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FARMINGDALE STATE COLLEGE ONLINE STUDENT NEWSPAPER • NOVEMBER 2014

In Memory of Professor Ward

By Elijah Fitzgerald



Farmingdale State College mourns Patricia Ward, 66, Professor

It is with deep sorrow that Farmingdale State College (FSC) has lost one of its own with the death of beloved professor, Patricia Ward. Pat, as her colleagues like to call her, was a devoted teacher, mother, and friend. Ward was 66 years old, and for 28 years she worked as a counselor and a professor of language arts with the Long Island Educational Opportunities Center (LIEOC)

at the FSC campus.

Dr. Veronica Henry, the Executive Assistant to the President, mentioned that Ward was a calm, soft-spoken, and dedicated teacher. Henry also interviewed Ward for her position as a full-time professor for the EOC. Henry shared memories about Ward that stood out for her.

“She cared so much about her students and

the importance for all students to know how to read and write. That is why she taught language arts. It was her passion. The staff and students will miss her dearly. If love could have kept her alive she would have lived forever,” said Henry.

On 28 October 2014, Ward was brutally murdered and decapitated by her son, Derek Ward, 35, who later killed himself by jumping in front of a train near the Farmingdale Long Island Railroad Station.

In less than 24 hours word had spread across campus of her untimely death. “It was shocking and unfortunate - to behead someone is the most brutal thing you can possibly do to someone. It’s a scary world we live in. We gotta pray,” said Jon Comeaux, a senior at FSC.

That is not how those at FSC want her remembered. “The media focused on the horrible manner in which Pat died. Strangers know very little about who she really was,” said Kathryn Coley, the senior director of communications at FSC.

If police must be involved, patients end up in jail and not the healthcare system. This is what Ward knew. Ward was the mother and caregiver to a mentally ill adult child. Now there is a proposed bill in the New York State Senate to respond to this problem that needs additional support.

Tragically, on October 28 she lost her life at the hands of her mentally ill son, who she swore to protect.

The Interim Director of the LIEOC, Dr. Karen Coutrier, longtime friend and colleague of Ward’s, said Ward had difficulty getting help for her son.

“But when Pat’s son would have outbursts, she would not call the police out of fear that they would potentially shoot and kill her son if he resisted arrest,” said Coutrier.

Restricted by her fear, Ward continued to take care of her son to the best of her ability. Tragically, on October 28 she lost her life at the hands of her mentally ill son, whom she always tried to protect.

HIPAA and other laws, while protecting patients, can restrict a family member’s ability to advocate for a patient’s medical needs. Unable to effectively represent himself, Ward’s son did not receive the medical treatment that might have prevented such a tragedy. Ward’s story sheds light on a bigger problem that people like her, who are caregivers to adult children, are being

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2014 Homecoming Was Ramtastic

By Paula Yip



The Great Lawn was the perfect stage with a crowd of nearly 400 attendees for the 2014 Homecoming celebration at FSC on Saturday, October 18. This event climaxed Spirit Week events hosted in various locations throughout the campus. Homecoming is an annual event for alumni, students, staff, and faculty to have fun in a spirit of FSC pride and camaraderie.

The annual tradition reappeared after the FCS's 100th anniversary in 2011. "Homecoming is a celebration for the entire Farmingdale family – we are able to enjoy the company of our students, faculty, staff, and, of course, our alumni – particularly those returning to celebrate their reunion milestones at the college. It is a wonderful opportunity to meet new people, reconnect with kindred spirits, and celebrate the spirit of Farmingdale," said Michelle Johnson, director of Alumni Relations.

This year the day was also part of the Farmingdale State College Alumni Reunion weekend in which alumni attended a series of reunion events on campus. A total of 60 alumni signed in during homecoming but many others were in attendance.

