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FARMINGDALE STATE COLLEGE ONLINE STUDENT NEWSPAPER • OCTOBER/NOVEMBER 2012



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Spirits Soar High at FSC

By Colin Norwood

Homecoming was a huge success this year, “We estimate that over 600 people attended the event, outpacing last year by approximately 200 people! We are definitely establishing this as an annual tradition,” said Eileen Hasson Director of Alumni Affairs.

The festivities kicked off with Samuel Soto and Hirrah Sajjad who were voted King and Queen of Homecoming leading a parade of Farmingdale’s clubs, sports teams, and TKE on to the field.

There entertainment consisted of a DJ and the band Bill Wilkinson, an alumnus from 1956 with the LI Sound who played live music. Homecoming also had a dunk tank, different types of inflatables for all ages, and a mechanical bull.

“I liked all the rides they had, they were a lot of fun,” said Lauren Neuwrith, a junior, in Technology Studies.

Homecoming also had a demonstration by the Step Team as well as a pie eating contest. At noon the Farmingdale Rams men’s soccer team kicked off an intense match against NYU POLY. The Rams fell against NYU Poly 2-1 in an at home Skyline Conference match.

FARMINGDALE’S NEW LIFE

By Timothy Robinson



(Left) RHA President Christina Cilbiyikoglu (Right) Mike Marino Co-founder of TKE

Over the last year Farmingdale State College has experienced a dramatic change in the operation of its campus life. Along with the reconstruction of a new student government, Dr. Corti, also was responsible for implementing a new foundation to help lift the spirits and life of our resident students. Amanda Cataldo, Assistant Director of Resident Life spoke about the change, its progress, and its positive effect she believes it has had on the campus as a whole.

The change from Inter Dormitory Council (IDC) to the now Resident Hall Activity (RHA) was a structural change that was deemed necessary for the growth of campus life. It was a transition orchestrated by Dr. Corti as it provided more monitoring to help achieve goals

for the college and students. This model is a national model used at colleges all throughout the country, where students enjoying their campus experiences.

“This is true,” said Cataldo. “This is the first time in 12 years we have a waiting list,” she said she believes the birth of RHA assisted in the increase enrollment of resident hall students.

Christina Cilbiyikoglu, current president of RHA, spoke about the behind-the-scenes process of discovering what students want, and translating it from good ideas to memorable events. Christina spoke of asking students

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CONSTRUCTION EVERYWHERE

By William Filosa

Farmingdale State College has been making major improvements all over campus. All of this construction has led to temporary eyesore construction sites everywhere.

The renovations include the new Campus Center scheduled to be completed in late 2012 early 2013. Also, Nold Hall is to be improved, as well, as construction on Bunche Plaza, which is underway. Several other construction projects around campus are also to be done this year. All the construction is great, but it has meant detours had to be put in place in order to help students navigate the campus.

The construction has also made some facilities look as if they are closed. The outdoor basketball courts on campus appear to be unusable; they are covered on three sides by a green fence. "I really thought they were knocking them down or something," Nick Montalbano said.

Senior Cait Keanan added, "I thought they were going to put something else there," referring to all the construction activity in that area.

Vice President of Student Affairs

Tom Corti said the outdoor courts are staying, "Yes, they are open, and no, they are not being removed."

Upon arrival on the Farmingdale campus the outdoor court looks very secluded due to all the green fences and deceptively placed signs that say "Danger Construction" and "Keep Out." These orange signs are in places that lead us to believe the court could be closed, while actually it is the real estate behind the sign that is off limits.

Construction will continue throughout the campus this school year. Farmingdale's campus will have the competitive edge with its new athletic facilities and updated campus facilities. FSC will be a more desirable school than ever before.



Outdoor basketball courts on Farmingdale State College Campus
William Filosa

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FROM CLASSROOM TO CLINICALS

By Jason Carroll

The medical field is growing. Nurses are always going to be needed to tend to the sick and weary, and that need will never diminish. These medical professionals are not born with this knowledge but must go through vigorous learning so they may save the lives of the people. However their learning is not just in a classroom, but in hospitals across Long Island. Starting in their second year, FSC's nursing students must spend eight hours a week in a hospital to fill their clinical practice requirements.

