

# The FM Gateway

A STUDENT PUBLICATION OF THE FMCC COMMUNICATIONS CLUB

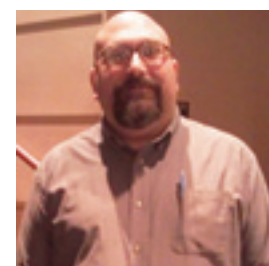
"For the students, by the students"

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OCTOBER 2012

## The Choice: 2012



Jason Radalin  
English/Theatre

**Favorite snack-** Popcorn  
**Favorite Production-** Angels in America  
**Favorite production that you've been a part of-** Whatever I'm currently working on  
**Favorite children's book-** Charles Schulz's Charlie Brown  
**Favorite band/musician-** Bruce Springsteen  
**Favorite subject besides those you teach-** Anything to do with computers  
**Go to condiment-** Ketchup  
**Movie character you would choose to be president-** Juno  
**Favorite sports team-** Boston Red Sox  
**Wild animal you would want as a pet-** Elephant

*The Rapid Fire Favorites section was designed to help students get to know key people on campus. Got someone you want to know more about? How about question suggestions? E-mail us at [Gateway@fmcc.suny.edu](mailto:Gateway@fmcc.suny.edu).*



President Obama & Mitt Romney go at it during the 2nd Presidential debate

Courtesy of Google Images

By Anthony Auspelmyer  
Chief Editor

Never before has America seen a Presidential election of this magnitude.

In less than a month, on November 6th, voters will take to the polls to decide the future of our nation. In one corner is the challenger, Republican nominee Mitt Romney. In the other, the Democratic candidate and current President, Barack Obama.

The stage has been set for one of the most historic elections in our nation's history. Both candidates agree that the choice voters make will be very clear. This is certainly not an election based on who is the better guy, but who has the better platform.

President Obama has stressed the importance of his healthcare plan as well as the slow but steady increase in the economy. His revival of the Ameri-

can auto industry and his successful end to the hunt for Osama Bin Laden have also been key points in his campaign. In regards to his platform for this term the President's agenda includes creating more jobs, & continuing to stabilize the economy. During his campaign Obama has used the theme "Forward" to urge voters not to go back on the changes that have been made during his 1st term in office.

Governor Romney has been on the attack since day one of his campaign trail. Whether it be his opposition for the Republican spot in the election, or the current President himself, Romney has been quick to point out the changes that have not been made. The Massachusetts Gov. has pushed voters to remember that the economy has not been completely

fixed and claims he is the guy to do it. Many republicans agree that Romney is the guy to fix the economy because of his history of running successful businesses. However, those who oppose the Republican candidate point to his past of outsourcing jobs to foreign countries.

One thing will be clear by the morning of November 7th, which path do the people want to choose? Some say it's a lost cause and either candidate will continue to do a poor job. Others think the outcome of this year's election can change the country permanently.

Who are YOU voting for? Let us know on Facebook or Twitter!

## New Student Housing a Sight To See

By Maria Almonte  
Associate Editor

FM resident students and all around the school haven't stopped talking about the new apartments provided this school year for Res Life students.

An entire new building with top of the line apartments was one of the many new changes to FM. Former FM students and many new students are now residents in the new building.

The building is called the Raiders Hall with a west and east side both with two floors of new apartments. There are many changes from the older apartments that you will find different in the new ones. One of the biggest changes is that the new apartments don't provide a kitchen for students. This was done for safety reasons along with taking out the stove in the kitchen next to the laundry room that was there last and previous years. Students who live in

the new apartments have to provide themselves with a microwave and refrigerator unlike the older apartments. The new apartments also don't have any carpet this is a good difference considering how easy it is to keep the floors clean without having to vacuum all the time. Each apartment has a spacious bathroom with a separate sink area and the rooms come with single or double bedrooms. Single bedrooms are for one student only provided with a bed, desk, and closet. Double rooms are for two students provided with two beds, desks, and closets. The living room area comes with two couches and a table that can be used for a TV or anything preferred by the students. One of the best changes would be the central air provided throughout the rooms. The older apartments don't have this feature

and are only provided with heat so many students chose the new dorms for this advantage.

I got some opinions about both apartments from a few students who live on campus. "I like it because it has the option of a single or double room but I don't like not having a kitchen or sink. I brought my own refrigerator but it would be nice if the school provided it. I also like how they have a common room where everyone can chill with a TV", said Khaleeq Baum a new student. "I'm kind of upset that I picked the old apartments because of the new features that the new ones have and the old apartments are hot because of the boilers", said Maryam green a second year student.