Homecoming is planned months in advance and is a collaborative coordinated event among various offices of the college including alumni, student activities, residence life, and athletics, etc. The 2014 Homecoming was primarily funded by student government, with additional contributions from institutional advancement, the Farmingdale Foundation, and the Alumni Association. Other areas like Aramark, facilities, and physical plant were essential to the event's success. Ram Nation Radio provided entertainment and music.

"Homecoming was a wonderful experience, and I am so lucky to have had the chance to be there with my fellow Rambassadors," said PCM junior, Olivia Mulligan. This is the second homecoming event she has attended, and she would not change a single thing. This was the second year that Spirit Week was instituted allowing students to be more involved and keeping the momentum for Homecoming Day ongoing with fun activities and giveaways like an iPad.

All activities were set up similar to those at



a carnival. There was a rock climbing wall, an inflatable bouncy house for kids, and even a mechanical bull. "Homecoming 2014 has been the best one yet! It was a pleasure to be able to help out and interact with my classmates," said PCM junior, Nicolette Rossi. She enjoyed participating and was enthused about the Picture with Rambo contest. Participants needed to post a picture with Rambo during Homecoming and submit it on social media, such as Twitter or Instagram. The randomly selected winners received an FSC prize pack.

More details about the FSC Homecoming can be found on the FSC website including pictures of the event and other interesting facts about this tradition.

In addition to the Homecoming barbecue and various activities, women and men's alumni lacrosse, FSC women's soccer, men's alumni softball and alumni baseball games took place throughout the day. Planning for the 2015 Homecoming is already underway.

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Deans Promote Flexible Classrooms

By Marjory Alverson



Dr. Lou Reinisch: Dean of The School of Arts & Sciences

In 2013 Farmingdale State College appointed Dr. Lou Reinisch as the new Dean of the School of Arts and Sciences.

Dr. Lou Reinisch is a physicist who earned his Ph.D. at the University of Illinois. Dr. Reinisch has traveled the world, visiting numerous places including, Hungary, Germany and New Zealand, and he has also been invited to give lectures in numerous countries. Dr. Reinisch has had an impressive scientific career including investigating better ways to use lasers in surgery and optical devices in diagnosis. Impressively, Dr. Reinisch pioneered computerized control of surgical lasers. In 2001 when issues with anthrax were at a peak, he created a hand held device that could identify whether a white powder was a hoax substance or actual bacteria spores like anthrax.

Dr. Reinisch is married to musician Sue Ann Reinisch, and they have two adult sons, Peter and Steven. Dr. Reinisch has great vision for the school of Arts and Sciences.

“Being the Dean of the School of Arts and Sciences is a little like being a parent. You can provide opportunities, and try to show direction; however, you cannot make your children into anything that they do not want to be. The School of Arts and Sciences at Farmingdale is much the same way. I view my job as bringing new ideas and directions and providing opportunities,” said Reinisch. This shows his concern and attention for each of his students.

Reinisch would like to see the college move towards more flexible learning. He had personal experience with this when he was a student and feels it would make a world of difference. When he was young, he was very sick for over a year and missed almost half of the school days, but because his school was flexible, it allowed him to do his homework from home and the hospital. He was able to continue along his education path and not be held back.

Dr. Reinisch said, “I want the faculty members at Farmingdale to use technology to make teaching and learning more flexible for the student. I am not just targeting students who

have chronic illnesses. I want instructors to be flexible to accommodate students who work, who have families, who are taking care of children, parents or grandparents.” Dr. Reinisch stressed the importance that each student understand that the faculty members and staff are here for all students, no matter what they may need.

Matthew Kahlo, a current liberal arts major, appreciated how down to earth Dr. Reinisch seems and how it’s clear that he is looking out for the good of the students.

“I go to school full-time, work full-time, and help take care of my grandmother; I truly appreciate his views on being more flexible and understanding that students have a lot going on. Sometimes life gets in the way and things get out of hand. It’s comforting to know we have a dean who understands that and wants to help,” said Kahlo.

