Seniors Amanda Kennedy and Michael Montesano are driving forces behind the spring semester’s events. With the help and support of their friends, classmates, and various faculty members, they were able to successfully organize the two biggest events of the semester: the Five Towns College Awards and FTC Fest.

Three years ago, alumnus Brandon Andrade thought a music school like Five Towns should have its own music festival. He soon teamed up with 5 Sounds Records, of which Montesano is president of, to help make the event a reality. Since his graduation, 5 Sounds has continued the event alongside student activity leaders. Since its formation, it has featured bands like Patent Pending, Here’s To You, Fox Frazier, The Vibe, and Orphan Tiger.

Then a year later, the Five Towns College Awards were born. It originated from another alumnus, Paul Grasso, in October 2015 and Montesano and Kennedy joined him soon thereafter. The idea behind the award show is to give students a chance to be acknowledged for their crafts. It's student nominated and the awards are determined by votes from the student body.

While the history behind both events is short, the work put in to ensure their success is anything but sweet. When they weren’t attending classes, they were often found this semester huddled over their laptops reviewing everything they needed to do.

“[It was] extremely stressful,” Kennedy remembered, “My hair was literally starting to fall out because of it. There is a lot of work to be done and if you aren’t constantly on it then you will fall behind very easily.”

Montesano agreed, “People don’t realize how much it takes to run an event and to run it properly. We also have high standards [to live up to] and along with school work… it becomes a lot to deal with. Professor Blenn once said in Concert Production and Promotions, ‘There’s one one your event can go right and a million ways it can go wrong.’”

“Despite everything though, the events are very fun to put on. The end results are always well-worth it and it’s great to see all your hard work finally come together,” Kennedy said.

These events were born by Five Towns for Five Towns. Kennedy, as a Music Business major, and Montesano, as a double major in Music Business and Audio Recording Technology, both believe the education they’ve received in their classes has been vital in their successes.

“I have learned so much from my professors that otherwise I wouldn’t of known,” Montesano shared, “I also learned a lot from the students as everyone is so creative and now I’m apart of things with amazing talented people who I truly believe will be highly successful in the future.”

With both of their graduation dates nearing, the fate of these two staple events in the Five Towns community are held in limbo. “As much I would love to say that these events will go on and become a tradition at this school…we don’t really have a specific successor set in place to take over and I don’t know if anybody will want to take up the position, hard work, and stress that come with these events. But hey, if anybody reading this wants to continue them next year feel free to hit Monty or I up,” Kennedy said.
LEAVING THE TOWNS

Staff Editorial

As the curtains fall on the spring semester, the student population is split in two. One half is ready to enjoy the free time this summer before returning next fall to do it all over again. The other half is ready for graduation this month and moving on from Five Towns into the Real World.

The process of graduating is simultaneously scary and thrilling. You have been a student for almost your entire life; it has become part of your identity just as much as your name has. When graduating high school, most of your classmates walked across the stage committed to the college of their choice. As a graduating college senior, once you walk across the stage, accept your diploma, and move the tassel on your hat to the left, the chances of you being a student ever again aren’t as high as they were four years ago and thus, you lose part of your identity.

In its place though, a new identity grows. You will move on to bigger and better things. There is so much more to the world than Five Towns and the desks out there can comfortably fit someone older than 10-years-old. You could score a job at a recording studio, join a big corporate machine like Sony, your band could take off and be the next Maroon 5, you could be that band’s manager.…

That is what makes graduation thrilling, it’s all of the possible things you can accomplish.

What makes graduation so scary is the rapid change and the overwhelming sense of the unknown. So many things are changing all at once and while it is promoted as a good thing, it often is not perceived as such. You won’t see your friends as often anymore, you have to go find a real job in the real world, you risk facing rejection in a field you’re trained for….While all of the possible accomplishments can be thrilling, it can be scary if you yourself don’t feel accomplished. It’s easily to feel doubtful that this was the right path for you.

The fact of the matter is, you really don’t know if you’ll end up working in the music industry despite your interest in it and all of the lessons learned in these halls. That’s not to say though that you won’t get any job after you graduate or that you won’t be happy in the job you do land.

