

THE RECORD

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Support Your Local Scene

by Emily Finz

Long Island has been a portal for booming musicians for decades. Some of the most well-known bands in the industry, like Brand New, Taking Back Sunday, Glassjaw, and Envy on the Coast, were born in basements and garages all over Nassau and Suffolk County. They have become a spitting image of the successful music that brews here but now it's time to let the next generation shine.

FROM STATES AWAY @FROMSTATESAWAY_

Pop Punk

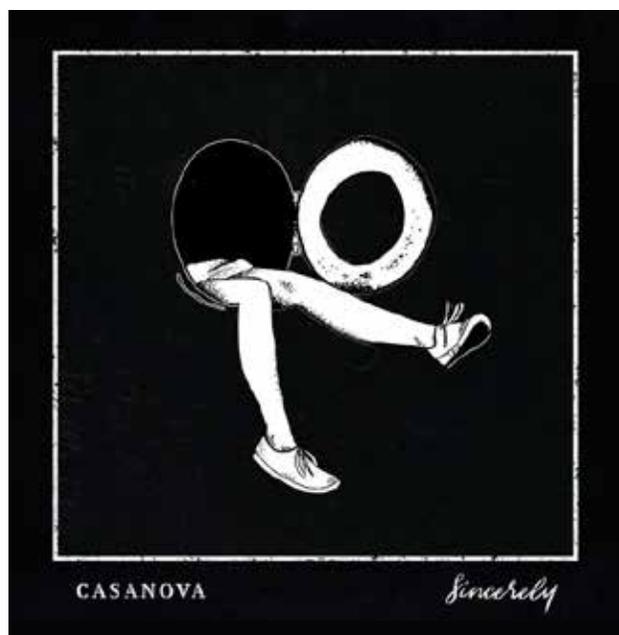
For fans of: Real Friends, Knuckle Puck, Taking Back Sunday

It all began when Salvatore Salemme and Bennett Pisaniello started playing together just for fun. They wrote a couple of songs and went through a few lineup changes before officially becoming From States Away. Now with Scott Gunter, Chris Lauletta, and Brendan Beebe, the coolest part about these boys is their varied tastes in music. It ranges from The Wonder Years, Real Friends and Bayside to Young Thug and Kanye West. They want anyone who listens to their EP, *Hypervigilant*, to know that it's okay to be different and "whether it may be your strengths or flaws, to make sure you love them because that's the only thing that truly matters."

Read more on pages 6 & 7



Photo courtesy of Jordyn Beschel



CASANOVA

Sincerely

Casanova's first release, *Sincerely*, is available for download now on their Bandcamp page.

Photo courtesy of facebook.com/CasanovaLI

Consume This: Sincerely

by Bobby Brooks

Five Towns' very own Nikki Esposito and her band members Jordan Vogelsang, Zachary Orellana, and Sal Astuto make up the Long Island shoegaze band, Casanova. Formed in 2014, Casanova is already a veteran group in the Island's alternative scene, playing in popular venues such as Amityville Music Hall, Shaker's Pub, and Revolution Bar & Grill. After spending a whole summer writing and recording their first EP, *Sincerely*, the band finally released it onto Bandcamp for free in January.

As soon as you press play, you can't deny that Casanova really hit this one out of the park. (Seriously, it's lit.) *Sincerely* opens with the song "Babosa" and right off the bat, your senses are met with a flowing, almost lucid, wave of Vogelsang and Orellana's guitars and Esposito's bass. Within seconds, they are accompanied by Astuto's fast-paced drumming, a progression that is traditional in most shoegaze compositions, and the song is kicking its three minutes worth of instrumentals into high gear.

Following "Babosa" is "Red #40," a song that starts off with Esposito's melodic humming and after a few verses and a full band jam session, it ends just as it began. "Red #40" has been a staple in Casanova's live performances since the beginning and, rest assured, that will stay the same now that it has been officially released.

For a bunch of kids recording in their drummer's living room, the album's sound quality is fairly impressive. The inevitable rougher edges of "independent recording" are almost insignificant compared to the band's overall talent.

Esposito sings, "I'm afraid I'll keep dancing with nothing to prove," in "Kinda Blue." She has nothing to fear though. Casanova has proved time and time again that they are a force to be reckoned with and they are showing no signs of stopping. They are brought together by their combined talent and passion for the project (and Esposito's voice) and it has payed off. There is no doubt that these kids are sure to please your melancholy, bleeding heart.

IN THIS ISSUE

Woozy Gang Takes
Over Revolution
pg. 3

Already There:
Students Moving and Shaking
pg. 9

2017
Winter Style Guide
pg. 13

Has The Real M. Night Shyamalan Returned?

by Matthew Charran

For those who are a fan of horror films, you might have heard of M. Night Shyamalan's latest thriller, *Split*. Directed and written by the man himself, he gave the audience a breath of fresh air and a deep sigh of relief as this was not like his recent work (and let's just pretend Avatar the Last Airbender never happened).

This movie gives horror fans a ray of hope for Shyamalan's future work with the story being both smart and intriguing. James McAvoy stars as Kevin, a man diagnosed with multiple personality disorder, twenty-three personalities to be exact, who kidnaps three girls. These girls, played by Anya Taylor-Joy, Claire Benoit, and Jessica Sula, must escape before a terrifying twenty-fourth personality emerges.

James McAvoy delivers the most frightening performance of his career so far, and this performance wasn't even supposed to happen. Originally, Joaquin Phoenix was casted for the main role but couldn't perform due to a scheduling conflict. With the supporting actors being just that, it is really James McAvoy's performance that stole the movie, having the audience simultaneously creeped out by and curious about his mental state throughout the whole film. Very beautiful and sleek camera angles flood this film and its soundtrack only deepens our experience as we fall down the rabbit hole that is Shyamalan's mind.

James McAvoy definitely proved his mettle as an actor for portraying the multiple personalities and, thanks to M. Night Shyamalan, no one can look at him without at least being somewhat terrified.

If you loved *The Sixth Sense* and *Unbreakable* then *Split* will be a close favorite as it isn't too far off from the feeling of those films. It hooks you from the start and there isn't a dry spell within this mind-bending thriller.

It really makes us question why Shyamalan hasn't been making movies like this the entire time. As much as we'd like to ignore his work after the year 2000, this film isn't something to be overlooked. Maybe this is his apology to his many fans. Regardless, this is the M. Night Shyamalan fans know and love and it is guaranteed to create new fans too.

Let's just hope he can continue on a good foot from here on with his films to follow.



Split is one of James McAvoy's best performances yet.
Photo courtesy of IMDB.com

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Ten Years of *Infinity On High*

by Madison Milto

Ten years ago, everyone's favorite emo band released their third studio album, *Infinity On High*, and fans are left questioning where did the time go.

The album opens with Jay-Z rapping, "Yeah, what you critics said would never happen. / We dedicate this album to anybody, people said couldn't make it. / To the fans that held us down till everybody came around. / Welcome. It's here." Hearing one of the largest rappers lay down the opening lines to a rock band's album may be a surprise to some but, to anyone that knows Fall Out Boy, this isn't out of character. They are known for straying from the status quo, and especially proved that with this album.

Infinity's opening song, "Thriller," tells the story about how Fall Out Boy basically became famous over night. Patrick Stump sings the lyrics with such passion and sincerity, you can just feel that he really believes in what he's saying. The next three tracks are all high energy, the guitar solos, and special guests. In "The Take Over, the Breaks Over," Ryan Ross, from Panic! At The Disco, and Chad Gilbert, from New Found Glory, tracked guitar riffs worth listening to and add that little something extra the song needs.