To assist the nursing students, they are given time at school to learn through lectures and labs before applying their knowledge in their clinical practice through lectures and labs. Students are expected to hone their lessons in school and apply them to practical use at the hospitals.

"Another way of saying this is that they apply theoretical knowledge to clinical practice," said Professor Susan

Barrett-Landau, a nursing professor who also teaches clinical.

Nursing students are not expected to learn new skills while at school



Alexandrea Cisco and Kevin Koenig taking vital signs.

Photo courtesy of Jason Carroll

and immediately put them to use in the hospital. In their labs, students are given a chance to use these skills so that

they can feel more comfortable when implementing them at hospitals. When asked if this helps them prepare for their clinicals, several students agreed that it did.

"Yes, I feel that our simulation lab and skills lab put everything we know to the test before we attempt to do anything on living people in clinicals," said Alexandrea Cisco, a second year nursing student.

Nursing students begin their clinical practice at the beginning of their second year, which coincides with lecture and lab time at school. Although to some, this may seem like not enough time for students to prepare to apply their skills in real world applications.

"I do not think there is a "too-soon" to put students in the hospital. To get the real idea of RN work, one has to see it in real time," said Kevin Koenig, a second year nursing student.

Yoga at Farmingdale

By Shannon Carlin

Yoga classes are offered on campus provided by the Health and Wellness Center. All students are welcome and the classes are for anyone interested, no experience required. Yoga is a good



way to learn to connect with your body, mind and emotions to better manage stress. Yoga classes usually cost around \$50 for a week's series, but are free on campus.

The yoga classes on campus run approximately an hour and 15 minutes and are open to students, faculty, and

staff every Monday from 7 p.m.-8:15 p.m. and Tuesday from 11 a.m.-12:15 p.m. in Roosevelt Hall Room 109CD. Students are asked to wear comfortable clothing and socks because yoga should be practiced barefoot. The yoga classes are a general form of beginner yoga. Alyssa Taveras a student at Farmingdale said, "I first tried yoga on campus this semester and I love it. It is very relaxing and relieves a lot of my stress."

The instructor of these classes is Angela Iannucci who practices yoga in her own life. "I feel so blessed to be given the opportunity to work with students at Farmingdale. For me there is no better gift than teaching yoga to students who have never been exposed to yoga", said Iannucci.

"The yoga classes on campus started as a result of students asking for it" said Kathleen Casserly who works in the Health and Wellness Center and states she is always looking for ways to support the students. Casserly says she has incorporated yoga and meditation into her own life and knows the benefits.

"Yoga is physically strengthening because it stretches our muscles, and teaches us to breathe properly and strengthens us mentally by teaching us to control our mind and thoughts, to

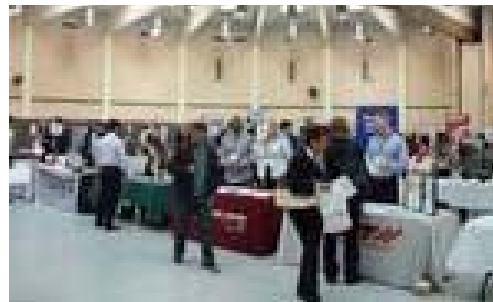


be calm, and to manage our emotions differently." Says Casserly.

Kathleen Casserly leads a stretching and meditation group once a week on Wednesdays at 1 p.m. in Ward Hall. Everyone is welcome.

300 Job Seekers Suit up for Farmingdale State's Job Fair

By Karla Rose-Romero



Students at the job fair, as well as, Soon-Jung Fong and Patricia Piacento after the fair

Nursing students Soon-Jung Fong and Patricia Piacento were among the 300 job seekers who attended the recent job fair at Farmingdale State. They left the fair optimistic because they applied for several openings in healthcare. "I think we will get a call back," said Fong.

Over 65 employers signed up for the fair which included Aflac, Catholic Charities, North Shore-LIJ Health Services, and Target. "There's a good mix and different options for every profession," said Piacento while holding a goody bag from Career Builder.

Cheryl Stratigos, who works at the Career Development Center, helped many students to practice their interviewing skills. "We helped them with what we call an elevator speech," she said. "It's how you show your qualifications to employers in 60 seconds."

Stratigos believes a confident candidate stands out from the rest and employers agree. Barbara Cohen Farber, Executive Director of Lloyd Staffing, said she looks for someone who is able to engage in conversation. "Eye contact is very important," she said.