Both the old and new apartments have their advantages and disadvantages but the Raiders Hall building is a great

new change to FM. All the hard work into making an entire new building of apartments has increased the student body at FM this school year with both national and international students.

What Do you think of the new student housing? E-mail us [Gateway@fmcc.suny.edu](mailto:Gateway@fmcc.suny.edu) or Tweet us!



@FMCCgateway

## Nobel Prize Split

By Marina Hara  
Staff Writer

The Nobel Prize in Physiology or Medicine was awarded jointly to John B. Gurdon and Shinya Yamanaka "for the discovery that mature cells can be reprogrammed to become pluripotent." This will be a revolutionary hope for people suffering from diseases which are considered incurable till now.

According to the website nobel-prize.org, John B. Gurdon, a professor at Cambridge University in England, discovered that the specialization of cells is reversible in 1962.

In an experiment, he replaced the immature cell nucleus in a fertilized egg of a frog with the nucleus from a cell which already differentiated from an embryo-stem cell (ES cell) which makes it possible to reprogram all types of cells in the body.

This modified egg cell could successfully develop into a normal tadpole, because the matured cell could change into an ES cell. The DNA from the mature cell still had all the information needed to develop all cells in the frog.

Even that was a great discovery, they needed to use a fertilized cell, which brought about ethically and religiously controversies. In fact, several governments would not allow them to perform this study, using any fertilized eggs.

Shinya Yamanaka, a professor in Kyoto University in Japan, discovered how intact mature cells in mice could be reprogrammed to become immature cells which are able to develop into all types of cells in the body.

According to a website of "Center for iPS Cell Research and Application, Kyoto University", the four genes which carried a viral infector were passed onto mature cells through injection in 2006. The mature cell that was injected and changed into ES cells are

called induced Pluripotent Stem cell (iPS cell).

Research during recent years has shown that iPS cells can give rise to all different cell types of the body. These discoveries have also provided new tools for scientists around the world and led to remarkable progress in many areas of medicine. The iPS cells can also be prepared from human cells.

For instance, skin cells can be obtained from patients with various diseases, reprogrammed, and examined in the laboratory to determine how they differ from cells of healthy individuals. The iPS cells constitute invaluable tools for understanding disease and so provide new opportunities to develop medical therapies.

The use of iPS cells is still under investigation. However, Yamanaka says he wants to put it to a practical use for people who suffer from incurable disease as soon as possible. If it becomes prevalent in the world, many people may have a brighter future.

### Quote of the Month

"You Miss 100% of the shots you don't take."  
--Wayne Gretsky  
Hockey Hall of Famer

Got a good quote that you would like to see us publish? Send it to us at [Gateway@fmcc.suny.edu](mailto:Gateway@fmcc.suny.edu)

## What's The Difference?

By Adrianna Alejandro  
Staff Writer

The Student Activities Board and the Multicultural committee are two different programs created by FM to create all kind of activities, shows, and events for the students.

A common misunderstanding is that the SAB is a club when it's not. SAB is an organization listed in The Source, the FMCC Student handbook, which partners with other clubs to provide on-campus entertainment all through the year. A difference between the SAB and the MCC is that while they are able to provide cultural programming, it is not restricted to that.

The Multicultural Committee is a budgeted line item in the Source. Vice President, Ashley Horning, chairs it. The MCC works by having student committee members make suggestions and then

vote. The committee provides one to two events a year that, are cultural in nature. In 2011 the MCC, in conjunction with SAB, hosted an Asian Lunar New Year Festival.

"The Multicultural Committee is a student driven committee", said Brenda Darling, the student government office manager, "Any students are welcome to join".

For more information see Gwen Ossenkop in the Student Union Building or Brenda Darling on the lower level of the Student Union Building, near the bookstore.

### FMCC Gateway

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Student Press Law Center

## What Do You Think?

## Hands For Animals

By Maria Almonte

Hands for Animals is a great new club here at FM that has come along way since last semester.

The club works with local animal shelters and rescue groups to try and take care of the homeless animals in the community.

Members go to these shelters to work with the animals and also educate the public on animal welfare issues like spaying, neutering, and to learn to adopt animals instead of buying.

They also educate people on reasons for why animals go into shelters and what can be done to prevent this from happening.

All of this ties together to raise money, awareness, and educate to better the animals in the community.

The club started off with 20 members and ended up with 40 signatures to sign up after the club fair and their fist bake sale, which was a very big success.