Dr. Charles Adair is the Associate Dean of Arts and Sciences and Professor of Biology. Dr. Adair has a Bachelor of Science degree in botany from North Carolina State University, a Master of Science in plant pathology from Cornell, and a Ph.D. in mycology from the University of Hawaii. Adair started at Farmingdale State College as an associate professor of biology,

“Being the Dean of the School of Arts and Sciences is a little like being a parent. You can provide opportunities and try to show direction...”

moved on to department chair, and then became associate dean in 2012.

“As associate dean I work closely with Dr. Lou Reinisch, dean of the School of Arts and Sciences, in promoting outstanding academic programs with exceptional faculty in our school for the benefit of our students. My plan and vision for the future of the School of Arts and Sciences is to work with additional departments in the development of new baccalaureate degree programs and also to support the future development of master’s degree programs in certain areas that can be supported by this school.”

Dr. Reinisch and Dr. Adair are here to assist and support students on their educational journey. Should you need anything, their doors are open to everyone.

DegreeWorks: The Advisor’s Supervisor

By Briana Panetta

Farmingdale State College has access to a new web-based tool called DegreeWorks, combining both standard degree requirements and the coursework that has already been completed. It’s an efficient tool which aids in helping students progress toward completing their degree. It provides students with information regarding the classes they need to satisfy their degree requirements.

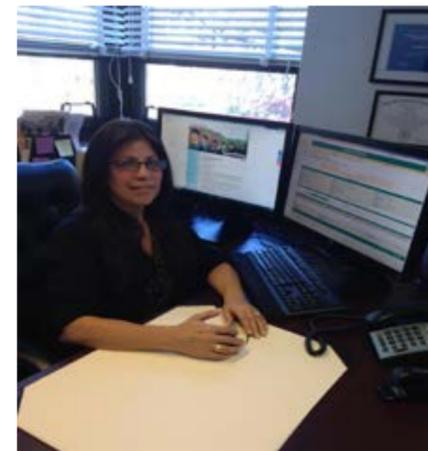
“DegreeWorks helps access everything a student needs to be successful at anytime and on their own time,” said Nicole Loiacono, a freshman. However, “Students may feel less of a need to come to advisors with questions concerning academics. Easier is not always better,” said Mary Kate Lively, a junior.

DegreeWorks Audit shows you exactly what you need in order to complete a degree/major/minor/concentration. It shows a student’s previous and present coursework and everything in between.

Students who were enrolled from 2012-2013 and later have access to view degree audits within DegreeWorks. Students are able to save and print their audit. Advisors suggest viewing the degree audit at least four times a semester. To make sure the classes students are taking match the requirements for the major, students should check before and after meeting with an advisor. It would be helpful to view the degree audit at the end of the semester when the final grades have been posted and at anytime when students make a change their schedule.

“As of now we have about 800 students using DegreeWorks and about 200 additional students joining everyday. My goal is to get all 8,000 students using DegreeWorks because it’s entirely for the students, and they should know at all times where they stand academically,” said Cindy McCue, college registrar.

If there are any further questions students can contact the registrar’s office at DegreeWorks@farmingdale.edu.

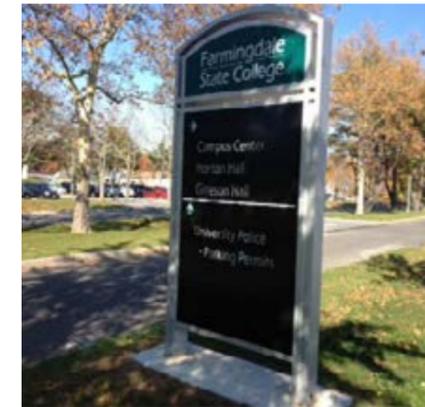


Cindy McCue, FSC registrar

Signs, Signs, Everywhere Signs

By Katerina Winthrop

Farmingdale updated all of the signs that we walk past every day. The project was finished in July 2014, and took care of every sign on campus. The changes on the signs included the illuminated vehicular signs, illuminated campus maps, pedestrian signs, building identifier signs, parking lot identifiers, and ADA signs. All of



New directional signs all across campus

the signs light up at night to help drivers see the names and directions that they need.

