

February 10, 2012

# A "View" to Fill - FM makes its way to a new look

By Vinine DePalma

The concrete foundation of Fulton-Montgomery Community College's Campus View housing expansion that will bring 144 additional beds is completed and is now waiting for the 64 wood modular units to arrive.

According to Jane Kelley, Vice President for Student Affairs, there are approximately 60 students on a waiting list that dates back to the spring semester of 2010.

The college expects to have full occupancy when this fall semester starts. Kelley says that having the additional housing for students will provide a, "living-learning environment, an on-campus experience."

Each individual suite will be furnished and offer a double occupancy bedroom, two single bedrooms, common space and a shared restroom.

FMCC will begin an expansion and remodeling project on the cafeteria, located in the college union this spring. This summer, the college will also begin transforming the vacant indoor pool area to Raiders Cove, which will feature flat screen TV's, a stage, student lounge, pool tables and more. With the increase of on-campus population, the new Cove will give the students several entertainment options.

Students will begin to see the new three story dormitory come together as the current spring semester moves along. Josh Fleming, director of facilities, at FMCC, shared that the completion of the construction project is targeted for



August 22nd. Ritz Craft, located in Pennsylvania, is the company that will be shipping the pre-manufactured modular units starting in April.

Bast Hatfield, of Saratoga County, will use a crane to set the modular units in place when they start arriving. They will also be the company that will build a hub that will connect the existing student housing with the new building.

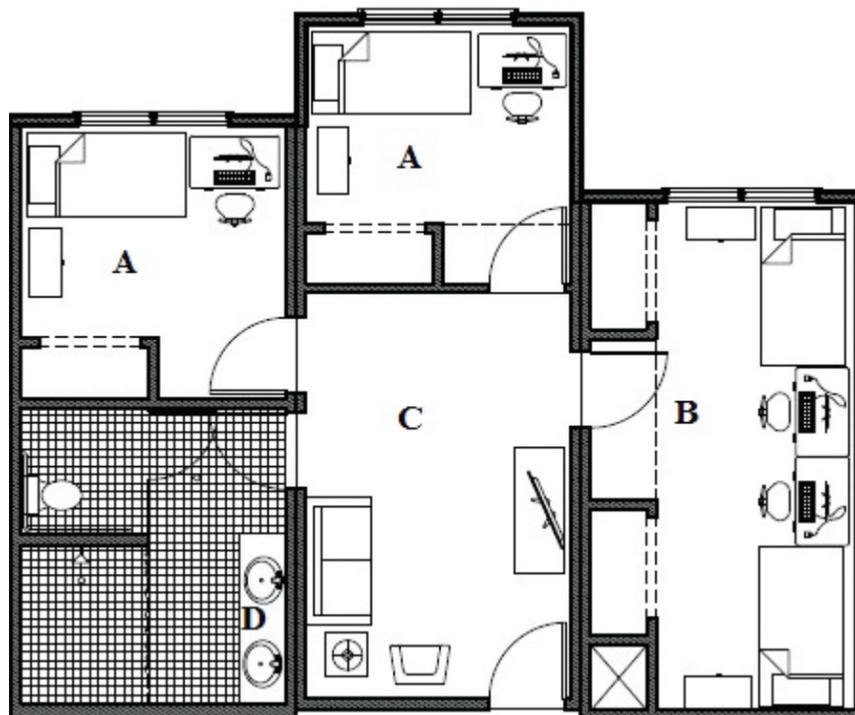
According to Fleming, the hub will be, "built from the ground up." He is hoping to get that work started in the near future, so it is ready before the modular units arrive. The hub will feature a lobby, indoor mail room, laundry room and Residential Life staff office.

Parking for the residents of the dorms, which was moved during construction, is scheduled to be re-opened at the completion of the project.

Owners of Campus View, Fulmont College Association, a private entity, awarded the bids to construction companies in 2011. FMCC secured an \$11.3 million loan through the USDA Rural Development's

Community Facility Program that has helped fund the project. FCA used part of the loan to buy the land and buildings from the original owner, The Fisher Group, back in August of 2010.