The fifth track, "Hum Hallelujah," starts off with a pulsing kick drum and guitars to follow. It's a song about



Fall Out Boy released *Infinity On High* back in '07 on Island Records. Photo courtesy of Last.FM.com

continuing on with life, even when it feels like there is no way to manage. The song itself is musically enticing but what really makes it special is the bridge, where they tie in Leonard Cohen's "Hallelujah." (A little known fact that further proves the brilliance behind Fall Out Boy's songwriting, when Stump sings "just off the key of reason,"

he alludes the Key of Reason, which is C Major. Cohen's "Hallelujah" is performed in that key.)

"Hum Hallelujah" flows into "Golden," a sad song in which Stump sings about the "cruel world." Everyone lives a double life where on one side, you are happy and satisfied with your life and on the other, you are slowly deteriorating, questioning everything you thought you knew. The idea carries through into the songs that follow and each remind you that what you see isn't always what you get.

The last song of the album, "I've Got All This Ringing in My Ears and None on My Fingers," starts off with a piano, gradually adding in the bass, building up to Stump delivery of the first lines, "You're a canary, I'm a coal mine / 'Cause sorrow is just all the rage / Take one for the team / You all know what I mean." This song, plain and simple, is about how the truth hurts and asking someone else to tell them what really happened. The song and the album end with a robotic voice commanding, "now press repeat."

Pressing repeat is exactly what you do, because listening to this album once through is impossible. The songs themselves are captivating and catchy but the messages behind each of them is even more important. Fall Out Boy proved ten years ago what we know today to be true, their songwriting and instrumentals are exactly why they are kings of the rock scene. Now, press repeat.

Woozy Gang Takes Over Revolution

by Matt Bugelli

Last month, the stage at Revolution in Amityville was graced with a number of very talented hip-hop artists. Joey Zan, Foursix, Lindsey Jenningz, Peter Jackson, Owey, and DJ Afterthought filled the bill until headliner Riff Raff took to the stage. Despite it being Riff Raff's show, Five Towns' own foursix stole the spotlight.

Founded by Jahnei Clarke and Adam Amoedo, the fast rising collective consists of current and former students of Five Towns College - Zach Day (singer and songwriter), Zino (singer and songwriter), Payso (performer),

and Coach Wave (producer and performer). On stage that night, though, were Zino, Payso, and Coach Wave, some of the most recognizable and popular members of the collective.

Witnessing this trio perform, you realize there was something special about them. They are able to draw in a huge crowd and keep everyone moving with their high energy, infectious lyrics, and uncanny stage presence. Though they were small in numbers, the stage was being utilized to its fullest potential. At one point, Payso and Coach Wave joined in with the crowd while Zino killed it from the ledges on stage.

While Foursix did put on an incredible performance, there were a few things lacking. Their set seemed as though it was condensed, getting on and off of the stage within ten minutes. Also, while the songs they perform at shows are great, full of energy, and very catchy, people want them to perform some of their other songs as well rather than the same four or five songs at every show. You have more songs than *just* "Favors."

Regardless though, Foursix is absolutely a group worth seeing. They have the talent and potential to be the next big thing. They just dropped their latest album, *3076*, and it is available everywhere, be sure to check it out.



Photos by James Giammetta

To Live is to Devour Others

by Briyahna Rice

Marin raced up the stairs of her apartment building as quickly as her feet would carry her. The burning sensation in her thighs intensified with every step, oxygen leaving her airways as her breathing became more labored. Any normal person would have collapsed from the strenuous physical activity, but nothing about this situation was normal. Nothing about Marin was normal either, if you looked all the way down to her physiology. It was the whole reason she was in this situation in the first place.

While her identity as a ghoul had a great number of advantages, the disadvantages seemed to outweigh them sometimes. One of which was being a target for a mad scientist who would love nothing more than to run his blades across her body, drowning his hands in her blood. The scientist, underneath his facade of refinement and intelligence, was as mad as the hatter, thus making Marin his Alice. He acted more like a demented lost boy who had just discovered the fairies of Neverland and wanted to take apart their wings and discover where their magic came from.

A shaking feeling rippled through Marin's body, tripping her on the last bit of steps. Once she reached the landing, she sprinted through the hallway and frantically searched for her door. The voice that followed her was dripped with an equal amount of sugar and poison.

"Don't run from me, Marin. I only want to help you. I'm getting tired of playing. Let's finish this game!"

The determination and charisma that this man carried was too similar to that of her former Living Environment professor, Dr. Hess; the nostalgia alone brought small tears to Marin's eyes. By the time she managed to reach her front door, her key was in her hand and was being shoved into the keyhole. Her palms began to sweat and shake, her heart beating to the point where she thought it would leap into her throat. The sound of approaching footsteps grew louder. Almost immediately, Marin quickened her efforts and forced the key to turn with all the strength that she could conjure. The door opened and Marin made a mad dash inside the apartment.

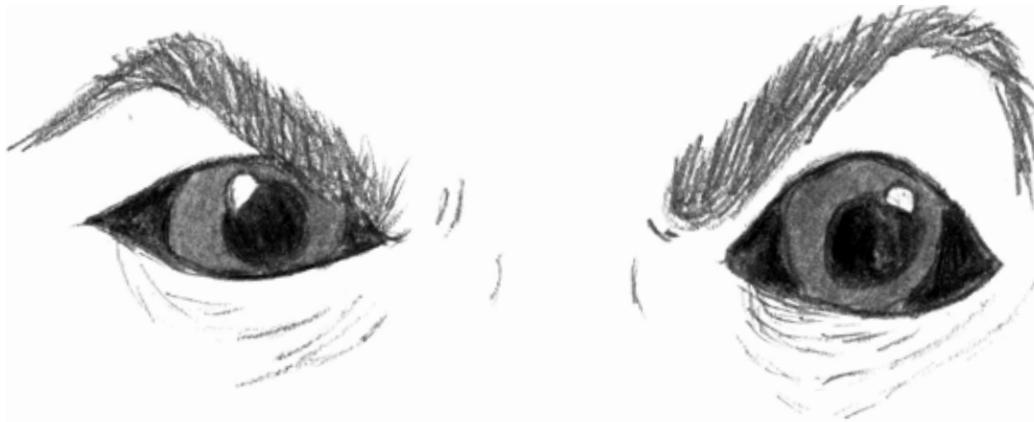
As she slammed the door shut, she witnessed a sight that made her blood run cold. It was a brief, but terrifying look at her assailant's face; a face that showed wild, excited eyes, disheveled hair, and a completely feral smile. He appeared to be more of a monster than she was. She slammed and bolted the door shut. Inside, her heartbeat was beginning to slow down, but her fear was still threatening to cripple her, as she couldn't stop shaking. Before long she heard his voice on the other side of the door.

"Damn it, Marin. Don't make this harder than it needs to be, or do you want to lose more than a few quarts of blood?" he said menacingly.

Those words alone broke Marin's trance and prompted her to hide under the sink in her kitchen. She curled her body into the smallest ball that she could whilst keeping her ears open for anything that sounded like breaking and entering. Marin covered her mouth with her hand to silence herself even further, shut her eyes, and tried to rationalize her

thoughts and figure out how she could let things get this bad. How she could end up at the mercy of a man who was more of a butcher than the scientist he claimed to be?

That very scientist was the new living environment professor at her college. He was replacing Dr. Arnold Hess, who was a ghoul like Marin. The formal definition of a ghoul is a supernatural creature that feeds on the bodies of living and dead humans. The characteristics that distinguish them from humans are advanced speed, strength, their unique grey and black pupils, and the black scleras their eyes took on whenever they consume a body or need an intimidation tactic.