This is only the clubs second semester as a club and so far they have visited James Brennan and Helping Paws of Broadalbin and are working with adding the Regional Animal Clinic of Gloversville to their docket.

Future plans for the club include raising money for Montgomery SPCA's new building and ordering a video about breed specific laws to show at the school.

The club will be hosting bake sales for both people and animals in hopes to make them both happy. They also plan to get the student body and staff to sign a petition for spaying and neutering pets and to adopt and not shop for animals.

Club Vice President Torie Polywoda discussed the future of the club.

"Our success is with the word of mouth spreading; people are signing our petitions and stopping to ask questions at our bake sales.

"We've become successful I think by confronting an issue many don't talk about, by helping those who can't help themselves. We are the hands for animals", Polywoda said.

"We'd love to have a dog walk on campus to try to help some animals get adopted. I'd love to see maybe a dog training class started to help people train their new pets," Polywoda said.

This is only the beginning for Hands for Animals with all their new members wanting to join and their dedication. They plan on going very far and helping as many animals as they can.

We want to know what YOU think about this topic. SEND US A TWEET or Comment on our Facebook Page

I started  
my career  
at  
Nathan  
Littauer  
Hospital

Real people  
Real careers



LITTAUER

Complete healthcare information for EVERYONE at [www.nlh.org](http://www.nlh.org)



## Give Me a "Hi-Five" Fun & Games

By Vinnie DePalma  
Staff Writer

Students and staff are now able to honor special accomplishments by individuals on campus in a display case located inside the center entrance of the classroom building.

The Student Government Association has introduced Hi Five You're Awesome as a program that allows good deeds and accomplishments to be noticed. The showcase will feature an individual's picture and story of their accomplishment.

The idea came to SGA Secretary Dana M. Stortecky as she sat in a SUNY Student Assembly. Empact's Motivational speaker Arel Moodie was describing "Hi Five You're Awesome" as a great way to boost campus morale. If the result of giving someone a Hi

Five or hello in the hall as you pass by is enough to brighten their day just a little bit, the gesture is a success.

The SGA and FM have taken Moodie's idea and expanded it by allowing academic accomplishments, great gestures, and good deeds to be showcased. Stortecky is asking professors and students for stories about individuals on campus. She can be found in the SGA office located on the same level as the bookstore in the College Union.

Stortecky said, "I hope to see more people acknowledge one another for the good deeds they do." Remember a simple smile, hello or Hi Five can go a long way in telling someone they are awesome!

By Megan Siegle  
Staff Writer

The future of FMCC's Game Room is looking bright with the hopeful addition of new games a little rearranging.

Many may have noticed that the air hockey table has recently been removed from the Game Room. Sophomore Senator, Jeff Reed, said, "It wasn't working properly, so I am in the process of replacing it with a fully functioning air hockey table."

With a new air hockey table comes a little bit of change. Reed also mentioned that adding a new air hockey table will mean the Game Room will be rearranged. He said it will allow students more room to use the ping pong and pool tables as well.

Reed is also pleased with the respect the games are now being treated

with.

"I believe that the respect is due to the civility mission that the committee (SSMVC) is constantly striving towards. The benefits to the students will be that we can continue to spend our budget on new games and equipment rather than spending our budget fixing and repairing broken equipment."

Reed was also very impressed with the increase of students playing cards, watching TV, and using the gaming systems.

If anyone has any questions, concerns, or comments about the game room, feel free to go to the SGA office and contact Sophomore Senator Jeff Reed.

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

## Discount Card To Save Students

By John Anthony  
Staff Writer

Senior citizens won't be the only people demanding discounts now that FM's Student Government Association is introducing student discount cards to be used at local businesses.

Sophomore Senator Jeff Reed adopted the idea for the cards from a speaker at a recent SGA conference.

SGA has been distributing the cards by handing them out to students at common areas on campus at common hour. Anyone missing the give-away is encouraged to visit the SGA offices in the basement of the College Union to receive a discount card.

Currently 11 businesses are involved in the program, offering students discounts on anything from fast-food to tanning sessions. Reed sees the program gaining momentum.

"I feel like we're creating a firm foundation with this this year. I see it being continual year after year. The businesses may change, but you'll always be able to check out the SGA website for an updated list of participating businesses," Reed said.

Anyone wishing to learn more, including how to get more businesses involved in the program, should visit the SGA offices in the basement of the College Union.

Some of the participating business' are shown next to this article.