Students interested in a room at the existing building or new building of Campus View can submit an application online at [www.fmcc.edu](http://www.fmcc.edu).



## The Ins & Outs about Valentines Day

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. —Helen Keller

By Marina Hara

Valentine's Day; it is normally known as a day of romance, but the origin of the romantic day is shrouded in mystery.

An annual commemoration held on February 14<sup>th</sup> to celebrate and express love for one's sweetheart by presenting them with flowers, offering confectioneries, and sending greeting cards, but why do we celebrate this day?

One legend contends that Valentine was a priest who served during the third century in Rome.

When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to secretly perform marriage ceremonies for young lovers. When his actions were discovered, Claudius ordered that he be put to death on the 14<sup>th</sup> of February.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape

harsh Roman prisons where they were often beaten and tortured. According to one legend, Valentine actually fell in love with his jailor's daughter. Before his death, it is alleged that he wrote her a letter, which he signed "From your Valentine", an expression that is still in use today.

The stories certainly emphasize his appeal as a sympathetic, heroic, and of course romantic figure. It is not hard to guess why the date of his death became the day of the celebration of romance by the Middle ages.

Valentine's Day began to become popular around the 1600s in the UK. By the middle of the 1700s, it became common for friends and lovers in all social classes to exchange small tokens of affection or handwritten notes. America started exchanging hand-made valentines in the early 1700s.



According to the Greeting Card association, an estimated one billion valentine cards are sent and 141 million Valentine's Day cards are exchanged annually.

While sending cards, flowers, chocolates and other gifts is traditional in the US and other countries such as France, Spain, Greece and Egypt, Valentine's Day is celebrated differently in some countries.

In some Latin American countries such as Mexico and Puerto Rico, Valentine's Day is known as "the Day of Love and Friendship".

In India, leftists and liberals still oppose the saintly holiday. It is regarded as a front for Western imperialism and the exploitation of the working class through commercialism by multinational corporations.

Despite these obstacles, Valentine's Day is becoming increasingly popular in India. In 2002 and 2008 in Saudi Arabia, religious police banned the sales of all Valentine's

Day items as the day is considered a Christian holiday. Some Islamic countries also ban the celebration of Valentine's Day.

Unlike western countries, in Japan and South Korea, it is considered to be a day for women to give men a heart shaped chocolates, to show that they have romantic interest in them. Japanese chocolate companies make half of their annual sales during this time of the year.

March 14<sup>th</sup> is called White Day, and it is a "reply day" for men to return the favor to those who gave them chocolates on Valentine's Day.

In South Korea, on April 14<sup>th</sup>, those who did not receive anything on the 14<sup>th</sup> of February or March wear black cloths and go to a Korean-styled Chinese restaurant to eat black noodles.

In China, it is reverse and men mainly give women gifts.

Valentine's Day is a good opportunity to show your appreciation to someone you love. There are many ways to tell them thanks, so you should create your own way to celebrate Valentine's Day to make February 14<sup>th</sup> special for you and the one you love. Have a happy Valentine's Day!

## THE Gateway's Sextion Getting what you want; in bed

By: Brittany Lennon

In this new sexual revolution people are not shying away from doing what they want.

Women are feeling liberated because they are comfortable with their sexuality. Women are not afraid to dominate in the bedroom. But some women are not as comfortable with themselves, causing them to shy away and let the man take control.

It's just natural for some women to be dominant because they are in-tune with their own body. They know what they want and what their partner likes. They find joy in taking control, but they don't always want to feel like the man in a sexual experience. They want to feel that their man can take the lead.

Women who worry too much are usually the ones who are very self-conscious. They are nervous about doing something wrong or not pleasing their partner.

These women need to appreciate their body and learn to love themselves. Sex is not supposed to be a complicated and thought out thing. It's supposed to be spontaneous and fun.

