

RAM•PAGE

FARMINGDALE STATE COLLEGE ONLINE STUDENT NEWSPAPER • APRIL 2014

Ram Nation Radio Has Risen, Now On-Air

By Daniel Sheehan

Ram Nation Radio, has a new name, a new face, and is alive and well, blasting music, news, and talk radio.

Since 2011, Farmingdale has been silent. After having had WRAM broadcast on 89.3 FM the station switched to Internet streaming. The station then became inactive in 2011, for a number of reasons.

“Dominoes started to fall,” said Russell Patterson, current advisor of Ram Nation, as well as the founder. “Equipment would be damaged and hard to replace.”



Hosts Daniel Sheehan and Matt Kraemer

One of the biggest reasons was that participation among student leadership had waned. Studio upkeep, as well as equipment maintenance became neglected. Radio student leaders failed to balance their workload with radio responsibilities.

“It really hangs in the balance of student participation,” said Patterson. “A club is only as good as the student body’s participation.”

Patterson, who works in the Student Activities Center, had fielded interest from students ever since, but could only respond with a “Thanks, we’ll take your information. We’ll call if we hear anything.”

In July 2013, Patterson was finally given the task of reviving the radio station. He began research, studying what other college radio stations were doing, especially institutions similar to Farmingdale.

Then the time came to recruit. When WRAM was pulled only a few years ago, there were about 10 or 12 students left who were involved. The first meeting for Ram Nation Radio fielded about 60 eager students.

The content of the station figures to have something for everybody. Programming includes Top 40 hits, pop, rock, metal, Christian, talk, sports, and entertainment.

“We’re not a traditional station like BLI or Party 103.5,” said Matt Kraemer, the station’s Technical Director. “We’ll play

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Rocky Horror Pushes Boundaries

By Timothy Schmitt



Sex, transvestites, fishnets, and murder. These are all themes that make up the “Rocky Horror Picture Show,” performed at Roosevelt Theatre. Written by Richard O’Brien and first performed in 1975, it has been the centerpiece of a cult following for years, even to this day.

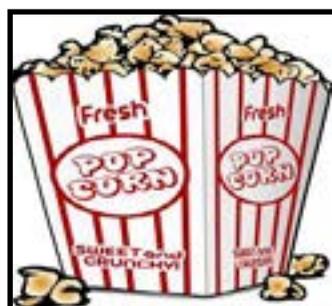
Some may wonder if this show, having its outrageous sexual themes and experiences, is too risqué for students on campus. Sionain Kless, Assistant Director and actress in the show said, “It depends on the audience. We have a lot of college people that come to see our shows and they are more comfortable with the material, but leave the middle school kids at home.”

It’s up to each individual audience member to make her decision to sit through the show. Kless shared how some parents had reacted to the show “Hair” that was performed last year, which featured a nude scene. Kless said, “We sold out for the first time in our club history.”

The Backstage Theatre Company has been a part of Farmingdale State College history for a few years now. If you look at the direction where they are heading and the number of tickets sold, it might be a good idea to suggest that the BSTC pushes the envelope more often.

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music you won't hear anywhere else."

"We're going to keep pushing the station to new heights that it hasn't reached before," said Patterson.

The primary goal, however, is to see more and more students join Ram Nation Radio, not just as on-air personalities, but in any kind of role, regardless of major or interest. "We're always looking for people," said Patterson. "There are so many ways to get involved."

There are two ways to access Ram Nation. Go to farmingdale.edu/ramnationradio or a tablet or smart phone, access the app store

and download the TuneIn Radio app. Once the app is installed, search for "Ram Nation Radio."

"This station has a lot of potential," said Melisa Wright, the Street Team Coordinator for Ram Nation. "We just need to put ourselves out there. All we have to do is jump headfirst."

The start of a new era has begun, but it has yet to see its heights.