Corporate attire is another quality employers notice. However, some

students wore sweatpants or jeans because they noticed the job fair between classes, or because they applied for jobs in retail. Barbara McCleave, a recruiter from Catholic Charities, does not mind as long as interviewees dress appropriately if they receive a call back. "I think grooming is more important than attire," she said while smiling. "Grooming is always in fashion."

Not all candidates were Farmingdale students. Jeannine Spracio, who graduated from Briarcliffe College with a Bachelor of Science in Business Administration, had been looking for a job for a year and decided to attend the fair. "[Recruiters] love it when you smile," she said. "I think employers want someone who is outgoing."

Some employers began to pack up their stands half an hour before the scheduled end time, which was 1:30 p.m. For this reason, students who plan to attend job fairs in the future should arrive early.

There will be a graduate school fair on campus on November 15. The Career Development Center is located at Greenley hall. To make an appointment with a career counselor, contact Secretary Marie Mazzarella at 631-420-2296.

To Dance... or Not To Dance

By Katie Newman

There are a plethora of clubs and activities to join or participate in here on campus. However, there may not be a club or group activity that matches exactly what you had in mind to be a part of in the first place. For instance, some of our fellow classmates may have wanted to join a competitive dance club so that they could perform at games and at campus events. In order to be a part of something that is not offered, a student could be for he or she to learn how to create a club or campus organization.

"What a student needs to do, in order to create a club, is to first find ten students, including herself, all of whom are interested in being a part of the same club trying to be created," said Eunice Ro, Director of Student Activities and the Campus Center. However, that's not all. "Those ten students then must explain their mission to the head of a department, create a constitution, and await the department's decision of whether their club's mission supports a mission similar as the college's."

"With such tasks assigned to students trying to form a club, many students agreed that they probably wouldn't create a club. In their minds, most of them believed the tasks assigned were too time-consuming.

"I definitely think a dance club or any club would bring up the hype in students and get them more excited," said Loryn Boscia, 22. "I just personally don't have enough patience and time to create one because of my workload with school and everything else."

Although, there are some individuals who would enjoy attending a game where a dance club performance takes place, some students found the idea of creating such a club pointless.

"I mean...normally I would go get a drink or some food at the half-time of a game rather than sit and watch a dance performance," said Sal Barcia, 24, "But if I saw hot girls doing a performance in tight costumes, it probably wouldn't be a total waste of my time." Commonly, the majority of students on campus receive a good amount of school work

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MORE STUDENTS, LESS PARKING

By Francis Barone

The Fall Semester is well under way, and it seems all is as it was from the previous year. The campus center is still under construction, fall teams are in full swing in their season, and students are getting used to a new academic routine. But they did not count on a routine that would have them stuck in their cars circling the parking lots.

This year the major problem students face is finding a parking spot and still making it to class on time. "The only way to get a decent spot is to have an 8 a.m. class. Otherwise it's musical parking spots the rest of the day because there just aren't enough spots. You have to come early or else you're going to be late for class," said Dan Sheehan, a commuter student for two years now.

Parking lots have become a giant headache for students commuting everyday. Parking spaces that were not very popular last year because they were so far away from the buildings have become very popular this year.

"This semester the parking is completely absurd. There's not enough parking for all the students. Even coming for early classes all the spots are taken, leaving inconvenient spots for people like me. They make more spots for the staff than students," said Savanna Flynn, a junior at Farmingdale State.

This year on campus the restructured staff parking lot outside the new campus center looks seemingly bigger than last year. Each time students are on the grounds they

can see cars driving slowly up and down the parking lots desperately trying to find a spot, and when they finally do they create a traffic jam because they wait for the other student to get in their car and pull out.



"Pretty much if you aren't at school early it is impossible to get a spot that isn't really far away. The number of students that attend Farmingdale is increasing so they should take that into account when they consider the minimal amount of parking they have available. More students means they need more spaces to accommodate us," said Steven Cox, a commuter student.

Transfer students have their own opinion of the campus parking this semester, "Nassau parking was worse than here. It will take you 10-15 minutes to find a spot, at Nassa it could take you at least an hour to find a parking spot," said Randy Stevens, a recent transfer student from Nassau Community College. "When i was at Cortland before Nassau, it wasn't a big deal for me, the spaces were



always available because that wasn't a commuter school but when i went to Nassau after and now here, parking is a nightmare."