For these types of women, I advise you to let go and enjoy yourself. Ladies, take out those leather whips and chains and get ready to become a dominatrix. Act like you know what you're doing, even if you don't. You're guaranteed to improve your sexual experience and gain a more dominant role in bed. Learn to love yourself and appreciate the body you have been given. This could

change your perspective on sex.

But the real question is do men prefer a dominant woman in bed because it's intriguing? Or do they like to take control because they don't want to feel intimidated by the woman?

I interviewed a female college student to get her take on being a sexually liberated woman in bed. From experience she said she has always been the dominant person in the bedroom. She has mixed views about women being the dominant one.

She has felt that during sex a man is very

intrigued by the woman taking the lead. But then after sex they feel emasculated and it somewhat turns them off.

I also interviewed a male college student on this issue. He likes it when a girl is dominant. It shows that she's more into sex. He said "from my experience, its sexy when a girl just does what she feels, and a woman in control usually does just that."

So how do we find equilibrium between the two? You should talk to your partner and see what they like so you make sure that you don't make them feel inferior in bed.

If they love a dominant lady then go for it and don't let up. If he's not completely into you taking full control then allow him to do some of the work. But don't let him take all the control, love yourself and let it show through your sexual experiences. Be the woman that you know you are.

**WORD OF THE MONTH: DUI-**  
THE ACT OF  
DIALING UNDER THE INFLUENCE  
OF ALCOHOL, TYPICALLY TO  
SOLICIT SEX

...OK, and what about birth control?

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## Power Campus - MyFM

By Geukhyun Bang

January 18th and 19th, FMCC each student received 2 separate letters.

One letter contained the username and a second letter contained the password. These usernames and passwords are for the new ANGEL system and MyFM portal system.

According to the college, the new MyFM portal system will provide many other helpful and useful services to FMCC students.

Also, MyFM portal system will be connected with ANGEL.

There are 3 ways to enter the MyFM system. 1. FMCC Site: Right of Top "My FM" – Click here, 2. Angel Learning Site: In My Announcements - Click <http://portal.fmcc.edu>, 3. Type the site address - <http://portal.fmcc.edu>.

So, what kinds of services students can do in MyFM?

- Search: Students can search for courses in the course catalog or search for available course sections for a specified year, term, and session.

- Register: Click on the cart to select courses for pre-registration. Students must meet with your advisor to obtain approval to register for courses.

- Schedule: Students can view all of their semester's schedules.

- Finances: Students can view their account balance, financial aid details, or billing statement.

- Grades: Students can view their unofficial transcript. An official transcript is for your personal use only.

Also, in the Academics Menu:

- Academic Calendar: Students can view all of FM's official events.

- Class Change/Cancellations: Students can change and cancel classes.

- Course Syllabus Listings: Students can view all of course syllabuses.

- Request transcript: Students can request transcript.

However, this new system has only recently been started, so there are also many problems with MyFM portal system.

Many students can not log in and some students think that this new system is too difficult and complicated.

The college invested a lot of money in MyFM. The college needs to make up for the weak points and some defeats in the current portal system.

Here are some of tips for someone who can not enter the MyFM system. First, students need to check their own username and password the username is composed of your first initial of your first name and the first initial of your last name plus the last 5 digits of your Power CAMPUS student identification number (e.g. Suzy Student with a Power CAMPUS id number of P00000001 would be ss00001), and the initial password for your account is a random set of characters. After students sign in, they can change their password through the FM Student Portal Site. Second, if you have not received your letter, you can go to the Registrar's Office. Last, if you have any problems about Angel/ MyFM system, do not hesitate; just call the SLN Help Desk at 1-800-875-6269 for assistance.

## Be Smart when You hook up

By Brittany Lennon

Sex in college is happening all the time, and most of the time it's not done the safe way.

There are a lot of drunken hook-ups where people are under the influence. They are not paying attention to what precautions they are taking with people they may not know well.

The number of college students with STD's is rapidly increasing. This increase is mainly from lack of using a condom. People don't realize the harm that STD's can cause.

