Heart Health Awareness

By Alexandra Dacey

Timing is everything when it comes to helping someone in cardiac arrest. Having a defibrillator, a device that sends an electric shock to the heart to restore its normal rhythm, could mean the difference between life and death.

Heart health awareness was the theme at Farmingdale State College when the college campus hosted Healthy Heart Day. This event honored Dominic A. Murray, who as a freshman, died of sudden cardiac arrest (SCA) while playing basketball two years ago.

Dominic’s mother, Melinda Murray, started a foundation to honor Dominic. This non-profit foundation’s goal is to reach as many people as possible. Being aware of how to prevent deaths from heart failure is of utmost importance to her.

Valuable life-saving information was offered from various sources. Health First, a health insurance provider, supplied brochures and answered questions regarding healthcare coverage.

“Some plans have no co-payments, which is great for students,” said Health First representative, Magalay Correa.

North Shore LIJ Hospital’s Jacqueline Crawford offered information about open heart surgery that is being performed at the hospital.

“North Shore LIJ always contributes to

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Farmingdale’s Homecoming

A Celebration for all Generations

By Danielle Colonna

From beginning to end, Saturday’s homecoming provided entertainment for all ages. Opening with President Keen’s speech, alumni were welcomed back to where they went to college, and their young children were introduced to the place where they may one day follow in their parents’ footsteps.

“The attendance captured the past, present, and future of Farmingdale’s student life,” said Justina Geremia, Farmingdale’s Resident Director in regard to the wide range of ages enjoying the homecoming celebration.

The DJ energized the crowd with music appealing to all generations and line dances such as the Electric Slide, and the Cha Cha Slide got the crowd to create their own dance floor on the field.

“The only unwelcome guest was the wind,” said Joy Grynko, a Farmingdale student running the Breast Cancer Awareness table where cupcakes and wrist bands were sold for profits to be donated to an upcoming awareness run at Jones Beach.

Many people running tables such as this spent a lot of time holding their items onto their tables so the wind wouldn’t carry them off.

There were tables lined up like an assembly line filled with give-away items for students, alumni, and their families. Bags containing T-shirts, mixed tapes, and more were given out.

The Student American Hygiene table contained free toothbrushes and other toiletries, all of which were being tossed around by the gusts of wind coming seemingly from all directions, but no one seemed willing to let the wind diminish their spirits.

Games and entertainment such as musical chairs, an obstacle course, a dunk tank, and a giant blow-up slide kept the energy level high and almost everyone was up and out of their seats dancing, playing, or somehow being active and enjoying themselves.

“It was a successful day, mixing the new generations at Farmingdale with the old generations to make it a great homecoming,” said Amanda Lundberg, a student at Farmingdale who was involved in the preparation of the homecoming celebration.

This year’s homecoming left a smile on everyone’s face and was a memorable celebration. The high energy and spirited atmosphere goes to indicate that Farmingdale’s centennial celebrations have only just begun.
FSC Veterans Club Looks to Make a Splash This Semester

By Daniel Carpio

At any given Tuesday or Thursday, inside Room 202 of Laffin Hall, an eclectic group of individuals meet weekly. They swap stories and exchange banter, but mostly they are trying to see how they will plant their flag at FSC this semester. This group is the Student Veterans Association (SVA).

Although this is their second semester in existence, the SVA is making their first major strides in having their name known both on and off campus. They have already hosted an on-campus event during the first week of the semester, a BBQ held outside Gleason Hall on September 1.

To the SVA, that was just the beginning. The SVA has plans to host fundraisers focusing on local veteran charities throughout the semester.

SVA Secretary TJ Nolan, who is an original member, sees success for the club already taking place. “I consider [the BBQ] a success because there were vets out there who didn’t know about us who got to meet us and hang out,” said Nolan.

Nolan, along with club advisor Eric Farina, newly elected SVA President John Bastone, Vice President John Scuteri, and Treasurer Duke Impellizzeri now lead a mix of veterans, reserve, and active duty members from all the Armed Forces branches.

Most of the club consists of service members who served in Iraq and Afghanistan as part of the War on Terror.

Farina, who helped found the SVA, mainly sees the club as a way for veterans to feel comfortable after getting out of the armed forces.