Their keen senses are how Dr. Hess and Marin were able to find each other out. They managed to strike up several friendly conversations about their families, their lives as ghouls, and sometimes Dr. Hess' philosophy of living on the outskirts of the human world. He believed that the whole purpose of life was to devour others in order to advance one's own evolution. Soon she became his teacher's assistant. His charisma, intelligence, and wicked sense of humor made him an ideal partner for conversation and the only genuine friend that Marin had at her school.

Then Marin was introduced firsthand to the fact that all good things must come to an end when she walked into Dr. Hess' appointed home room only to find that the man himself was absent. In his place were two men, the president of the college, Mr. Riley, and a bespectacled man in a sharp black suit meant for a cocktail party, or possibly a funeral. As she gave a brief glance at Mr. Riley, she noticed that he too was dressed in a similar fashion.

Draped over the strange man's arm was a short, black peacoat. His appearance was well complimented by his cropped black hair and sharply angled face. His ice blue eyes were transparent despite the thickness of the square framed glasses that sat on his small nose. She immediately identified him as human due to his scent. Marin continued to observe the strange man and he kept his eyes firmly locked on her as well.

She caught his stare and the look he sent her was that of surprise which quickly morphed into expectation. He assumed that Marin was another immature female student who threw herself into partying and boys as opposed to her school work.

Mr. Riley's voice cut through the silence of the room. "Marin, was there something that you needed?" he asked. Marin was quickly broken from her state of oblivion as she looked to the president.

"I'm sorry to interrupt, I was just wondering where Professor Hess was," she responded.

The bespectacled man and Mr. Riley exchanged looks of conflict and sadness at the mention of the professor.

"I'm sorry, Marin but, Professor Hess passed away not too long ago. He was at the wrong place at the wrong time and got caught up in a bit of gang activity. As a result, he was brutally murdered the other night," he said.

Marin saw his lips move but refused to acknowledge the words that were coming out. Her heart formed into stone and made its way to her throat. By some miracle, Marin managed to suppress the stream of tears that were threatening to burst. Crying her eyes out now will only make her seem like the blubbing mess of a girl who couldn't get her crap together. In spite of her nearly blurry vision and heavy heart, she managed to keep her cool in front of the president and the stranger who accompanied him.

"What will happen to his classes now? Will I still have my position?" she asked.

Mr. Riley shook his head and turned to the strange man. "You'll have to take that up with Dr. Burton here. He's taking over the living environment classes from now on," He said.

As much as she didn't want to, Marin found herself looking at the aforementioned doctor and the look that he gave her was anything but welcoming. In a way, it was skeptical as though he could see that behind her mask of stoicism she was upset.

A month later, Marin was at Burton's beck and call for anything regarding the living environment classes. They didn't talk about much outside of school, and the late Dr. Hess. That's not to say that their conversations regarding the former living environment professor were not strange.

While Marin sat grading papers in one of the empty chairs, Burton sat at teacher's desk typing furiously on his laptop. She couldn't help but sneak small glances at the bespectacled man. His senses seemed to be honed in on whatever task he was working on; his eyes not once leaving the monitor, not even to look at his keyboard. His concentration was unbreakable.

His concentration reminded Marin of Dr. Hess and how easy it was to toy with him. She remembered one occasion when she falsely alerted him that someone was vandalizing his car. While he was fuming with rage, Marin laughed herself sick. The memory made her giggle and break Burton's concentration.

"Is there something on my face?" he asked.

Marin shook her head. "No," she said, "It's just that your concentration reminds me of Hess. He wouldn't stop his work for anything until it was finished; not even to take a break."

Burton looked at her with barely concealed apathy. The awkward silence that filled the air was quickly broken by Marin's next words.

"Anyway, I'm nearly done grading these papers. Is there anything else you want me to do?" she asked.

Burton merely nodded at her and turned his attention back to his laptop, once again furiously typing. "No, just give them to me for final approval and you're free to go...I'm sure Professor Hess would be proud to see you being a dutiful TA, even after his death. You two must have been close."

Marin managed to grade two more tests before she stopped and looked at Burton hesitantly. She was in no position to refuse him, lest he make up his own assumptions.

“As close as a student and teacher are allowed to be. But in all honesty, he was the only genuine friend that I had here. Everyone else is too busy putting on a facade for the popular kids and the people they’re crushing on to truly be themselves,” she said.

Marin hadn’t intended to tell him this much, but she was certain that Burton would want some kind of explanation as to what she considered genuine. When she looked back at him, he eyed her with mild interest.

“I know that I’m rambling, but if you look hard enough it’s the truth. They don’t understand how much easier life would be if they drop their facade and stopped putting on a show for other people’s approval,” she continued. Marin shook her head at her own ramblings and graded the paper in front of

her. When she least expected it, she got a response.

“Is that what Professor Hess was to you? Someone you can drop your facade around and vice versa?” he asked, “Because if so, that would mean that you too feel the need to drop whatever facade you put on whenever you are surrounded by your peers. Did you have something that you confided in to Dr. Hess that you’d like to share with me, Marin? Or maybe he confided something in you?”

The curiosity that shined in his eyes was impossible to miss and began to draw Marin in like a whirlpool but she knew to tread carefully lest she let something slip about herself and Dr. Hess being ghouls. Instead she went with her second best answer.

“Only that I hate just about everyone here. There’s no one that I can really talk to,” she said. That was as close to the truth as she would let him get. With a final stroke of her

pen, Marin organized the papers and handed them back to Burton. He gave her a strange look that showed mild skepticism but eventually went back to his work. Marin handed him the papers and gathered her things. Just as she was opening the door to leave, Dr. Burton called out to her.

“Marin, you aren’t wrong about people putting on a facade. But, perhaps it’s better that way. After all, there are certain things that the human eye isn’t meant to see,” he said. He said it with such conviction and superiority, as though he had every right to make such a proclamation. Marin stood staring at him with a near blank expression and walked out the door with a final goodbye.

When he was certain that Marin was gone, Dr. Burton pulled out his phone and opened up a blank memo page. On it he wrote: Acquire medical records and birth certificate of Marin Rosier.

Eye Drawing by Amanda Kennedy

Maturity Rules For The Japandroids

by Shaun Gold

Brian King and David Prowse, the two friends behind alt rock’s favorite sons, The Japandroids, never expected to be here. Six months before signing a worldwide deal with Polyvinyl Records for the release of their debut album, *Post Nothing*, they had decided to scrap the band altogether, feeling tired and as though their career was going nowhere.

Maybe they felt that same plateau arise when they chose to hibernate for five years, contemplating their existence and wondering if there was room in the world for another hair raising, fist pumping album that can act as a call to arms to young rebels everywhere. With *Near to The Wild Heart of Life*, we see the band return to touch breakneck tempos, while also learning to harness their lust for life using a wider array of dynamics, speeds, and production techniques.

One of the most alluring features of The Japandroids’ sound is that on previous albums, almost every song feels like it is about to jump out of your speakers, land on your table, and drag you back out to the bars for one more round before closing. The first song and title track matches the essence of their past releases. The fiery opener showcases what the duo does best: rock hard and fast while wearing their hearts on their sleeve. Filled with familiar refrains and “rah-rah” lyrics, the opening track sets the bar high. While the band comes admirably close to matching the fire they have already established, it is apparent that the band took a more deliberate approach, in part by turning the distortion down and the synths up.

The acoustic guitars make their first major appearance on the second track, “North East South West.” While the song takes a major downturn in tempo, the lyrics have become more descriptive and verbose. The song paints imagery of a life of travel that cannot compete with a life of love, “North, east, south, west, coast to coast / Baby, the trouble that I get into... / It ain’t shit compared to loving you.”