The number of spaces available in the parking lots isn't sufficient to satisfy every commuter student on campus commuting.

"I'm not sure what the complaints are. I'm sure our facilities staff would want to know and make improvements if warranted. But the lots are new, paved, better lighted, and better organized in my opinion. The use of the speed bumps has helped to slow down traffic, which is a good thing," said Patrick Calabria, the Vice President for Institutional Advancement here at

Farmingdale State.

"While there is ample parking, no doubt the campus is growing in almost every way. We are planning on adding more parking as the campus continues to develop.

One advantage we have is that our campus is concentrated. It doesn't take long to walk anywhere on campus. Still, in cold or extreme weather even a short walk can seem lengthy. But if students are asking for more parking, there are plans for that."

It seems that until these new parking spaces are added, students will continue to be frustrated and complain. The traffic build ups from people waiting for spots to open up will continue, along with the possibility of accidents. They are going to have to stick to their normal parking routine until new spaces are added.

ZOMBIES STRIKE COLLEGE CAMPUSES WORLDWIDE

By Iman Esmailzada

We are all connected by our common race: humanity. Since 2005, students have been defending themselves against a dangerous enemy, an enemy to all humans. Armed, stocked up on food, and prepared to fight, students stay vigilant even during school hours and between classes; in passing- one can never be too careful. This enemy lurks mainly on college campuses, and there have been organized efforts by students to take them down. There are two ways to be rid of this creature: throwing a sock at it, and tagging it with a Nerf gun. Those are the only two ways known to man to be a zombie's weakness. Yes, this plague against humanity takes the form of a zombie invasion.

Human vs. Zombies is a game played mainly on college campuses as a modified version of the simple childhood game of tag. It has become so popular that it is actually played all over the world and is a recognized club sport. Through organized Facebook pages the game was popularized and advertised through the cyber world. Times and days were posted and could be seen as a public event online for each college, making it a group that could grow independent of traditional structured meetings. This game is seen as an exhilarating outlet of energy, teamwork, survival skills, and innocent fun. "I don't always shoot zombies, but when I do, it's with a Nerf gun," said Zach Pensa.

The players really get their heads into the game and it promotes a sense of life, adrenaline and excitement throughout the whole day because the game never necessarily must end.

I've been hearing about this game, and I honestly thought it was a video game for all these years. Upon doing some research I realized it's a physical game played with teams outside on campus. Farmingdale had a Humans vs. Zombies meeting Thursday, September 13 at 11 o'clock in Gleeson Hall room 325. I attended to investigate and interview

the humans, the zombies, and other students watching the game take place in passing. I wondered what team I'd be placed in. Am I human or a zombie? Will I survive? My Nerf gun skills are definitely rusty; I hope I don't let anyone down.

I interviewed a fellow student about her knowledge of this sport. Olivia Stephens, a 19 year old PCM major said, "It's kind of like everything you wish you could still do as a 9 year old was put together into a great big fantasy game for you to play ten years later and is still relatively socially acceptable."

The gatherings every Tuesday and Thursday are informational board meetings for organizing events and bouncing new ideas off of the group. Upon arriving at the meeting, I was greeted with smiles and welcomed. We went around the room and introduced ourselves, saying what we wanted out of the group. The main focus of this group is making new friends and having fun. The players go to Applebee's after, see movies, and play video games. It's a club beyond Farmingdale; it's a group of fun people having healthy fun and exercise. "It's pretty cool to have people who think differently and are from different backgrounds and who come together to make something awesome. This is a game with unique characters and so much creativity," said Christopher Jackson, President of Farmingdale's Human vs. Zombies club.

To get involved, join the Facebook page "Farmingdale HVZ" for updates on games and meetings. There was a bake sale in Gleeson on October 18 hosted by HVZ. If you've ever spotted a Nerf gun fight or a sock flying overhead for no particular reason on campus- now you know- you've- just witnessed the transformation of a human into a zombie! Let the games begin!

This is Iman Esmailzada reporting to you from Farmingdale University. Let's hope I make it out alive!

