There was not enough Dr. Frank Pellegrini could do as a father, grandfather, brother, friend, administrator and teacher. He devoted his time to FSC to improve the college and what it has to offer to its students. He served at FSC for over 40 years and is remembered as a true educator.

“If there had been a ‘Mr. Farmingdale,’ he would have been him,” said Brian Maher, Acting Director of the Long Island Educational Opportunity Center.

Dr. Frank C. Pellegrini died on March 25 at age 69.

“I found great joy in working with Frank,” said Dr. Miriam Deitch, Sociology and Anthropology Chairman and Research Center Director, and 34-year colleague. “I saw or spoke with Frank almost every day, and he had the keenest ability to make you believe that your concern was his concern, and a solution was as important for him to arrive as it was for you.”

As a psychologist Deitch stated, “The hardest person to say no to is ‘Mr. Nice-guy,’ and he certainly was. While he could not say no to them, others felt the same.”

Colleague, Dr. Jack Winn, chairman of the Math Department, described why Dr. Pellegrini was a good person and why he deserves that distinction. Dr. Winn said that Dr. Pellegrini would say “yes” far more than “no,” and when he said he would help, he helped. Dr. Winn approached Dr. Pellegrini to be a part of his talk in the School of Arts and Sciences entitled, “Words, Words, Words.” “He was a very busy man, but he immediately said yes,” Winn recalled. Within the talk there was a skit where Frank showed amongst his many talents, he was an actor too. “Frank made the effort to nominate me for the New York Research Foundation Scholarship Award,” Winn said. “Because of him, I received the award and am extremely grateful for his efforts.”

A resident of Dix Hills, Frank was married to Georgianna, was the father of Christine Pellegrini Busch and Denise Pellegrini Knoll, and grandfather of Kiersten Leigh Busch and Katherine Paige Knoll.

Dr. Pellegrini’s grew up in Brooklyn. He obtained his bachelor’s, master’s and doctorate degrees at St. John’s University. His work at Farmingdale began in 1969 as an assistant professor of chemistry. He became chair of the Chemistry Department in 1974 and Dean of the School of Arts and Sciences in 2000. An organic chemist, he was published twice in the Journal of the Chemical Society and co-authored a book, Chemistry: A Modern Introduction, which was translated into Spanish. He also served as interim provost at FSC for over two years. Honors include the SUNY Chancellor’s Award for Excellence in Teaching and the St. John’s University Presidential Research Award. Since 1976, he had been a valued member of the Dix Hills Fire District, serving as Chief and Commissioner during his 35 years there.

The people Dr. Pellegrini left behind are grateful for the time that they did have with such a remarkable man. They feel blessed to have lived amongst a man with such “immeasurable compassion,” Dr. Deitch concluded. His family of colleagues and students will always remember him and his unique leadership, limitless patience, and admirable intellect.

“He had no other agenda, other than to do the right thing,” said Dr. Deitch.

The Farmingdale College Foundation has established a scholarship fund in the memory of Dr. Frank Pellegrini with an initial contribution of $2,500. Then the Foundation will match up to the next $2,500 of funds contributed. Those wishing to contribute should submit checks made out to the Farmingdale College Foundation (Room 120 Horton Hall) with a notation to dedicate the funds to the Dr. Frank C. Pellegrini Scholarship Fund.
Quacking Back: Ducks Now Legal in Huntington

By Anthony Giambalvo

The Town of Huntington has legalized ducks as pets on residential properties, thanks to an FSC student, who knows how to have her voice heard, and a little help from her friends.

The combined efforts of Michael Morgan, her boyfriend at the time, FSC student, Mia Koo, her sister, and her aunt, Linda Chan, helped her with that process. Together they gathered nearly 1,200 signatures both online and person to person.

“The ducks became part of a mini-family, and they [the town] were trying to take away a part of what we created,” said Morgan. “We watched them since they first hatched; losing them would be like them trying to take a part of us.”

Koo then informed the press about what she was trying to do. The law at that time stated that eight chickens are allowed to be on residential properties. Ducks were not included in the law, because they were considered to be “farm animals.” She contacted as many news sources as possible to create a buzz and set up interviews. News 12 did a video segment, Newsday published an online article, the Long Islander put out a print article, and CNN conducted a radio interview with her mother.