“Yes, it helps students find their classes and the buildings,” said John Ratto. Others didn’t have the same positive response.

“I don’t like the new signs because you cannot see them and they are not next to the entry way to the building,” said Benjamin Vassallo a student at Farmingdale. He also said that he doesn’t prefer the old signs better because, “Both were not appealing and do not have proper directions.”

Erika Wachter, facilities contracts and procurement manager, said, “The cost is \$1,300,000. That includes new signs at the airport as well as the large double sided LED sign on the corner of 110 & Melville Rd.”

The company that did all of this work is a company called Color-Ad located in Virginia. Wachter said that funding didn’t affect the tuition, “Capital funding can come from a combination of state funding, federal funding, local funds, or debt proceeds.”

Italian Heritage Celebration

By Adi Halevi

The Campus Center Ballroom was filled Tuesday, October 21 with students and faculty who were eager to learn about Italian heritage. It was the eighth annual presentation, this year’s focus was on Italian cuisine from different regions in Italy.

Pofessor Matilda Fava and Dr. Beverly Kahn introduced the presentation as well as the two guest speakers. The guests included Executive Chef Rodrigo Bernal, who has been an executive chef since 1999 and is currently working at the Carlton in Eisenhower Park, and George Palmieri, who is the New York manager of OBG wine as well as a wine expert.

Chef Bernal took the room on a journey of the 20 regions in Italy. Through the different regions he described the type of foods that are most popular, and what foods were created in each region. “Italian food is simple. They use simple ingredients and that is the reason why people love it,” said Bernal.

Palmieri followed up each region by reviewing how the different regions make their specific wines and whether it is good or the best. What struck a chord was when Palmieri described the homes in southern Italy by saying, “You’re walking around and there are vines coming out of houses and lemons the size of your head.”

In the front of the ballroom there was green, red, and white pasta hanging on the table covered

in bread, wine, and Italian oils. There was a strong aroma in the room that was intensified when Chef Bernal started preparing a fresh salad. He emphasized that when preparing food you should “Have all your ingredients ready,” before you start. In a large bowl he mixed roasted eggplant, lemon, salt, sugar, olive oil, onions, peppers, cherry wine, pecorino cheese, and balsamic vinegar.

Dr. Kahn concluded the event by regarding next year’s plan to get more chefs to come from Florence. Then students and faculty had the opportunity to try the food that was prepared.



Chef Bernal’s well-attended lecture on Italian cuisine.

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unheard and overlooked. Not only do the adult children suffer in this situation, but so do the caregivers.

“It’s sad that someone had to lose her life in such a tragic way to bring light to this situation,” said Coutrier.

A memorandum from the Subcommittee on Oversight and Investigations Majority Staff states that “While the vast majority of individuals with schizophrenia, bipolar disorder, or major depression are not violent, those with untreated severe mental illness (SMI) are at an elevated risk of exhibiting violent behavior – two times, or greater than the average person – directed at themselves or others.”

Colleagues who knew Ward, like Henry and Coutrier, are troubled by the way the healthcare system responded to the needs of Ward, who paid for her dedication to her son with her life. One thing I would like to see is some legislation enacted in which parents who are taking care of an adult child should be able to advocate for their health,” said Henry.

Dr. Henry, Dr. Coutrier, and others are working to bring awareness to issues of mental illness and advocacy for caretakers of adolescents and adult patients who suffer with mental illness.

Dr. Henry spoke with one of her legislators two weeks ago to make an appointment to talk about a bill advocating for caretakers of adults with mental illness she wants to create. “As soon as we understand the process, in terms of going through the legal steps, we will work towards bringing the bill to life,” said Henry.