Getting tested for STD's is very important. Even if your number of sexual partners is low, your best bet is to get checked just incase. Most people do not even know that they have an STD. These infections often do not cause any symptoms. According to Planned Parenthood more than half of college students will get an STD at some time in their lives. That alone should scare a student into wanting to get tested.

The several most common STD's are Chlamydia, Gonorrhea, Genital Warts, Herpes, and HPV (Human Papilloma Virus).

The most common STD is Chlamydia. Chlamydia usually has no symptoms and most people do not know they have this infection. About three million American women and men become infected with chlamydia every year. It is especially common among women and men under 25.

If chlamydia is not treated, it can become a serious threat to your health. Chlamydia may cause PID (Pelvic Inflammatory Disease) in up to 1 out of 5 women who do not get treatment. If PID is not treated it can affect a woman's fertility. Testing and treatment for chlamydia significantly reduces the risk for PID.

In men, if chlamydia is not treated, it can result in a condition called epididymitis. If epididymitis is not treated, it can lead to sterility. Rarely, it leads to a condition called reactive arthritis. Reactive arthritis causes a variety of conditions, including swelling and pain in the joints that can be disabling.

STD testing is easy and it is very important to have regular screenings. If you have unprotected sex but no symptoms you should still get checked. There are different tests for different STD's, so be sure to discuss this with your doctor.

Women can go to their gynecologist and ask for STD testing. Planned Parenthood is also a convenient place that can do much more than just STD testing and treating.

Most people can qualify for free STD testing along with free condoms, Plan B pills, and birth control pills. If you are interested you can visit your local Planned Parenthood and they will provide you with more information. You can log onto Plannedparenthood.org to find a health center near you.

## Black History Month- When, Where, Why, Who, & How

By Adrianna Alejandro

February is here and throughout history, February has remained a fascinating month.

February is the proud owner of the iconic holiday, Valentine's Day. Thomas Edison was born in February. February was the month that Napoleon Bonaparte escaped from the island of Elba. February is also the month that was awarded the honor of being named Black History Month or National African American History Month.

While Black History Month has been nationally recognized since the late 1920's, many people are still unaware of its origin, history, and influence on not only Black, but American culture as a whole.

In 1926, Black History was still a widely ignored subject. There were close to no published studies or information on African-American culture and accomplishments, except when referring to it in an inferior light. This changed with the help of the "Father of Black History", Dr. Carter G. Woodson.

Woodson was born to two former slave parents in New Canton, Virginia in 1875. He worked in coal mines throughout his childhood and did not enroll in high school until he was twenty years old.

Despite various struggles, he graduated within two years and went on to earn a Ph.D. from Harvard University. He was one of the first African Americans to do so.

Woodson was disturbed by the lack of information provided on the African-American population and history. In 1915 he founded the Association for the Study of Afro-American Life and History, as well as The Journal of Negro History.

In 1926, he created Negro Amer-

ican History Week. It was a week meant to explore and celebrate the contributions of the African-

During an interview conducted by 60 Minutes in 2009, actor Morgan Freeman was asked what his

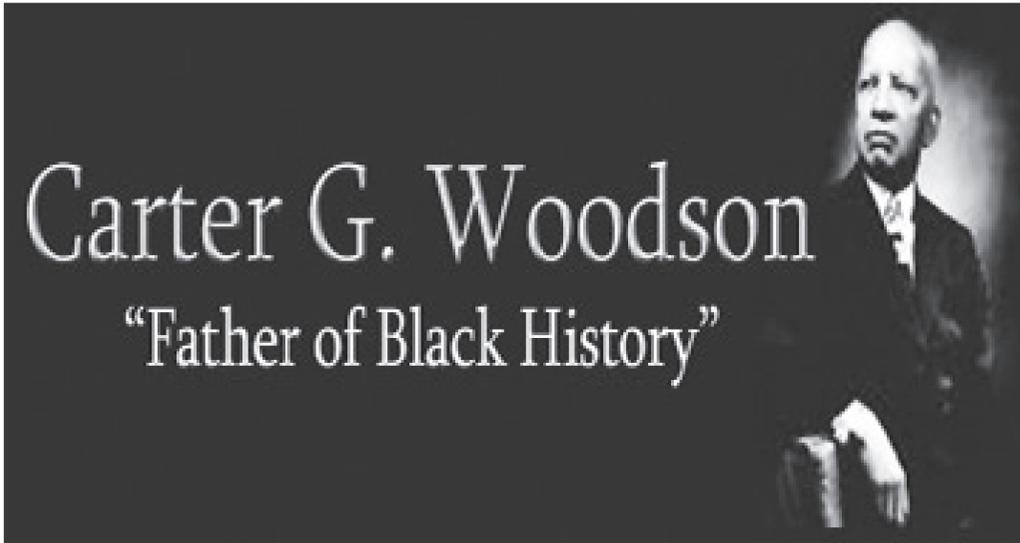
opinion on Black History Month was. Freeman said, "You're going to relegate my history to a month? I don't want a black history month. Black history is