The band comes close to their former gusto with “No Known Drink Or Drug,” singing with unconcealed passion and vigor, “A red ammo romance in the summer heat / In parks, on patios, and in the streets / Our mission: making moments into memories.” But while the band shows encouraging flashes, they never return to the brash, brazen, and bullish electricity that made them so endearing when they first showed up in 2009. Nonetheless, with an eight song, thirty-seven minute album, you still can’t help but want more, as

the album leaves you with an appetite only partially quenched.

Maturity rules on The Japandroids newest release. They have clearly taken the time to decide what path to go down in terms of how they wanted to state their vision and have shown signs of growth in the process. King and Prowse have seen this band grow far more than they ever thought imaginable, and while its missteps are apparent, this album contains the true essence that makes up The Japandroids.



The Japandroids return with a call to arms to young rebels everywhere. Photo courtesy of TheSoundOfVinyl.com

Support Your Local Scene



HERE'S TO YOU - @HERESTOYOUBAND

Indie/Rock/Pop

For fans of: Fall Out Boy, Young the Giant, The 1975

Here's To You has been around in the music scene for quite a while. Formed by Stephan Stanzione, Charlie Giovanniello and Five Towns alum Greg Almeida back in 2009 and recently added Five Towns student Mike Fenimore to the band. They have come a long way from just playing songs in Stanzione's garage. They have played all over Long Island and New York City, played Bamboozle in 2011, toured down to Austin, Texas last spring to play South by Southwest, and released their first full-length album, *Love Me or Leave Me*. Currently working towards their next release, Almeida said, "The band is really excited about the songs we've been writing, they're a lot more mature than the previous songs but still straight up bangers." He thinks that these songs will push them into a whole new territory so get ready!



TABLE TALK - @TABLETALKLI

Rock

For fans of: Death Cab For Cutie, Say Anything, Balance and Composure

Table Talk consists of Rob Rizzacasa, Jon Argondizza, Sal Salamone, and Ryan O'Rourke. Rizzacasa, Argondizza, and Salamone knew each other for years before Table Talks birth, having played together in Last Great Hero. Eventually, they decided to branch out with their music and make their sound different. Looking for a new guitarist, they brought O'Rourke into the mix, who they met playing shows with his previous band, For What It's Worth. When the writing process began, they rented a house in the middle of nowhere in Pennsylvania for one weekend. Argondizza said, "I don't think that any of the songs from writing that weekend were ever shown to the public but it was a good experience because it was the first time hanging out with Ryan, really, and getting to know him." Their debut EP, *Table Talk*, is available now!



SHOREBREAK - @SHOREBREAKNY

Pop Punk/Emo

For fans of: The Story So Far, State Champs, Stickup-Kid

Shorebreak began from their mutual love of pop punk music. Mike Cowdell, Nick Montanino, Five Towns alumnus Mike Scarola, and Tom Vecerina met in high school and were joined by Joe Stewart after meeting him through the music scene. Having first started their practices in Montanino's garage or Scarola's basement, they worked towards releasing their first EP, *Displacement*, in 2013 which features their popular song, "Decency." Nearly two years later, they released their second EP, *Misdirection*. Be sure to see this band at their next show, their live performances are what draws you in. Their stage presence is captivating and their music is almost annoyingly catchy.



FROM HOLLOW VEINS - @FROM_HOLLOW_VEINS

Metal/Post-Hardcore

For fans of: Bring Me The Horizon, My Chemical Romance, The Used

Robert Folan, Roberto Rivera, Luke Lerman, Nick Montalvo and Ben Wyrick met each other through school and from different bands. They started From Hollow Veins originally under a different name and with a few different members but they eventually evolved into the current lineup. Their influences range from Stray From the Path, Balance and Composure, and The Word Alive. The amount of passion and energy they put into their music is indescribable. You can tell just from watching their performances that they really do love what they do and they put everything they have into it.



MAKESHIFT - @MAKESHIFT_LI

Pop Punk/Punk

For fans of: The Story So Far, Like Pacific, Seaway

Makeshift, made up of Andrew Musalo, Dan Burke, Austin Barrow, and Matt Mangione, started as just some covers played between Musalo and Barrow during high school. A few months later, all of the boys began writing songs together. In 2014, Makeshift released a ten-track album called *Better Off* and in 2015, they had the amazing opportunity to play the Wantagh date of Warped Tour at the Nikon Theater at Jones Beach. Makeshift are influenced by the old and the new, including the likes of Rancid, Bad Religion, State Champs, and The Story So Far. Just a group of genuine and hard working guys, they deserve all the support received.



CASANOVA - @CASANOVA THE BAND

Shoegaze/Emo

For fans of: Turnover, Pity Sex, My Bloody Valentine

Casanova started fourteen years ago but it's not the same Casanova that we know and love today. It all started on Zachary Orellana's tenth birthday when he received a Green Day album and he was "ecstatic." He had never heard something so loud but so charming before and decided he wanted a band he would be able to call his own. After all kinds of failed high school projects and after years of waiting, Orellana is now alongside his best friend, Jordan Vogelsang, Sal Astuto, and Five Towns student Nikki Esposito in one of Long Island's biggest up-and-coming bands. Since their formation in 2015, they've grown as a band and have taken Long Island by storm. Their highly anticipated first EP, *Sincerely*, was released in the beginning of this year.

Breaking Down Breakdowns

Staff Editorial

The word "breakdown" is defined by Merriam-Webster as "a complete loss of physical, mental, or emotional vitality: a physical, mental, or nervous collapse." It's something people feel ashamed of and they shouldn't. Having a breakdown, whether it's once in a while or once a week, is ubiquitous amongst everyone, especially within our age group.

Breaking down for the first time in weeks or even months can truly feel like a dozen steps backwards but, as cliché as it is, you need the bad times to remember, appreciate, and realize the good. Experiencing a bad day after a record breaking streak of good days does not mean that you are weak. Trying to overcome life's hardships is a struggle that hits everyone. It is a big, scary, *real* struggle.

It's easy to admit defeat, letting your demons take control and guide you. Fighting those urges every day can take a lot of effort and become incredibly draining. Strength, however, is shown in not giving up. Take today to hide

under the covers but try and fire back tomorrow as a force to be reckoned with.

The progress made in overcoming life's demons and fighting off the tentacles that bring you down is like trying to evolve a Pokémon that requires a happiness level of at least 220. In the game, a Pokémon's happiness level is a hidden stat. The only way to track it is to find someone in one of the cities that will tell you how close or how far you are from 220. In real life though, we just have to hope that we're close to our evolution. We need to take care of ourselves like we would our Iggybuffs and our Eevees.

Events like graduations and getting a new job are commonly celebrated, with good reason of course. People make a big deal out of them, showering others with congratulations and praise because they "*did it!*" These aren't the only accomplishments in life to celebrate though. Your every day victories are just as important as your special victories.

You got out of bed today? Congrats!

You picked up the phone and scheduled a doctor's appointment? Woo!

You stepped out of your comfort zone and tried something new? *You did it!*

The every day victories of our lives fall beneath the cracks because sometimes they're activities that come so easily to the average person. Sometimes they're a little bigger, like getting a good grade on a test you thought you failed, and sometimes they're really small, like not stuttering when you order your lunch. Just because others might not see them as achievements does not mean you should let people strip you of them. Maybe it's because some of our achievements get overlooked and passed by that we feel like our progress is being hindered. Whatever they are and whatever size they are, celebrate them. Pat yourself on the back for a job well done and treat yourself to some soft-serve ice cream, you deserve it.

