



THE RECORD

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Student DJ Thomas Adams Wows Crowd

By Rick Schuessler

FTC B Social Week kicked it up a notch on Thursday, September 24th with a party during common hour in the Upbeat Courtyard. If you could get past the nightmarish internet connectivity, there was fun to be had in many different aspects. Whether you were a fan of the music, dancing, trivia, or bees, the party had you covered.

The life of the party came from the music. It would have been easy to just put a karaoke out in the courtyard, or have someone put Pandora on, but a DJ at this party? He took it to the limit. Was he some kind of mysterious professional that the school hired? No, it was one of our own fellow students, Thomas Adams, and he knocked it dead.

Adams has been a DJ for about 13 years, and his experience shows. The show got the crowd involved with raffles, dancing, singing, and laughter, when it could have gone any other way. You could actually feel the passion in the air that

Adams had not just for his job at the party, but the crowd. The excitement was thick. The only time I heard something to the contrary was from Ryan Reid, a senior in film/video, and that was a simple,



DJ Thomas Adams, Photo by Michael Weir

"There was not enough dancing!"

I asked Adams if he had any advice for would-be DJs who have either just started coming to this school, or are still fresh.

"Just practice," said Adams. "Practice makes perfect, no matter what. Never stop learning- I'm still learning now!"

His favorite part of the job is not so much being a DJ per se. It's you. The people. "[It's] The crowd and the atmosphere. It gives you a nice little pit... an amazing feeling!" To his credit, it was very easy to tell just how into the job he was.

"I love every aspect," Adams said. "Even setting up and breaking down. When you're done, you're making a crowd cheer. That's the main thing."

To Thomas Adams, you did a great job bringing the students some much-needed entertainment. Rock on!

Almost Overran the Six Word Limit



(From Left: Chris Sifakas, Brittany Adderly, John Hoffmann)
Photos by Rick Schuessler

By Rick Schuessler

A popular rumor or legend, if you will, among writers is that of Hemingway and the six-word memoir. When asked if he could pen an entire story in just six words, Hemingway is said to have come out swinging with, "For sale: baby shoes, never worn."

Because literature has a strong link with many branches of the fine arts, I grew curious as to how many people who attend a performing arts school would be able to come up with their own six word

memoirs off the cuff. Truth be told, it may sound fairly easy, especially for a budding writer. However, being put on the spot may lead even the most solid writer to sing a different tune. Is it really that easy to write a story in no more or less than six words? The answer, I learned, varies.

I went about campus for a few days, asking people if they could come up with their own six word memoirs off the cuff. Initially, I was unsure whether or not anyone could, especially if I asked early in the morning. Having said that, there would of course be a few students who had nothing to say; at least, not in six words. Some, however, surprised me. I heard abstract memoirs that felt similar to Hemingway's, for one thing.

When I asked John Hoffmann, a junior in film/video, he replied without missing a beat: "Oh no, Agnes. The car's gone." The quick answer was impressive, and Hoffmann followed up with, "Math is useless past third grade." Amen.

Throughout my interviews, I encountered different types of memoirs from different students.

Brittany Adderly, a junior majoring in film/video, said, "I am so tired of this." I sincerely hope she wasn't referring to my questions. Even memoirs that may not seem particularly creative, such as that of Chris Sifakas, another junior in film/video ("Is that your phone that's ringing?") may be quite witty. I know what you're thinking, and no, he was not asking if my phone was ringing. The missed call was unrelated.

Some students even gave a glimpse into their personalities or ways of thinking through these memoirs. John McDonnell, a sophomore in Audio, paused a moment, and came back with, "Time to get back to work." I found it to be quite interesting. Maybe I'm just easy to impress.

I admit that I did not exactly have the highest hopes when I started going about campus for these memoirs, but I was pleasantly surprised by the students who did partake. Whether or not the memoir was creative was not relevant. It was a matter of thinking quickly, and it was amusing to see just how quickly people on campus were able to define their lives in six word stories.

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Fresh Food, Fresh Faces in the Upbeat Café

by John Zic

Have you noticed the fresh, flavorful trend in the offerings of the Upbeat Café lately?

These healthful changes are thanks to Charlie Mandemaker, the new manager.