While it would be great to score a job in the field you went to college for, the biggest concern for any graduating senior here should be whether or not they will be happy. Being happy with your decisions in life and being able to look back fifty years from now with no regrets should be what really matters.
Father John Misty, frontman of the indie-rock band Father John Misty, released the band’s third full-length record April 7 via Sub Pop Records. Compared to their last album, I Love You, Honeybear, Pure Comedy has a different yet familiar feeling that fans of the band’s work will surely recognize. Maybe it’s the consistency of the orchestra and the suspended piano chords on most of the tracks, but Pure Comedy feels more spacious and ballad oriented than his previous albums.

Those who know of Father John Misty and his lyrics know he tends to be more satirical and a brutally honest songwriter. Almost every song on this album has a memorable and Tillman-esque lyric attached to it. In “Ballad of A Dying Man,” Tillam proclaims, “Eventually the dying man takes his final breath / But first checks his newsfeed to see what he’s ‘bout to miss.”

Tillman is throwing around the idea that we as a society have an obsession with our social status and most people tend to suffer from a “fear of missing out.”

A strong presence on the record is “Leaving LA,” the thirteen minute piece in the middle of the album. The song includes just Tillman’s spacious vocals, an acoustic guitar, and an orchestra to carry the ensemble. There are certain parts of this song where Tillman reflects on his past, his father, and his own childhood. One of the most sincere verses of the song is when he sings about a very vivid memory he has of himself struggling to breathe in the middle of a department store while his mother screams for someone to help him. The verse ends with the idea that drives the entire album, “That’s when I first saw the comedy won’t stop for / Even little boys dying in department stores.”

Comedy is used throughout the album as a way to describe our lives, in a theatrical form, such as the Romans did.

As my flight descended in elevation with our tray tables and seats in an upright fashion, the final song of the album, “In Twenty Years Or So,” began. As the acoustic guitar played and the piano followed suit, Tillman sings about the bigger picture of life, and how there’s more to this than our regrets and dwelling on our misfortunes. The end of the first verse is replaced by an interlude lead smoothly by the orchestra, swaying from one headphone to the other. When the piano reintroduces itself, it sounds like the rolling waves of sound from the opening track. As Tillman reaches through the mic again, his voice is softer. In this verse he explores the idea that he’s read somewhere that one day, maybe soon, humans will cease to exist. The lyric “But I look at you / As our second drinks arrive / The piano player’s playing ‘This Must Be The Place’ / and it’s a miracle to be alive,” ties it all together. What he’s trying to say is to love the ones you spend time with because one day all you will have is the memory of them.

The plane touched down as the last lyrics ring through the headphones. “There’s nothing to fear.”

Father John Misty will be on tour until October. Check out Pure Comedy on iTunes, Spotify, or your local record store.

Photo courtesy of PitchFork.com
On April 14, John Mayer released his seventh studio album, *The Search For Everything* via Columbia and Sony Music. The album shows Mayer getting back to his roots with sprinkles of blues and funk throughout the album. However, there is another side of Mayer that's portrayed on this album as well. He also brings in a country approach, reflecting on his prior two albums.

It’s been four years since the release of *Paradise Valley*, and five since his first “country” album, *Born and Raised*. *The Search For Everything* combines the influences from these two albums with the “John Mayer Blues” we all know and love.

The album starts with dreamy piano and the falsetto of John Mayer singing the first track, “Still Feel Like Your Man.” When the guitar groove, bass and drums kick in, you can’t help but to tap your foot on what feels like the red carpet Mayer lays at our feet for the intro to this album. Mayer just released the video for this song, where he’s somehow taught pandas a synchronized dance routine.

Another song that makes a big statement on the album is “In The Blood.” This is one of those more “homey, country-esque” songs. In this song, Mayer talks about his family and what he’s inherited and learned from them. The song is full of realizations Mayer believes, and in turn there’s probably something everyone believes hidden in this song. One lyric that hits really hard, despite the contradicting moving beat and instrumentals, is “How much of my father am I destined to become / Will I dim the lights inside me / Just to satisfy someone?”

Halfway through the album, Mayer puts an interlude titled, “Theme From ‘The Search For Everything’.” It really ties the whole album together, even though there’s a whole six songs after that one concludes. Although it’s purely a song built off instrumentation, as the song builds you get the feeling that Mayer is still trying to convey a feeling towards the listeners. How you interpret that feeling is up to you. It’s definitely one of the most moving pieces on the album.