Clubs On Clubs On Clubs

by Giancarlo Estrada

Opportunity comes to those who seek it - or at least, it gives those who seek it a better chance. In some colleges, people join sororities and fraternities to have more opportunities in the job market after graduation. While Five Towns lacks a Greek system, does joining a club here correlate with increasing opportunity?

For one, creating a club on campus demonstrates leadership qualities within a student, qualities that help separate you from the pack. Taliek A. Hill, President of the Commuters Activity Board (CAB), will argue, "As a theatre student who is also a student leader and music artist, things can get busy...Being involved has helped me not only be successful in school, but it's helped me in all areas of my life." Even if the goal is to create a job, rather than find one, why not experiment in a unique environment that allows failure and self-discovery?

An example of this includes the CAB, which wishes to increase enthusiasm amongst commuter students in campus events. The new initiative is to engage students outside of the classroom, giving commuters "a vehicle for any ideas for events or that want to get involved and don't know how." The club votes on budgets for the college and

demonstrates how to run meetings and plan events. This semester the club plans to run Commuter Appreciation Day, Facts and Snacks, and to take part in planning FTC Fest, the biggest music event at Five Towns College.

There are clubs on campus for all interests though. Test Drive gathers people interested in cars, videography, and photography. Making videos, going to car meets, and engaging in the community are some of what the club focuses on but, they will not alienate those who are not car savvy. They want to educate students on how to regularly maintain a car, allowing it to prolong a short lifespan.

The Film Club hopes to increase the practical experience that comes with interacting on a film set, a problem that many film students face their first year in the program. The club wants to create an environment where you can try on any position, whether it be director, producer, sound technician, and so on, and see what fits. Currently, the club is working on culminating students together for upcoming projects, such as short clips to be shown during The Luminaries and creating a set from scratch that replicates a bar.

For the student seeking thoughtful discussion to ignite explanation into the world or introspection into

themselves, the Book Club will combine these functions. To quote Franz Kafka, "...We need books that affect us like a disaster, that grieve us deeply...A book must be the axe for the frozen sea within us." Director of Student Activities, Joy Grynko, gathers once a month to discuss the books chosen by the members. The books chosen range from novels to self-help books with the goal of, as Grynko says, "bettering us as people."

The Black and Hispanic History Club set out to explore the customs and roots of their ancestors through biblical and historical text. The club provides layers of information, citing the Old Testament and historical references while preaching and interacting with members. As of now, the club wishes to host an open forum where they join members of the college in thoughtful discussions.

The clubs and events on campus propel you to interact with various departments and forces you to encounter new faces, each with thought provoking discussions and collaborative ideas. The clubs at Five Towns cater to each student's own individuality and encourages everyone to be themselves.

Motorhead: Transmission Truths

by Andrew Viscosi

The idea of a manual transmission is daunting. Most people over 20-years-old have at least heard of a manual transmission, even if they don't know what it entails. With a manual transmission you have five or six gears, a reverse gear, and you need to select those gears.

Today you'll find most cars are equipped with an automatic transmission or a CVT, which is a slush-box of a transmission. Each have their perks and their pitfalls, but at least once in your lifetime you should experience a manual transmission. A manual transmission gives you the immersion that driving today is missing. Driving is a task now instead of an enjoyment which is why most cars are phasing out manual transmissions.

Your average automatic transmission has a shifter with markings P-R-N-1-2-D - park, reverse, neutral, first gear, second gear, and drive. Most automatics are four or five speeds which means they have four or five forward gears and a reverse. The first and second gear are used for situations where you need more low-end torque than top speed performance or to perform emergency engine braking.

A transmission is normally set up to give you all the pulling force you need in the lower gears and the acceleration you need in the higher gears. Automatics are designed to shift for you and come in handy in urban environments where there is stop and go traffic or for people in the

mobile industry such as taxi or Uber drivers. This isn't designed for fun, it's utilitarian. While there are automatic transmissions designed for performance, you're unlikely to

Most of you won't give a rat's behind about missing out on the thrill of driving a manual but there is more to it than that. You can get better gas mileage with a manual transmission, find cars for cheaper than their automatic counterparts, impress your significant other, and gain full awareness of your driving.

People have become spoiled with their automatic transmissions. It's too easy to drive a car now. There are inexperienced drivers matting the pedal to the floor in their or their parents' Honda Accord, needle bouncing off the rev-limiter as you hear the engine cry out in misery. You find people texting, putting on makeup, eating, shaving all while driving but you can't do any of that stuff when you drive a car equipped with a manual transmission. If you release the clutch pedal while matting the gas pedal to the floor, you'll chew the teeth off gears that should engage smoothly, tenderly, as if a car is a tool of potential destruction because it is. You even have cars driving for you now, which takes all accountability away from the driver because it's easier to blame a computer than our own faults.

Drive a manual, even if you suck at it. Just understand that cars are an ultimate tool of destruction and with an automatic it becomes a weapon for all. A manual makes you accountable. You can't be distracted. It also allows you to feel the full-revving of the engine as you switch from gear to gear. On a track or a windy backroad, even at legal speeds, a manual transmission demonstrates the joy of joying that is gone from today.



find one in a college student price range and they'll never give you the full immersion of driving a manual.

So then, what's all this hype about a manual transmission? Well, a manual transmission in any car unlocks the full driving experience. You are completely in control of your car now. You must be aware what gear you're in, how high your revolutions per minute are before you go to change gear, and, most of all, be able to constantly engage the clutch without grinding (my) gears.

Already There: Students Moving And Shaking



Casanova has only been a band for a few years but it is taking L.I. by storm. Photo courtesy of facebook.com/CasanovaLI

by Rebecca Spina

Junior Nikki Esposito's dreams for life after Five Towns are simple and ring true with many people on campus: she hopes her bands take off and she can tour around forever. The thing about Esposito, though, is that she's already touring the country with *both* of her bands while simultaneously working towards *two* degrees.

She came to Five Towns in 2014 hoping to find an environment where she could be influenced by peers who are just as passionate about music as she is. She walked in as a Jazz Commercial Vocal Performance major but immediately increased her workload in her sophomore year by adding on a concentration in Music Business.

"I came into [the] realization that a degree in vocal performance...I can do that outside of school on my own time," she rationalized, "What really made me want to change my major was my band, Casanova. I self-manage my band and I felt like I could get insight on how to do it right."

The band formed in 2014 and after years of jam sessions that never happened. Consisting of guitarists Zach Orellana and Jordan Vogelsang, drummer Sal Astuto, and Esposito on bass, vocals, and management, the band has evolved from a Weezer cover band to a distinct and original shoegaze dream. Casanova hasn't been around for long but have certainly taken the hearts of the Long Island music scene. They recently released their first and highly anticipated EP, *Sincerely*, in January and played a sold out release show at Amityville Music Hall.

While Casanova is not slowing down by any means, Esposito still wasn't satisfied. In January, she also joined Zack Kaplan, Gianni Gambuzza, Patrick Pierce, and Ethan Kreidmaker as Whittled Down's bassist.

"Whittled Down asked me back in the fall to fill in [on bass] for them on their winter tour...I was a little hesitant at first just because I had to learn another band's material and I was unsure if I could qualify. At the same time, I didn't want Casanova to feel uncomfortable that I was working with another band and leaving for a week and a half. I eventually said yes to join them on the road and I have to say I'm extremely happy that I did," she said.

She spent all of winter break, day in and day out, practicing Whittled Down's songs until they were perfect. The tour passed through Buffalo, New York, Lancaster, Pennsylvania, Amityville, New York, and finishing up in Oaklyn, New Jersey. At the end of the tour, they circled around her and asked if she wanted to join the band officially and she hasn't looked back since.

