Moved By The Music

By Roberta Lane

Accomplished pianist Dr. Ana Maria Trenchi Bottazzi’s played her first performance in 3 ½ years at Little Theater on April 5, 2011. She was encouraged by her long time friend, composer and Professor Emeritus Hulmuth Dr. Fuchs. Former FSC chemistry professor, Fuchs provided a portion of the material for her recital. Fuchs, best known for his composition of Schlummerlied, which performed in 1992 for then President George Bush at the White House.

“In November 2007, the heavy metal door of the front door of my apartment in Manhattan, closed very quickly and sliced off the tip of my index finger on the right hand,” said Bottazzi. “It took a long time for the finger to grow back, and by doing so pushed the nerves toward the end of the finger. Now, when I try to push or touch anything with that finger, I get a tremendous pain from the nerve.”

Dr. Fuchs was honored to have his composition on her return debut. “When the spirit moves you, that’s when you write your music,” said Fuchs. “Some pieces took five minutes to write while others took years and were completed in my spare time.”

“At 15 I knew I wasn’t going to play piano for a living. In my spare time I began composing,” said Fuchs. “I didn’t go to school for music; yet, something in me kept guiding me to the piano keys.” Recently he was selected as Composer in Residence for the Chicago Philharmonic.

The two met over 30 years ago, and Bottazzi credits Fuchs as one of her three true friends in the world. “He is always there for you,” said Bottazzi. Born in Argentina, Bottazzi, holds three masters degrees, and two doctorates, one of which she earned from The Juilliard School of Art.

She is the founder of the Germanine Pinault School of Music in Manhasset. In 1993 she was awarded the most Outstanding Hispanic Women Achievers Award, by then Governor Mario Cuomo.

She credits her success with the strict upbringing she received from her mother. Bottazzi’s career hasn’t always been awards and accolades. When she was in her 20’s, a severe car accident nearly ended her life and her career. Head injuries, compromised her memory, and doctors said she would never play again.

Unwilling to accept this diagnosis, Bottazzi spent the next 13 years rebuilding her life, culminating with her 1974 performance at New York’s Town Hall.

To prove her memory was intact, she memorized a collection of 100 pieces and had the audience choose the selections. Her last song of the evening, absent from the play list, was Music Box performed for her mother.

“Never say you can’t,” said Bottazzi. “After all the word, cannot, does not exist in the dictionary.”

For FSC, Bottazzi played Bach, Three Sonatas in F, G, and D Minor by Scarlatti, Mendelssohn and Gershwin.

“Amazing, her fingers are dancing at the keys,” said Victoria Ferguson, FSC student, and classical music fan.

The Tremble Heard Round the World

By James Russ

Moved By The Music

By Roberta Lane

Composer and former Chemistry Professor Dr. Hulmuth Fuchs and pianist Dr. Ana Maria Trenchi Bottazzi make music on campus

March 11th, 2011, 2:46 p.m. a day that will forever shake the minds of Japanese people around the world. This was the day that the groundbreaking 8.9 magnitude earthquake destroyed the lives of approximately 70,000 innocent Japanese people with costs estimating $10 billion.

Although not directly affected, Japanese students here at Farmingdale State College feel the pain of their loved ones back home. Each one of them decided that sitting around was out of the question, and action must be taken to help.

“My grandmother’s house was completely destroyed, said FSC senior Ethan Wong with tears building in his eyes.

Senior Bryan Mah is going to Japan this summer. “I was supposed to vacation there this summer but now I’m going to help out,” he said. “Taking action is the only thing that you can do in a situation like this.”

Since the earthquake, cousins Wong and Mah have donated $50 from every paycheck to the Japan Earthquake Relief Fund located in New York City. Although their donations are small in comparison to the unbelievable amount of damage, they believe that every penny counts.

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Scholarship Fundraiser
Honoring Fallen 9/11 NYPD

By Katie Schultz

Inside Roosevelt Hall, on the chilly early Saturday morning of March 26, a diverse crowd gathered together at the second annual 5k fundraiser walk to remember fallen NYPD Transit District 4 officer. Mark J. Ellis died at age 26 in the 9/11 tragedy. Ellis was a 1998 FSC Criminal Justice alumnus. Proceeds went to a Criminal Justice scholarship in his name.