Spring 2014 Semester On-Air Schedule

	Mondays	Tuesday	Wednesdays	Thursdays
8am-10am	Rewind: Music of the 50's & 60's	Morning Show w/ Kim & Josh	Rewind: Music of the 70's	Morning Show w/ Kim & Josh
10am-12pm	Top 40 w/ Rida	DJ Mix by Barry	Top 40 w/ Rida	Music Moments in History: The British Invasion
12pm-2pm	Rewind: Music of the 80's	Pop Music w/ Melisa	Urban Music w/ Thaila & Anissa	Metal Music w/ Chris
2pm-4pm	Christian Music w/ Gabriel	Sports Talk w/ Daniel	Rewind: Music of the 90's	R&B Music w/ Oluwaseyi
4pm-6pm	Drive Home w/ Lisa & Michelle	Drive Home w/ Lisa & Michelle	Drive Home w/ Lisa & Michelle	Drive Home w/ Lisa & Michelle
6pm-8pm	Entertainment News w/ Chris	Live DJ Mix by Matt	Sports Talk w/ Kristina, Andrew & PJ	Rock & Metal Music w/ Ryan
8pm-10pm	Rock Music w/ Lina	Metal Music w/ Nick	Urban Music w/ Rhodell	Latin Music w/ Naudy
10pm-11pm	Electronica w/ Peter	OFF-AIR	OFF-AIR	OFF-AIR

Farmingdale Dances Its Way to the Top

By Jacqueline Necroto

Farmingdale State College is excited to share one of the newest additions to its extra curricular activities. The Farmingdale State College dance team is strutting its way through campus and impressing the crowds. The team was created at the start of the fall semester in 2013. Captain Kimm Morello had spoke about her idea to create the team in her freshman year of college.

"I would have started it earlier but didn't know many people who would've wanted to join," said Morello. She is in her junior year and has finally been successful in starting the team she wanted. She told me about some upcoming events that the team is doing. They will be holding a "Week of Dance" in April that will include people from Dancing with

the Stars who will pay a visit to the college.

The girls of the dance team performed at the Farmingdale College radio launch in the campus center. The energetic performance had students and staff on their feet, conversing and enjoying their free time between classes. Another member of the team, Alexa Toyas listed some other events where the girls perform. "We dance at halftime for basketball games and lacrosse games," said Toyas.

Observers at the Radio Launch in the Campus Center stuck around long enough to give their opinions. A student, Erin Ramos, said "I like the idea of the dance team and would be more interested if they added different styles of dance." The student body could really add some things to the club that would make it super successful.

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Restaurante Review:



A Student Special To Melt Your Heart and Tastebuds

By Rebecca Strickland

Not many students know about the various restaurants across the street from campus. The Melting Pot, a fondue restaurant, offers students a great deal that they shouldn't pass up. So many students get bored eating the same old food day after day. Now students can change it up and go somewhere different with their friends and their Farmingdale I.D. card.

If you have never been to a fondue restaurant, you must go to The Melting Pot. Each table has built in burners, so your personal fondue station is right in front of you. The restaurant offers students a cheese fondue station, a salad of your choice and a chocolate fondue station for just \$20. Students can choose from any cheese, salad or chocolate fondue on the menu. Cori Dolan, a first semester student who just transferred from Suffolk said, "I pass it all the time, but never knew what it was."

The most popular are the cheddar cheese fondue made with lager beer, with your choice of bread, apples, vegetables, and chips to dip. Another popular item is the Cookies n

Cream Marshmallow Dream chocolate fondue, which comes with cheesecake, marshmallows, brownies, Rice Krispy treats, red velvet cake, and strawberries to dip in.

"It's such a fun experience watching the waiter make the fondue right in front of you,"

"It's a great deal that college students can afford. I'm sick of going to the same restaurants over and over again."

said Victoria Savarese, student. Her friends took her there for the first time two weeks ago for her birthday.

Lauren Accardi, who graduates this semester said, "I definitely want to try it before I graduate, it's a great deal that college students can afford, I'm sick of going to the same restaurants over and over again."

Balls for Walls

By Timothy Schmitt



Farmingdale's Habitat for Humanity never had such a fun way to help those in need. Wendy Velasquez, who is president of Habitat for Humanity, held a volleyball match to help raise money to participate in a collegiate challenge.

The event was held on Sunday, March 16, and it ran throughout the day from 10 a.m. to 4 p.m. The money that was raised from Balls for Walls will help the trip Habitat for Humanity will be taking to build houses in Sumter, Florida, for low income families.

The volleyball tournament was a way to allow the Farmingdale community to give back to different states and programs. "We will be working on several homes in the Lady Lake area, and at least one community service project where students will assist in the renovation of a community project," said Velasquez.