The last song on the album, “You’re Gonna Live Forever In Me,” starts out with piano and Mayer’s subtle whistling. The song stays a slow dance between Mayer and his piano. In this song, he touches on a love once lost and how he has to live with knowing he can’t get that person back. He accepts that though, knowing that person has a part of him. The ballad ends the album in a beautiful, yet saddening tone. I don’t think it could’ve ended in any other fashion.

There’s something about John Mayer that people absolutely adore. Maybe it’s the countless hours of memorable music, his very personal social media presence, or even the fact that we’ve seen him at his lowest point and bounce back to the colossal giant in the music industry he is known to be.

I’ve been trying to figure out the songs the truly represent John Mayer on this album, but honestly the whole album is worth listening to. This is definitely some of John Mayer’s best work, and I don’t see him slowing down anytime soon. This is an album for the summer, to be listened to with the windows down and the volume up.

John Mayer is currently on tour in support of *The Search For Everything*, and will be at Jones Beach on August 23. I already have my tickets, and I suggest buying yours.

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You can purchase stream John Mayer’s new album, *The Search For Everything*, on iTunes, Spotify, or your local record store. 

Photo courtesy of Genius.com
MORE MUSIC FROM PARAMORE

Paramore has returned after four years of silence with their first single “Hard Times” off of their new album After Laughter. This is the second time they have left fans hanging with whether or not the band would continue to make music. Back in 2010, the fate of the band was unclear with the departure of the Farro brothers. Fans figured that they were over. Thankfully, they persisted and released a compilation of singles in 2011 called Singles Club, consisting of songs that were only available for purchase through their web store, before a full-length entitled Paramore.

Over the years Paramore’s sound has changed significantly from when they were angry teenagers to now being 20-something-year-olds finally figuring out the world. However, their message has always been the same; each album has the same elements musically and lyrically. A lot of Paramore’s earlier lyrics have to do with not being able to trust people, traveling, and feeling unsure. While Paramore had the same idea of uncertainty, they also focused on the fact that they’re growing up and learning how to live their lives alone without their family by their side. Judging by the newest single, the album After Laughter will have a similar tone to their self-titled. Contrastingly though, “Hard Times” seems to foreshadow happier, more upbeat instrumentals paired with the same heavily weighted lyrics Paramore is known for. Especially with the new single’s first line, “All that I want is to wake up fine / To tell me that I’m alright, that I ain’t gonna die.” The line references how Paramore’s lead singer, Hayley Williams, battles with depression. Shared in an interview with Zane Lowe on Beats 1, she talks about how she probably had depression before the band had started but she didn’t associate the feelings she had with it until she was alone between PARAH01!, a concert cruise the band created, and writing for After Laughter.

With the release of their newest single “Hard Times,” it’s clear that there are two sides to their fan base: fans who are excited for the new direction they are taking and those who believe that Paramore has gone down the wrong path and lost their sound.

If fans remember back when the Farro brothers left, though, the band did explain that their sound was going to change a little bit because they lost two of the main components of the song writing process.

As Williams has said in multiple interviews, Zac Farro’s drumming always sealed the deal when it came to creating a song, it was always something that inspired her to make the songs that Paramore had. Thankfully, Farro was asked by guitarist Taylor York to record drums for After Laughter. At first when he was asked to play, he had no intentions of returning to the band but has since officially become the drummer of Paramore again.

All of the challenges Paramore has faced made Williams and York sincerely consider if they should continue with their musical endeavors but thankfully after four years, two cruises, band members leaving and re-joining, their fifth studio album is here. After Laughter is the highly anticipated album that comes out May 12. Hopefully it will help you kick that little rain cloud hanging over your head and that hits you with lightning and makes you come alive.

LACK OF WELLNESS

Whether it’s transporting heavy equipment, constructing a proscenium arch that extends a theatre stage, or building a workable television studio, the likelihood of minor or major injuries on campus are apparent. What might come as a shock for commuters but a notable concern for those who dorm on campus is the lack of a health or nursing faculty at Five Towns.

