breathing, doing postures, or asana practice. It is a time to think about one's breath and sit in 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 been practicing yoga since the age of eight. "It is a stress release from everyday life and school work."

Yoga classes on Long Island range upwards from \$20 per class, so if one were to take four classes per week at that cost, it would be \$80. Some yoga studios range from \$110-\$175 per month. The classes are covered in the tuition, in which there is an incorporated fee.

"I would highly recommend it to a friend," said Robert Arthur Williams, an aviation major.



Oscar Alvarez demonstrating a headstand.

New Islander Yearbook Design

By Nicole Schellderfer

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

"As opposed to the previous years, the Visual Communications Department was able to design it all by themselves. There is no yearbook company involved," said Simone.

Visual Communications major, Brandon Schwartz, volunteered to help design the yearbook in the summer of 2013. He has made a huge contribution over the two year time period.

"We started from scratch. New cover, new layout, new fonts. People should notice a huge difference," said Schwartz.

Both Professor Simone and Schwartz would agree that designing the yearbook isn't an easy job. It takes a lot of time and depending on other people for material, photos, text, etc. Since the 2013 yearbook was not sent out quickly enough, it was decided to combine the two years together for 2013-14.

"This is the first time the designers were actually making the book, so I don't think the committee was prepared," said Schwartz.

However, it was designed by people who care about it and want it to look great.

"We worked really hard to produce a professional and memorable yearbook," said Schwartz.

Sophomore, Amanda Prescia, plans to purchase a yearbook before she transfers. Her experience at Farmingdale these past few years have been some of the best years of her life.

"I can't wait to start flipping through the pages. I always want to remember my time here," said Prescia.

The Islander yearbook will be available soon.

Music Review

A Musical Dichotomy

By Christopher Healy



Tesseract, the band

The band known as Tesseract may not be a household name, but the album known as "Altered State" features tracks which 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 complex mathematical algorithms.

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 Jekyll and Hyde, where the saxophone represents the smooth and calm aspects, while the screaming guitar riffs represent the darker more archaic guitar rhythms.

The gritty mid-range distortion found commonly in the guitar tone is rounded out by the entrancing ambiance 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 "Altered State" does feature these elements, pressure from the community leads to these decisions.

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 (an onomatopoeia for the sound which the guitars produce) is wonderfully counter-balanced by the glissando of the saxophone. The song stresses a fundamental 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.

Graduate Program in the Works

By Joel Kramer

Many students graduate FSC and move on to earn a graduate degree elsewhere. 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 and 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 earning a master's degree in the near 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, the acceptance rate is very low for her area of study, and schools with her intended program are limited.

"I would like to stay home and continue to work for the lab where I am currently employed, but I don't have much of a choice," said Jackobel. "If Farmingdale offered a master's program I would gladly stick around. I have a life here and a great deal of ties with professors that have given me a helping hand along the way. Some schools I am considering are as far as California and are not necessarily my preference."

Dr. Vicki Janik, chairperson of the PCM department verified the rumor.

"The plan began in 2006. First, we had to make sure we are qualified by having the



Past students at the 2014 graduation ceremony

proper equipment, faculty, and infrastructure. Also, we have to show that there is a need for the program by establishing evidence in our particular geographic region," said Janik.

Albany decides on the fate of the master's program at FSC once they have received some necessary and well-researched documents.

"The first document shows that we have the equipment we need and can handle the program in general. It is about 400 pages long. The actual documents took two and a half years to prepare. They had been sent to Albany in 2014 and we are currently waiting for approval," said Janik.

Jackobel said that a friend of hers attended a SUNY school and entered a graduate degree program at the same campus, immediately after

earning her bachelor's degree.

"It was easier for her because she didn't have to change schools, move away, or go through the whole application process again as a non-matriculated student," said Jackobel. "For me it has become very expensive applying to numerous schools."

Applications to grad schools range anywhere from \$50 to \$150 each.

"I feel like it's easier to be accepted when you have already attended the school for at least a couple of years. This way you have more connections at your school and an extra push from a familiar faculty," said Jackobel.

Savings for students are not only in the lack of a need to relocate, but also in the tuition cost of a master's degree at FSC.

"Students will certainly save money by attending a public university, and FSC shows particular interest in each individual student," said Janik.

Chris Healy, a PCM student at FSC, said, "I think the prospect of a graduate program here at FSC is an enlightening one. To offer the next level of education is a smart and provocative decision to further the school's footprint intellectually."

Consider Studying Abroad

By Adi Halevi

For students looking for a way to get a richer college experience, going overseas may be great. FSC offers a number of interesting 'study-abroad' programs that many students do not know about.

Surprisingly, students are not taking advantage of studying abroad. While there are 8,000 students enrolled at FSC, only 43 students joined one of these programs during the 2013-14 academic school year.

"My personal goal is to get 80 students to study abroad this year, which is one percent of the student population," said Jessica Zuniga, study abroad and program coordinator at Farmingdale State College.



Students enjoying their time studying abroad.

While it is difficult to know exactly why more students do not take advantage of what seems 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 home to live on my own in another country," said Benny Varotta, 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, 10 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 something they had 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



Study abroad students in Italy.

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 embedding themselves into campus life, students who do look into the range of academic options that the college offers, might find that studying abroad will, 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 Nailah 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 overlooking 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.

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 Schaefer 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.

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.



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