Velasquez and the rest of Habitat for Humanity hoped to raise \$2000 from the volleyball match. The teams were required to have a team uniform and had to check in the day of the tournament at 9:45 a.m.

Jessica LoGuirato, the Treasurer for Habitat for Humanity said, "We received a great turnout. There were lots of students who came out to support our club and those less fortunate." The help of teams like French Toast mafia allowed Habitat for Humanity to reach a goal of \$1,007.

Habit for Humanity will be hosting many more events to make a difference in New York and other areas, so come out, have a good time, and remember sharing is caring.

\$4 Movie Tickets

By Brittany Caiafa

An average cost of a movie ticket is \$12 nowadays, but not when you are a student at FSC. The student government sells discounted movie tickets for Regal Cinemas/United Artist Theatres for only \$4 each. There is a United Artist theatre south Route 110 close to the school.

Students can purchase tickets at the office of student activities located in Roosevelt Hall room 116. They are sold on Mondays and Thursdays between 12 p.m. to 6 p.m. Cash only is accepted for purchases and is limited to two tickets per student. The offer expires May 5. Make sure you don't lose your tickets because they are not refundable. Additional surcharges apply to all IMAX and 3D films. There are several IMAX theaters in this area: Westbury, Deer Park, and Stony brook.

For additional questions, contact student government or the office of student activities.



Cheese foundue at the Melting Pot

A Poor Man's Spring Break

By Michael Saunders

So I was sitting home, not sure what to do exactly. I mean it was Spring Break, and I was a college student, but I was also broke, without a car. I sat with my dog Pizza, watching WrestleMania 12, when it hit me. Why am I home? Why am I not doing something at least somewhat exciting? I decided to take the train to the city. I checked my account and my wallet, and I had about sixty five bucks total. I then looked up the bus schedule, got the next bus to Amityville train station, and took the next train to Penn Station.



With about forty bucks left. (Train fare is ridiculous). I knew the exact place to go, the Museum of Natural History. I had never been as a kid, but always wanted to go. It's weird that my old elementary school never made any trips there. I went about a year ago, and I felt like a kid again and I loved it. I go whenever I can. Its donation's optional to get in, meaning you can give something or nothing. I usually try to give at least ten dollars, but given my finances, I could only afford five. If you were to pay the full \$23.95 you can visit the special exhibits on display. They change every couple of months. I've never been to one however. I've never had enough extra cash to do so. I do hear that they're nice.

I got off at Penn, and head straight toward the subway. I took the C train to 79th Street, and went into the entrance which is within the station. I paid my five dollars to enter and felt goosebumps as I walked pass all the fossils, realistic stuffed animals, and various cultures from around the world. They even have a series of weights which show how much you would way on planets and stars in our solar system.

After about an hour of walking around, I walked down two blocks to this great waffle truck. They sell the best waffles. I ordered one with caramel, powered sugar, and whipped cream. It cost six bucks, but was worth it since the waffle melts in your mouth. I then crossed

the street and sat on a bench in Central Park as I ate my waffle. It wasn't the best weather, but it was decent, and there were people out, and the atmosphere of the park is comforting and tranquil. After finishing my waffle, and a quick walk through the park, I decided that I needed some real food. I hopped back on the C train and headed to 34th Street. I then walked about seven blocks to a Pizza place. I know that sells regular cheese slices for a dollar, and



the taste pretty good too. I ordered three slices and then walked into Duane Reade to get a dollar Arizona, and walked around a bit. I then walked over to Time Square to sightsee, and look at all the people dressed in costumes.

Growing tired, and still with about twenty dollars in my pocket, I went back into Penn Station and took the train back to Amityville. So while I didn't have the "best" Spring Break, I did have a pretty good day. And all for a little less than forty dollars. I also caught up on sleep, and did some much needed reading and TV watching.



Sent to Alcatraz

By Alexa Toyas

A 12-minute boat ride off the coast of San Francisco will bring you to Alcatraz Island, the "prison of prisons" in its day. Taken over by the Federal Bureau of Prisons in 1934, Alcatraz became a maximum security prison, housing the country's most dangerous and infamous criminals, including Al Capone and "The Birdman." Since 1972, "The Rock" or Alcatraz Island has been open to tourists and attracts around 1 million tourists each year.