Currently under the Comprehensive Emergency Management Plan at Five Towns, “For any urgent medical situation, Public Safety should be contacted immediately so that 911 can be called and EMS services notified to respond.” This plan addresses major incidents that occur on campus with a ride to the nearest emergency room. The issue becomes understanding the way in which these services will be paid through navigating the complexity of health insurance.

Currently the school is adjusting policies that will allow commuters of the Fall 2017 semester the liberty of not having an insurance policy. It will, however, still be required for students who dorm. Due to the overwhelming expense resulted by the lack of students under the college’s health plan, the medical insurance provided by Five Towns will be scrapped the following semester. Without a health facility on campus and emergency services being the only viable solution to a health issue that goes beyond the “do it yourself” boundary, it may raise the concern of how will a student at Five Towns receive health insurance?

For one, this topic tends to go under the radar until the moment arises where health insurance is required. A dormer student such as John Sileccia may be “unaware of health plan right now” which can become an issue if an emergency room does not take their insurance policy.

According to an article published in Consumer Reports, even with an insurance policy, “going to a hospital that takes your insurance may not prevent you from getting unexpected big bills.” An out of network health provider can place costs on patients that are not covered by insurance in a tactic called balance billing. This creates a risky situation for unaware patients when compiling “about two-thirds of emergency room doctors are independent contractors, who may not be in your insurance plan,” according to the American College of Emergency Physicians.

A solution being implemented by Five Towns for the following semester is using local urgent care centers that provide health care at a monumentally cheaper price for uninsured patients, averaging around $71 to $125 per visit. The college plans to set up a relationship with local urgent centers while also working with third party providers. This policy change has the potential of addressing the concerns revolving around minor illnesses and injuries without potentially digging further into debt.

One can argue however that a sprained ankle may not constitute an emergency room or urgent care visit, so what are the choices? In the case of healing a sprained ankle, Alexis Peña, a basketball player for college goes into the Uproad Cafe to get ice.

Peña said that installing an ice machine on campus for the athletes may, at the very least, be a viable solution, especially considering the college’s ambition to expand the athletics program with a men’s and women’s soccer team.

In addressing preventive care, potential wellness centers also functions in assisting with contraceptives. Currently a student that dorms must go to their Resident Advisor, or RA, in order to receive a condom. However, it can become a problem when supplies run short according to the RA at Harmony Hall, Amelis Escalante, “We barely get any [condoms], people don’t have sex only once.” With the nearest CVS or Rite Aid being an hour away by foot, if a student who dorms does not have access to a car, it will result in them relying on the school for medicine or contraceptives if they are unable to bring it with them.

As of the posting of this paper, the college displays the concern on their website for international students. Unlike many other countries, there is no socialized medicine in the United States and medical care is expensive. The issue with contracting and staffing a wellness center on campus comes from the money required. With the college lowering tuition by 10% until 2018, it will require a tuition increase in order to properly maintain a wellness center.

“I want to fund something that would help people,” said Sileccia, “I think we should, there’s so much they can do.”

Having a centralized facility will ensure the health and wellbeing of each student on campus, especially during a time when students are newly surrounded with risks of contracting an illness or injury that can permanently alter their life without professional prevention. The cost of the health center, factored in with the small population of students, results in the college choosing wisely what to fund. However, imperative to a learning experience is the reassurance that mistakes or illness will be covered without the burden of any added debt, through working with urgent cares, Five Towns steps towards solving the issue of aiding minor injuries before they become major.
LONG LIVE THE LOCAL SCENE

by Emily Finz

Last month, I had the joy of seeing these awesome bands play at Creative Corner in West Hempstead. You should have been there and you better be at the next one. Take a listen to their music - it costs you nothing to just take a listen on the drive home or while you’re skateboarding (because it’s almost summer and that’s a summer thing to do).

Table Three Media organized a concert featuring Shorebreak, Makeshift, Hungover, Young Culture, and Figure Eight last month at Creative Corner in West Hempstead. Photo courtesy of Tom Brown

MAKESHIFT - MASSAPEQUA, NEW YORK

Makeshift is another Long Island band you should pay close attention to. They have some older influences such as Rancid, Bad Religion but also newer pop punk bands like State Champs and The Story So Far. Not only that, these guys are full of energy. Makeshift’s drummer, Matt Mangione, not only played drums for his band’s set but also filled in for Shorebreak’s set that night as well. These guys played a sick Taking Back Sunday cover and executed it pretty damn well.