Inside the classroom, Esposito tries to take what she learns and use it as a guideline to follow. "I have come to the realization that most of the lessons taught are things I have already learned and experienced through the music scene," she said, "I usually take what the professors teach as a guide to compare and contrast the proper steps to take with my band."

As always though, the most experience Esposito has gained has been from actually being out there in the scene and working hard booking gigs, networking, and doing everything that managing a band entails.

The greatest lesson Esposito has learned, though, is as cliché as it is true: always stay motivated. "Even if you find yourself in a rut of some sort," she said, "Everything takes time. Eventually your sound will mature, [so] keep at it. Go to shows, make connections, make friends, support other local acts, support local photographers, support local artists...Make as many connections as you can and get yourself out there."



Whittled Down consists of (from left to right) Zack Kaplan, Nikki Esposito, Ethan Kreidmaker, Patrick Pierce, and Gianni Gambuzza. Photo by Jessica Tyler

Most Anticipated Albums of 2017

by Emily Finz



You Me At Six - *Night People* (out 1/6/17)

Night People is the English rock band's fifth studio album and strays away from the known rock style from their past albums for a much darker and heavier tone. The album reached #25 on the United States iTunes Charts when it released and also made it onto the UK, German, Canadian and Australian charts. This is the band's first album since 2014 and it definitely did not disappoint.

"I've been a fan of You Me At Six since the beginning of high school. They have always been a guilty pleasure for me. I'm super excited that they released a new album after 3 long years. They are definitely living up to the expectations!" - Emily, Northport, NY

Photo courtesy of DIYMag.com



John Mayer - *The Search for Everything* (out 1/20/17 and so on)

The 39-year-old singer-songwriter is releasing a new album but he's doing it differently than ever before. He's releasing his album in "waves" or, a more well known term, in EPs. Each wave includes four songs and builds anticipation while waiting for next month's set. Mayer has won seven Grammy awards out of his 19 nominations. His sixth studio album came out in 2013, so after four long years his fans are ready for *The Search For Everything*.

"John Mayer has been one of my favorite artists since middle school and it's so exciting to hear his music being released for the first time since 2013. *The Search for Everything*...being released a few songs at a time...makes the experience of hearing his new music suspenseful, but so worth it." - Gia, East Northport, NY

Photo courtesy of JohnMayer.com



As It Is - *Okay* (out 1/20/17)

Okay is the second album release from the British pop-punk band As It Is. The main theme of the album is the idea that it's okay to not be okay, making a statement about mental health issues and the stigma surrounding them. Songs on this album range from topics such as depression, anxiety, divorce, loss, and heartbreak and these topics appear all over the album. This album has been more successful than their first, reaching charts in the United States, Australia, U.K., and Canada.

"As It Is killed it with their debut and I really didn't expect to like them as much as I did. I feel like they're really gonna blow up with *Okay*." - Dakota, Philadelphia, PA

Photo courtesy of FearlessRecords.com



Andrew McMahon In The Wilderness - *Zombies On Broadway* (out 2/10/17)

Andrew McMahon said that he wrote his new album, *Zombies On Broadway* "in the middle of a whirlwind, when the future was unclear." His website gives a little bit of background saying, "I spent more than a year hoping to find new answers to old questions. What I found; I have always been two people; One in search of peace and the other in search of whatever makes my hair stand up and my heart beat faster. This record is mostly about the latter." To celebrate his new album he's going on tour with Atlas Genius and Night Riots. He'll be at Webster Hall on April 11th. This will be his first release since 2014 so it's safe to say his fans are more than excited for the album!

"Being a fan of all Andrew McMahon's projects from Something Corporate to Jack's Mannequin to his solo career, I will always have a soft spot for all of his [work]. He is...a wonderful lyricist and musician. He can create music that hits close to the heart. All of these elements combined make it easy to look forward to and expect nothing but great things from this new album of his." - Alyssa, Dix Hills, NY

Photo courtesy of Amazon.com



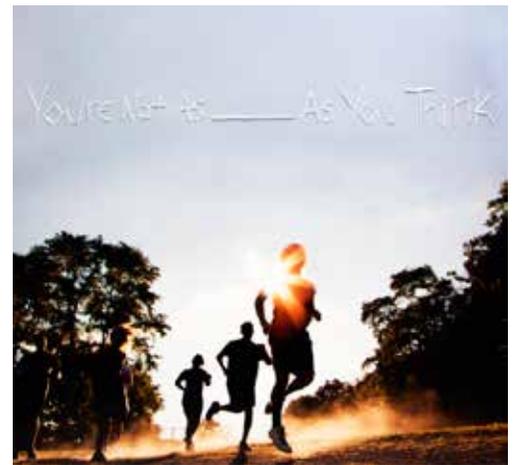
Ed Sheeran - *Divide* (out 3/3/17)

After a year long hiatus, the English heartthrob is back making music again. His recently released song, "Shape Of You," hit No. 1 instantly on the Billboard Hot 100. After being on a break for a year no one seems to have forgotten about him and his enjoyable voice.

"Ed continues to be one of my favorite artists and the most entertaining to see live. I've seen him play the smallest music halls to big arenas and he amazes me every single time. I always end up loving everything he puts out....I'm so excited for this album to come out and for him to tour it." - Elesia, Miller Place, NY

"I'm really excited about [his] new album because I love the way he writes. His songs have so many stories behind them that are extremely relatable so I'm excited to see what he comes out with next and what he chooses to write about." - Sarah, East Northport, NY

Photo courtesy of Idolator.com



Sorority Noise - *You're Not As ___ As You Think* (out 3/17/17)

This well loved Connecticut emo band is back with their new 10 track album, *You're Not As ___ As You Think*. This is only their third full length but they're already well known (and loved) in the indie rock community. The band released a video teaser for the album that helps fill in some possibilities of what the blank could be. Among the words to fill in are hopeless, flawed, invisible and many more.

"The new single is sick and I'm very excited to hear their progression. I've loved Cam's songwriting for years and he's only gotten better over time." - Mark, Oneonta, NY

Photo courtesy of Stereogum.com



The Maine - *Lovely Little Lonely* (out 4/7/17)

The alternative rock Arizona natives, The Maine, are releasing a new album to celebrate their ten year band-iversary. They started out in 2007 and have had a strong following ever since. Between EPs and albums the band has had eight successful releases, one after another. The first single from the new album “Bad Behavior” released onto iTunes in January. They’ll be touring in April to support *Lovely Little Lonely* and will be at Webster Hall on April 27th.

“American Candy was my Album Of The Year in 2015 and it reminds me of a lot of important things. I’m really excited for *Lovely Little Lonely* and I hope it means as much to me as American Candy does!” -Dakota, Philadelphia, PA

Photo courtesy of AltPress.com



New Found Glory - *Makes Me Sick* (out 4/28/17)

20 years of pop punk! That’s right, New Found Glory has been making music for a whopping 20 years! During their successful career, the band has released eight full length albums, one live album, and two EPs. Still creating music, the band is releasing their first full length album, *Makes Me Sick*, since 2014 at the end of April, right after their two sold out shows in New York City. The first single from the album, “Happy Being Miserable,” comes out February 16th.

“I’ve been a really big fan of New Found Glory since I was a child. I’m really excited to hear that they’re putting out another album in 2017, since their last album came out in 2014. Can’t wait to hear their new songs after three long years.” - Gabi, Dix Hills, NY

Photo courtesy of AltPress.com

Gorillaz - rumored

In October of 2016 the band tweeted this album cover with lyrics to follow, leaving fans speculating a new album that has yet to be released. This album seems to be a continuation of their their 2010 recording *Plastic Beach* because of the lyrics tweeted following this image are from the previous recording and the tweet seems to follow the theme of that album. The band hasn’t released music in seven long years so it’s safe to say if something is coming, it has to be pretty big.

