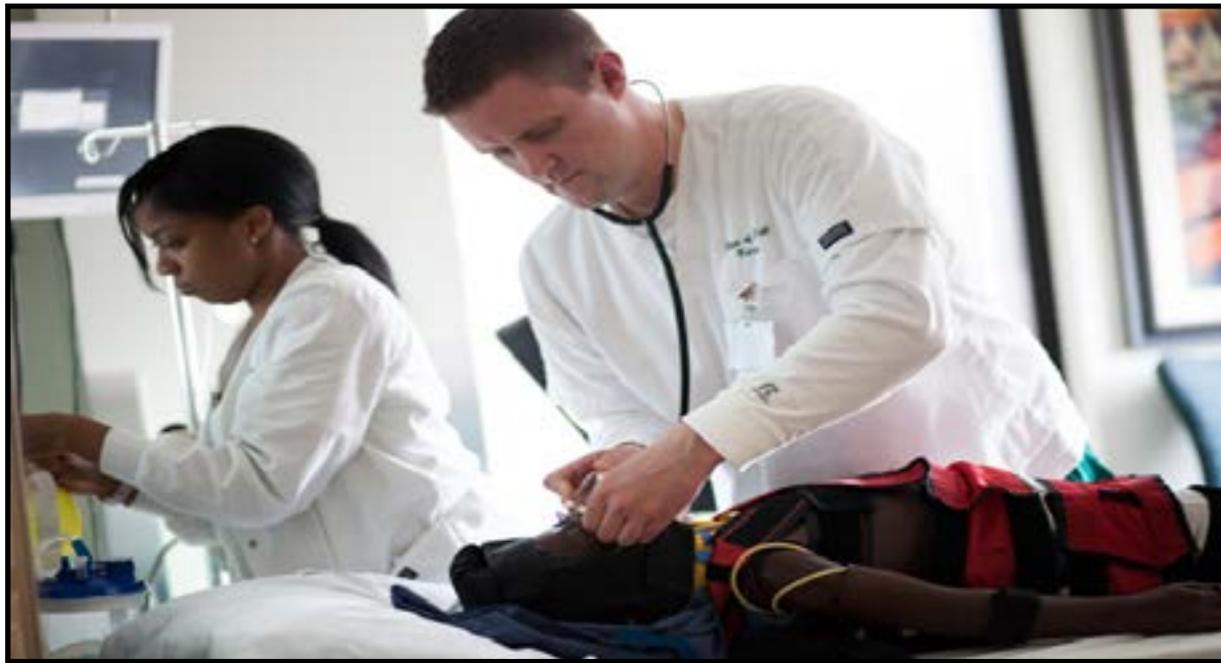


THE RAMBLER

Farmingdale State College Student Newspaper • September 2014

Nursing Program Celebrates 50 Years of Success



By Rebecca Strickland

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

Continued on p. 5

New Sand Volleyball Court in Action



By Nina Ohakam

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 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."

<u>Campus Organizations</u>	<u>Campus News</u>	<u>Sports</u>
Men In Action  p. 3	Gleasons' New Look  p. 5	Baseball Championship  p. 8

A Mother's Dream for Her Daughter Comes True

By Nina Ohakam

Vanessa Flores' 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).

"After I finished high school, college wasn't for me," said Flores. In February of 2010, Flores' mother Wanda Flores passed away at the age of 46, after a ruptured brain aneurism. She recalls her mother in the kitchen cooking when she suddenly didn't feel good. Flores woke up her father, they called an ambulance and rushed her mother to Horton Hospital in Orange County, New York.

Wanda Flores spent four days in the ICU before succumbing to the aneurism. "What brought me to college was that the funeral everyone was saying how she wanted me to go. My mom's dream was for me to go to school." Flores became a member of ASAP in the fall of 2010 and has been there since. She now serves as a peer advisor.

Karina Espinoza, a second semester freshman met Flores during her summer bridge program in 2013. "She is definitely a strong-minded woman who knows how to stand on her own two feet. She is someone who I look up to," said Espinoza. Flores attributes much of her success to the counseling services offered.

"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."

TRIO-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.

Renee C. Adams, MSW, educational counselor academic student achievement program (TRiO SSS) said, "I am honored to work with Vanessa as an education counselor and resident administrator. As a student, Vanessa consistently demonstrated a love of learning and the level of commitment necessary to succeed in college and beyond. As her education counselor, I have great respect for Vanessa and truly believe that she is an incredible human being."