Frozen and canned offerings have been replaced by fresher, more healthful alternatives. “We have brought more fresh foods into the Upbeat and relied less on frozen and canned food,” Mandemaker said. “We’ve added fresh fruits and vegetables to the salad bar, and we’ll have fresh soup in the winter time.”

Mandemaker, who was hired in August, brings a holistic approach to running the Upbeat Café’s kitchen.

“We don’t use frozen chicken. We get our chicken fresh every morning and everything is cooked and prepared from scratch. We’re trying to keep it a little healthier,” he said.

Charlie Mandemaker achieved his degree from the Culinary Institute of America and has worked in the food industry for 40 years. More specifically, he has worked in the business of dining in schools for 15 years. Although he’s been at Five Towns College for just a couple of months, his efforts have generated good reviews.

Tia Labarbera, a senior and a Music Business major, said she has been here to see three different food services. “The options are limited but the quality is better, especially the produce,” she said.

Mandemaker was one of the opening chefs at the Garden City Hotel and also worked at the Sheraton in Santa Monica, California. His cooking style is varied, and there doesn’t seem to be a dish he can’t whip up.

He greets everyone with a smile and looks forward to getting your feedback on the new food service fare!



Chef Charlie Mandemaker, Photo by John Zic

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Be Social Rewind

by Nicole Gregory

Over 100 Five Towns College students gathered in the Downbeat Café on Sept. 25 for the first party of the year: The FTC Be Social Semi Formal. The Student Government Association and Senior Resident Assistant Stephanie Strippoli planned this extravagant event that had students and guests dancing and jumping together until 1 a.m.

The gentlemen of 4YourEntertainment and FTC students DJ Tom Adams and Tim Bruckner created a club atmosphere with bright, colorful lighting and loud dance music. Refreshments were served through a LED light up mock tail bar and the café was covered in streamers and balloons. New Housing Coordinator Christian Altamura took charge at the door as he checked-in partygoers.

The best part of this enormous fiesta was that it was free and open to residents, commuters, and their

guests. Tickets designed by SRA Strippoli were given out as a way of controlling the amount of people in the Downbeat. Partygoers arrived geared up and ready to have an amazing time.

“The event was fantastic and I was very happy with the turnout. We handed out over 100 tickets and 150 people showed up!” Strippoli stated.

Students enjoyed Be Social activities all week; each day hosted a different event. There was a photo booth, bingo, FTC gear raffles, and the Common Hour Party. Students learned more about others on campus and also more about themselves. “Be Social” was a play on words with social media in order to spark the sense of community on campus between every student, new and returning. The week’s events were an opportunity to socialize outside of the Internet and outside of students’ comfort zones. It was a great start to the year and hopefully FTC will see more “Be Social” activities in the future.



Be Social Rewind Photos by Stephanie Galindo

The Record Newspaper Poll

by Eric Casey

As of Fall semester, Five Towns College went to a Monday/ Wednesday, Tuesday/Thursday schedule of one hour and twenty minutes per class. Most students have Fridays off. So what do FTC students think of this new schedule? Here's a sampling:

Photos by Eric Casey, unless otherwise noted.

A: I have found it more beneficial. On Tuesdays and Thursdays, I don't have class till one thirty, so if I still have to finish up an essay I began the night before, I have extra time to go to the tutoring center, do corrections, and be able to send it in through email. I also have the time to hand the essay to a teacher personally. Even with studying, I feel like I have more time to study in between and since I have classes a little bit later, I can wake around the same time as I would for a normal class, and study for that early in the morning. I can even study into my break since the classes are later in the day. Here I'm able to study for hour and a half or two hours now.



- John Silecchia, Major: TV Video /Film

A: I feel it's more compressed and more confusing this semester. Classes used to be for 50 minutes on Monday, Wednesday, and Friday. Classes onTuesdays and Thursdays this semester are pretty much an hour and half or three hours. Not everyone has that attention span. Some people do better in shorter classes than in longer classes. I feel like it would be more beneficial if it goes back to how it was structured last semester. For me, having a longer class doesn't help because I'm an "aural" test taker. I'm not a good student, but I feel more confident if I'm seeing my teacher more times during the week.



If there are shorter classes, it will help those with shorter attention spans pay attention. Some people will get bored during the longer classes, start playing on their phone and miss half the class because they can't pay attention. Others are not able to sit still for a long period of time as well. Shorter classes will help these students become better students and get better grades.