"I was awestruck that this former prison was actually beautiful," said Daphne Toyas, a tourist on Alcatraz Cruises from Massapequa, New York. As part of the audio tour, visitors are taken outdoors where the inmates played baseball during recreation time. The view surprisingly provides the most breathtaking view of the city and the Golden Gate Bridge, however the view was like heaven and hell to Alcatraz prisoners.

"We all dreaded New Year's Eve. My cell faced the city and I could hear the happy cheers and laughs of the free people. This was our reminder of what we were missing," said inmate 1117, Elisworth "Bumby" Johnson who lived in D-Block, where the prison's most dangerous inmates were kept. Their jail cells were nine by five feet bare rectangular boxes. The only furnishings were a toilet, bed with a blanket, and a desk.

D-Block was also home to "The Hole" or solitary confinement where prisoners were sent for brutal punishment. "I would walk in my dark cell in a circle three times, then drop a button, pick it up and repeat. I did this for hours," said inmate Alvin Francis "Creepy" Karpis. Inmates even knitted and played music to entertain themselves.

"I understand why there were so many escape attempts over the years. However, they must have been desperate because not only would they have to break out of the building, but they had to swim to the mainland. People will do anything when they have nothing to lose," said Larry Toyas, a tourist from Massapequa, New York. Prisoners often reported inhumane punishments that were a test to their sanity, which may have been an explanation to the 14 escape attempts by 36 of its prisoners.

In the entrance of the prison hangs a sign which reads, "Break the rules and you go to prison. Break the prison rules and you go to Alcatraz." This phrase is an indication of the dangerous prisoners who walked the halls of Alcatraz.

A Memory, a Monologue, a Rant, and a Prayer

Kristen Chiofalo

Farmingdale State College's Backstage Theatre Company recently performed *a Memory, a Monologue, a Rant and a Prayer*, a play that strives to prevent violence against women. Each student was assigned a specific monologue or dialogue to present. "It was a hard show, not to put together, but to get the message across. As the characters read their monologues, they had to grasp the story and put themselves into the situation," said student director and senior, Josh Bieling.

The sensitive topic of the show brought tears to the eyes of a few of the two dozen audience members who went to see the play on Friday, March 18.

According to a 2013 review of available statistical data, 83 percent of girls in the United States from ages 12 to 16 have experienced

sexual harassment in public schools. Sebastien Pierre, an actor and sophomore said, "I was nervous to perform in this show at first, due to the content, but when I started to feel the character in the monologue, I was emotionally moved by the writer's story."

The goal of the play is to promote respect and kindness, especially towards women and children. A recurring theme in the play is that by one person standing up for women or simply saying stop, lives can be saved.

Audience member and junior, Christian Pean said, "The actors really did a great job at conveying the message. The play was meaningful and really made me think about the violence in the world that many people are unaware of."



Josh Bieling performing a monologue.

Reaching For The Stars

By Alexa Toyas



First row standing: Brittany Motis, Olivia Melhrose, Christian Kalinowski, Alexa Toyas, Kristen Ford
Kneeling: Connie Forgione, Kimm Morello, Jennifer McKenna, Francesca Deletrain

The Starlettes, FSC's Dance Club, wowed the crowd during their big comeback at the "So You Think You Can Dance" competition on March 19, in Roosevelt Hall. After a semester of changing hands, the team is back on track.

The Starlettes have had four captains in the past semester, making the foundation of the team rocky. Current captain Connie Forgione said, "It was difficult to take on a role as captain in the middle of a semester. Teaching myself how to run a team while holding it together all at the same time is a difficult task to carry out. I had to gain the team's confidence and prove to them that they had someone who they could trust."

Under the current captain, the Starlettes hired a professional choreographer to create dance routines. Previously, the captain had to choreograph a routine and arrange formations on her own, while still overseeing the team and managing its budget. "Having a choreographer opens up a lot of opportunities for this team. We have an outsider who can give relevant feedback and perfect our dances. It has made this team a lot stronger," said co-captain Brittany Motis.

"I have seen such an improvement in everyone's technique and in the dedication of my teammates. We want our upcoming performances to shock the audience and prove that we are a strong team," said Secretary Francesca Deletrain. The Starlettes hold practice Monday to Thursday and have recently hired a technique trainer to help improve on their training.

"Aside from being a team, we have all become very close friends. Practices are held from 8:30 p.m. to 10 p.m. and it's great to know that after a long day at school we can look forward to practice," said Connie Forgione. Although the team dedicates hours to perfecting a routine, it seems that being a part of the Starlettes has allowed each member to express their passion for dance both on and off the stage.