Attendees included FSC President Dr. W. Hubert Keen, fellow members of Ellis’ NYPD Transit District 4, Nassau County Police, NYC PBA, Girl Scout Troop 3622, and the Explorers Club Post 7000.

Behind the walk registration table, Lt. Dan Sheehan of NCPD told registrants “This year will be  celebrating the campuses 100 year anniversary and the 10 year anniversary of 9/11. In September, we will be remembering Mark Ellis with a ceremony honoring him on campus,” said Sheehan.

As participants gathered together outside for quick group photos, Michael Leone, a police officer from NYPD Transit District 4, could hardly believe that it has been nearly ten years since 9/11. “Time flies by so fast,” said Leone. Leone worked beside Ellis and also served as liaison to his family after his death. He stood beside them as they buried Ellis on Christmas Eve of 2001. “It was tough,” he said. “It wasn’t seeing his mother cry, it was seeing his father cry. It was a bad time for everyone.”

Since this tragedy, Leone shared that he had found his soulmate and even started a family of his own.

The cold didn’t hinder this radiant group of walkers. Bundled up families and participants took out their cameras to snap photos of some of the stunning 9/11 memorials and statues on campus.

As the set out for the walk, Dr. Keen, covered up his head with a brimmed ball cap and smiled before notably pointing out to walkers, “On campus you will see a steel beam from the World Trade Center,” said President Keen. “Also, in front of Horton Hall, there is a sculpture of the search and rescue dogs. The sculpture was built by the daughter of Elizabeth Taylor.”

Proceeds of the walk went to establishing a scholarship in Mark J. Ellis’ name for future Criminal Justice students at FSC. So far, the 2011 walk has raised $1,730.00 for an FSC Criminal Justice scholarship.
Hens Flying in a Rooster’s House

By Katie Robertson

The sound of airplanes flying over Farmingdale State College is so common for everyone on campus. FSC provides an extensive Aviation program. But unlike many other degree programs at FSC, women are few and far between in enrollment.

According to Michael Hughes, Chief Pilot and Director of Operations in the Aviation Department, there are only two active female flight students enrolled in the Spring 2011 Semester. Both female students could not be reached for comment. That’s two percent of the class for flight courses. FSC is not the only place women are scarce in aviation. The Federal Aviation Administration reports that of the nearly 600,000 active pilots in the U.S., only six percent are women.

There are two divisions of the Aviation program at FSC. The business side is the Aviation Administration classes, where more females seem to be clustered. The other side is the flight, or Aeronautical Science-Pro Pilot classes. These usually have only one or two females.

Kemoy Allen, an aviation student and 2nd Vice President of Farmingdale Student Government said, “There should be more women involved in the program. It helps with debates in class. It’s biased when it’s all male opinions.”

Women have come a long way in being recognized as equal in stereotypical masculine jobs, but in aviation, they are the minority.

“It’s still a male-dominated industry and is stereotypically thought of as for men only,” said Aviation Professor Jeanne Radigan. She is the only female professor in the program. “I absolutely do not feel inferior to my male colleagues.”

There is still a glass ceiling in the aviation industry. “I don’t know of many CEOs or high end managerial positions held by women in this industry,” said Radigan. In this respect, women still struggle in this field.

WASPS (Women Air Force Service Pilots) was established in 1942 allowing female pilots to fly military aircraft in WWII. Women have a significant history in aviation, but still so many decades later, they are only a small percentage in the aviation industry.

“Women are still a minority, but their numbers in various occupations are increasing,” Professor Louis Scala of the Aviation Department. Society perceives certain occupations to be strictly for certain genders. Nursing is stereotypically thought of as a woman’s career. Mechanics are stereotypically pegged as men. In the same sense, aviation has a misconception for being only a man’s job.

According to Hughes, the average work week is only 30 hours in 7 days as opposed to a 40 hour week. Normal pay scales start at $19 an hour. Becoming a pilot can be a very rewarding job.

The flight program at FSC is accommodating to both genders, and has equal opportunities. The Women in Aviation organization is dedicated to encouraging women in all aviation career fields and interests.

“It’s a progressive world we are living in and because you’re a female doesn’t mean you should settle for traditional female roles,” said Allen.

Awareness among females plays a significant role in why women are such a minority in aviation. Representatives of the program at FSC travel to high schools in the area to give seminars on the Aviation program at FSC. Outreach is an important part of getting more women involved. “Many women are not aware there is a place for them in aviation,” said Radigan.