Vanessa Flores is proud of her accomplishments

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The New Men In Action

By Tameka M. Boyajian



Members of MIA Men In Action: left to right Zane Smith, Jason Ellison, Scott McMillian, Keshawn Jarvis, Tyrone Williams, and Brandon Johnson

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 its 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.

"The Locker Room came about because 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 shoebox. 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.

The Seed for Sustainable Energy on Campus Has Been Planted

By Alexa Toyas



Some of the sustainable energy initiatives on campus

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 PSEG Long Island, have received a grant to build and develop alternative energy sources on campus. While Stony Brook's purpose is research in cyber securities as related to smart-grid technologies, Farmingdale's main task is to carry out renewable energy demonstrations and public outreach.

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 its 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 meter 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. Benefits from smart grid include energy efficiency in users' homes and businesses. PSEG Long Island's role is to install, test, 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 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 Viswant Duddumpudi, a 21-year old student working on a hydrogen-gas purifier for his senior project. "Experience in this will make a good mark on my resume."



Ram Nation Celebrates First Year Anniversary

By Avneet Kaur and Adam J. Mancuso

This summer marked the one year anniversary of Ram Nation radio station on Farmingdale campus. The old radio station WRAM shut down in 2011. The new one is on Ramnationradio.com and students can download the app called "Tunein" to listen.

"I am very excited for all our upcoming events but the dates have not been set up yet," said Rida Naser, the station manager.

On September 4, Ram Nation had a promotional event from 3 p.m. to 6 p.m. in front of Hale Hall.

They handed out VIP cards. These cards contained a bar code on the back enabling students to be eligible for prizes and giveaways that ranged from local eateries to concert tickets. The performers include Lorde, Pitbull, Enrique Iglesias, and Hardwell who will all perform at Pier 97 in NYC.

"Sometime in September programs will begin featuring talk shows, sports commentary, and music," said Hassan Hajdaoud, events manager.

"Normally we would be set up in front of the Campus Center instead of Hale Hall," said Ryan Donnelly, Communications Manager. There was another event going on in front of the Campus Center so they moved their event over to the front of Hale Hall.



The Ram Nation crew is very enthusiastic about the new year. Left to Right: Hassan Hajoud, Ryan Donnelly, and Rida Naser.

Nursing continued from p. 1

and raffles," said Nichole DeRenzis, secretary of the Nursing Department.

Philanthropist Theresa Patnode Santmann, who is a healthcare entrepreneur and advocate, recently donated \$1 million to the Health Sciences Department, at Farmingdale. The money will be used to fund multiple scholarships among the health science departments and to increase and promote faculty research.

In addition, "Mrs. Santmann donated funds to refurbish Gleeson Hall. This included painting, directional signs, renumbering of classrooms and a new ADA compliant elevator and staircase," said Chairperson and Associate Professor in Department of Nursing, Dr. Jennifer Bryer.

"The students are not guaranteed jobs after they graduate as no school can guarantee that; however a large majority of our students do get hired after graduation," said Bryer.

"I wasn't planning on going to Farmingdale, but I'd be happy if I got in. I heard the group of students are all close-knit, and the teachers are extremely helpful," said Deirdre Kelly, future nursing student.

Graduating students give advice to current freshman and juniors in the program, along with future students. "I would recommend to take unrelated courses in the summer and winter semesters so that you can focus on your core classes during the regular semesters," said Iysha Braithwaite, who graduates in May.

Internships required for the program are time-consuming and hard to come by. "It's hard to take your internship during the regular semester. It is easier to get it done over the summer within two to three weeks, instead of doing it while taking classes, tests, and studying," said Nykema Mitchell.

Southside Stairwell Success



New stairs and elevator just opened up in Gleeson Hall. Adam J. Mancuso and Desirée Skeete are enjoying the wide stair case and big windows that let the sun shine. The inside construction is now complete, students can't wait to see how the outside turns out.

Play Review: Hedwig and the Angry Inch

By Jenna Ramrattan

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 breaking boundaries for the LGBT community and bringing to the foreground the issues that it faces in a humorous and heartwarming way.