Women's Lacrosse Team Starts Off Strong

By Brittney Bihn

Starting the season strong, Farmingdale State College's women's lacrosse team fights for the Skyline Conference Championship once again. Guiding the team, head coach Erin Calkin not only hopes to take the Skyline Conference Championship but also to bring the team to the NCAA Tournament. "If we continue to gain confidence as individuals and within each other, I don't foresee any problem in our making it far into the NCAA Tournament," Calkin said.

With a positive outlook for this season, Farmingdale Ram, Nicole Marzocca, was named Player of the Week in the Skyline Conference on March 3. "It's really exciting to be Player of the week; it gives me more of a reason to work harder throughout the season. It's a great accomplishment for me to be noticed for the work I put in," said Marzocca.

Marzocca received this title after bringing the Rams to their 11-8 win over Stevens on February 26. Working hard to win it all this season, Marzocca said, "Since my freshman year we have made it to the championship every year but unfortunately lost. Winning this year will be a huge achievement for not only me but my team."

Making Farmingdale proud, another



Nicole Marzocca, #7

women's lacrosse player; Krista Spagnoletta, saved 20 shots against Stevens, earning Skyline's Rookie of the Week on March 3. "Being Rookie of the Week felt amazing. Especially since I received the honor after playing my first collegiate game. Even though it was a huge ego booster, I had to remember not to get too cocky for the upcoming games," said Spagnoletta. Staying level-headed, she said, "If I can improve on anything it would be to try and stay calm and take my time on clearing the ball," said Spagnoletta.

"If we continue to gain confidence as individuals and within each other I don't foresee any problem in us making it far into the NCAA Tournament."

Coming off a 15-3 season last year, and achieving the Skyline Title, Coach Erin Calkins said, "Every year that you come up short in the end (losing the championship) you have to make adjustments in your training philosophy as a coach and team. This year we have really focused on the importance of defense on both sides of the field along with how we play as a team."

"I think that the areas that the team needs to focus on are confidence and consistency. Catching and throwing are key components of women's lacrosse. Therefore having the confidence to consistently make good passes to teammates, catch passes, and take smart shots will have a huge impact on how we do in the play-offs," Coach Calkin said.

Keeping focus on the rest of the season, Coach Calkin and the Farmingdale Rams have a lot of hard work and preparation ahead of them to reach their goals. "I think there are always things to improve on. There's always something that can be worked on to improve me as a player," said Marzocca.

However, Coach Calkin has faith that this could be their year to take it all. "We are an extremely dynamic team and the overall talent is better than any other year. As a coach, I couldn't ask for a harder working or dedicated team than I have at Farmingdale."



Coach Arnie Minkoff

Minkoff Makes a Comeback

By Colin Davis

Coach Arnie Minkoff has come back to coach the track and field team. On June 26, 2013, athletic director Mike Harrington announced that Minkoff would be back as director of track and field, and head coach of indoor and outdoor track. Minkoff has come out of a two-year retirement to coach these teams.

Athletic Director, Mike Harrington, was glad to welcome Minkoff back as coach for the Track and Field team. "Yes, I asked Arnie to come back and coach," said Harrington. Minkoff replaced Patric Santiago as head coach of the indoor and outdoor track and field teams.

Daniela Georgieva, associate head coach of track and field, was excited about Minkoff's return. Coach Georgieva has known Minkoff for five years and is confident that his return means a bright future for the track and field program.

"Coach Minkoff is a great motivator and his return to the team has also made it more united and mentally strong," said Georgieva.

Coach Minkoff is pleased to be back as Head Coach of the Track and Field team. Minkoff made it clear that the goals of his team are always the same and that his retirement wasn't by choice.

"We want the athletes to strive for excellence both athletically and academically," said Minkoff.

"I retired for health reasons. When this was no longer a factor and I was asked to return I was happy to come out of retirement. Coaching has been a labor of love for me and I am glad to be back at Farmingdale," said Minkoff.

Coach Minkoff has been back at Farmingdale for the indoor track and field season and has been hard at work preparing his team for the competition. The track and field program is ready to continue their hard work with Minkoff back as head coach.