Women continue to push the glass ceiling higher up, and in aviation, or any other career, the sky is the limit.
Virtual Student Club to Become Reality

By Justin Carrano

Excitement and curiosity is stirring among Professional Communications majors about the proposal to be Farmingdale’s first student club to hold its meetings in cyberspace.

This intriguing proposal was brought forward by PCM student Tom Klos. “I see a new opportunity for students to communicate in the video age,” said Klos.

Klos is currently in the process of creating a web site that will highlight media footage of campus events. The work will be supplied by PCM students.

Participating students will register and log onto the web site, communicating with each other through posts, e-mails, and digital media footage. “This eliminates the problem of students who would like to participate in a student club or organization, but decline to do so because they can not meet during the designated club hour,” said Klos.

The work will be provided by PCM students.

Motor Sports Club Zooms to Illinois

By Jose-Thierry Joseph

The Motor Sports club of Farmingdale State College will participate in the Baja SAE Illinois 2011 competition in June.

Students involved in the club range from mechanical and automotive engineering majors to business majors. The goal of the club is to build a Mini Baja that they will use in the Baja SAE competition.

Nick Testut, a senior and the club’s president, was one of the group’s original founders over three years ago. “This club was formed to challenge students and apply everything they learn in their classes to this project and showcase it to open doors of opportunity,” said Testut.

The Motor Sports club is completely run by students. There are about 20 students on the roster - 10 of which will be going to the competition in June.

The club meets every Tuesday and Thursday from 11am-12:30pm. “This club has high standards and expect members to maintain a 2.7 GPA,” said Testut. “Younger members get tutoring within the club to help them in class.” The club is still fairly new and building, and is currently seeking long term sponsorship and support from the college. A win at the competition in June would mean positive publicity for the club and might lead to more financial help from the college, and possibly more outside sponsorship.

“There will be a lot of companies that will send scouts to this competition,” Testut said. “People have gotten jobs at this event with six figure salaries.” This club is not to just to challenge students, but could also open the door for a possible future career in automotives.

John Goode, freshman, was at the meeting to explain the different aspects of the Baja that they have built so far. “There are a lot of rules in this competition, they get a stock motor that they cannot modify, but they have more freedom to play a little bit with the design within the rules,” said Goode.

The group chose to use a hydraulic system to get instant power from the motor instead of the common chain system.

Shane Charomaneeroj, sophomore and club treasurer, was working on the Baja at the meeting. After Testut graduates, Charomaneeroj plans on taking over as president.

Students volunteer their time in this club and next semester, they hope to attract more people who can contribute new skills to the club.

Next semester, the college plans to use the club’s current work room, where they are now building their Baja for other purposes. The club worries that they will not be able to find another workplace next semester. Anyone with ideas can contact Nick Testut or any member of the Motor Sports Club.
There’s something new on the menu at everyone’s favorite restaurants, and it’s not a fully loaded bacon cheeseburger or an oil-drenched stack of French fries. It’s a calorie count, that’s caused quite a stir. The new health care legislation passed by President Obama last March required every major food chain and fast food joint in the country to include calorie count, including those on Farmingdale State College’s campus.

Now consumers will notice that many of their standard food choices are not only unhealthy, they are just about equal to the normally recommended calorie intake for the entire day. In one meal, Americans are easily eating over 2,000 calories if they choose to frequent establishments such as Applebee’s or Friday’s, who offer deals on dinners that include fattening appetizers with their already ridiculously high calorie entrees.

“At first I thought I was bugging,” said Jonathan Prophete, a FSC student. “I went to the drive through window and saw all of the numbers. Then I started seeing them more and more. It makes me want to choose better options.”

There are better options available. At FSC, the company who runs the food program, Aramark, has begun incorporating healthy options into their menu.

“All menu boards have the nutritional information on them,” said Steve, an employee at Knapp Hall’s dining room. “Since September we have offered an under-500 calorie menu. Farmingdale Light, the campus’s diet program is offered three days a week.” The option Steve pointed out on the menu that night was chicken stir fry, made with rice and vegetables.

Steve would not say whether or not students had begun choosing the lower calorie menu over other more fattening foods, he said, “They eat anything and everything.”