American history."

Freeman continues stating that there is no white history month, so why must there be a black history month? He goes on to say that labels such as "black" and "white" are simply encouraging racism and separation as opposed to ending it.

"I am going to stop calling you a white man and I'm going to ask you to stop calling me a black man," Freeman says.

Whether it should be described as Black-American History Month or simply American History is debatable. What is not debatable is the fact that for years February has been a month devoted to the celebration of notable individuals and events that helped America grow to become what it is today.



American population over the years. Woodson had chosen the second week of February in honor of two individuals who he deemed as indispensable in forwarding the cause of African-American rights. Both Frederick Douglas and Abraham Lincoln were born in February.

The week grew to be a month and every year since 1976, every U.S. president has officially designated the month of February as Black History Month.

This is not an idea isolated simply to the United States. Countries around the world, including Canada and the United Kingdom, also have a month honoring black history.

Now the month is celebrated in various ways. Concerts, shows, and festivals are held in its honor. There is an emphasis placed on African-American individuals who have helped shape this country throughout history. According to FMCC student, Nicole Walker, Black History Month is completely necessary.

"Everyone has a story that should be told and a culture that should be expressed," she said.

Not all people are as supportive of this month's existence. While some see it as a celebration of African-American culture, others see it as an insult and another means to separate Americans.

## How the economy is affecting you & what to do

By: Stephanie Jones

The Fulton County unemployment rate has finally tipped the scale and has now crossed the double digit barrier.

The unemployment rate in Fulton County for January 2012 was reported at 10%, which is two percent higher than the state average of 8%, according to the New York State Department of Labor.

This abnormally high unemployment rate is affecting many local citizens, especially students. Studies show that students are living at home longer than they were ten years ago because they cannot make the income required to enjoy the luxury of a life on their own.

In a more competitive job market many students are graduating with degrees in fields that are scarce in work or are becoming obsolete. This forces many students back to school to study something more employer friendly.

Going back to school for a second degree takes more time away from a students' potential income making years. Returning to college can mean taking additional student loans which students will be paying back, on average, for the next twenty to thirty years.

The current state of the economy is a nerve wracking obstacle for many students to overcome on their way to educational excellence and financial independence. Many students will panic and make unfavorable decisions about their academic pursuits that will largely affect their career choices later on in life.

One of the biggest mistakes college freshman make is going to school without knowing what career they would like to pursue.

Students who attend an institution with a clear idea of their career goals and a passion for what they are learning about are much more likely to succeed in obtaining a high level degree.

There are a variety of resources to help students become financially independent. For help with job placement students can visit the local One Stop Career Center in either Gloversville or Amsterdam.

The Gloversville office is located on 199 South Main Street. The Am-

sterdam office is located on the second floor of the Riverfront building.

Both of these locations are excellent job search resources. They provide the job seeker with a full database of available positions in the Fulton and Montgomery counties. These locations also provide assistance with resume building, job search and interview skills.

Another great financial resource for students is the local Department of Social Services. DSS is a great resource for assistance with; job search and placement, temporary financial assistance, student health-care needs, and assistance with purchasing food for the household.