“This club is a vehicle for veterans to transition to civilian life. Some vets see going to school as being scarier than going to Iraq and Afghanistan,” said Farina.

The SVA has been debating their approach, some members have suggested going big while others suggest a smaller venue to start with.

Bastone, who also was a member of the veterans club at Suffolk Community College, has pushed for the small approach with a focus on gauging the club’s reach with the community before staging a big event.

Even as the SVA tries to make a good impression with local veteran organizations on Long Island, Bastone wants the club to have its own independence. He hopes that the SVA will not be too reliant of major organizations for support.

“That way I look at it, I don’t want to rely on local VFWs (Veterans of Foreign Wars) or American Legions to bring it,” said Bastone. “It would be nice if they did but the way I see it, the more people get involved with the club the more people they’re going to tell, and the more people we’ll get at the fundraisers.”

The SVA does have one event set up for participation. They, along with other veterans from various Long Island colleges, have been invited to march in the Veterans Day parade in New York City. “I hope we can get as many people to come, I’m definitely going,” said Bastone.
The newly renovated parking lot has brought up many concerns among students. “The parking lot has paved humps purposely built right in the middle of the lot, what’s the point of that?” said Ashley Noble, a commuter student. “Yesterday there was an event at Farmingdale and because of the new roads, Public Safety had to come and monitor the flow of traffic, and I was late to my class,” said Noble.

This is only part a of the three step construction process. The parking lot had been under discussion for three years prior to start of construction this past May. It was designed for the safety of the students, and will be finished in approximately four to five years.

“The parking lot was more designed for safety precaution,” said John Oberle, director of Farmingdale’s physical plant. “Since the design of the parking lot there has not been one accident reported.”

The parking lot seems to be chaotic and hard for students to adjust to. “I have been coming here for four years now and this year by far is the worst I have seen with the traffic and parking,” said Ed Noblelsator. “They really should of done a better job if they were going to redo it anyway.”

The parking lot will be changing for the next five years due to updated and building construction. The parking lot will be updated every year until Part A of the construction work is completed.

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### The Amazing Nurse Race

By Geena Pandolfi

**Farmingdale is known for being an affordable school in Long Island, but it also has one of the most competitive nursing programs in New York.**

With affordable prices, Farmingdale is an ideal choice for students on a tight budget who hope to come to a university. The fact that it is situated in a good location surrounded by hospitals ensures that nursing students will have plenty of opportunities available to them.

Maryann Goldrick is the Administrative Assistant for the nursing program. She agreed that some of the main reasons for the program’s competitiveness were due to the tuition’s reasonable price and the nursing program’s good reputation.

There are four different tracks within the nursing program: the Practical Nursing certificate program, the Associates Degree, the Bachelor’s Degree, and the Advanced LPN to RN program.

“About 1,600 students in total apply to the Nursing Program each year,” said Goldrick. “Thirty students get into the LPN program, 20 to the Practical Nursing program, 40 to the Associates degree program and 25 get into the Bachelor’s Degree program.”

These numbers are pretty shocking; out of 1,600 hopeful applicants only 115 students are actually accepted into the Nursing Program.

“I feel bad for those 1,500 students that I can’t really afford to go to nursing school anywhere else on Long Island,” said Jackie LaScala, a prospective nursing student at Farmingdale.

Nurses are still in demand in hospitals throughout Long Island. “Because of the economy more hospitals are requiring a Bachelor’s Degree for new nurses, making it harder for students in the Associates Degree program to find a job without continuing their education,” Goldrick said.

Ashley Canas, a nursing student was accepted to the Bachelor’s Degree program right after graduating from high school.

“I had to take an entry exam, sort of like the SAT’s for nursing,” said Canas. She said it was competitive right from the start. “I had to take many review classes for the entry exam with about 200 people, and now there are only 24 other students in my class.”

The nursing program in Farmingdale proves to be competitive but, when students graduate they will have a degree from a respected program and an abundance of hospitals to choose from.

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### FINANCIAL PLANS FOR NEW STUDENT CENTER

By Alexa Catania

The $185 million dollar campus center construction is estimated to be completed in 2013. According to Farmingdale’s construction schedule, the construction of the campus center costs $29,881,500 up to date - all funded by the State University Construction Fund.