“Probably the most important step, was going to every town board meeting and publicly speaking about the issue until something was done about it,” said Koo. “This way, the town takes the issue seriously, and it is on record that someone is pushing it.”

The town board passed the amended law to allow a combination of eight ducks or chickens on residential properties on February 10, 2010, only four months after she received the letter from the town that wanted them to get rid of them.

“I think it’s awesome that the law can be changed, especially when it is benefiting the public,” said AnnMarie Roschilla, FSC student, “It means nothing is impossible.”

“The most important thing that I walked away with from this experience was the realization of the power of one person’s voice,” said Koo.

Ava Koo with duck (Beyonce), family and friends

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Reflexology: The Most Popular Thing

By Jarett Sundack

With its recent boost in popularity, reflexology has been popping up everywhere you look. From massage parlors to day spas, reflexology seems to have found a home on Long Island. Airport Plaza in Farmingdale, New York, has two places that offer the service right across from each other.

Reflexology is a form of therapy that uses pressure points mainly in the feet to treat many body ailments. It has grown in popularity due to its effectiveness and its pricing. Although most places charge the upwards of $40 for a half hour, it still beats the price of a doctor and prescription medicine.

The Wellness Center at Farmingdale offers various treatments but does not offer reflexology. “We are taught about it [reflexology] but we do not practice it here,” said Joshua Gutierrez, an intern acupuncturist at the Wellness Center. While reflexology’s popularity doesn’t look like it will affect the Wellness Center’s operations, it is still popular elsewhere.

“When I first started I was doing twenty people a day, and that is only increasing,” said Karen Martinez, a reflexologist at Floris Spa & Salon. She said reflexology can heal so many of the body’s ailments from back problems to liver problems to prostate problems and even constipation. She studied reflexology at Everest College in California and has been doing it for five years. “I love my job because I like to see people feel better when they leave here,” said Martinez.

Although its popularity seems to be skyrocketing off campus, one Farmingdale student said otherwise. “I wouldn’t do it. It seems fishy to me,” said Harrison Weber, a senior at Farmingdale. “I would rather see a specialist who concentrates on one particular area for help.” Weber also admitted he was not very familiar with the way reflexology works and expressed that maybe if he were a little more informed, he might consider giving it a chance. But until then, he’s going to stick with the doctor.

Relay for Life

By Christina Schmidt

The Relay For Life meeting took place on March, 25 in Roosevelt Hall. Relay For Life is the American Cancer Society’s signature event. It is a charity event that centers on a relay race in support of those with cancer and cancer survivors.

The event involves groups, clubs, and organizations that exist within the community. Consequently, the event is a community-driven affair that relies on the efforts and enrollment of the public to get the charity in motion. Money is received through sponsorship of the participants.

The Town of Farmingdale will be contributing to the American Cancer Society by conducting the Relay For Life event on Friday, June 11. The event will take place at FSC. It will start at six o’clock in the evening and conclude at six o’clock in the morning the next day. But FSC may not be represented.

The goal of the March 25 meeting was to recruit clubs and organizations associated with FSC to participate in the event. Only two willing participants attended the meeting, representing two different clubs, plus Pamela Parker, who was the speaker.

Parker is an event organizer for the American Cancer Society and enthusiastically explained the event in detail, but did appear dissuaded by the lack of supporters. She wants to put a face on the American Cancer Society by systematizing and executing events.

Parker admittedly is not familiar with the FSC customs. “I’m not from this community so I need volunteers to put this together and to help me understand the culture of FSC and man various fundraisers,” said Parker.

Parker has been with the American Cancer Society for two years and was a volunteer before that. She was prompted to join the foundation subsequent to losing her grandmother to brain cancer.

She spoke fondly of how she received solace through the stories of triumph that came from cancer survivors and of those who had encountered cancer in their lives. Parker believes strongly in the work of the American Cancer Society and wants college students to be receptive to the cause. “This event has so much potential on college campuses,” said Parker.

Sarah Berlenback attended the meeting and is affiliated with the Psychology Club. She came to represent the club and donate their efforts to the cause. “It is a great cause that touches home for a lot of people. Everyone knows someone who has been affected by cancer,” said Berlenback. She sees FSC as being a some what disconnected community due to its high commuter rate. Despite this fact, she is positive about future FSC enrollment.