Determined to bring attention to the need for intervention by healthcare institutions, colleagues of Ward’s have decided to continue this fight for advocacy. “Pat’s legacy will not end here. But this is not the legacy that she wanted or deserved,” said Coutrier.

A memorial at the entrance to Hooper Hall reminds everyone of the bright, brilliant, and beautiful person Ward was.

“Pat was a person who believed in people and taught them how to believe in themselves, and that is the embodiment of EOC,” said Coutrier.

Lucille Deletto, assistant professor, colleague, and friend to Ward, said that some of her finest memories of Ward were outside of FSC. “She was such a dedicated mother. She was like my angel,” said Deletto.

Ward and Deletto were currently working on incorporating more common core material into the EOC and language arts programs offered at FSC.

In the past ten years Ward had earned her master’s degree. Days prior to her death, Deletto said, Ward was telling her that it’s never too late to learn.

“For Ward, teaching was always something she wanted to do,” said Coutrier.

For more information on mental illness got to www.nami.org and www.mentalillnesspolicy.org

Elks Roam on Campus

By Adi Halevi

Wendy Klemperer, a well-known sculptor, displayed her work at her gallery opening in Memorial Gallery. Her work shows mostly fierce animals made of different recycled materials such as metal, iron, and wax. The exhibit displayed her watercolor paintings, wax sculptures, and a three-dimensional sculpture of elk passing through a river. The small animal sculptures came to life with her use of melted wax that replaced their skin.

The materials she uses are distinctive. "Theme is often the material as much as the subject matter," said Klemperer. Klemperer welded two eight-foot elk out of wrought iron recycled from torn down buildings and leaving it in its natural state. The wrought iron she used to construct the elk is unchanged, and comes in different shapes, curves, and thicknesses. This gives an abstract look to a realistic animal.

The elk are on loan to the college and will be in front of Hale Hall from one to five years.

The class of 2014 decided to give the college



Artist Wendy Klemperer welds the elk sculptures

a gift of a ram sculpture. They chose Klemperer from among three artists. "I thought it was amazing because you can really see all the detail in her work," said Itzl Salgado, a Visual Communications major.

Klemperer will construct the ram from a scrap metal from a bridge in Maine. The ram will be placed in front of the student center, "Where dormers and commuters can all see it," said Phil Simone, director of the Memorial Gallery.

Cafeteria is Closed

By Marvin Amparo Santana



Many resident students are complaining about the Aramark cafeteria at the Campus Center. Students say that the cafeteria's new opening schedule is inconvenient, and the food quality is abysmal, especially on weekends.

"The food on weekends is terrible. This is definitely not what we pay for," said Salomon Sokoya, a senior in the STS program.

Sokoya referred to the \$2,375 that he and all dorm students had to pay for the meal plan. Such an amount multiplied by the estimate total number of dorm students (609) is \$1,446,375. This is without adding the extra money that comes from professors, FSC staff, and commuter students that eat there.

Gemil Heredia is a junior and STS major at FSC. "This new cafeteria schedule affects many students. Some people can't eat at times. It should be open until we have class," Heredia said. "They only serve decent food three days of the week. We need good food everyday not only three days of the week."

With this new schedule, the cafeteria closes from 11:00 p.m. to 11:30 p.m. and 3:30 p.m. to 4:30 p.m..

The Director of Food Services of Aramark



Students wait outside the cafeteria in the Campus Center to open.

Eating Takes Educating

By Adam J. Mancuso



Some of the Food Day speakers: Iman Marghoob, Ms, RD Gardens Coordinator; Erin Thoresen, Director off Programs, August Ruckdeshel, Economis Development specialist Amy Engel, Sustainable Executive Directo, Dr. Miriam K. Deitsch, Distinguished Teching professor.

The Second Annual International Food Day was well attended. Many students and staff showed up to this nutrition know-how. Featured at this event was food education as well as food information.