This is understandable, because, as Dan Mahoney, another student said, while chowing down on a cheeseburger in Knapp Hall, “I didn’t know that there was lower calorie options.” As a dorm student, Mahoney often eats in the facilities on campus. However, he also tends to go out to the numerous fast food restaurants available in a close radius around the school.

There are also other difficulties with the food choices that may be less obvious. Breanna Delaney, a Farmingdale student and vegan, said, “It’s very limited what I can eat on campus. If I do, I usually just get peanut butter and jelly.”

Prophete is also a vegetarian, and agreed that he couldn’t find as much to eat on the Farmingdale menu. “They might want to cater to vegetarian or vegan people, or people who don’t eat things like pork or beef for religious reasons,” he said. “There aren’t as many options for us.”

But, for now, the changes that FSC has made to their menus are a start for a country that has seen a dramatic rise in obesity levels. It is becoming more popular for many institutions to offer diet menus and side orders other than French fries.

“It opens your eyes,” said Victoria Fuchs, a student and Weight Watchers expert. When her doctor told her that her weight was so extreme that she would not live to see the age of 40, she knew she had to make a change in her lifestyle. “I’ve lost about 200 pounds. I just know I have to make healthier choices now.”

When a harmless-looking salad can pack 1500 calories, it’s apparent that Americans really do need to know what’s going into their mouths. Although the legislation has gotten some negative feedback from people who think that it’s another example of the government butting into their lives, it may mean lifestyle changes for people who are in need of them.

The Health and Wellness Center proudly presented The Vagina Monologues on March 24-26. The production was held at Roosevelt Hall. Kathryn Burke directed the show and she acted in four scenes.

Connie Shakalis, a student and actress in the monologue said, “The show made me realize how repressed we modern day people are.”

Sixty-one students and teachers viewed the first showing.

“It was awkward, embarrassing, but empowering to women,” said Madison Priest, a student. The program consisted of selections from the two books “The Vagina Monologues” and “A Memory, a Monologue, a Rant, and a Prayer.”

Professor Delmonico teaches Images and Victims of Violence,” said Liz Gannon Graydon, the founder of the organization What Better Looks Like. “These projects help women and victims of violence,” said Liz Gannon Graydon, the founder of the organization who was in the play. For more information on the organization log onto whatbetterlookslike.com.
Farmingdale College Considers
Campus Apartments

By Tom Klos

Current Farmingdale State College students who live on campus must do so part-time, vacating their living space whenever the campus shuts down. This practice, is common among college campuses. This way of living for the students may come to an end in the foreseeable future if a proposal to build apartments on the campus is adopted and implemented.

Assistant President of Student Affairs, Thomas Corti, is considering an initiative which, if approved, could lead to apartment units being built on the Farmingdale State College campus. These apartments would allow for uninterrupted, year round residential use by students, faculty, employees and their families.

“There is a lack of affordable housing on Long Island,” said Corti. “We don’t currently have housing that students would consider moving into.”

Corti is proceeding with a student survey in order to better assess the needs of the students. Corti is also interested in the opinions of campus students. He anticipates that if things continue as planned, construction could begin within the next two years, but could possibly take an addition year to complete.

Amanda Cataldo, Assistant Director for Campus Housing, is aware that closing the student housing units periodically to conform to the campus calendar may be inconvenient, but has not posed any significant problems.

“Students are informed prior to moving in that there will be times where they will have to leave for a few days or more,” said Cataldo. “We close the campus for holidays and also when classes are not in session. It is the responsibility of the students to keep with this schedule.”

Cataldo is unaware of a circumstance where a student had to leave and had no place to stay. “Most resident students have family or the community to go to during downtime,” Cataldo said.

Students who have obtained jobs with the Office of Campus Housing (OCH) find that they too have to leave campus when it closes, but there is more flexibility with when they come and go. One such student, Megan Kelly, was unaware that Farmingdale was planning apartments, but strongly supports them.

“I think it’s a good idea personally,” said Kelly. “I work on campus because I don’t have a place to stay permanently. If they build apartments, I would have more freedom to visit whom ever I want, whenever I want, and I wouldn’t be forced to pay for a meal plan.”

Nicholas Berrios, another resident student who works for OCH, has family he is able to visit in Manhattan. He doesn’t mind the dormitory closings. “For me personally, it’s not that bad,” Berrios said. “I look forward to the downtime so I can spend time with my family during the holidays.”