The 5,000 square foot new student center will include a bookstore, cafe, lounge, two dining areas, and a multipurpose room able to seat 1,000 people. Large corridors will have seating and gathering areas. It will give students a place to interact with their classmates.

The plans for a new center, although funded, could affect students billing. Due to budget cuts, students will have to pay more for things that cost toward their tuition because of the construction. “There are no extra fees due to the construction, funds for new buildings come from our capital budget, which is separate from operating budget,” said Richard Hume, controller of administration and finance. “Student fees are part of the operating budget.”

The operating budget for the school has already been set for this year, but construction is still incomplete. “Referring to our operating budget, that has already been set for the 11-12 year, and there are no increases in tuition or fees being contemplated at this time,” said Hume.

Students are excited about it even though they will not be at FSC when it is complete. “It’s pretty cool to be able to go to a school and have it be nice for everything to be in one spot. It gives students a change to engage in college and it will be nice for everything to be in one spot,” said Carl Oberle. “Although, I will not be able to utilize these amenities because I will be graduating soon, if only the construction didn’t take so long,” said Oberle.

Dr. Tom Corti, President for Student Affairs, includes input from students for the construction of the student center. Students are able to give their opinion on what they would like to see in the center, or how it should be designed.

“It’s a good idea for students to be involved in the student center, and have a say of what everything is going to look like. It will bring students together.”

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The Rampage Student Newspaper

The Rampage Student Newspaper
Hungry for Variety

By Alexa Taggae

In spring 2013, the completion of the new student center is going to be beneficial for all students, both residents and commuters. Not only will it be a nice place to hang out, but the difficult decision of “What to eat?” isn’t going to get any easier.

A wide selection of food will be available as students can choose between: a salad bar, a burger kiosk, a brick oven pizza and pasta station, a deli, a grill station, and a street food concept station. The idea for the street food concept station was inspired by city food trucks. Different food choices will be offered everyday.

The benefit of the kiosk is that orders will be made to customer specifications. “Build a hamburger from a kiosk, and the students will love it,” said Vice President of Student Affairs, Tom Corti. “You actually watch the burger grow by adding the lettuce and so on.”

Since Teddy’s, the café, and Knapp Hall will be closed, the student center will be the only place for students to eat on campus. After choosing from a variety of food, students will be able to eat and relax in one of the four dining areas. There will be an open dining area, a one-price dining area, a lounge, and multipurpose rooms.

“It’s a thoughtful plan, a lot of plan for what’s next for the campus’ future instead of what’s now for the campus. It’s a never-ending process that is always causes inconvenience.”

The campus construction program is a never-ending process that is updated continually. Students have been seeing its effects for the past few months already. From the new roads and parking lots to the upcoming campus center building, both students and faculty are anticipating a new and improved campus life. One of the many upcoming projects is the renewal of the Ralph Bunche Plaza. Bunche won the Nobel Peace Prize for mediation in Palestine in 1950.

Located in the area between Greenley, Knapp, Roosevelt, and Laffin Halls, the plaza is a mere shadow of its former glory. Originally built with a large fountain and collection pool in the center, the fountain was decommissioned and abandoned in the 1970’s and the area has fallen into severe disrepair over the years.

Construction of the Ralph Bunche Plaza is expected to begin in the spring of 2012 and has been funded through FSC’s Capital Improvement budget at approximately $1.5 million dollars. Originally built as a separate pool of money generated from New York State bond sales, allocated to each campus from Albany and is not in any way tied into tuition costs,” said John Dzinkaza, Director of the Physical Plant.

With the completion of the project, a two-tiered plaza with a grade level fountain and several small seating areas will be open for the enjoyment of students. In comparison to the Campus Center building’s large activity oriented plaza (located between what will be the new Campus Center building and Gleeson), the Ralph Bunche Plaza is intended to be a more remote and serene outdoor lounge. “It sounds beautiful and fancy. I’m sure it’ll help the school’s image,” said Wendy Holguin, a Professional Communications major.