International Food Day wasn't just about eating food but how people eat food. Public Health and Nutrition Specialist, Dr. Zahrine Bajwa was a featured speaker about Food Security or access and how Americans are known to "mindlessly eat." This is when someone who isn't hungry just snacks while watching a TV program.

Some attendees were students with a purpose. Senior student Josephine Siano said that she, "Found some facts about 'My Plate' fascinating because my dad has diabetes and adheres to that program."

Plenty of recipes were available at the event. Student, Dana Colton said, "My whole family eats healthy...like the Paleo diet. In fact, my dad is going to cook the butternut squash soup from the event!"

Professional Communications Professor Christine Campana who brought her students to the event, said, "Eating healthy is about knowing where your food comes from and making better food choices. That seemed to be the spirit of the conference."

Farmingdale's second Annual International Food Day event may have included guest speakers and recipes but for some it was the food that was the main attraction. Jenna Macri said she came, "Because they fed me."



Ann Liguori sports reporter/comentator . Liguori spoke to the sports management club.

Talkin' Sports

By Steve Gerdik

Television personality and ground-breaker in women's sports broadcasting, Ann Liguori paid a visit to Farmingdale to talk about her experiences in the sports world. Liguori held a presentation that took aspiring students through her journey from a new University of South Florida graduate to a woman who hosts her own TV shows on major sports networks.

"I knew I wanted to be a broadcaster since I was 3 years old," said Liguori. "Be true to yourself. Do what you think is right." In a time where opportunities for women were rare in sports, Liguori's persistence drove her to where no woman had gone before.

"Her dedication to her dream, even after failing over and over again, is probably what set her apart from the rest," said Kevin Waszmer.

"Instead of waiting for opportunities to come to her, she went out and made opportunities for herself," said Colin Davis. "She gave us an idea of what it takes to be successful in any profession."

Liguori began her career taking many free-lance jobs until WFAN saw her work and gave her a shot at an interview with MLB pitcher, Doc Gooden. That interview eventually aired on WFAN radio. From there, she went on to host a talk show on WFAN and then a TV show on MSG called "Sports Interview."

She became the first woman to host a prime-time show on the Golf-Channel called "Conversations with Ann Liguori" where she interviewed sports stars and big name celebrities with a love for golf.

A Dunk In the Shark Tank

By Adi Halevi

She has been playing basketball since she was a baby, and continued until her eligibility ran out. College students can only play eight semesters of a college sport while on a scholarship. She has had offers to play professionally in Ireland and Puerto Rico, and has had a tryout in Chicago. While she is known for her basketball skills, Nicky Young, 26-year-old FSC student is ready to graduate and start her business career.

Young and her partner Tina Charles, who plays basketball for the New York Liberty team of the Women's National Basketball Association, have created a product called the YC Splint.

When Young played basketball, she injured her fingers often and found that there was no finger splint that had an ice pack in it. Her solution was to create it. Her first YC Splint was sold to the USA Women's Basketball Team. Since then she has sold over 500 splints to people.

Young and Charles recently received a patent for their product and have applied to Shark Tank. They hope to be accepted on to the show and further endorse and get help with their business career with YC Splint.

Young has had a long history with basketball, but she is looking for a new perspective. "I love basketball, and to give other fellow basketball

players an opportunity to get on the court faster will be a great feeling," said Young.

Her last basketball game was played last season at FSC against Mount Saint Vincent. Young does not want to go to the games this season. "That's when I'll realize I'll miss it," said Young.

Camille Romero, a player on FSC's women's basketball team said, "Playing with Nicky was fun and she forces you to work hard in practice and in the games. True competitors bring out the best in you and that's what she did for me."

Young's family has always supported her with basketball, and is continuously supportive with her business career. While they are not close, her father played for the New York Knicks for a year. "I kind of want to make my own footprints, do my own thing," said Young.

Young is focusing on her upcoming graduation this winter and furthering her business career with the YC Splint.



Basketball player, entrepreneur, and student Nicky Young.