“We chose to cover Taking Back Sunday because they’ve always been a huge influence on our band. We used to do that cover a lot when we were first playing shows and it always went over really well. Now that we have enough songs that we don’t need to rely on covers anymore, we kind of just bring it out whenever we’re feeling it,” says bassist Dan Burke. You can listen to their newest release, Morale, on streaming services and iTunes today!

Photo by Dani Sacco

SHOREBREAK — EAST ISLIP, NEW YORK

I’ve seen this Long Island pop punk band many times. Every single time their performance never ceases to intrigue me and include the audience. These guys have a killer stage presence and awesome setlist each show. Their music is extremely catchy if you’re a pop punk lover. I highly suggest listening to their most recent release, Misdirection, and learning the words so you can join in and finger point your heart out at their next show. Catch them at Shaker’s Pub in Oakdale on May 26 for your dose of Long Island pop punk.

Photo courtesy of Facebook.com/ShorebreakNY

YOUNG CULTURE - ALBANY, NEW YORK

Young Culture is a pop/rock band from Albany. I’ve only seen Young Culture one other time besides this show but I’m stoked to see them later in May. They’re so energetic and their performance is super captivating. I love how much singer Alex Magnan moves around and dances while he performs. Their new album YOU was produced by the lead singer of the pop punk band, State Champs, Derek DiScarnio, (which can be found on Apple Music, Spotify, Bandcamp and Soundcloud). Catch them playing at Shaker’s Pub on May 26 alongside Shorebreak and in Philadelphia on May 27.

Photo by Danny Delrusso
SUMMER CONCERT CHECKLIST  
’Tis the season for sunburn and festivals!

SUNSCREEN, SUNSCREEN, AND MORE SUNSCREEN!
It’s summer and it’s hot out. The sun is stronger than you think. Be sure to protect yourself from a painful sunburn and the harmful effects of the sun’s rays on your skin with sunscreen. Pro tip: SPF 35 will still enable you to get a little tan!

Shown: Sun Bum, CVS Pharmacy
Photo courtesy of JacksSurfBoards.com

WHAT WILL YOU PUT YOUR STUFF IN? YOU HAVE OPTIONS!
Backpack or fanny pack, they’re usually allowed in the venue depending on the size of them. Small backpacks or fanny packs are great for your wallet, snack, poncho, sunglasses and car keys – all of the day’s necessities! Always be sure to check the venue’s website before you go just in case they have restrictions on bags.

Shown: Empyre All Seeing Eye Fanny Pack, Zumiez
Photo courtesy of Zumiez.com

EW, DON’T BE SMELLY: DEODORANT IS A MUST.
Sweating makes you stink! You’re jumping around all day and night, you don’t want to put your hands in the air to wave them like you just don’t care and scare the person next to you. Make sure you apply deodorant in the morning and throughout the day to keep you smelling nice and fresh!

Shown: Degree Men, Walmart
Photo courtesy of Walmart.com

SNACK(S)
Bring a nonperishable snack that’s easy to eat with your hands like dry cereal or a granola bar. You’ll save some money on paying for a snack during the day and when you’re hungry it’s easily accessible. I can’t stress enough to bring a snack or two, jumping around exerts energy and you’ll want to replenish yourself.

Shown: Kind Bars, Target
Photo courtesy of EatThis.com

PREPARE FOR THE WEATHER, BRING A PONCHO.
Concerts are happening rain or shine, folks! Check the forecast before you start your day, if there is even a slight chance of rain you should bring a poncho. The worst feeling ever is walking around in soaked clothes all day and smelling like a wet dog (#NotCute). Most ponchos come with a storage bag so it’ll fold up easily and fit right into your backpack or fanny pack. The dollar store sells ponchos for literally one dollar so it’s not a damper on your wallet.