Nyasia Draper, a resident student, doesn’t mind the campus closings, but prefers that they not be compulsory. Draper noted that although she has family to return to, it would be nice if she had the choice of whether to visit them or stay on campus.

“It’s understandable that OCH has to ask students to leave, but they do make exceptions for extenuating circumstances,” Draper said. “If the college builds the apartments, they wouldn’t need to make exceptions.”

It’s the little things you can do locally that ad up,” said Dennis Lee. “Not many people know this, but restaurants all over New York, donate to relief funds if you dine there.”

Over 100 local restaurants began donating daily about one week after the earthquake struck Japan’s coast. According to NY-Eater.com In a three week period, these restaurants have donated almost $500,000 to the Japanese people.

“These donations are the only thing that can help,” said freshman Ike Lee. In addition to restaurants giving their hard earned money to relief foundations, they also made Japan Relief T-shirts and sold them to customers for addition funds.

“I bought one for each of my family members,” Mah said proudly. At $20 a shirt, these sales have proved to be one of the major sources of relief money so far. The shirt features the Japanese flag and has “Japan Relief Fund” written across the top right.

Just like after 9/11, people all over, even though not directly affected, group together to share their love and support for their fellow man.

Without the unity of people, the world would collapse. Even far before any large scale tragedy unity has shown to be effective when trying to accomplish several other things. As Benjamin Franklin said, “Even the weak become strong, when they are united.”

Japs relief funding is still an ongoing process and several thousands are people have remained persistent to help. They say only time can heal wounds, but the Japanese people along with everyone else are moving the process along the best they can.
Indian Cuisine on Wheels

By Eric Dobin

Indian Cuisine is now right across the street from Farmingdale State College. The “Tandoori Truck” serves a wide variety of Indian food including curries, kebabs, rice, and vegetarian dishes.

Raj Sangh, one of the employees at Tandoori Truck, explained why they chose the location they did. “There are no Indian restaurants in this area,” he said. Sangh also said that he hopes more FSC students will try their food as opposed to the various fast food restaurants on Route 110.

“Farmingdale students will get discounts if they bring their student I.D’s,” he said. The current location of the Tandoori Truck is the only location, but they also have a restaurant on Old Country Road in Hicksville. They provide full service catering for corporate parties, weddings, and backyard BBQ’s.

Dominick Finelli, FSC student, has eaten at Tandoori Truck. “I like eating there because it’s so different from all the other places in Farmingdale,” he said. He also mentioned how he likes that they bring the food to your car after you order.

Brendan McElhatton, another student at FSC, also eats at Tandoori Truck. “I like eating there because it’s a convenient place to go in between places, and also the food is great,” he said. His favorite dish to get is the tikka masala which is a curry served with tomato cream and spices.

Tandoori Truck is located across the street from FSC, next to the Melting Pot Restaurant. They are open Monday-Saturday from 11:00 a.m.- 7:00 p.m. For more information you can call 516-939-2222, or visit their web site at www.tandooritruck.com.

Clearing the Smoke

By Jennifer Riselvato

Students John Pietsch and Samantha Bogen smoking outside Gleason Hall

At first, there were smoking sections. When entering a restaurant, the host would ask, “Smoking or non-smoking?” Then in 2002, a new law was passed requiring smokers to light up outside.

Now, New York City lawmakers voted to extend the smoking ban to parks and beaches. Recently, a campus ban on smoking was recommended to the President by the Faculty/Staff Governance Body which said, “Smoking shall be prohibited on the entire Farmingdale State College campus including, but not limited to, buildings, grounds, green spaces, gardens, athletic facilities, and parking lots.”

Farmingdale has a large commitment to health sciences, and nearly 400 other campuses in the U.S. have banned smoking on campus. “I am not a smoker but I don’t think smoking should be banned on campus. However, they should be banned around the building entrances. Every time I enter Gleason Hall I have been greeted by a cloud of smoke by groups of kids all huddled up together,” said Courtney McCann.

“I think it should be banned on the campus,” said Joseph Dell’Orto. “It is dangerous and harmful to students and if they want to harm themselves, I think they should do it somewhere else, not outside the doors of the buildings that I have to walk through.”