Alumni and lacrosse players Christy Thoden and Sarah Rivadeneyra

Woman Lacrosse Alumni Game at Homecoming

By Shannon Kennedy

The women's lacrosse team took two wins and one loss for their fall ball tournament this past weekend, and also just played their annual alumni game.

"We were strong against Molloy but went down hill from there, but new players stepped up a lot more than the returning players," said Coach Erin Calkins.

Last season the women's team's overall record was 18-2, being undefeated in their conference. Coach Calkins believes that her 2015 lacrosse team will take another conference title, making it two years in a row. "Players are making a new dynamic flow for the team," said Calkins.

"Two transfers play defense. They are big and tall which we did not have last year," said Calkins.

Senior Captain Christy Thoden won player of the year in 2014 and previously played on the Women's USA lacrosse team in Paris. "It's going to hit me hard next year when I'm not on the field everyday after class - something I've been doing since middle school," said Thoden.

"Playing against the alumni showed me that even when you are done playing competitively in college, you're always going to have a love for the game," said Thoden.

"It is an awesome way to keep the girls playing together. I love playing in that game to see the skill level people have years later and it's fun!" said Carly Schneider, former 2013 captain on the women's lacrosse team.

An alumni game for all sports is a great way of rekindling relationships with former teammates and having another chance to play the game they love.

Final Season for Senior Soccer Captain

By Derek J. Meinzinger

The FSC soccer captain Vincent Danetti finished his last season as a player and a leader.

The 21-year-old captain will graduate at the end of May and has eight games left to play.

Danetti played 58 games since his first debut as a freshman in 2011. He has started every game since his sophomore year.

"My first year we didn't make the play-offs.

The second, we lost the first round of play-offs. Last year, we made it to the conference finals, but lost to Mount Saint Mary 2-1," said Danetti.

"As a captain, the keys to a successful team are communication, talented players, and having a solid chemistry," said Danetti. "I cannot stress enough the importance of communication. It is crucial for success on and off the field."

In his first year as captain, he brought in some outside help. "I asked my parents to videotape our practices and games. That way the team and I could pin-point our weaknesses and focus on fixing them," said Danetti.

Assistant coach and former player Joseph Lipsky pays tribute to the player who he played alongside for three years.

"Vinny is always positive, he never puts anyone down, and he will only yell if he knows that you can do better," said Lipsky. "He only wants to get the best out of everyone and will do anything to get the team to the next level."

As the end of the season is near, he wants to be remembered as the first captain to bring home the conference title. "As-well-as a good friend, an influential person, and setting the right example for others," said Danetti.

Danetti and his team finished the regular season with a conference win on October 28, with a 6-1 victory over Yeshiva University.



Defenseman Vincent Danetti pushing forward.



Jonathan Gortman clears hurdle with ease

Track Paves the way for Gortman

By Katerina Winthrop

Jonathan Gortman is taking track in stride. He enjoys sports but he is very competitive in track. As a child he enjoyed playing baseball but later on when he made the decision and became involved with track, his parents were supportive of his choices.

His mother said, "Of course, why wouldn't I be?" He has been running track since he was in 10th grade of high school and has had a growing love for it ever since. He didn't grow up loving the sport; it was just a suggestion by his friend who thought that Gortman was a fast kid and should try out.

"Who knew I would end up loving the sport so much," said Gortman. The 55 meter and 110 meter hurdles got him to make his final decision and to join it for many years. He said that is his favorite race. "If I could hurdle everywhere, I would," he said.

His favorite thing about the sport is the work that he puts into it to be faster. He enjoys it so much he doesn't plan on stopping in the future. He sees himself running later on in his life, and he points out that running is his life.

He has the enjoyment for the sport and strives to be better and faster. "I gain the most enjoyment from running. I see myself living my life by a quote by Ron Hubbard: "The biggest mistake an athlete can make is to be afraid of making one," he said.

Crowds of potential future SUNY students and their families gathered on the Great Lawn.