- Alex Horhish, Major: TV Video/Film



A: I don't mind it, but I have a four hour break now, so I just sit here in the Upbeat waiting. It does give me time to study, but still, it's a long wait of doing nothing most of the time. I also don't like having Fridays off because I have rehearsals, so I have to do a lot of waiting around the school. They have also made classes longer, so I feel antsy in my seat, honestly.

-Chrissy Menfi, Major: Drama

Q: So this semester, Five Towns has changed its scheduling a little bit. Last semester they pushed classes more in the afternoon, whereas in this semester they have spread out classes. They went with one class in the morning, one class in the afternoon, and gave students a common hour in between.. And many students have Fridays off. What do you think of this change? Have you found it beneficial to your studies and overall work load this semester?



A: I have found it beneficial. Since classes start at 9:30, it gets me up and active during the day. I'm sick of being a night owl.

- Adam Noyes, Major: TV Video/Film

A: Well, I have personally found it to be a little bit better, and it benefits me more because of the fact that I have more space. Well, let me say that my first classes start at eleven o clock. So I can spend more time at night studying or finding some outside projects in general, without having to worry really. There is less stress and I'm able to sleep in a bit later. So far I haven't missed any classes this semester due to over-sleeping, which was a problem in prior semesters.

- Brandon Malave, Major: Music



A: Well, I'm not in earlier classes. So that doesn't affect me too much. My earliest class is eleven; I like to sleep, so that's cool. On Tuesdays and Thursdays I start at one- thirty, and it's nice not to have classes on Friday. But I have to work on Fridays, so it's not that much better for me.

- Sal Peretti, Major: TV Video/Film

A: I would definitely say it's a positive regarding to common hour; in fact, I would say it's a genius idea. It gives students the chance to relax, eat lunch, and it also gives opportunities for club organizations to take advantage of that time. In regards to Fridays being off, I wasn't so lucky since I have cinematography on Fridays, but I do like the direction of where the scheduling structure is headed, and hopefully it will stay that way.

-Jack Brawn, Major: TV Video/Film



Q: Do you feel the new schedule is perfect as it is? Or is there anything you can suggest in order to improve it further?



A: No need to fix a working faucet.

- Adam Noyes, Major: TV Video/Film



A: I like it the way it is now. It's more lenient on me scheduling wise. I can be like, "Oh, I don't have class on Friday. That could be an extra day to study or finish something up. It's literally a three-day weekend where I can do the stuff I have during the week, finish that up, study more, and be like, "Oh my god! I have two days to finish this! I know I have an extra day to get what I need done."

- John Silecchia, Major: TV Video/Film

Well you and I both know you're not going to use that extra day for studying, are you? (Both laugh) Only kidding, only kidding!

Q: The majority of students have Fridays off this semester. What do you feel about this change as well? Do you prefer the four day week of classes or do you prefer the full five days?



A: I like having Fridays off because it gives me a lot more time to do more independent things outside of school. A lot of students who come here want to get into the entertainment industry, and it helps you have the time to commit to opportunities outside of school and focus on your own personal work. Back when it was five days a week, all you had were the weekends, and it wasn't enough time to commit and gain experience outside of school projects. I felt I couldn't get much done personally with the five days of classes. Having the extra day lets you set up projects in advance and have the opportunity to commit to multiple projects friends are working on, or do personal projects in your own free time.

- Brandon Malave, Major: Music

Q: With the past schedule, classes used to start at nine o' clock. This semester, however, they start at nine-thirty. How do you feel about this change as well?



A: I like it. Nine-thirty works better for me. It gets me the chance to do what I have to do during the day. I'm also not really a morning person, so it gives me a chance to wake up and give me enough time to get here. I drive now, but when I took transit during my previous semesters I barely got here on time for the nine o' clock.

- Victor Miranda, Major: Audio

Talking with Joy Grynko, Director of Student Activities and Alumni Affairs



Joy Grynko, Photo by Stefanie Goldberg

by John Zic

Have you seen a tall, blonde woman with a smiling face around the Downbeat Café? There always seems to be a spring in her step, and she's always eager to discuss goings-on about campus. Despite the fact that her office is in the Downbeat, her demeanor is as upbeat and bubbly as her name implies.