A smoker has a very different view. “Smoking calms me down between classes,” said Eddy Litvinster. “I do not have the time to walk to 110 to smoke and get to class on time. Education is important to me, but sometimes it stresses me out. I need to smoke. It feels like they are segregating smokers like they are some sort of outlaws or something. I am legal age to smoke; I should be allowed to smoke outside. If they make smoking illegal on campus, I am pretty sure myself and many others will not follow it.”

Farmingdale State College is one of the top schools for nursing on LI and is committed to health sciences, not allowing smoking on campus would help people quit smoking, which is a good thing in the long run.

On the other hand, if they cannot smoke on campus, the smokers might start going through withdrawal and likely show withdrawal symptoms, such as irritability and lack of concentration. Overall, the preventative health measures outweigh their concerns.

W. Hubert Keen said last November, “The following is the campus’ policy which will be incorporated into our Professional Handbook. Smoking is prohibited in all buildings, within 25 feet of the perimeter of all buildings, along pedestrian pathways and at outdoor events. Areas will be established where those who wish to go to smoke. Signs will be placed at appropriate locations around campus.”

The message that Keen sent out also said there would be, “Programs that are provided to support smokers in their effort to quit, to include smoking cessation sessions, distribution of literature, establishing informational web pages, and other means to encourage individuals to stop smoking.”

If needed the Health and Wellness Center has addiction counselors available on-site, by appointment. You can reach them at (631) 420-2690. There is no fee.
The Man Behind the Ram

By Alex Kunar

Frank Scarlato, 20, is not only the catcher for the Farmingdale State College, but the college’s mascot, the Ram.

Scarlato somehow finds time between his 6 a.m. wake up for practices with the baseball team and his college courses to provide some excitement for the student body at home basketball games.

Scarlato is a psychology major. He landed the job as mascot one night after baseball practice when he was icing his arm in the trainer’s office when the trainer offered him the job. From that point forward his part-time job as the mascot flourished as he not only started to be the one pumping up the crowd at home games, but also saving lives.

One evening at a home basketball game a young child ran on to the court and carried the child back to the sidelines. “Yeah Scarlato ran onto the court and carried during the game. With no hesitation he not only started to be the one as he not only started to be the one as the mascot flourished as he not only started to be the one pumping up the crowd at home games, but also saving lives.

When it comes to his duties as mascot Scarlato seems to always succeed at giving the fans a show. Megan Mladinich, 19, was at the men’s game basketball game against SUNY Old Westbury on when she got to see Scarlato show off his talents as the ram. “One of my favorite parts of the game was when someone scored, he would shake his booty in celebration!” said Mladinich.

It’s even more of a good time when talking with the ram’s friends who think it’s funny to see him out there as the mascot. “He looks like he is going to scare away the kids at the game, it’s just hilarious,” said Thomas Butler, 19, when discussing his friend when dressed up as the mascot.

Butler is also a member of the Farmingdale State College Rams and along with Scarlato. They both believe that the team has a great chance at capturing the Skyline Conference Championship for the fourth straight season this year.

Smooth Transition

By Jose-Thierry Joseph

Farmingdale college Women’s Lacrosse team has a new coach this season. New coach usually means new challenges, but new coach Katie Mollot said “It has been an easy transition; the girls are great and respond to me pretty well.”

Coach Mollot came from Colgate University where she was the assistant coach for two years. Mollot brings over a winning mentality from devising a great defensive strategy as assistant coach that lead Colgate to the Patriot league title in 2008. “I believe in a team effort and I have high expectations for this team,” Mollot said.

Erin Calkins has been the assistant coach of the Lady Rams Lacrosse for the last three years and has noticed a change with the team since the new coach has been here. “The girls are responding well to the new coach and I noticed a lot more passing this year,” said Calkins. The players use to be focused on individual statistics in years before and played more selfishly. The new coach has brought a new attitude of teamwork that reflects on the field.

“We love the new coach; she is always positive and really cares about us,” said Senior Captain Autumn Berndt. “No matter how many points we are down she is always encouraging us to play hard.”

This season, because of injuries, the team is playing with no subs. Both the coaches and players don’t believe this will hinder their expectations of being championship contenders.

Jalicia of All Trades

By Gina Ciaravino

Being a full-time student, an athlete and working a part-time job is not easy. Jalicia Connell juggles all three and actually plays two sports for Farmingdale State College. The sophomore played basketball for the Rams this year and is now on the Women’s Lacrosse team.