Taking That Next Step

By Katie Waterhouse



Farmingdale State women's tennis team visiting the U.S. Open

The women's tennis team won the Skyline Conference Championship in the fall of 2013. After that triumph, and some time off from playing, this spring of 2014, the real work begins. The team will be hard at work preparing for the NCAA tournament that will take place in early May.

The women's tennis team consists of 13 players, most of whom have been playing for the majority of their lives. The women will be practicing five days a week for two hours at a time. "Since it's their first trip to a national tournament, we're excited to get ready to play our best tennis," said head coach, Adam Waterhouse, "The girls are very excited because the tournament will take place somewhere in New England."

The women's tennis team started in 2006, and has since made tremendous progress. "When we won the championships it felt so

surreal. It was something that we tried to achieve for a long time. All of the girls have a really tight knit bond, and I think it contributed to winning the championships. I'm really excited to start playing in the spring because it is one step closer to going to nationals in May," said Alex Bentz, a member of the team who plays both singles and doubles.

Being on the tennis team, just like joining any other team or club, of course, has its benefits. "Being a part of the tennis program is probably the best part of my experience at Farmingdale. As a commuter, it helped me make more friends, got me more involved at the school, and being a part of the Farmingdale women's tennis team really made me feel that my time at Farmingdale was special," said Jess Sickles, a member of the team who plays both singles and doubles.

tough task ahead. They had an impressive 11-5 away record during the 2013 season and proved to be a tough test early on for Farmingdale State. The two teams repeatedly exchanged runs throughout the game. The Rams got on the board early after sophomore, Dalton McCarthy scored on an unearned run which gave the team a 3-0 lead. Brockport State answered back with 5 runs on just 2 hits at the top of second inning led by junior Shawn Peake's double which cleared the bases. Rams were then down 5-3.

The Rams showed true perseverance to battling back and forth with 4 lead changes/ties leading to the ninth inning.

Edward Bergmann continued where he left off at Yaphank. He finished 4 for 5 with 2 runs, 4 hits and 2 RBIs. The key to staying focused was being in "a lot of tougher situations before. For example, a couple of years ago we were down 6 runs in the Skyline Championship game. We came back in the 9th inning to win the whole thing," said Bergman. "Our coaching staff just really teaches us to be focused at all times."

Getting off to a 2-0 start to the regular season is huge for the Rams. Teams want to get a momentum going and set the tone quickly. A tight game against Brockport State will help the Rams going forward in future late game situations.

Coach Keith Osik tipped his cap to Brockport State who played them in a tight game. "They played a great game, and they're no stranger to the conference that they're in with Cortland. They got to run against Cortland. They're a tough group and that was indicative today."

After six consecutive Skyline Conference Championships, the team knows expectations are high. Coach Osik said, "While its early in the season, it's unacceptable for us to walk leadoff hitters and play a little bit of sloppy baseball." The team is motivated but knows that to win yet another championship, they must make some minor adjustments.

The next four games will be played at home, where the Rams hope to continue to play winning baseball.

Big Bats Helps Rams Early In Season

By David Hernandez

The Rams opened up the season with a win on the road at Yaphank against the Merchant Marine Mariners.

At the top of the second inning, senior, center fielder Edward Bergmann put Farmingdale on top 2-0 with a 2 RBI single past shortstop. After an RBI single in the fifth, freshman second baseman Andrew Karkota, increased the lead 4-0.

The Mariners were never able to get into a rhythm and part of that was due to the pitching of starting senior, Michael Dolce. He held Merchant Marine to just one hit through 4 innings. Senior, Matthew Fick closed the game and the Rams defeated the Mariners 6-1.

Bergmann finished with 1 run, 2 hits and 2

RBIs to help Farmingdale steal one on the road.

The Rams defeated the Brockport State Golden Eagles in a home opener thriller. With the game on the line at the bottom of the ninth, first baseman Ryan Levine hit a walk off RBI sacrifice fly to give the Rams a 9-8 victory. Leading Farmingdale State to 2-0 start to the 2014 season.

Farmingdale State fan Xavier Bonilla enjoyed this high scoring game on a sunny but windy day. "You have to love a game that comes to down to crunch time, especially when it ends in a Rams win," said Bonilla. "It's good to see the team fight through and win their home opener."