Genco Pasta	20% discount. 116 Main St., Gloversville 725-9007.	Amsterdam Travel	8-10% discount off bus tickets to certain cities and Spring break all ready discounted packages to select destinations. 1120 Riverfront Center 842-6590.
Chef Lomanto's Kitchen	10% discount. 124 S. Main St. Gloversville 773-2665	Elemental Gardens Massage and Energetics	10% discount. 37 Prospect Street 1st floor Suite 102, Amsterdam and can be contacted at 810-1615.
White Cottage Garden's Florist and Antique Shop	10% discount. 4770 State Hwy 30, Amsterdam 843-1060.	Kentucky Fried Chicken	10% discount Amsterdam and Johnstown
St. Croix Tan	20% discount. 121 Sanford Shopping Center, Amsterdam 620-4723	Rosito's Bakery	10% discount. 37 James Street, Amsterdam 842-2616.
Michael's Hair Studio	\$2.00 off all Full Service Haircuts, \$5.00 off all Full Service	Chemical Services	10% discount on all retail products. 135 Market Street, Amsterdam 842-5440



Fulton-Montgomery Community College

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## Register Now for Winter and Spring Classes!

Winter Session ~ January 2, 2013  
Spring Semester ~ January 23, 2013

View Class Schedule at My FM

Stop in or call the Student Development Center at  
(518) 736-FMCC (3622) Ext. 8140  
to schedule your advising appointment today!

## QUICK NOTES

### Mid-Term Grades Due

Mid-term grades are due to the Registrar's office Wednesday, October 24th. Make sure you talk to your professors regarding your class work! Grades will be posted on Portal

### Spooktacular Dance

There will be a Halloween party on campus for all students in the Large Lounge on October 26th in the Large Lounge. Wear your costume!

### Toga Party

Friday November 2nd In the Large Lounge from 9 p.m. to 1 a.m. with refreshments, finger foods, & music from DJ Ketchup

Are you interested in seeing YOUR work in The FM Gateway Student Newspaper?  
**WE ARE TOO!**

We are currently looking for Writers, Artists, & Anybody who works well with Adobe Photoshop  
For More Information Contact us at Gateway@fmcc.suny.edu or come by the TV Studio Wednesdays @ 12:00

## Men's Soccer

By Greg Crawford  
Staff Writer

The Raiders men's soccer team season is coming to a close with only three games left to play this season.

The team is coming off a 2-1 loss on October 10th to Delhi that had defender Algasim Jallow saying, "The reefs stole the game from us on a number of terrible calls."

This puts the team's record at 3-11 which places them third in the section. With that record the Raiders have no chance of seeing post season play.



@FMCCgateway

## A-Rod Out?

By Anthony Auspendmyer

Alex Rodriguez has heard it all. From cheers of his arrival to the Yankees in 2004, to boos of his playoff struggles, and even taunts of his admittance to steroid use.

The fact of the matter is although "A-Rod" may be one of the greatest baseball players of all time (tainted or not) his time may be up in the Big Apple.

After his most recent struggles in the 2012 playoffs vs. the Orioles in the ALDS and the Tigers in the ALCS, Rodriguez was benched. Already talks are brewing within the sports world of a possible scenario that would have Rodriguez leaving New York come winter time.

It is important to note however that A-Rod does have the power to deny any trade due to his full no-trade clause in the lucrative contract that he signed with the Yankees back in 2007.

## An Apple A Day..

By Marina Hara

There is an old saying in Japan, "an apple a day keeps the doctor away".

It is common to bring apples when we see injured or sick people. Apples are considered a good thing to eat, and also easy to get, especially in this season. According to a Japanese website about apples ring- museum.com, apples have a lot of merits for our health, both physically and mentally.

85 percent of an apple is water, so it has only about 95 calories per one apple (0.3lbs), which is good for controlling calories when on a diet. The other 15 percent includes various kinds of nutrients such as potassium, dietary fiber, organic acid, vitamin C, poly phenol, etc. The skin of apples contains a lot of nutrition too, so it is very important to eat the skin as well.

First, eating apples helps regulate the functions of the intestines, and it helps both constipation and diarrhea. It is good to grate down the apple for intestine troubles. Second, nutrition in apples helps to increase the amount of gastric fluid and erythrocyte. They help recover us from gastrointestinal damage and anemia.

Apples contain a lot of potassium, so eating more than three apples helps

to bring blood pressure down. In fact, eating apples work on avoiding high-blood pressure and apoplexy. There is also a lot of pectin in apples which kills bad bacteria in the large bowel and avoids bowel cancer. Poly phenol in apples is an antioxidant, so it protects us from cancer, cardiac infarct and arteriosclerosis.