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to add to their pile of things to do, making them more carefree about what would go on during the half-time of a particular game or event, let alone what goes on around campus in general.

Whether it is a dance club or any club or campus activity, there are many students who are in search of something different to join, other than the clubs offered to them already. "If I heard of more people creating new clubs on campus, I wouldn't be surprised if everybody was involved with something they loved to do," said Jamie Torlincasi, 20, "But, not to be sarcastic, I would just like to see something like that actually happen."

Folding for A Cure

By Thomas Klos

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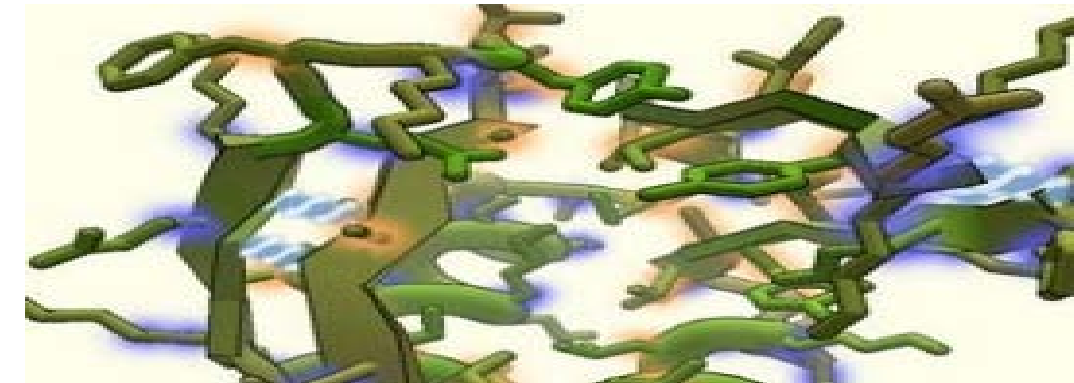


Photo snapshot of Video game in action

Every so often, something fun also serves to improve our standard of living.

Foldit is a free 3D video game which has been likened to "3D Tetris". The purpose of the game is to fold virtual proteins into more stable shapes, with the game displaying the protein's stability as a score. A sense of competition is created by posting the scores of all players online in order of their success.

Players are offered a detailed and well-paced tutorial, allowing even the least game savvy players to play and follow along. Graduate from the tutorial, and you will be presented with actual proteins

which play key roles in diseases and substances that affect our everyday lives. This also includes proteins which are involved in the propagation of HIV, those which act as an antifreeze within cells, and those associated with the deadly effects of anthrax. Playing the game assists research projects that were previously limited to highly trained professionals using expensive computers and machinery.

"Foldit is a very clever way to introduce fundamental concepts of protein structure and stability," said Victor W. Huang, Ph.D. and Assistant Professor of Chemistry at Farmingdale State College. "The puzzles serve as bite-sized concepts and they're spaced out appropriately so as not to overwhelm novices."

Francisco Tehrani, a biology student, finds Foldit easy to play "I

breezed through the tutorial in 20 minutes," said Tehrani. "I have spent hours at a time moving and folding proteins, and sharing my progress with other players. It's a lot of fun and educational at the same time."

"I was also impressed with the way the designers start from basic concepts and gradually work their way up to more sophisticated topics like bioinformatics and protein/protein interactions, and protein/DNA interactions" said Dr. Huang. "These are problems that researchers are

working on in both academic and industrial settings, so it's pretty neat that something like Foldit can introduce these concepts in the form of a game."

"To be able to cure diseases with a game would be phenomenal," said Dan Sheehan, a Farmingdale student. "It is amazing how far technology has come, that we can possibly cure diseases using computer games."

"For educational purposes, this is a great tool," said Salma Khowaja, a Security Systems student at Farmingdale. "I am curious as to who funds Foldit, but as a learning tool, I think it's awesome."

Foldit is available for Windows, Linux and Mac operating systems.

Links to the game software are found at the top right of the Foldit website, available for anyone to download at <http://www.fold.it>

to give their opinions through survey's, personal conversation, or social networking, which is the most popular option. They also set up office hours inside the resident halls where students are encouraged to stop by to give feedback as well as opinions.

There is also a committee established to help provide a checks and balances structure when deciding on what events to put together. Not all the time is there an agreeable solution. "Events are not what we want. It is what the students want," said Cilbiyikoglu.