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 leaps to show just how wholesome and normal the gay "lifestyle" can be is the play's lead star. He's the man's man, the lady's man, the legend: 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 "bro" types. Gone was the lisp, the fashion advice, the catty gossip that the American

public was used to from gay performers (think Jack from "Will and Grace").

Just this year, winning a Tony award for "Best Actor in a Musical" for his leading role in the Broadway musical, NPH shows Americans that there is no stereotypical "gay" or "straight," and that a homosexual man doesn't have to be pigeonholed into a certain role. His role in Hollywood has done more for the gay community than films like the much talked about "Brokeback Mountain": this was no straight actor giving us a half-hearted male-on-male kiss. This was a gay man who... seemed straight?

In his real life, he has an idyllic loving family, the kind that represents just how normal and healthy a gay marriage can be. Neil and his new husband, David Burka, publicly announced their engagement back in June 2011 and were recently wed in Italy in an intimate and private ceremony. Neil announced his wedding via Twitter, tweeting "Guess what? David Burka and I got married over the weekend. In Italy. Yup, we put the 'n' and 'd' in 'husband'."

Not only is Neil Patrick Harris succeeding in his career and love life but also as a father too. Neil and his husband had fraternal twins via surrogate back in October 2010. The twins, Harper Grace and Gideon Scott, now a 3-year-old, dress up every Halloween in group costumes – The Wizard of Oz one year and Alice in Wonderland (he and David as Tweedledee and Tweedledum) another.

They are the picture of happiness and affection, a perfect example of why gay parents are no less equipped than straight ones to raise children. As the Honey Maid "Wholesome" commercials featuring families with gay parents get so much controversy and are called "disgusting" and "destroying family values," it's nice to see a real life family functioning better than many straight families.



Set of the Broadway play "Hedwig and the Angry Inch"

Skin Deep Survivor

By Tameka M. Boyajian



Breast cancer survivor and student Tameka M. Boyajian

Beauty is much more than physical appearance. Hair, hips, waist and breast size doesn't matter when you're fighting for your life. Beauty is from the inside out.

The majority of women on campus are focused on men and the latest fashion trends; health is their last concern. The truth is that 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. Seven 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 lump 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 we 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 vitamin 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 this 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.

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 us ease the process by having advisement appointments and notifying us well ahead of the time 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.

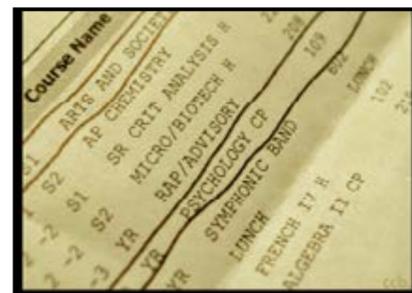
"I like that the advisors create a schedule for me, they even make sure it's at times I need to work around my work schedule," said PCM Student Elisa Jorge. "I don't like that in the past I've had to take a class that I did not want nor did I actually need."

"Some advisers are good at helping you out, but I've had a few who make it really confusing, and try to give 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 for their 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 make sure I'm not going to be assigned to a class I don't need or have already taken which has almost happened," said Katie 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 currently taking, and what they need to take to complete their major, preferably something that can be accessed from anywhere and is user friendly. Sounds like an iPhone app to me.



NFL Sneak Peak

By Dan Sheehan

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 goriest, 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. This week we'll double dip with an exciting doubleheader. First, DeSean Jackson brings his crew (I 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. Good luck and God bless, Peyton.

WEEK 4: New England Patriots @ Kansas City Chiefs

The Hoodie vs. Big Red. Are there two better nicknames for coaches out there? How good is Kansas City after losing many key players in free agency? Pitting 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-Iggle's 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. On the other side, how well can the 49ers keep it together after an offseason marred by off-field controversy and distraction?

WEEK 8: Green Bay Packers @ New Orleans Saints

Maybe the best shoot out 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. The contrast in styles between the two teams makes for a great match up and the Superdome is a tough place to play, especially with the lights off. Damn it!

WEEK 11: Houston Texans @ Cleveland Browns

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

WEEK 12: Indianapolis Colts @ New England Patriots

Brady-Luck. I'm not sure it has 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 compatriots, but both teams are also sneaky good. Each team could need this win to sneak into 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 fun 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 wrote about 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 Jet fans can win 1 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 .500 game.



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.



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.