An apple is a low calorie food and easily fulfills our appetite, so eating apples before a meal help us to avoid eating too much food. Eating apples with yogurt helps us to make good bacterium in our bowels and helps us to regulate the functions of the intestines. Which helps avoid constipation, diarrhea and infectious diseases. Additionally, vitamin C and over 100 kinds of poly phenol help us to make clear and healthy skin too.

The citric acid cycles in apples are effective in relieving fatigue, and improve autonomic function. Eating apples also works on our mental troubles.

Buying an apple and eating it is easy and effective for improving our health and avoiding diseases. So, enjoy your healthy and happy life with a delicious, but valuable medicine, apple.

## \$249 For a Laptop?

By Maria Almonte

Not only is Google a search engine used daily all around the world but they will be releasing a new very affordable Samsung Chromebook.

The Samsung Chromebook is a laptop that runs on Google's browser Chrome OS. This isn't the first Chrome OS products from Google they've previously released Samsung Series 5 550 Chromebook and the Series 3 Chromebook which ranked from \$330-\$550. The new Chromebook is only \$249 and is an inspiration from



the Macbook Air. Not only is this laptop cheaper but it has a new design that's thinner and smaller. It weighs less than 2.5 pounds and has an 11.6 inch screen. Unlike previous products the new Chromebook uses a processor of the ARM lineage that's virtually universal in mobile phones and tab-

lets. It also has a single USB 2.0 port, a single USB 3.0 port, an HDMI port, a headphone-microphone jack, and an SD Card slot. The laptop is designed to last 6.5 hours on one battery and doesn't have a fan but should run cool enough like tablets.

Google has designed this Chromebook as an instant-on, affordable device to use around the house when needing to use the internet and for schools bringing more computers to their students. Not to be the "be-all end-all PC" but for useful purposes.

The laptop will be available in 500 Best Buy stores and in more than 50 Dixons store. Google plans on having staff members trained to make sure customers know what they are buying and to have a marketing campaign to promote the laptop.

## Halloween Safety

By Megan Siegle

With Halloween approaching quickly, students may want to follow a few safety rules to keep themselves and their peers safe.

Dressing up for Halloween is a fun way to celebrate. Costumes, however, can hinder your ability to recognize your friends. If something were to happen, you want to be able to find your friends as quickly as possible to make sure everyone is okay.

Halloween is well known for college parties and drinking. If you do choose to drink, make sure you are in a controlled environment. Make sure you are always able to contact a friend,

family member, or adult in case of an emergency. Most importantly, do not drink and drive. Also, do not get into a vehicle with someone who has been drinking.

If you and your friends go out for Halloween please make sure you respect the property of others. People and their families work hard on their decorations for their houses. No one likes to see their pumpkins smashed across the street!

Halloween is a great holiday full of fun and fright, but make sure you and your friends stay safe!

## Drake Graduates

By Megan Siegle

Young Money star, Drake, may be a celebrity icon but he has been missing one thing for some time now- his high school.

Aubrey Graham, better known as Drake, dropped out of high school at an early age. When he was 15 he joined the cast of Degrassi and played a paralyzed basketball player. According to MTV.com Graham appeared in 138 episodes of the Canadian show.

Graham had admitted that he had taken the job on Degrassi to help out his

family because his mother was sick and his family needed the money.

Graham had announced on Wednesday October 17th, on twitter to his fans about his recent achievement. In the tweet he had said, "97% on my final exam. 88% in the course. One of the greatest feelings in my entire life. As of tonight I have graduated high school!"

It just goes to show that no matter what has happened in the past there is always time to better your life.

## Musicians On Campus



**Name:** Chris Renda

**From:** Gloversville

**Major:** Elec Tech

**Instrument:** Lead Guitarist for local band, Slim Pickins

**How long he's been performing:** 25 years

**Reason for performing:** Love of music

**Favorite shows/performances:** "My First big venue was in Massachusetts in 1993" There were over 1500 people.

**Music Influences:** Def Leppard.

**Where to find him:** Slim Pickin's usually performs every Friday night at Krystal's Bar in Broadalbin

Check out FMCC's Musician's Club on Facebook! If you are interested in watching or participating in the musicians club they meet every Monday from 12-1 in the theatre and Thursdays from 1-5 in the theatre. Do you know a musician that goes to FM? Would you like to see them profiled in our student newspaper? e-mail us at Gateway@fmcc.suny.edu or message us on Facebook or Twitter!

## FEATURE ATHLETE

Coming Next Issue