Not even heavy rains could dampen the excitement going on around Farmingdale on Tuesday, September 20. The Whitman Lawn was buzzing with excitement despite the weather. The event hosted by the Campus Activities Board (CAB) and funded by the SUNY Farmingdale student activity fee, "It’s a thoughtful plan, a lot of plan for what’s next for the campus’ future instead of what’s now for the campus. It’s a never-ending process that is always causes inconvenience."
Although Farmingdale business students are concerned about the current state of global economy, they expressed an overall positive outlook for future business opportunities during a recent casual campus meeting. Neither fears of recession, nor high unemployment rate can stop some of these students from persuring their passion for business.

It is common knowledge that the U.S. is suffering from deep national deficit and the European Central Bank has pressing economical issues related to the Euro Zone. But Faraz, Zabarjung Singh, Kanao Khosla, said they are determined to make it in the business world.

“I was always interested in business because that is what I have seen through my life. My father is a very successful businessman and he inspires me,” said Faraz who also feels that money and freedom are incentives for successful business practice. “No matter how hard the times are, there is always a demand for something. I think positive and know there is always something one can do to be successful,” he said.

Singh was also influenced by his family. “My father was a businessman, and his father before him, so it was only natural that I followed in Dad’s footsteps,” said the young business major.

“Business is either hit or miss, and if you have the right idea you can make a lot of money, and my goal is to make a lot of money,” said Singh who also said that his future depends on the status on the business world. “If the global market is affected, it will always trickle down to the people.”

“Business is a diversified field with lots of opportunities for growth,” said Kanao Khosla.

Because of the change in economy there will be a changes in the road for the business students acquiring skills to manage in the business world. “It is important to have an understanding for human recourses and operation management, meaning it is important to have a good understanding for the workers and customers needs,” said Khosla.

“Corporate culture will have to adapt to the changes, and it does affect the end product, which is us.”

NEW ART GALLERY IN HALE

By Dean Kaufman

Amongst the new building, recently inhabited by the Visual Communications Department, lies a new display of artwork. The Memorial Art Gallery used to be located on the second floor of Sinclair Hall, however, now can be found in Hale Hall.

Hale, a very clean building in appearance is home to many young artists at Farmingdale State College. The new building can be admired as it stands out from any other, with its glass entrance and white walls.

“Everything is perfect,” said Professor George Fernandez. Fernandez is still thrilled about the new building and gallery, even though he claims it has been too hectic to really enjoy it.

Many students are also pleased with the look and feel of the new facilities. “It’s dentist office kind of clean,” said Kyle Mark, a Visual Communications student.

Along with the new feel, some students are also happy with the attractiveness of the women in the biology department, to whom they share this new building with.

The new gallery in Hale Hall is much easier seen. It has an entirely glass front, allowing passing observers to see the artwork even if the gallery is closed. “You can see what’s going on,” said Mark.

Hale Hall is definitely more visible and accessible to students and faculty alike than Sinclair. “It makes it a part of the campus community,” said Fernandez.

The current exhibit is of Milton Glaser, the creator of the iconic I Love NY logo. Many famous artists such as Elvis Presley, Bach, Beethoven, and Bob Dylan are framed in immunation on the white walls of the gallery. In the center are two benches to sit and appreciate, or do whatever in the comfortable, quiet, setting provided.

FARMINGDALE RAMS SPORTS

Back with a Vengeance

By John Grillia

Led by some outstanding ball players, The Farmingdale State Rams baseball team ended their season sooner than expected last year. The men of the Farmingdale State Rams baseball team showed dominance all season long over their conference by winning first place. Their season came to an abrupt stop though once they made it to the regionals.

Starting pitcher on the Rams’ rotation and the ace on the mound is Chris Phelan. “We had a good season. We won the conference and appeared in the regionals,” said Phelan. “I wish we made it further than we did though. We won the first game than lost the next two, but I have a strong feeling this year will be different.”

Starting catcher Frank Scarlato was not as happy about the season. “No we were knocked out because of two errors and that’s a terrible way to lose ball games and get knocked out of regionals,” said Scarlato. Even though the team lost one of their biggest bats Kevin Curtis, the men are extremely confident for the season to come.

This year is different thought the Ram’s seem to have an even better squad despite a few losses. “I think we did better this year, we have a lot of new pitchers who throw good. Even though we lost some solid players we definitely picked up some good new players and hopefully well make our return to the World Series,” said Phelan.

