

APRIL 4, 2012

SGA candidates are unopposed, SGA to confirm results

By Crystal Baumes

SGA recently scheduled elections for officers. However all the students who ran for office were unopposed, making the elections nonexistent. The seats are still waiting to be approved by the senate.

Aaron White, a member of Elech Tech, ran for President. Ashley Horning ran for Vice President. This will be her second year on the e-board. Frank Ryan Jr, also a member of Elech Tech will be serving his second year as Student Trustee. Santa Pumpura will be Treasurer. Dana M. Stortecky, who is in the business program, will hold the Secretary position. Another member of Elech Tech, Jeff Reed, will be the sophomore Senator.

The SGA will hold elections in the fall semester for Freshman Senator.

Being involved on the e-board can be beneficial to you. Members get a parking sticker, their own offices, and get paid for their efforts. They meet once a week and learn things that benefit them in the



Aaron White, president



Jeff Reed, Sophomore Senator.



Dana M. Stortecky, Secretary



Ashley Horning, vice president



Santa Pumpura, Treasurer.



Frank Ryan Jr., serving his second year as Student Trustee.

future. Members are invited to attend SUNY Assemblies once a semester that teach them a variety of different skills.

Brenda Darling said that she doesn't understand why students are involved on campus, and how beneficial it is to become involved. We may be

a small school, but this school can give its student a lot of opportunities, especially by participating in one of the many clubs it offers.

New multi-lingual club

Financial aid event urges early FAFSA filing

By: Ian Gifford

Students and Staff recently came together to raise awareness of when, where and how the federal student aid (FAFSA) forms can be completed.

The group staged a dancing flash mob. The flash mob consisted of about 20 members both students and staff that.

After the dance, the group turned their focus to the students and started a Financial Aid Trivia Game, allowing students a chance to earn gift cards and other prizes.

The reasoning behind having this event says Sarah McLasky is that some students procrastinate when it comes to finishing the FAFSA forms.

Although a student can still receive financial aid if the forms are handed in late, student loses opportunities for other things.

The penalties for a late FAFSA form including late fees, being ineligible for book deferrals and being unable to qualify for work study.

You could find yourself having to pay for your own books on top of paying late fees, that may put your year of school in danger. As for work study, it is first come first

serve and is a chance for students to work on campus to earn money.

To test the success of the event, the financial aid group asked students to fill out their FAFSA forms in a clinic two days following the event.

With an incentive of being put into a raffle to win a \$50 and \$100 gift card, 25 students filled out their forms for the following school year. The two winners of the gift cards were Jose Martinez, \$50 card, and Jocely Rodriguez, \$100 card.

Overall the event was a success said McLasky and said that 25 students was a good showing of support as well as the support they got from the crowd during the cafeteria event. When asked if they were going to do the event again the workers in the financial aid office said they would like to. FAFSA forms only have to be filled out once a year though, so it won't be till next year if they do.

Remember that filing and handing in your FAFSA forms on time is an important step to receiving as much possible assistance from the state and country.

By: Dorian Martinez

Here at FM, there is now a foreign language club! This club invites students to be a part of and learn about different cultures and languages.

Every Friday at noon, the club meets in room C205 with club president Leishla Bouchard. Attending the meetings, students will learn more about the cultures and/or family ori-

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Six young people in the throes of puberty, overseen by grown-ups who barely managed to escape childhood themselves, learn that winning isn't everything and that losing doesn't necessarily make you a loser.

That's the synopsis of FM's spring production scheduled for 8 p.m. Friday and Saturday, April 28, and 2 p.m. Sunday, April 29.

Ticket prices are \$5 with FM ID and \$8 general public.

gins of fellow members. Club members will also participate in activities that promote language proficiency.

The activities that will be involved are "Cultural Quotient," "Language Jeopardy," Multilingual Scrabble, Bingo and much more. Major activities that the club will have are a Foreign Food Fest and cultural seminars. The great thing about being in this club is the members will be able to assist each other with the language acquisition and learning process, it was stated.

The Foreign Language Club will also participate in fundraising activities such as bake sales and raffles. Fundraising will be used to cover the cost of current and future activities.

Besides striving to promote and celebrate the cultural diversity and language proficiency, the club's biggest goal is to take a trip to Montreal.

If you're interested, and want to educate yourself while having fun participating in activities and cool trips, come pay a visit and check out the new Foreign Language Club at FM!

THE Gateway's Sextion

Good Boys vs. Bad Boys

By: Brittany Lennon

Bad Boy, it's the type of guy that we all either know, or constantly fall for. This stereotypical "bad boy" is the guy who's all about himself, charming, and has impulsive behavior, all which wins over the women.

But many girls also know a "nice guy", someone who is always there for them and who makes them feel good about themselves. We hear it all the time, "I'm just looking for a good guy", but what usually ends up happening is they end up with the bad boy. But why is it that women seem to be more attracted to bad boys?