Meet Joy Grynko, FTC's Director of Student Activities and Alumni Affairs. Ms. Grynko is the go-to person for common hour events, alumni events, student government, and clubs.

The Record sat down with her recently to learn more about her background, interests, and vision for her role at the College.

THE RECORD: Where did you go to school? HS or college?

GRYNKO: I went to Connetquot High School in Bohemia and I graduated in 2010. After that I went to Farmingdale State College and graduated in 2014 with a Bachelors in industrial organizational psychology. I was proud to win the SUNY Chancellors Award because it's awarded to less than 1% of the students. I was very busy as I was the vice president of student government, an orientation leader, a tutor, building manager, and the president of psychology club. I also was the founder of the first sorority on campus.

THE RECORD: Do you have any hobbies?

GRYNKO: I enjoy the outdoors. I like hiking, going to the gym, going to the beach, I love art and painting, drawing. I love poetry and reading.

THE RECORD : How long have you been here at Five Towns?

GRYNKO: This is going to be my second year. I started last year in August. I started as the area director. Then this past march I got moved up to Director of Student Activities.

THE RECORD: What exactly is that position?

GRYNKO: I am in charge of organizing all events that go on, on campus. My goal is to help everyone grow professionally outside the classroom. I put on events and activities, and I organize all the clubs on campus. I supervise all of them and make sure they get the appropriate funding and make sure they are doing what they are supposed to be doing. I'm also in charge of orientation. I'm in charge of common hour too; I make sure people don't overbook each other, everyone gets the appropriate resources and funding and help they need to put on an event.

THE RECORD: What did you do before Five Towns?

GRYNKO: I as soon as I finished my undergrad, I came right to Five Towns. Right now I'm going for my Master's degree in the city.

THE RECORD: Why were you interested in this position?

GRYNKO: I love higher education and student affairs. Mostly because I was so involved in my undergrad, it's something I feel I'm good at. I love people, and I love socializing. I love the atmosphere here; it's accepting and nice, and it's a fun job.

THE RECORD: What's your favorite thing about working here?

GRYNKO: Seeing students when they first come here, being nervous and then experiencing the transition period from coming from high school to college. I love seeing them progress and grow throughout the years. For me that's the most rewarding part, making connections with the students and helping them through the whole process. It's also rewarding to have parents thank me for taking care of their kid.

THE RECORD: What are your future goals?

GRYNKO: I'm getting my Master's at Broome College in Manhattan. I work full-time and go to school full-time. I graduate in May and have another year until I'm finished.

It certainly seems as though Ms. Grynko enjoys helping students and staying busy as both an employee and a student herself. Next time you see her, return her smile and say, "Thanks!"

Strawberry Vape Forever

by Nicole Gregory

An emerging trend among Five Towns College students is the use of electronic cigarettes and vaporizers. The question is, are these devices better alternatives to smoking tobacco products? Overall, yes. Inhalation of "vape," or the vapor generated by e-cigarettes and the like, is significantly less toxic and carcinogenic than tobacco smoke.

The scientific journal BMC Medicine published an article titled "Electronic cigarette use and harm reversal: emerging evidence in the lung" by Italian researcher Riccardo Polosa on March 18, 2015. Polosa states, "Compared to combustible cigarettes, e-vapor products are at least 96% less harmful and may substantially reduce individual risk and population harm." Although this may be true, new discoveries are evolving every day regarding the ingredients and effects of liquid nicotine vapor.

So what makes "vaping" different from smoking? All electronic smoking devices are vaporizers. Unlike tobacco smoking, there is no combustion; no materials are burned. Instead, the liquid inside is heated at such high temperatures that it instantly boils and evaporates. This liquid or "e-juice" is composed of propylene glycol, vegetable glycerin, nicotine, and flavoring. Propylene glycol and vegetable glycerin sound scary, but are found in everyday products and are regulated by the Food and Drug Administration. Consumers can also choose liquid with different nicotine levels ranging from zero to 24 milligrams, depending on their need.