Last season Phelan broke the career wins record for the team and hopes to add more wins too it. He’s focused and confident. Scarlato who is also one of the Rams best bats is a huge fan of Phelan. “He’s got great stuff especially his change-up,” said Scarlato. The incoming freshman do worry Scarlato a bit though. He just wants to make sure everyone does their jobs as best as they could. Their are 10 incoming freshman on the 31 man squad. The team is very mixed with age, but their are six seniors who will hopefully help the freshman out with their veteran experience.

Pitcher Chris Dragone has very high expectations for the men’s team this year. “I expect us to be strong and ready to go for another run at the world series,” said Dragone. “We play not only to be champions of the conference we play to be National Champions.

With our hard working practices and dedication were looking to get back to regionals and advance to the World Series.”

The teams main goal is to make it back to the World Series and take it home. Last seasons outcome is just more of a motivation for the Rams this year.
The season has just begun and the Farmingdale State College Women’s Cross Country team is already on its way to a successful season. Saturday, September 17, the C.W. Post Brookville campus hosted the ECC Preview meet. Against 14 other women’s teams, Melissa Bonilla, sophomore, led the team with a finish time of 21:31:66 placing in 39th.

After a one year hiatus, Bonilla was glad to be back on the team. “Running keeps me in good shape, and I’ve always just enjoyed it,” said Bonilla. With a 39th place finish, Bonilla is the runner to watch out for this season, but you would never know it with her laid back and almost shy demeanor.

Coaches and runners congratulated Bonilla on her time and welcomed her back to the sport. Coach Daniela Georgieva was pleased with the ladies first 5K meet. “That was a great run and a great time,” said Georgieva as she took a moment with Bonilla.

Completing her first competitive race, Katherine Hoskins, a current sophomore, finished in just over 34 minutes. The rolling hills and dirt trails in the C.W. Post course were a challenge. “All the rocks and uneven ground was a pain in the ass, but I am just glad I finished,” said Hoskins.

Hoskins keeps the team laughing as she exaggerates her time and struggle with the distance. There is a simple dynamic to the group that creates an easy environment regardless of the competition.

Joanna Pavone, a current junior, came in with a time of 27:51. “I am okay with my time and I usually get better the more I train,” said Pavone. Pavone has enjoyed competitive running throughout her life and has taken part in a half marathon.

Sitting on an oversized blanket the ladies gather their things, excited that the meet has come to end and they will have some personal time. “Most of the meets are an all day event so it’s great when the meets are so close to home,” said Pavone.

While the team captain, Marjorie Diemicke, had to sit out the first meet due to an Achilles injury she plans to be back in shape for the next meet.

As the season progresses, runners will have to maintain their focus. “We travel pretty far and the meets get more intense,” Pavone said. The team will travel to New Jersey and Connecticut for future meets. Everyone on the team is ready to train hard and better their 5K times.

Prior to attending Farmingdale State College, Alexandra Bentz, 18, had three major hip surgeries. Bentz is now seated second singles on the women’s tennis team. Bentz started playing tennis at age six at Sportime Massapequa, and at age ten, tennis became became her passion; her first hip surgery occurred the following year, when she was in 7th grade.

She had her second hip surgery at 15, and her third at 16. The first and second hip surgeries each required a year recovery; the last hip surgery required a few months. “These experiences have made me a tougher person to endure more and play smarter,” said Bentz.

FSC’s tennis coach, Adam Waterhouse, is amazed that Bentz has been able to get back on the court and play at the collegiate level. “Alex plays tennis with a quiet intensity,” said Waterhouse. “She is able to punish her opponents with her patience and strong groundstrokes. She has one of the harder serves and overheads in the conference as well.”

Bentz’s hip surgeries and rehabilitation have influenced a possible career path in nursing. The way Bentz acts on the court is shown in her everyday life as well.

“Alex is creative, tough, and smart,” said Bentz’s boyfriend, Alexander Bessarabov. “Creative with how she plays, tough with how she endures physical matches, and smart with how she places shots.”

“My advice is to stay patient and don’t get frustrated when you lose because the score doesn’t always represent the way you play,” said Bentz, as she gently walked onto the court in her green and white tennis outfit, complete concentration in her eyes.