As much as we don't want to stereotype and classify each guys between these two categories, there are definitely certain traits that girls look for in a guy, which often times can be assumed, in that "bad boy" image.

The Good guy's are usually the predictable ones. Most college students are looking for a life filled with adventure amid their boring class schedules and routines. Bad boys offer a taste of the wild side and are always a challenge, while nice guys rarely have the edge that bad boys do.

The Good Guys also tend to compliment girls way too much on their appearance. Yes, we obviously enjoy hearing that we are pretty from a guy, but we would love hearing things about our personalities that make us attractive.

Emotional men are a huge turnoff. We do not want to see you cry and talk about your feelings all the time, that is the girls job. Please do not take

the role of the women. A guy who is sensitive can make him seem too soft and the idea of security flies out the window.

Bad boys give the illusion of being able to protect women and that's what girls want. They want someone who will make them feel secure.

Bad boys represent alpha males and women are programmed to like the strongest male. That's evolution, it's science.

Some college women like the excitement, thrills and sense of danger that bad boys bring. This is usually more true for those who have been "good girls" all their lives.

Now that they are away from home, they want to step out of their comfort zone and are intrigued by guys who break rules and shrug off responsibility.

I asked a male friend of mine that I consider to be a bad boy, what he thinks about this topic. He said "Our game is intuitive and comes to us naturally; we don't think, we just do." "The real bad boys are those who are unapologetically male and bring out women's naughty side."

With all that being said I think its obvious that a woman wants to feel like the woman in a relationship, therefore she looks for someone who is very manly. I don't think that I have a type but I definitely am more turned on by someone who is adventurous, unpredictable, and protective.

I mean, who can't resist a sexy man with a smoldering mysterious look?

...OK, and what about birth control?

...I use LITTAUER.
They are up on the latest,
they are supportive,
accept FM's insurance
and, most importantly,
they are confidential.



LITTAUER
Meeting **all** your healthcare needs,
conveniently and confidentially.

Call — **773-5729** — the Women's Health Line
Complete healthcare information for **EVERYONE** at WWW.nlh.org

Six Tips to Successful Dieting

By Marina Hara

People may think it is difficult to lose weight and keep it off with a restricted diet and hard exercise.

For successful, long-term weight loss, you must make permanent changes in your lifestyle and health habits. According to Mayo Clinic website, you can successfully lose weight by following the 6 basic strategies.

1. Make a commitment-Permanent weight loss takes time and effort and a lifelong commitment. Make sure that you're ready to make permanent changes and that you do so for the right reasons. Then, once you're ready to launch your weight-loss plan, set a start date and then start.

2. Find your inner motivation-No one else can make you lose weight. You must undertake diet and exercise changes to please yourself. Make a list of what's important to you to help stay motivated and focused. Then find a way to make sure that you can call on your motivational factors during moments of temptation. For instance you may want to post an encouraging note to yourself on the pantry door.

3. Set realistic goals-Over long term goals, it's best to aim for losing 1 to 2 pounds (0.5 to 1 kilogram) a week. It isn't essential that you have an outcome goal, but you should set process goals because changing your processes, your habits, is a key to weight loss. Also make sure that your goals are SMART: specific, measurable, attainable, relevant and time-limited.

4. Enjoy healthier foods-Adopting a new eating style

that promotes weight loss must include lowering your total calorie intake. But decreasing calories need not mean giving up taste, satisfaction or even ease of meal preparation. In particular, get your weight loss started by eating a healthy breakfast every day; eating at least four servings of vegetables and three servings of fruits daily; and using healthy fats, such as olive oil, vegetable oils and nut butters. In addition, cut back on sugar, choose low-fat dairy products and keep meat consumption to a 3-ounce portion (about the size of a deck of cards).

5. Get active, stay active-The key to weight loss is burning more calories than you consume. While you can lose weight without exercise, exercise plus calorie restriction can help give you the weight-loss edge. Exercise can help burn off the excess calories you can't cut through diet alone. Exercise can also help in maintaining weight loss. Studies show that people who maintain their weight loss over the long term get regular physical activity. Any extra movement helps burn calories. For example, make several trips up and down stairs instead of using the elevator, or park at the far end of the lot when shopping.

6. Change your perspective-It's not enough to eat healthy foods and exercise for only a few weeks or even months if you want long-term, successful weight loss. These habits must become a way of life.