Connell grew up in Brooklyn, but moved to Hicksville, Long Island when she was in the ninth grade. She attended Hicksville High School where she played on the basketball team and the lacrosse team.

Connell attended Hartwick College as a freshman. She played on the basketball team and the lacrosse team there. Transferring in January to FSC, she was a new edition to the Rams Basketball team. She said her teammates were very welcoming.

Connell, being multi-talented on the court, played most positions for the Rams. The team made it to the Skyline Championship, but fell to Mount Saint Mary College.

The Rams women’s lacrosse team were lacking in numbers and looking for players. Connell joined the team at the end of pre-season, just in time for the first game at New Paltz. “She is a beast on defense,” said Jill Pironti, a fellow teammate.

Dominating the field with ground balls and caused turnovers, the 2011 Women’s Lacrosse team is definitely excited to have her join their team. “I love J.C. She is such a character, she’s always making us laugh,” said Captain Autumn Berndt.

With Connell, there are fourteen players on the team. Twelve athletes play at a time in women’s lacrosse. Head coach Katie Mollot, or “K.M.” as the team calls her, is grateful for the team she has this season. “As long as everyone is healthy, numbers won’t affect us, we’re a strong fourteen,” Mollot said.

Connell dorms on campus at FSC. She is a Technical Studies major and aspires to be a nurse. When she’s not dominating the lacrosse field or running the basketball court, she likes to dance, cook, and eat.
In a sad day for Farmingdale athletics, the school has said goodbye on Senior Day to two of the best athletes its seen set foot on their diamond. Pitcher Heather Buckshaw and shortstop Nicole Farber were saluted in the last games of the regular season against Baruch in celebration of their illustrious athletic careers.

Farber and Buckshaw were greeted by coaches and parents with flowers and applause during a pre-game celebration with what would serve as a proper sendoff for the team’s spectacular regular season. The audience listened with amazement as the P.A. announcer read off their career athletic achievements.

Farber posts a career batting average of .477, which has shot up from .451 from the start of the season. She holds an NCAA Division III record for most consecutive hits and most RBI in a single season (73).

“My parents have been my biggest influence and I wouldn’t be here without them,” Farber said. “My parents have put me in every softball camp, batting lesson, travel team, and have come to every game for support. I just want to represent them well and make them proud of me.”

Farber also holds 14 school records including highest batting average (.451), highest slugging pct. (.875), most games played (129), most stolen bases (52), most intentional walks (10), most at bats (401), most hits (181), most doubles (37), most triples (14), and most home runs (36). Many could consider Farber the Babe Ruth of Farmingdale softball. And like Ruth, she also posts an impressive pitching record, owning a career ERA of 1.79 and pitching a no-hitter against Lehman this season.

“I owe much of my athletic success to Coach Mooney,” said Farber. “I’m going to miss playing for him. I never had a coach that made me want to play more for him and the team rather than myself. He places so much trust in us and puts all of our best interests first, and because of that, it makes playing for him that much more enjoyable.”

Farber is a senior currently studying Technology and hopes to one day become a police officer. “I’m going to miss being with the girls also,” said Farber. “You bleed and sweat together which forms bonds that are unlike a regular friendship and they last forever.”

Right handed pitcher Heather Buckshaw has plenty to be proud of also. She has enjoyed a remarkable athletic career at Farmingdale, posting school records for most wins (57), lowest ERA, most games pitched, most strikeouts, and most shutouts. Buckshaw has also amassed numerous awards including the 2008 Pitcher of the Year, the 2009 MVP of the Skyline Conference, and the 2010 Most Outstanding Player of the ECAC Tournament.

“He has always been my biggest influence, he is the one that got me started playing when I was seven, and coached me until I was 15,” Buckshaw said. “He has always encouraged me to do my best and has supported me in everything I do. He’s definitely my number one fan.”

Buckshaw pitched all eight frames of the first game of the doubleheader versus Baruch on Senior Day, fittingly leading her team to a 1-0 extra innings victory. Buckshaw allowed only three hits and recorded five strikeouts in the outing, a proper finale to another successful regular season. “Pitching has been the key to our success all year,” said assistant coach Annie Castellano. “We’re sure going to miss having Heather around.”