“I’ve loved them since I was a kid and they’re always trying new things so I can’t wait to see what’s next for them.” - Mark, Queens, NY

Lorde - rumored

It’s been three long years since Lorde’s release of *Pure Heroine* and it’s about time for her to come back. According to Billboard, this is the year of the Lorde. A music editor for Billboard tweeted, “Oh my Lorde,” and then someone else tweeted a video of Lorde on what is speculated to be her music video shoot with her hairdresser, producer, and makeup artist. She has even teased a new album so it’s just a matter of time before our ears are blessed with the Lorde!

“I’m excited because it’s been so long since she’s made music. Lorde put an album out my senior year of high school and now I’m graduating college so the anticipation has been insane. *Pure Heroine* was such a revolutionary album for pop/indie music so I’m really excited to see what she’s been working on since then!” - Sarah, Commack, NY



Photo by Joey Gutierrez

Natalie Allouche hosted the Valentine’s Day Serenade during Common Hour, February 14. Students were able to exchange roses, chocolates, cards, and, of course, performances.

Clarification from “Give Us A Break”

In the December 2016 edition of *The Record*, the point-counterpoint “Give Us A Break” speaks of the fall semester’s schedule and the upset it had caused amongst students. Dean Carolann Miller brought to our attention that there was some misinformation in Rebecca Spina’s side of the argument. The piece states, “With the new attendance policy in place this semester, students are allowed to miss up to 20 percent of their classes.” To clarify, the policy that the College has had in place for many years states the following: “Absence from more than 20% of class meetings in a course may result in a failing grade.” The new addition to the policy goes on to say, “...students are expected to regularly attend all classes. Students will be administratively withdrawn from any class that they fail to attend more than two consecutive weeks,....” We apologize for any inconvenience this may have imposed.

What Team?

by Annalise Thode

Last semester, students at Five Towns College were polled by the administration asking who should represent our new athletics department. Everyone remembers submitting suggestions, some serious, some not, but no one remembers who won.

While the athletics program has remained in tact, it seemed that the need for a mascot did not. Though this may have slipped the mind of many students, as our athletics department is still growing, for some it felt like the (lack of) outcome made the athletics department look less serious. The gym floor is prepped for the final mascot logo so, why don't we have a mascot? Seeking clarity on the subject, we spoke to President David Cohen for answers.

The Record: Last semester, there was a school-wide poll online to choose a mascot for our new athletics program. What was the winning mascot, and why were the students not updated on it?

President Cohen: There was no winning mascot in the voting. Votes were evenly dispersed across the board. This is why there was no clear winner.

Five Towns College originally planned to add collegiate athletics for the Fall 2017 semester. The precipitous closing of Dowling College, however, provided us with an opportunity to start the program one year earlier. Moving up the schedule was a positive thing, but it felt as if we were rushing to pick any mascot just to have a mascot. As the season played out, I asked the administrative staff to slow it down and to take a more deliberate approach. During a staff meeting, I suggested that it was not critical that we have a mascot identified and costumed this season. So, a consensus was reached to delay the mascot announcement until next year.

The Record: What was your favorite submission?

President Cohen: There were several excellent suggestions, but most were not viable. For example, some suggestions were mascots already used by other colleges. These were disqualified, to the extent that they could create confusion. Others were excellent, but did not translate easily into a mascot costume and logo, and so they were not adopted.

The Record: Do you think a mascot affects student morale?

President Cohen: I do think that having mascot is a positive student and campus morale booster. But, it is such an important decision that, if we take a little bit longer to vet the issue - I think that is the right path for Five Towns.

In addition to finding a consensus, the mascot has to be something we all identify with, something that is not being used by another college in our region - so it has to be somewhat original, and it has to be something that can be readily depicted in a costume, stuffed animal, and logo. This is not an easy thing.

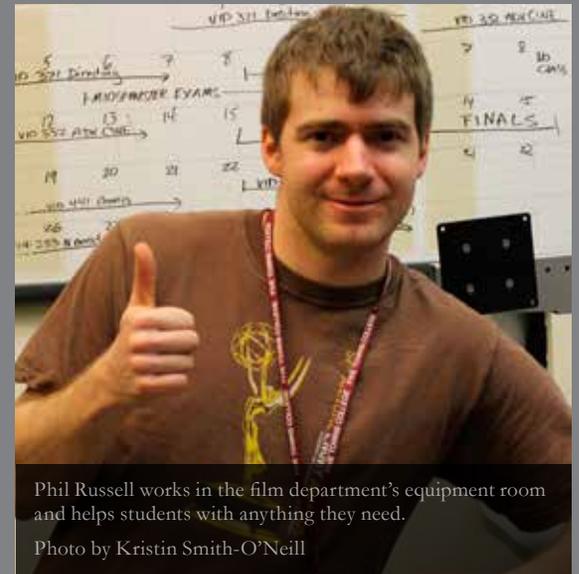
Let me also add, that the creative elements have to be owned by the College. The art and the design have to be original, and subject to copyright and trademark protection, so that the students can use the mascot in all of the creative ways imaginable.

The Record would like to thank President Cohen for his time.

Drawing by Amanda Kennedy



FIVE TOWNS' STAR OF THE MONTH



Phil Russell works in the film department's equipment room and helps students with anything they need.

Photo by Kristin Smith-O'Neill

by Kristin Smith-O'Neill

When students arrive at Five Towns College, they expect to get a run of the mill experience - party on a school night, nap instead of writing a term paper, and slowly learn what it's like to live on their own. What they don't expect, however, is to meet students and professors that have a contagious passion about what they're doing and who will help you in whatever way they can.

Phil Russell works in the film department's equipment room and is that kind of professor who will exceed your expectations. He goes the extra mile for every student here by making sure they have everything they need for whatever project they are undertaking. He started off at Five Towns as a student, graduating in 2011 with a BFA in Film/Video. Since then, he was taken on as the Assistant Equipment Manger.

There are plenty of reasons why he loves working at Five Towns and helping students but what stands out the most is his love of the small town environment on campus. On campus, everyone knows each other and it easily makes the people you work with feel like family. He recalled several times where he felt that he could rely on his fellow colleagues and friends if he ever needed someone.

"Always keep working and making films and projects. Follow your dreams and never let someone stand in the way of what you want," Russell encouraged. His words ring just and true for anyone trying to follow their dreams. Here's to many more years of Russell lending a helping hand to those who need at Five Towns. He truly goes above and beyond to help students and ensure their voices are heard.

If you know someone, a professor or student, that goes above and beyond at Five Towns College, please nominate them by emailing Kristin Smith-O'Neill at smithoneillk741@fivetowns.edu

2017 Winter Style Guide

by Emily Finz



Photo courtesy of Palmers.com

PALMER'S COCO BUTTER STICK - \$1.95

There is nothing worse than dry skin and winter's cold can really take a toll on that. At the risk of looking like you're using a glue stick, Palmer's Coco Butter lip balm is the best option to fight winter and keep your lips moisturized. It's huge, giving you a lot of product for practically no money spent. What more could you ask for?

Where to find: Palmers.com, most drug stores

REAL FRIENDS WINDBREAKER - \$35

For all you stylish pop-punk kids out there, protect your scene with the most comfortable windbreaker around. Real Friends produced a high quality windbreaker featuring a quarter zip hooded pullover and a kangaroo pocket. Windbreakers are waterproof and lightweight - perfect for the concert life because they're really easy to roll up and put away in a bag. The back features lyrics from their song "Colder Quicker" making it perfectly relevant for the winter!