Blogger Nick Green has owned a website about vaping since 2009. He posts information and videos about the possibilities of piecing together the best

mechanisms for vaporizers. Refillable devices contain interchangeable parts allowing longer battery life and increased power. Green's website also has referrals to other pro-vaping communities including the Consumer Advocates for Smoke-Free Alternatives Association. This group posts testimonials about their own personal successes with quitting smoking; most of them have turned to e-cigarettes and vaporizers. Green is aware of the potential health risks involved with vaping. He states, "Ecigs/Vaping is intended for current adult smokers that wish to continue enjoying their nicotine habit at a reduced risk."

So why has vaping invaded our college campus?

According to FTC student Deanna Probst, "Friends give them (vaporizers) as gifts." Also, Probst talked about how vaping is cheaper and more accessible than cigarettes. However, vaporizers can be expensive, with high-end devices costing about \$100. If given as a gift they are a much more economical resolution for a college smoker. E-liquid refills will last much longer than a pack of cigarettes, and are about \$8.00 to \$12.00.

Probst also stated, "It looks cool!"

Much like hookah, vaporizers create thick plumes of vapor that can be used for blowing smoke rings and performing other tricks. Some students who do not smoke at all prefer e-cigarettes and vaporizers on campus because they are less likely to cause an allergic reaction.

FTC student Amanda McDonough stated, "The vapor doesn't bother me like cigarette smoke does, and it smells good."

Even though a smoke-free environment would be ideal, e-cigarettes and vaporizers are not the answer. Yes, they are preferable over tobacco smoking, but they create a new category of health problems. A series of experiments done at the University of Rochester Medical Center and the Rochester Institute of Technology was published Feb. 6, 2015 in the science journal Plos ONE under the article title "Vapors Produced by Electronic Cigarettes and E-Juices with Flavorings Induce Toxicity, Oxidative Stress, and Inflammatory Response in Lung Epithelial Cells and in Mouse Lung." The research done showed that vapor from these devices cause stress and inflammation in human lung cells. The article states, "There are substantial levels of nanoscale particles in addition to detectable levels of metals with toxic materials." The vaporization of the liquid at certain voltages also creates formaldehyde, a carcinogen and an unexpected guest to the vapor party. Vapor from these devices still have the potential to cause cancer and other health problems.

There is still much more to uncover with e-cigarettes and vaporizers. Because they are so new to the market and because their technology continues to advance, it will take time for researchers to catch up. Researchers also need time to see how the vapor from these devices will affect the human body in the long run. These unknowns in the vapor world increase the risks of e-cigarette and vaporizer use. These devices are not entirely safe, but for a college student who becomes caught up in smoking tobacco, e-cigarettes and vaporizers are not the worst solution.

However, do we really want to be the generation who ends smoking and starts vaping instead?



Robert Keith Toman, Photo by Joanna Georgilon



Tristen Kohout, Photos by Jon Morel

Fall Highlights

by Kaylee Harff

The fall semester at Five Towns was jam-packed with activities that gave a creative and social outlet well into finals week.

Here's a quick run-down of what happened this fall:

STAGE, an event where students get to showcase their musical talents, revealed the artistry and passion of all who participated. After each round, the FTC students voted on who got to advance to the next round. Round 1 began September 15th in the Downbeat Café and student Josh Blount progressed to the final round. Two weeks later on the 29th, round 2 went on during common hour to even more eager students ready to vote. Student J-Payso was voted through to the final round. Round 3 was held on October 13 during common hour in the Downbeat Café, and another

student was voted to the final round. The final round was held in the theater on November 17th.

Also, FTC B Social Week was held September 21-25. This was our week to celebrate being a Five Towns student! On Monday, there was a scavenger hunt throughout the campus. Also, students crammed into a photo booth to take selfies. On Tuesday, there was bingo and an FTC gear raffle. Students both on and off campus could participate in a B Social Media Contest by submitting a picture or video to #WeCreate@FTC. Thursday, there was a common hour party with guest DJ, FTC student Thomas Adams and with featured performances by FTC students Ciara Charlotte, J-Payso and Oliver. There was a lot of dancing, great music, and an FTC gear raffle. Closing the week was the Semiformal on Friday.

This was an amazing week celebrating FTC!



STAGE3: Photo by Stefanie Goldberg



STAGE2: Taliek Hill, Theatre, Photo by Stefanie Goldberg



STAGE1: Josh Burnett, Buiness Audio, photo by Stefanie Goldberg