Buckshaw is currently a Nursing major and hopes to one day work in the field. “I’m going to miss my teammates and coaches the most,” Buckshaw said. “I will especially miss coach Mooney, he is the best coach I’ve ever had. He’s always been there to protect me and I know he is always available to laugh and talk with.”

The end has not come yet for the school’s greatest player’s, as their still remains unfinished business ahead before it is all said and done. The Rams softball team completed the regular season with a 29-5 overall record. “The team’s success this year is due to our team chemistry,” Buckshaw said. “We are all friends and enjoy being around one another.” The last nine victories have all come way of shutouts for the club and hope to take their winning ways into the Skyline Conference Playoffs.

“We’re really determined, and we have home field advantage,” said Farber. “If we just play smart and stay together like we’ve been doing all season, I know we can win it all.”
On the Fast Track

By Justin Taibi

The men’s and women’s Farmingdale State College Indoor track team is on fire coming off this past season. “We are playing hard, this is the best record we had in a long time, the team has a lot of talent,” said Arnie Minkoff the head coach of the team. The team shined all season long, nominating three all American athletes from the track team, and sent four athletes to the Division III Championship.

It takes a lot of work, and hard practice for the track team to be where it is. “The team looks great, you can tell they are working hard and are motivated to come out on top,” said Joe Mays, a fan of the Rams track team. Every day the team practices, works hard, and learns from the mistakes in the past.

Coach Minkoff has posted 76 Division II, III and Junior College All Americans throughout his career. The women’s team scored six points and placed 34th out of 57 scoring teams, while the men score two points and placed 56th out of 67.

The players on the team are succeeding and looking to break more records. The team is setting new records including Faustine Chukwuezi’s jump which was a season best, and Corine’s records for the 55 meter and 200 meter dash. Everybody’s efforts on the team are contributing to the success, earning Farmingdale State College a credible reputation for athletics.

“We did well this past season,” said Chukwuezi, a sophomore. She’s excited for the upcoming season. Faustine, along with 3 others, was nominated for nationals. She even became an All American. Season by season the FSC track team is improving.

Buffing Up the Gym

By Joe De Nicola

Many of the students feel that the gym fee is too heavy on their wallets and that as the facilities and equipment at Farmingdale’s gym are not up to date.

A lot of the students here don’t like having to drive back home during their break to go to a gym and wish they could just go right on campus.

James Rus is a student at Farmingdale who exercises on a daily basis said “I have to drive back home everyday to work out during school because this crappy gym is too expensive.”

Bryan Nerey, a Farmingdale Lacrosse student says “Paying $50 for this is just stupid. Everything in here is just garbage, I feel like I’m exercising in the great depression.” The expense is the issue seems.

These students also did not know where this price came from. The school charges $12.50 a month for a membership.

Tom Azzara, Associate Director of Athletics is responsible coming up with the price for the fee for the gym. “Our main goal is to break even, not to make any extra money. We are looking to make an affordable membership fee for all students who want to work out,” said Azzara.

Azzara doesn’t want the gym to be a hangout, but a place where students workout and go on with their business. He also said the gym will be going under renovations within the next 6 months and will have new equipment and will be much bigger then it is now.

More Space for Sports

By Kristin Chykirda

The demand for more space in Nold Hall has become an issue for Farmingdale State college students who play sports. Playing a sport especially in college requires a lot of practice. Students sacrifice sleep and study time to make sure they attend practice. There are plans to expand Nold Hall to make more space for the demand of sports players.

“I do feel that if we had more than one gym it would be better for our teams,” said Mike Harrington, Director of Athletics. Some students that play a sport either have practice at the crack of dawn or might have to practice later on that may cut in with homework.

A plan has been put into place to expand Nold Hall after graduation in May. “Nold Hall will be undergoing a renovation. The renovations include installing a wooden floor in the gym, which is currently a rubber surface, as well as renovating the locker room, and expanding and moving the exercise room,” said Pat Calabria, Vice President of Institutional Advancement.

“Having two gyms would be great, the team would be able to focus more on practice,” said Christian Nunez, a current basketball player. Others feel having two gyms may not be that important. “We still always had at least three hours a day to practice which is more than enough time to get in shape and prepare for games as a team,” said Shawn Fenton, a former basketball player.

“The pool will be converted into an auxiliary gym area, based on increasing demand for gym space from students,” said Calabria. Some feel that there is more than enough time for practice and others feel the need for more space is crucial to improving the skills of a team.