Shown: Emergency Poncho, Dollar General
Photo courtesy of EigerEquipment.com

SQUINTING SUCKS, YOU NEED SUNGLASSES!
Squinting because the sun is in your eyes sucks and you want to be able to see the performers without the sun in your way so sunglasses are a must. Squinting also causes wrinkles and early aging is a party foul. To top it all off, you’ll be protecting your eyes from harmful rays from the sun.

Shown: Ray Bans, Sunglass Hut
Photo courtesy of SunglassHut.com
TO LIVE IS TO DEVOUR OTHERS

by Briyahna Rice

It had been at least three hours since Marin had come home from school and not once did she move from her desk. She hadn’t even bothered to go to the bathroom or grab a snack, despite her need for both. The ironic thing about her and Lainey’s sense of taste as ghouls was that they could consume human food but it wouldn’t bring them nearly as much nutrition as human flesh. Human food had little to no flavor to Marin or Lainey. As she thought of Lainey, her phone buzzed.

A text message read that Lainey was going to be working the late shift and would be coming home even later.

Marin used her down time to clean up her room and the apartment to spare Lainey the extra work. She worked hard enough for the both of them as it was. As she was sweeping and mopping the kitchen, living room, and hallway floors, all she could think about was the credentials that Burton had amassed over the course of his life. Twelve years of schooling, graduate school, continuous research in his field of study, and even now working as a college professor and still working on whatever project was rejected by the scientific community....Not even those who received funding from his opulent family returned a dime of that money. There were even journals and medical articles that tried to discredit Burton as a charlatan playing as a scientist; another pompous rich man hiding behind his money, never knowing what it truly means to struggle for the sake of scientific research.

Then again, he never really boasted about it. Where he was concerned, it was a college professor and still working on his money, even if his clothes were an indicator of it. Where he was concerned, it was wearing a suit and tie to work, teaching for a living, and doing it all with a smile on his face.

They were both lost in a crowd, seen but not acknowledged. They both try to make it through their lives one day at a time, knowing full well the dangers that await them; intentional or not. For her, it was the danger and fear that her secret will be exposed and her eighteen years of life would come to an end before she could really experience it to the fullest. For him, it was the danger that some rival from his past or present would steal his research right out from under him and leave him desolate. Not even his money would be enough to help him.

Years on top of years of dedication, innovation, hard work, and sacrifices could crumble into nothing like a sand castle stepped on at the beach. All in all, their personalities and circumstances couldn’t have been more similar, but the only thing that divided them was their biology.

By the time Marin finished this thought, the floors shined, the bathroom was free of dirt and grime, and even Marin’s bedroom had been reorganized and spotless. Still though, the mess would accumulate again. The shinier the surface, the filthier the grime that lay beneath it.

Little did Marin know, her professor was conducting his own research as well...on her. Starting with her transcript from middle school - which showed mostly A’s and B’s and not a single incident of misbehavior. He moved on to the medical records that he acquired through his connections with a few doctors in the Flushing area. (The few doctors who didn’t view him as a cash register, or a charlatan.)

As Matthew read each medical document with deep concentration, his eyebrows began to rise with every word that he read. Results from blood work came back fine, urine analysis was in tip top shape, and she was cleared of any and all potential diseases; there weren’t even mentions of any allergies. Her records were perfect, too perfect. Any doctor or medical professional worth their salt would know that certain parts of these records were forged and written over to appear perfect.

Situations like these meant that whatever was written over in place of the falsehood before him was something Marin and her guardian were trying to hide. Something that would be detrimental to her chances of schooling. Her birth certificate may have shown the names of a mother and father, but based on what Riley had told him, Marin’s sole caretaker at the moment was a woman named Lainey Richardson.

A microscopic smirk formed on his lips as he thought about paying the woman a visit, but he would prefer to hear it from his beloved assistant first. Looking back at the birth certificate on his desk, he looked at the name of the original hospital that Marin was born in. St. Luke’s Hospital, located all the way in New Orleans, Louisiana. Fast as lightning, he typed the name of the hospital into his laptop and the very first article that came up was of the abandonment of the hospital in 2014.

Whoever was Marin’s primary physician at that hospital had kept the original records and gave these forgeries over to her parents to take to New York. Matthew pushed himself away from his desk and pulled out his cell phone, dialing the number to the person he can truly call his colleague. Looks like he had a few more strings to pull.