The Relay For Life will span an entire 24-hour day, symbolizing the long and trying journey of a cancer survivor. The event will conclude in the morning; the bright radiant sun representing survival and the life that proceeds after cancer. Twenty-one Relay For Life events are held throughout Suffolk County and attract between 55,000 to 100,000 persons. Those who attend will be treated to a day of fun activities with the relay as the main attraction.

A Team Event to Fight Cancer

AMERICAN CANCER SOCIETY RELAY FOR LIFE
FSC Student Teaches Chinese Men to Flirt

By Connie Shakalis

A funny thing happened on the way to the China/SUNY exchange trip last semester. FSC’s Vinson (Vin) Huang was one of the lucky students to have been selected, due partially to the quality of an essay he wrote after noticing an 11x11 inch flyer posted in Whitman. The funny thing is he happened to be of Chinese heritage himself, and he immediately discovered that he blended into the scene when the FSC group arrived in Beijing. “I felt like I belonged,” Huang said, referring to the fact that the native Chinese all seemed to assume he was from China. Only when he began speaking fluent American-accented English did they realize he had just traveled several thousand miles east.

“The first week, we were treated like real tourists, like we didn’t know anything,” said Huang. Perhaps they were assumed to be naïve, but that didn’t stop the FSC group from being treated to five-star hotels. However, Huang appeared to think the real fun started with flirting demos and reveling in their ensuing “feeling of amazement.” One other boon of Huang’s being able to blend in (he speaks Cantonese) – he snagged a few of those $500 handbags for $200.

Answers to Anxiety

By Ethan Rosen

The semester is drawing to a close and for students all across Farmingdale State College that can only mean one thing: final exams.

“I have several exams in a small amount of time, and it’s a tad bit overwhelming,” said Demetri Raftopoulous, a senior at FSC. “It’s really tough to prepare for all of my finals at once,” said Kerri Bristol. Fortunately for students like Raftopoulous and Bristol, there is no dearth of resources for students at Farmingdale to avail themselves of.

“As the school year goes on we get more and more people in,” said Dr. Jill Bandura of the Office of Personal Counseling Services at FSC. The Office of Personal Counseling Services provides a wide range of professional counseling services to all students for free. This includes any type of test anxiety. If someone is feeling stress about their exams, “they can always come in and talk to someone here,” said Dr. Bandura.

To help deal with some of the stress and to help students unwind before finals, the Campus Activities Board is throwing a spring fling carnival on April 29. The carnival, which is thrown the second to last week before the semester ends, will have food, music, games, prizes, and massages all to help students relax and put their mind’s at ease before they have to bear down and put their noses to the grindstone.

The Student Success Center also provides workshops and seminars that enhance researching, test-taking, and time management and career issues. When classes are in session, the Success Center coordinates a myriad of student services. “This Thursday, the 29th, we have our test anxiety workshop,” said Marguerite D’Aloisio, the center’s director. The event, which is cosponsored by the counseling center, is part of what the school is calling Anxiety Awareness Day.

The Success Center is hosting the late night breakfast and study session. “On the Monday before the last week of class, we have an all-night event in Knapp Hall where students can come to enjoy free tutoring in a myriad of subjects as well as free breakfast,” said D’Aloisio. Formerly known as simply the study break, the late night breakfast and study session has been held every semester for the last five years. Attracting anywhere from 80 to 120 students, it is a very popular event. “It’s fun but also very serious,” said D’Aloisio.

In addition to a plethora of programs being held around the campus over the next few weeks, the Books and Beans coffee shop will be open for an extra hour to support late night studying. “I am so happy that there are so many resources available to me,” said Amanda Kuhlwilm. For Students like her the support system is very helpful.
FSC Students Attend Knicks Game

By Ashely Bernard

Forty-five students and guests had the opportunity to attend a New York Knicks vs. Houston Rockets game in Madison Square Garden. The event was sponsored by the Campus Activities Board (CAB). Tickets that would have normally been $60 were offered at a discount of $10 for Farmingdale Students and $15 for their guests. The attendees were also offered a free long-sleeved Knicks shirt and a food voucher for a hotdog, chips, and soda.