Literacy Tutors Touch Lives Help Another on the Journey to Literacy Call: 725-1440

FMCC Gateway

Editors: Crystal Baumes
Layout/Design: Copy Editor:
Faculty adviser: James Hinkle 518-762-4651
The Gateway is a monthly publication of:
Fulton-Montgomery Community College's Communication Club
2805 State Highway 67, Johnstown, NY 12095
email: gateway@fmcc.suny.edu

Student Press Law Center

Emotion, Ethics, & the Environment

By Morgan Frisch

Spring has arrived and soon enough it will be earth day. To start the season off FMCC is teaming up with Liberty to host a spring clean-up/green day from 10-2, Friday, April 20.

FM's Civility Committee is actively working with Liberty to put on this event. The week of April 16-20 happens to be Civility Week. John Van Bladel, psychology instructor, who is spearheading green day, said there are three components to civility; emotion, ethics and environment.

Green day, which is part of the environmental component is more than just cleaning up around campus. It proposes the question, what type of environment do we want to create?

Last semester Liberty teamed with FM to build a vegetable garden on campus. Now in the spring, the garden needs to be tended. If all goes as planned the goal is to grow the vegetables for the local community.

However, not only are volunteers needed to help with the garden, but to plant

grass and help pick up debris around campus. Groups will be split into teams to work on different projects at a time.

This event is being held to make a better environment for our campus. But not only is it doing that, it is being used to raise awareness. A total of 6-8 booths will be placed outside including; a plant exchange, a table about vegan lifestyle, indoor plants and health, and a sustainability table.

So far the community service club, business club and building peace class are getting involved with this event.

If anyone is interested they can meet up outside at the designated time, and bring a rake or any other tools that they think would be appropriate.

"It's a start, from installing the garden last semester; hopefully it will continue to be an annual event," Van Bladel said.

Any questions or ideas should be emailed to John Van Bladel or you can stop into his office.

"Sex Slaves," Barto Lecture & other Activities

By Adrianna Alejandro and Brittany Lennon

Film club will be presenting the award-winning film "Sex Slaves", a documentary depicting the global sex trade of women from the former Soviet Bloc.

"Sex Slaves" is a 2005 film by director Ric Esther Bienstock. It shows the heart wrenching journeys of women and their loved ones that are affected by the sex trade that is still prevalent today. Bienstock traveled across countries such as Moldova and Turkey. Clips of interviews with everyone from former sex slaves, to police officials, to traffickers themselves are shown in this film.

The film will be shown 6-8 p.m., Saturday, April 21, at the FMCC Theater. Tickets will be \$3 and all proceeds will go to ECPAT International USA. ECPAT is a global network devoted to the elimination of child pornography, prostitution and sex trafficking.

The William M. Barto Lecture Series will be holding a seminar in the College Theatre at 12:30 p.m. Tuesday April 24.

It's called W.T.F. or Watch Those Finances on Long Term Survival in the Chaos of a changing Financial Environment.

Mike Kreuser and Mike Schmatz will be the presenters.

A second Barto lecture rescheduled from earlier will be held on Tuesday April 17.

Dr. Wayne Maines will discuss "One Father's Journey Raising A Transgender Child". At 12:30 p.m. and 6:30 p.m. in the Theater.

Other April activities include;

Sign-ups begin for SAB's bus trip to NYC on Monday April 9 in the Student Affairs Office A101.

There's a job fair in the College Union on Wednesday April 11.

The week of the 16th starts FM's Civility Week.

From 11a.m. to 3 p.m. Thursday April 19, SAB will be holding a Spring Fling in the Large Lounge.

There will be a Latin Heritage Celebration in the College Union from 5:30p.m. to 7:30 p.m. on Tuesday April 24.

From 11:30a.m. to 1:30p.m. there will be a Wellness Fair in the Large Lounge Sponsored by AW&RE on Wednesday April 25.

The SAB sponsored trip to NYC will be on Saturday April 28.



Fulton-Montgomery
Community College

Futures Made. Here.

Now Registering for Summer 2012

Take a day, evening or online course at FM!

NEW Early Start Session ~ May 16th – June 1st

4 Week Day Sessions ~ May 29th – June 29th and July 2nd – August 3rd

8 Week Evening Session ~ May 29th – July 19th

10 Week Evening Session ~ May 29th – August 3rd

View the Summer Schedule at fmcc.edu

To register for a class, contact the Student Development Center at (518) 736-FMCC (3622) Ext. 8140

SPORTS

FMCC GATEWAY

APRIL 4, 2012

PAGE 4

Raiders baseball, softball seasons arrive

By Vinnie DePalma

Getting back into the "Swing" of things!!

The smell of fresh cut grass, the beauty of a perfectly raked diamond and the chalk that leads the path to the bases every hitter wants to circle is back.