There are myriad events scheduled to take place in the semester, everything from an 80's theme party, talent shows, and movie nights to off-campus trips which are no expense for students.

RHA looks to create reoccurring successful programs that give students something to look forward to yearly such as hall Olympics, talent shows, and fashion shows, which receive positives feedback as well as great turnouts.

Although RHA is a program initially for resident students, it has branched out to other groups on campus such as CAB, CSO, SGA and TKE, a newly forming fraternity to help generate ideas as well as combine similar events to make them more effective.

A year after its creation RHA is becoming one of the more popular groups on the campus. They are learning everyday through experiences working hard and diligently, to make the campus a more enjoyable place.

Jerman Reyes a junior, who was there during the old resident hall program, now embraces the new one. "It's totally gotten better, not just one group, or one clique, but everyone as a whole," said Jerman Reyes.

Not only are students embracing it as well as faculty, Caltado said they work hard. "[They] try to keep their energy up."

RHA students manage their academics while devoting time to campus development. "They are student leaders attempting to create an environment everyone will enjoy," said Caltado.

From their increasing popularity, memorable events, and willingness to appeal to students RHA has brought new life to Farmingdale's campus.



A WINGLESS CAMPUS

By Thomas Hatzinger

College students love their drinks. Many college students consume a lot of alcohol, coffee, and energy drinks. Perhaps the most common and well-known energy drink for students is Red Bull. Red Bull has opened up many employment opportunities for people world wide, including around college campuses. The company that is known for their free promoting, hires multiple girls to benefit their sales. These Red Bull girls drive around the famous Red Bull mini-cooper and hand out free cans of this energy drink. Whether your playing a sport with your friends, walking to the library, or going into a class, these girls give away Red Bull incase you need new energy.



In the past, Farmingdale has not allowed these women to promote their product. They have accused the workers of soliciting. Red Bull girl Courtney Martucci said, "We go around campus giving away free drinks. It's not like we're soliciting, or making a personal gain from that, it's just our job to give out the Red Bull." What

Courtney Martucci doesn't know is that while giving out the Red Bull is not the problem, the safety of the campus is. Police Chief Fischer said, "Usually individuals or businesses desiring to solicit on campus are required to register with our Use of Facilities Office and or our Student Activities Office depending on the location desired. This is done to indemnify the campus as well

at the nutrition facts, this label is blatantly appropriate. But even though it is unhealthy, it still is beneficial to students. On the top of the can, in red lettering it states that Red Bull "improves performance, increases concentration and reaction time, improves vigilance, and stimulates metabolism." So while the energy drink is unhealthy, if there's a long night of homework, this is an option to help you stay awake and alert.

So in order to sell and promote Red Bull around Farmingdale, the company needs to be registered at the Use of Facilities office or the Student Activities Office. The police know that these Red Bull girls are not receiving

anything back, but they are worried of the liabilities that come along with it due to them not being registered. So while you're up all night, studying for finals with no energy, don't look for Farmingdale to have an energy drinks for you, for this is a wingless campus.

as protect the community members." Chief Fischer doesn't allow Red Bull promotion because they do not take the proper precautions. Chief Marvin Fischer said, "If something was to happen, there may be legal liabilities."

Founded in 1987, the drink that gives you wings has sold over 4.6 billion cans in 2011. It is no secret that Red Bull has been labeled unhealthy. When looking

Welcome to Writers Block

By LeeMann A. Bassey

The Visiting Writers program kicked off it's first meeting. The first group of speakers included English professors Richard Caputo, Hope Terris, and Dylan Ferrara. The event was attended by over 50 people.

English professor Kempton Boone Van Hoff was the host for the event. He handed the microphone to Dr. Caputo, who started the presentations with a partial reading of his original story "New Portrait." This story is based on the Newport Tower located in Newport, Rhode Island.

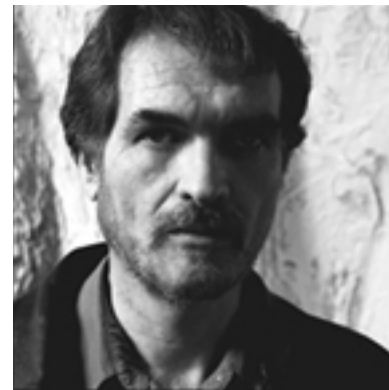
Following the conclusion of this reading was professor Terris. She read a slew of original poems, which

included "Rumors," "Blueberries," and "A Visit from Mary" (which was a poem inspired by her experience helping a woman from Iran with her English).