Beating the Golden Eagles proved to be a



Junior First Baseman Ryan Levine

Another Win for the Men's Lacrosse Team

By Tameka M. Boyajian

men's lacrosse team for three years and was their junior captain. While playing for Hartwick last year in a game against Farmingdale, Schaefer was injured, shattering his collarbone, which ended the season for him. Schaefer has now transferred to FSC and is currently a junior attack and also junior captain of the Rams. "The game is different here, the way the offense is run. I like how it

Takedown!

By Jake Brandel

Deep in the confines of Roosevelt Hall, you can find the Farmingdale State College Wrestling Club, practicing in the Loft Lounge after 4 o'clock on Mondays, Tuesdays, and Wednesdays. According to farmingdale.edu, "The Farmingdale Wrestling Club was established to promote the interest and enjoyment of the sport of wrestling. The club provides a way for students to have fun and work as a team, while advancing their wrestling skills. The club also competes against other club and university teams at every level of the sport.

In February, 2013, the Olympics committee surprisingly dropped wrestling from its main four core sports, placing the future of the sport in deep water. Then, after a several months' battle, wrestling was returned to the Olympics platform.

Sophomore, Adam Doherty from Huntington Station said, "It's cool being represented in the Olympics, it gives us more pride in seeing our sport being played at the world level."

College wrestling starts at a 126 pound weight class and is coed. "Girls get the same respect as the guys do," said sophomore Clinton Boone, from Copiague.

When people first see a wrestling match, not WWE style wrestling, but collegiate wrestling, they may get confused about whether or not it's a team sport. At wrestling meets, the team gains points and the team ending with the most points wins the meet. But, like other sports, it all depends on the individual effort. "Going to the gym and making sure you keep on your diet, are for the individual," said Doherty.

"We're a group of wrestlers, who share the same passion for the sport," said student Connor Patrick, from Commack. "The club represents a chance to wrestle again."

These 19 girls will represent Team USA in a 10-day tour through Europe. Thoden is particularly excited about Paris and Amsterdam. "I'm really looking forward to going to Paris. I've always wanted to see the Eiffel Tower, and have free time to explore the city on my own," said Thoden. "I'm also excited to go to Amsterdam and see the Ann Frank House, and all of the different architecture of the city."

"I got the invitation from AIST last year at the end of the lacrosse season. Once me and Christy saw the invitation we had no hesitation to say yes!" said Marzocca. "I'm very excited to learn about different cultures, meeting new people, learning different languages, and having the experience to play lacrosse with teams from around the world."

The two midfielders, who both already have had two All-Skyline selections in their first two years in the FSC Lax program, are looking for their continued success overseas. FSC has been nothing short of dominant since these two came into the program. They have a staggering 28-5 record over their first two years at FSC. The international exposure and competition will only be beneficial for these women.



Men Lacrosse Team

The men's lacrosse team at FSC is off to a great start. On March 15 the Rams played against Hartwick, a game that was well-played. FSC walked away with a huge win 12-7.

Freshman attack Tyler Rifice, was the man of the hour scoring five goals and one assist. Rifice a Bohemia native has been playing lacrosse since the second grade. "I love the sport and want to continue playing the way I have been playing for the team," said Tyler Rifice. He is eager to stay consistent with his outstanding performance on the field.

Junior attack Philip Schaefer scored twice during an emotional game with Hartwick. Schaefer previously played for the Hartwick

is here at Farmingdale," said Schaefer.

Coach Tuttle is very excited and happy with the success of his lacrosse team. The team competes so hard in practice everyday; they have been preparing to win. "Our drive to compete exceeds our experience playing at the college level having so many freshmen," said Tim Tuttle, head men's lacrosse coach. FSC had a total of 12 goals and 10 were assisted plays. You can't get a better team win than that. "As we gain more and more experience, we're going to be a tough team to play against," said Coach Tuttle. FSC men's lacrosse team looks forward to a very successful season.

Women's Lax Duo Going Overseas

By Thomas Hatzinger



Jr. Christy Thoden

Juniors Christy Thoden and Nicole Marzocca will be representing both Farmingdale State College and the USA in their tour overseas this summer. They were invited to be participants of American International Sport Tours (AIST).



Jr. Nicole Marzocca

AIST has sent invitations to Thoden and Marzocca, as well as 17 other women. The women selected composed a mix of Division I, II and III colleges throughout New York, Pennsylvania, Ohio, and Virginia.