The Fulton-Montgomery

Remaining Men's Baseball

Date	Opponent	Time
04/05/12	Hudson Valley	2:00p.m.
04/07/12	@Jefferson	1:00p.m.
04/10/12	Clinton	2:00p.m.
04/12/12	@Clinton	2:00p.m.
04/14/12	@Herkimer	1:00p.m.
04/15/12	Herkimer	1:00p.m.
04/21/12	@Adirondack	1:00p.m.
04/22/12	Adirondack	2:00p.m.
04/24/12	Mohawk Valley	1:00p.m.
04/26/12	@Mohawk Valley	2:00p.m.
04/28/12	@Columbia-Greene	1:00p.m.
04/29/12	Columbia-Greene	1:00p.m.
05/01/12	Jefferson	2:00p.m.

Date	Opponent	Time
04/05/12	Broome	3:00pm
04/07/12	@Onondaga	1:00pm
04/10/12	Mohawk Valley	3:00pm
04/12/12	Adirondack	4:00pm
04/15/12	North Country	1:00pm
04/17/12	Clinton	3:00pm
04/21/12	Jefferson	1:00pm
04/22/12	Delhi	1:00pm
04/24/12	TC3	3:00pm
04/26/12	@Hudson-Valley	3:00pm
04/28/12	Finger Lakes	2:00pm
04/29/12	Corning	1:00pm
TBA	Regionals	TBA

Community College Men's Baseball season is in full swing. The men that the time this article was written are 0-3 on the season with hopes of turning it around.

Coach Mike Mulligan is excited about his 23rd season as Raiders head coach and

believes the depth of the roster will put make the Raiders a viable contender to return to the season-ending regional tournament.

FMCC's team captains are Keenan Shannon from Ballston Spa, Chris Hernandez out of Cairo-Durham and Noel Paula from New York City.

Mulligan is enjoying the positive attitude the team has this year and exceptional leadership that is in place. "They have a great attitude and are working really hard," he said.

The Fulton-Montgomery Community College Women's Softball season is also in full swing and the Lady Raiders are off to their best start in years (3-3).

Lady Raiders Head Coach, Dan Towne, has set a goal of 8 victories for his clubs season.

That would be the best season FM's Women's Softball team has had in a long time. It could possibly be enough to get the squad into the regionals.

The ladies were off to a rocky start losing their first two games of the season to rival Herkimer Community College.

Towne in his second season as Head Coach has watched his team grow and turn the season around.

Sam Lysiak, from Broadalbin-Perth, Ahsley DuRose, from Amsterdam, and Aimee Reksel also of Amsterdam have played big

roles in the Lady Raiders season taking a turn for the better.

NFL Trades

By Anthony Auspelmyer

Peyton Manning is a Denver Bronco. It's hard to believe that perhaps one of the best quarterbacks of all time has changed teams.

As if it isn't hard enough to believe, imagine seeing Manning in a Broncos jersey.

After watching his younger brother capture his second Super Bowl ring Manning had to be itching to be back on the field; but with the Broncos? Many people might not want to see the Bronco's succeed with Manning, especially after dumping the player who single handedly brought them to the playoffs; Tim Tebow.

The New York Jets picked up Tim Tebow for a 4th round pick. In other words, the Broncos gave Tim Tebow away.

Apparently Tebow preferred to be Mark Sanchez's back-up as opposed to being Manning's.

Reports say that Tebow also could've chosen to go to the Jaguars instead of the Jets. Why would you pass up a chance to start in your home state to be the back-up for a team with problems in the locker room?

As usual the Jets will be a running soap opera led by the lead actor coach Rex Ryan. I'll pass on watching this season.



I WORK. I PLAY. AND I SAVED ON A CAR THAT HELPS ME DO BOTH. The Best In Class Alumni & Student Discount¹ is the best discount from any car company for college students, graduate students or recent grads like me. And it can help you save too: hundreds, even thousands, on a new Chevrolet, Buick or GMC. I found a vehicle that helps me do it all. Now it's your turn...



2012 Chevrolet Malibu (discount example)	Malibu LS MSRP starting at \$ 22,870.00
MSRP of Malibu 1LT as shown ²	\$ 24,230.00
Preferred Pricing ²	\$ 23,474.06
Consumer Cash ³	-\$ 4,000.00
Price You Pay	\$ 19,474.06
Your Discount	\$ 4,755.94



find your ride at bestinclassdiscount.com

find us on

1) Eligible participants for the Best In Class Alumni & Student Discount include college students (from any two- or four-year school), recent graduates who have graduated no more than two years ago, and current nursing school and graduate students. Excludes Chevrolet Camaro ZL1 and Volt. 2) Tax, title, license, dealer fees and optional equipment extra. See dealer for details. 3) Not available with some other offers. Must be used toward the purchase of a vehicle. Take retail delivery by 4/30/12. See dealer for details.

The marks of General Motors, its divisions, slogans, emblems, vehicle model names, vehicle body designs and other marks appearing in this advertisement are the trademarks and/or service marks of General Motors, its subsidiaries, affiliates or licensors. ©2012 General Motors. Buckle up, America!