Aside from the assistance that can be obtained from these organizations there are also a few tips and tricks the student can do all on their own.

A student wanting to move out on their own should think about finding a roommate or two. Roommates are a great way to cut costs and loneliness as well. A student should never sign a lease or rent an apartment that is out of their budget. That three bedroom private bath fully furnished dream home may be tempting, but it's better to settle for a smaller cheaper place than to risk a future eviction.

Also Fulton Montgomery Community College offers a rental plan agreement between the school and a student's landlord that can allow a student to pay their rent with financial aid, if applicable. Interested students should see financial aid to inquire about this process.

Finally, if a student is really searching for independence but is lacking in funds and employment they can always apply to live in the dorms at Fulton Montgomery Community College.

FMCC's dorms are set up suite style with two people per bedroom, four per dorm, and one shared bathroom. This is a much larger space and a homier atmosphere than most college dorms. Meal plans are also provided.

Dorm life can be a great way to achieve independence from parents and rid students of the financial burdens often associated with living alone.

### FMCC Gateway

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## Leave the books behind & have some fun

By Ian Gifford

Attending college can be really stressful for some students.

The constant flow of studying, presenting, and sometimes working can seem overwhelming.

My column is going to show you that there are plenty of opportunities for fun and excitement during your time away from the books.

I will be posting events monthly, ranging from concerts and music festivals to charity drives and school activities.

School is the time to buckle down and get your work done, but it is also a time to meet people and enjoy yourself.

As a speaker once said during my freshman orientation "College is not just a school, but an experience."

From what I got out of that presentation, college is not just learning about math and biology, its also about meeting people around campus, and getting involved.

Events will be in Albany, Clifton Park, Saratoga and other surrounding areas. There will also be local events. **Upcoming Events**

### Concerts:

#### The Deadbeats

For any Grateful Dead fans out there, there is a band named "The Deadbeats" that covers classic Dead songs with their own new-age electronic spin.

The Deadbeats play almost every Wednesday at Valentines Music Hall at 17 New Scotland Ave, Albany, NY 12208.

#### The Pink Floyd Experience

On February 2nd The Pink Floyd Experience will be throwing down some classic Pink Floyd tunes at the Palace Theatre in Albany.

**Stomp** - If you have ever heard of, seen, or been to a show of the legendary band Stomp then you know what a treat it is to see them in action.

Using a combination of household items such as; broom sticks, trash cans, spray paint and many others. Stomp creates music out of items that you would not consider instruments.

Stomp will be performing at the Palace Theater in Albany on February 17<sup>th</sup> at 7:00 pm and February 18<sup>th</sup> at 2:00 p.m. and 7:30 p.m.

## Raiders Moving in the Right Direction

By Greg Crawford

The Raiders are sailing ahead. The Raiders basketball teams are racing ahead in the standings to the records of 18-3 for the women's team and 15-5 for the men's team.

Just this past Saturday the women's team beat Schenectady County Community College with a final score of 60-46.

Under the skilled coaching of Kevin Jones for the women's squad and Ed Collar for the men's squad the women and men are third and fourth respectively in region three.

After talking with Kevin Jones, women's coach and the Athletic Director at FMCC, he commented on both teams performances this season; "The reason for both teams success this season is that we have deep veteran squads, so it doesn't matter what game it is any one is

capable of stepping up and delivering a game winning performance."

Jones also noted that on the women's team, being able to bring back five sophomores was a huge advantage at this level.

With seven games left in both the men's and women's regular season schedule it is certain that each team will reach post season play. It is clear that both teams have their sights set on winning the championship for this region.

The last time the women won the region championship was in 2004. The men on the other hand haven't won a championship since the early 90's.

Kevin Jones has been the head coach of the women's since the program started back in 1998. He has been the Athletic Director at the school since 2003.

## Remembering "Joe-Pa"

By Anthony Auspelmyer

On January 23rd students at Penn State gathered to honor legendary college football coach Joe Paterno after he lost his recent battle with lung cancer.

Former players and people around Paterno believe that the recent allegations against Penn State's former coach Jerry Sandusky may have sped up the process.