Professor Ferrara ended the event with a reading of a section of a novel in his original series, "The Fangs of the Redwoods," entitled "White Burning."

"It's a great way for Farmingdale students to meet local Long Island writers," said Dr. Caputo.

In addition, professor Terris added a more personal reason why Farmingdale students should attend. She said "Way back, I used to attend the Visiting Writers program. Ever since then, I thought it was a great program."



English Professor William Austin, host for the Visiting Writers Program Meeting on 10/15

But despite the great showing, many Farmingdale students, like liberal arts student Lorenza Chanoine, are unaware of the program.

After Chanoine was informed, she said "It's a good way to get involved, besides what's in the classroom."

Fast, Fabulous, Fall Recipes

By Alexa Sugrue

Effortless Apple Dumpling Cake



Ingredients

Makes 1 - 9x13" cake

- 3 Pounds apples - peeled, cored, and sliced
- 2 cups all-purpose flour
- 1 1/2 cups white sugar
- 2 tsp. baking powder
- 1 tsp. salt
- 2 eggs, beaten
- 1 cup vegetable oil
- 1 tsp. ground cinnamon

Directions

1. Preheat oven to 350 degrees F. Lightly grease a 9x13" baking dish
2. Place sliced apples in baking dish. In a medium bowl, mix together the flour, sugar, baking powder, and salt. Stir in eggs and oil; pack on top of apples. Sprinkle with cinnamon.
3. Bake in preheated oven for 40 to 45 minutes, or until toppings is puffed and golden brown.

Prep 20 mins.
Cook 45 mins.
Ready In 1 hour 5 mins.

<http://allrecipes.com/Recipe/Apple-Dumpling-Cake/Detail.aspx>

Pumpkin Bars



Ingredients

Makes 2 dozen

- 4 eggs
- 1 2/3 cups white sugar
- 1 cup vegetable oil
- 1 (15 oz.) can pumpkin puree
- 2 cups all-purpose flour
- 2 tsps. Baking powder
- 1 tsp. baking soda
- 2 tsps. Ground cinnamon
- 1 tsp. salt
- 1 (3 oz.) package cream cheese, softened
- 1 tsp. vanilla extract
- 2 cups sifted confectioners' sugar

Directions

1. Preheat oven to 350 degrees.
2. In a medium bowl, mix the eggs, sugar, oil, and pumpkin with an electric mixer until light and fluffy. Sift together the flour, baking powder, baking soda, cinnamon, and salt. Stir into the pumpkin mixture until thoroughly combined.
3. Spread the batter evenly into an ungreased 10x15" jellyroll pan. Bake for 25 to 30 minutes in preheated oven. Cool before frosting.
4. To make frosting, cream together the cream cheese and butter, stir in vanilla. Add confectioners' sugar a little at a time, beating until mixture is smooth. Spread evenly on top of cooled bars. Cut into squares.

Prep 15 mins.
Cook 30 mins.
Ready In 45 mins.

http://allrecipes.com/recipe/pauls-pumpkin-bars/detail.aspx?lnk=lp4126_l2

Peanut Butter Kiss Cookies



Ingredients

Makes 18 cookies

- 1 cup white sugar
- 1 cup peanut butter
- 1 egg
- 18 milk chocolate candy kisses, unwrapped

Directions

- 1- Preheat oven to 350 degrees
- 2- Combine sugar, peanut butter, and egg
- 3- Shape into 1" balls and place on ungreased cookie sheet. NOTE: If dough is too sticky, refrigerate for 1/2 hour or until easy to handle.
- 4- Bake for 10 minutes. Remove cookies from oven. Press a chocolate kiss into the center of each warm cookie.

Prep 10 mins.
Cook 15 mins.
Ready In 25 mins.

<http://allrecipes.com/Recipe/Peanut-Butter-Kiss-Cookies/Detail.aspx>

Farmingdale Homecoming 2012



Men's Soccer Blows Out Purchase

By LeeMann A. Bassey

Homecoming weekend kicked off with SUNY Farmingdale men's soccer team playing a match against Purchase College. Despite neither team scoring in the first half, SUNY Farmingdale racked up a slew of penalties, but Purchase was not able to translate.