The Knicks started with a graceful lead of 30 points and musicians banged on gongs and drums as the crowd cheered, “Defense!” They cheered, stomped, and clapped rhythmically to encourage team spirit. When the Rockets were about to shoot their free-throws, the crowd was slamming and waving their worm-like balloons in an intimidating, eerie manner. Danilo Gallinari had several slam dunks. With the crowd roaring, Toney Douglas made a hotdog, chips, and soda.

As the game was in its second half, the lead was getting tighter. Seven minutes into the 3rd quarter, the game was tied at 100 points. But near the end of the game the crowd walked away dejectedly as they realized the Rockets were ahead by six points with only five seconds on the clock. Despite the disappointment, the Farmingdale students had fun. “It was a great game,” said Wayne Littman as he smiled. “It was the first pro basketball game I went to and the score was really close,” said Tiffany Gibson, vice president of CAB, “Everybody seemed to enjoy the free food vouchers and T-shirts.”

The Farmingdale State Rams Ice Hockey Team won the Emperor’s Cup for the 2009-2010 seasons, and as the number one ranking team in their division, they headed off to Florida, where they would compete in the American Collegiate Hockey Association (ACHA) National Tournament, as one of only 16 teams chosen from across the nation. The FSC Student Government sponsored the trip, as all 31 players traveled to the Germain Arena, located in Estero, Florida. For three days (March 10-13) the Farmingdale Rams played their hearts out, and waited for their moment to come.

The ACHC Tournament in Florida was a place where many of the Farmingdale State Rams Ice Hockey Team players were looking to get some payback for the defeat they had suffered the year before, at the hands of the Florida Gulf Coast Eagles. Game One, which was played on March 10, 2010, was a breakaway victory for FSC, winning nine to eight against the Davenport Panthers. With their spirits soaring and their team spirit at its peak, Farmingdale played game Two on March 11, 2010, and won yet another victory with a score of five to three, this time against Dordt Blades.

The night before the final game, team captain, Joseph Mazzie, and the other players were watching their rivals, the Florida Gulf Coast Eagles, play, and Mazzie remembers warning his team against jeering the Eagles. “I told the guys, ‘You don’t want to do that because someone’s got to go home after this game, and you all remember that feeling in the locker room after such a devastating loss,’” said Mazzie. “It was almost like an omen. I kept telling them, ‘just remember that pain afterwards’ and sure enough…”

The Farmingdale State Rams were optimistically cautious as they approached the game which would decide who would continue to claim victory in one of two semi-final spots, and who would go home in dreaded defeat. “They just got the jump on us,” said Joseph Mione, forward for the Rams. “They were up on us by one point from the beginning, then it went to 2, then we were tied, and it felt so close to victory.”

Mazzie, who scored all three of the game’s goals, played the game with all of his heart and fought with every ounce of strength to try to win that game. “I have one speed – that’s fast,” said Mazzie. “I play hard and I play to win; I gotta win no matter what the cost. I’m still having nightmares about the game. I relive the moment where I shot the puck and instead of going in, it hit the goal post.”

For the second year in a row, the Farmingdale Rams lost the game by just one point; the final score being four to three in Florida’s favor. It was an especially difficult loss for Matthew Dorsey, the team president. This game, for Dorsey, was his final game as one of the Farmingdale Rams, as he is expected to graduate this May. “It was so hard to lose, as my parents and my girlfriend were there watching me play,” said Dorsey. “I guess we just caught a tough break.” Fans of the Rams haven’t seen the last of Dorsey however; as he plans on staying with the team, as either as an assistant coach or a manager.

Even though the Rams lost the tournament, the team plans to fight even harder and come back even stronger next season. The team is not monetarily sponsored by FSC, so the players must continually search for corporate sponsors. That’s a tough job; especially when the team requires over $100,000 per year; with $40,000 alone going forward, paying for their ice time. “You wouldn’t believe this,” said Mazzie. “The bubble on the dome where we practice broke on the very same day that we lost the tournament. Talk about an omen.”

Now, in addition to looking for further sponsorship, the Rams must find a new home for their team games and practices.