On November 9th Paterno was fired by the university for neglecting to inform university officials or authorities of knowledge he had in regards to Sandusky's actions. Many people believe that Joe-Pa died of a broken heart because his recent dismissal.

Joe Paterno has been a staple in college football at Penn State for over six decades. In his 61 years at the university he had a record 409 wins.

Replacing Paterno will be a project in itself, however Penn State

took little time to find their next head coach. New England Patriots offensive coordinator Bill O'Brien will take the position immediately following the conclusion of the NFL season.

People around college football have mixed reviews of Penn States heir to the throne. While some of Paterno's former players disagree with the college's decision to hire a coach that will not adopt Paterno's system, former Nittany Lion's quarterback Kerry Collins approves saying "It's time to turn the page,".

While Penn State's future success is a cloud of uncertainty one thing is for sure, nobody will replace Joe Paterno on the football field.

The coach they called "Joe-Pa" will forever be remembered as the one of greatest college football coach of all time. Students can visit Paterno anytime as Penn State still has a Statue outside of their home field, Beaver Stadium

**Moe.** - Without a doubt one of my favorite bands ever, Moe will be performing at the Palace on March 3rd. Moe is and has been ahead of their time for fifteen years now, and I've been a fan of theirs for six.

Moe as a group started out unknown at the University of Buffalo. They created an electronic-groove-jam band like no other. Al (the lead guitarist) shreds his guitar to the point where you can feel it in your

soul. They also have a percussion section that will make your eyes water from excitement. Moe is a without a doubt a well-seasoned group of artists with an ever growing and evolving style that makes this my show of the month that's not to be missed!

### Comedy.

**Larry the Cable Guy** will be performing on February 10<sup>th</sup> at 5 p.m. and 8p.m. at the Palace Theatre.

## SAB raises awareness about Domestic Violence

By Stephanie Jones

February is Domestic Violence Awareness Month.

More domestic violence incidents occur on Super Bowl Sunday than any other day of the year. The SAB has put together a number of events to help spread awareness and raise money for domestic abuse awareness and prevention organizations.

Monday February 13th there will be a Domestic Violence 101 Presentation from 12-1 pm. in the Large Lounge. Wednesday February 15th there will be a Healthy Relationships Workshop in the Large Lounge from 12-1 pm.

Finally, Fulton-Montgomery Community College will be presenting two showings of Eve Ensler's play The Vagina Monologues.

The first showing will be at 2 pm. in the auditorium and the second showing will be at 7 pm. There will also be a silent auction of art donated from FMCC students. Tickets are \$8 and all ticket and auction proceeds will benefit the Family Counseling Center's Domestic Violence Program of Fulton County Montgomery County Domestic Violence & Crime Victim Services.

## Everybody's talking about Blue Ivy

By Megan Siegle

The fierce superstar couple, Beyonce Knowles and Jay-Z, welcomed their highly anticipated daughter into the world January 7, 2012 weighing in at 7 pounds.

Knowles and husband announced the birth of their beautiful daughter along with the unique

four which is IV. The number four is significant in the relationship between Beyonce and Jay-Z. Jay-Z was born December 4 while Beyonce was born September 4. They were also married the fourth day of the fourth month of 2008.



name; Blue Ivy Carter.

The meaning of the name was later announced after much confusion. The meaning of her first name, Blue, was pretty simple. Blue is Jay-Z's favorite color. They aren't the first celebrities to use the name, however. Icons such as Cher and John Travolta both have children with the name.

The middle name, Ivy, seems to be packed with more meaning. The middle name symbolizes the Roman numeral for the number

Beyonce's latest album was also titled "4."

Blue's last name, Carter, is pretty simple. Jay-Z's official name is Shawn Carter.

Many celebrities such as Rihanna and Richard Simmons tweeted the great news as soon as it leaked. The friends and families of both stars are very supportive and absolutely adore Blue.

Best wishes to Beyonce, Jay-Z and newly born Blue on a start to a new healthy and successful family!