The SUNY Farmingdale men's soccer coach, Chuck Schimpf, commented on the first half and said, "we had too many, what I like to call, unforced errors."

The second half was much more successful for SUNY Farmingdale. With number 16 J.T Famularo picking up two goals for the team, number 8 Orlandy Charleston scoring one goal, and number 15 Brian Anderson scoring one goal during a penalty shot. Also, number 0 Angelo Viteritti, the goalie, deflected every goal attempted by Purchase.

The final score for the game was 4-0 in favor of SUNY Farmingdale. Farmingdale soccer player, Pete Tsioumas, summed up the game and said, "We played really well offensively and really well defensively."

Another Farmingdale soccer team member, Orlandy Charleston, looked into the future for the teams next soccer match and said "I think our next match against Polytechnic will be harder because they are a better team."

The SUNY Farmingdale men's soccer team played their next game against NYU Polytechnic on October 13, 2012. The team suffered a 2-1 loss in this match. Overall the Suny Farmingdale's mens soccer team ended their season on October 27, 2012 with a record of 8-9-2.



Bryan Anderson on the Field

TIS IS THE SEASON TO SPIKE

By Gina Fiorillo

The Women's Volleyball team played a very crucial game against their rival, the Old Westbury Panthers. This last home game was the deciding game for the Skyline Conference and would decide whether or not they will move up in their ranking. Ranking in third place in the Skyline Conference with nine wins and seven losses, they had a very good chance of making it to the playoffs.

Headed into such an important conference match, the FSC team was well prepared and motivated to win the game. Deana Ward, assistant athletics director said, "We're bitter rivals. We're going to win!"

Angela Kranz, freshman outside hitter for FSC, sprained her right wrist during the last game that was away in New Jersey against Rutgers University. Being out for such an important game, Kranz was upset that she could not be a part of the match but was definitely cheering on the sidelines and hoping she would recover in time for the playoffs.

"The fact that we're a family is what holds us together on and off the court," said Kranz. She believes that it was an advantage that the team is younger because they had the opportunity to grow together, and having an older senior, Holly Sahner, on the team forces them to be mature as a group. Even after a loss, the team regrouped and went out together to do something fun to help bring their spirits back up and to relieve the stress from the lost game. Kranz has been playing volleyball for about twelve years and has the dream of one day playing for the Queens College volleyball team in the future.

Aside from being such a big Skyline Conference game, it was also senior night. Not only was that the last home game for the conference, but it was also the last home game for Holly Sahner. Sahner is an outside hitter and has made a total of 639 kills, 480 digs, 126 service aces, and 53 blocks to date.

"She is courageous, determined, and

a big goal setter," said Kranz. Sahner will be graduating and a Business Management degree and a 3.0 GPA. She is going to be extremely missed by her teammates because she has been a part of the team since her freshman year. Her courage, determination, and maturity have rubbed off on the team, and they will continue to be a strong family team even after she is gone.

Both teams were wearing bright pink socks to support Breast Cancer Awareness month. Coaches were also wearing pink clothing for the cause. However, the best dressed for the cause was Carmine Palladino, father of FSC Volleyball Captain Sarah



Carmine Palladino dyed his hair pink in support of Breast Cancer Awareness and his daughter, Sarah who is on the team

Palladino. He was wearing not only a very pink shirt to support the cause but he dyed his hair pink as well.

"Sarah asked me to do it and I would do anything for the team," said Palladino. He has been to every game during the season except two due to work. "I would take off from work to come to a game to support the team," said Palladino. Palladino liked that the coach was able to put together such a compatible and strong team. Sarah Palladino, sophomore at FSC, has been playing volleyball since high school. She is an outside hitter and setter for the team, with a great serve and a lot of power behind her hit.

There were roughly a 100 people who attended the game. Students and parents from both teams as well as other FSC sport team members came to cheer on their team. It was a tense game; they're a strong team. They had a rough start losing the first match. The score was neck and neck but FSC came through in the end with the win and final score of 3-1.

The volleyball team finished their season 12-12. The last game was on Friday, November 2nd at St. Joseph's. Great season girls!