Where to find:
RealFriends.LimitedRun.com



Photo courtesy of RealFriends.LimitedRun.com



Photo by Gabriella DiPatra

CARHARTT ACRYLIC WATCH HAT - \$9.99

This beanie is unisex and super cheap! It's easy to have a large collection because they come in so many colors. The affordable price, array of options, and comfort this beanie gives is why it is such a must to keep warm in the cold winter months.

Where to find: Carhartt.com, Carhartt stores (Walt Whitman Shops)



Photo courtesy of JacVanek.com

JAC VANEK COMPLAIN SWEATSHIRT - \$68

Sweatshirts are your most trusted friend in the winter. They're warm, comfortable, and super cute. Perfectly themed for the season, Jac Vanek's Complain Sweatshirt will let everyone know just how cold you really are.

Where to find: JacVanek.com



Photo by Amber Desjardis

VANS SK8-HI MTE - \$85-\$95

Vans recently came out with weatherproof versions of their iconic Sk8-Hi sneakers. They come in a variety of styles for both men and women. These sneakers feature water resistant leather and suede over the toes, insulated linings, and a heat retention layer to keep your feet warm and dry. The outsole on the bottom of the shoe provides improved traction to keep you from slipping on the ice. Though a little expensive, these sneakers are a perfect addition to your winter wardrobe for those snowy days and icy nights and are overall a great investment for future seasons.

Where to find: Vans.com, Vans stores (Smithhaven Mall, Roosevelt Field Mall)



Photo courtesy of AppAdvice.com

LIFEPROOF NÜÜD CASE - \$99.99

Though expensive, this case is a brilliant investment. Perfect in the winter when you accidentally drop your phone into the snow or slushy puddles and it will protect you in the warmer months too. Lifeproof cases are water, dirt, snow, and drop proof - life proof. The best part is, it doesn't matter if you're Team Apple or Team Android, it comes in a variety of colors and sizes for both models!

Where to find: Lifeproof.com, Apple Stores

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Safe And Sound?

by Nia Munoz, Kashawn Hernandez, and Edward Larose

Five Towns College has under gone a lot of changes this year. There is a brand new radio studio, new school store, and a new broadcasting studio. However, one of the most controversial changes at the school has been the basketball team, The Sound.

There are conflicting feelings about the new athletic department that was added to the school only last semester. While faculty and administrators may see the basketball teams as a good publicity move for the school, students don't necessarily see the teams as a good thing.

Amongst the student body, some Five Towns students take issue with the fact the college reallocated funds to accommodate the basketball team. According to some of the students, the school was supposed to get new desks, something students have practically been begging for. Instead of new desks that could fit a grown adult's body comfortably, The Sound was seen as a higher priority.

However, the team's record isn't helping to ease the tensions amongst students. The team won its game against the Blue Angels on Wednesday, February 8.

Once the basketball season is over, the school will form soccer teams in the spring. One can only hope that the soccer teams go over better with the student body.

It all really comes down to the question, "Was an athletics program really the smartest move for the college?" A good athletics program can help put a school on the map, but it also takes time to build up its reputation. Should the school focus more on the internal problems before trying to project extracurricular programs to attract more students?



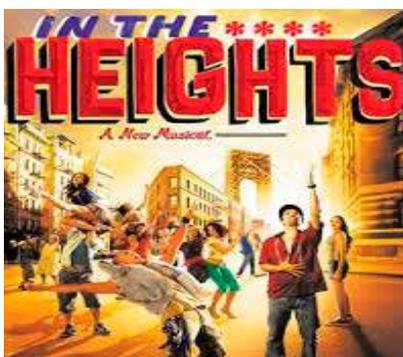
No. 23, Obasi Jackson, stretching before the game.



Teammates get some practice shots in before the game starts.

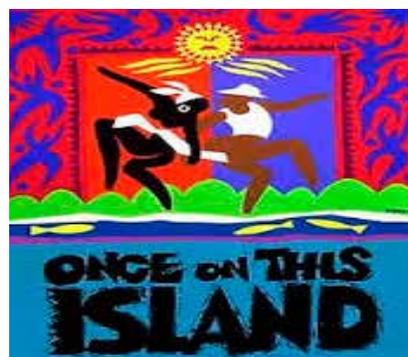
Photos by Nia Munoz, Kashawn Hernandez, and Edward Larose

UPCOMING THEATRE PRODUCTIONS



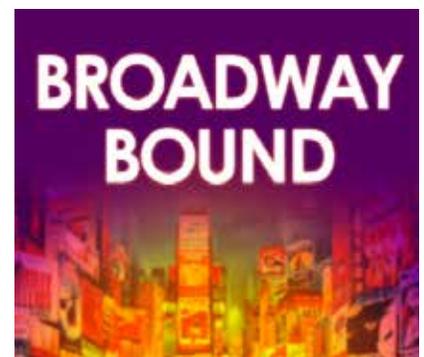
IN THE HEIGHTS

Thurs., March 30 - Sat., April 1 at 7:30pm
Sun., April 2nd at 2:00pm
\$18 Adults, \$15 Seniors & Students



ONCE ON THIS ISLAND JR.

Sat., April 29th at 12pm and 3pm
Sun., April 30th at 12pm and 3pm • \$10



BROADWAY BOUND: LOVE IS LOVE IS LOVE IS LOVE

Sat., May 6th at 7:30pm • \$10

Pats Nation

by Thomas DeLuca

This year's Super Bowl was easily argued as one of the greatest Super Bowls of all time. Taking place in Houston, Texas at the NRG Stadium, the New England Patriots set off against the Atlanta Falcons.

Until the fourth quarter, the game was dominated by Matty Ice and the Falcons. It did, however, take them until the second quarter to finally break the end zone. In back to back drives, Atlanta put seven points on the board.

Meanwhile, Tom Brady and the Patriots could not do anything right. Their run game was nonexistent, which was a shock because Atlanta's run defense was ranked 26th by Pro Football Focus. You would think Belichick was going to exploit that to the fullest.

Atlanta did a great job of stuffing the run and taking the Patriots out of their game plan. The next drive put the

staple into what most thought was the beginning of the end for New England. In typical Tom Brady fashion, he drove them right back down the field, and then - BOOM - interception returned for a touchdown by Robert Alford, pushing the lead to 21-0.

It took until the third quarter for New England to finally put a touchdown on the board. Missing the field goal made the game at a still uneven score of 28-9, but it did not stop there. Forcing a fumble on a Matt Ryan strip sack, the relentless passing attack, and a phenomenal juggling catch by Julian Edelman put New England right back into the game. The tables had turned.

Until this point in history, there has never been a comeback of more than 10 points in a Super Bowl, coming from the Redskins in Super Bowl 22, and the Saints in Super Bowl 44. The Patriots overcame all of those odds. There was a 98% chance they would lose in the third quarter, and yet,

they tied the game up and sent it to the first overtime in the Super Bowl era!

Once the Patriots got the ball to start overtime, you could feel the energy just leave the party. Being in the New York area, the Patriots are not very liked around here, so everyone was rooting for the Falcons to win the game. Unfortunately for us, that is not what happened. The Patriots marched down the field and punched the ball in for six points ending the game.

Tom Brady did the most Brady thing possible, coming back from such a big deficit and winning the Super Bowl. He solidified his place as one of the greatest quarterbacks to ever play the game. To quote Wes Mantooth, "From deep down in my stomach, with every inch of me, I pure, straight hate you. But goddammit, do I respect you."



Tom Brady solidified his place as one of the greatest quarterback of all time in Super Bowl 51.

Photo courtesy of TheWashingtonPost.com