

## Graduation may be in May, but you need to apply now

By: Tyler Rush

Students looking forward to graduating have paperwork to fill out and are required to follow certain guidelines.

First of all, everyone has to apply to graduate at the Student Development Center. An academic advisor will be more than happy to help fill out

the application. Students must state their major and all credits they have received.

The paper is then sent to the registrar's office. Susan Christiano evaluates the application and determines whether or not graduation is possible. She informs students on what

classes are required to graduate if those classes are absent from their transcript. "I make sure they're on track," Christiano says, and she is glad to help in any way possible.

The deadline to apply for graduation is December 1 or when students make their

schedule for their final semester. However, Christiano says it's fine if anyone misses the date; their application will still be accepted. The December 1 date is only to give the registrar's office ample time to let students know if they are short any necessary credits.

The graduation ceremony happens once per year for all students that have graduated in the past year. Every student gets their name called and has the opportunity to walk across the stage. The ceremony will be held Friday, May 29. Everyone is welcome.

## GLOW reacts to California's approval of Proposition 8

By: Kevan Kozlowski

If you've been paying attention to national news, you should know there are two hot topics surrounding California. One is raging wildfires and the other is Proposition 8.

So what is Proposition 8? Proposition 8 was a ballot proposition that defined marriage as being between a man and a woman only.

This form of discrimination is not only offensive in the eyes of same sex couples, but also the 18,000 already married couples who fear a retro-active annulment of their marriages.

Governor Schwarzenegger urges same sex marriage supporters not to give up and doubts that the 18,000 same sex couples would see their marriages nullified.

Members of the on-campus group G.L.O.W had much to say on the subject as well. G.L.O.W is an acronym for Gays, Lesbians, or Whomever. They are the gay-straight alliance on campus and hold meetings on Wednesdays at 12 p.m.

G.L.O.W has participated in the 2007 Albany AIDs Walk, the 2008 North Eastern LGBT (Lesbian, Gay, Bi-sexual, Transgender) Conference, the June 2008 Albany Pride Parade,

and most recently the Fagbug.

G.L.O.W has also hosted the Tolerate You, Tolerate Me Luncheon and the Aids Quilt which will be returning to FMCC from Dec. 1-3.

Senate Representative Yvette Williams spoke on behalf of the G.L.O.W group. "America is supposed to be a free country that supports equality, so long as it does not infringe upon any other person's rights.

Gay marriage does not infringe upon other people's rights. Prop 8 takes away the right for same sex couples to marry who they want. It also makes gay people (males and females) unequal by denying them the right to marry who they want."

The concern does not end there. Arkansas passed a law making it illegal for unmarried or cohabitating couples to adopt children. This affects heterosexuals and homosexuals alike.

According to Williams, "Both of these laws put into perspective how much longer the gay community has to go to get equal rights. These laws also make us feel like second rate citizens."

## Library's 50,000th semester visitor



Jamal Asmawadi, from Indonesia, was the 50,000(ish) person to walk through the doors of the Evans Library and Learning Commons recently. He was presented with a certificate and a gift card to the FMCC Bookstore. Pictured is Jamal with Michael Daly, public services librarian, and Mary Donohue, director of the Evans Library.

By: Kristen Molina

International Student Jamal Asmawadi knew since high school that Fulton-Montgomery Community College would be the college that he wanted to attend.

Asmawadi was born and raised in the smallest island in Indonesia where there are 17,000 other islands. Before he

came to America he only knew the things that he learned from his American family that he meant in 1992.

He choose to come to America because of his American family and decided that FMCC is where he wanted to be.

For Asmawadi, the best part is the snow. "It's very warm in my country," Asmawadi states. He uses the snow as an opportunity to do something he loves "snowboard."

In September Asmawadi will be going back home to visit his family, but will be back next year to finish his time at FMCC and graduate.

## Sophomores can apply for internships opportunities

By: Yvette Williams

Second semester students interested in an internship should contact internship program director Sharon P. Poling.

Poling helps students prepare for internships and sets up interviews with internship sites.

She is also involved with Collaborative Career Learning. Poling sets up internships for majors that don't require an internship.

Students need to be in their second semester, have a grade

point average of 2.0, and completed significant coursework in their major to do an internship.

Students will also need a resume, cover letter, and recommendation from a faculty member in their major.

Most interns are in an associate in applied sciences or associate in arts program. Students can get one to eight college credits, depending on how many contact hours are required.

Each credit requires 45 contact hours. Students should apply for an internship the semester before the internship.

Students do internships to gain real life experience and a work history.

"Internships are a good way of trying out a career," Poling says.

WENT 1340 AM radio station hosted an intern from February to May 2008.

Intern Stefanie Beekman was motivated, got along with everyone at the station, was

on time, and did the work assigned, says General Manager Jack Scott.

He also said that WENT would be happy to have another intern like Beekman.

Beekman did a 3-credit internship, 135 hours, at WENT. She enjoyed her internship and used many of the things she learned in classes.

The only thing she would change about the internship program is the amount of contact hours needed.

### The Gateway

The student newspaper of Fulton Montgomery Community College is the college's only comprehensive source for news for the students

## Campus cell tower should improve Verizon coverage for campus, area

By: Nicole Weakley

Verizon Wireless cell phone users can soon expect better service here on the FM campus due to a new cell tower.

The tower will be placed to the left of the tennis courts and is expected to improve cell phone service to Verizon Wireless customers here on campus.

However, the tower will not only help FM, but also BOCES, Campus view and the community as well.

During an interview with Dr. Swanger, he explained that now students and staff will be able to have stronger

service throughout the building, which is a good feature to have especially if an emergency were to occur and someone needed to call for help.

The signal is expected to cover up all areas here on campus where students experience bad service and have dropped calls.

Areas that are known trouble spots like the PE building and the basement classroom buildings will now have a better reception.

For those who have cell phone ser-

vice provided by other companies, this may seem unjust.

But if other companies wish to accompany this tower, they simply need to discuss and come to an agreement with Verizon Wireless.

The tower is being put here by Verizon, so there is no charge to the college and no expected increase on student tuition.

In fact, the company is renting the land and space to place the tower here, so overall the college is collecting money from Verizon.

The agreements and approvals have been made for the tower and it is being designed and constructed now so it can possibly be ready for its anticipated starting time.

## Library is offering Toys for Fines this semester

By: Carrie Friar

Monday, Dec. 1, through Friday, Dec. 12 the Evans Library will be holding its Toys for Fines program for the fourth consecutive year.

The first three years were very successful, according to the librarians. The toys must be new and in original wrapper. The value of the toy must total at least half the price of your book fines.

"Students are encouraged to take part in this program" says Public Service Librarian Michael Daly.

This program gives students an opportunity to help children in need of toys while taking care of any overdue library fines. If anyone has questions you can find out more by contacting Evans Library staff at 762-4651 Ext 5610.

## Safe Walks offered to students day of night

By: Noel Davis

The department of Public Safety is offering faculty members and students of FMCC safe walks.

Safe walks are available to any staff member or student any time of the day or night.

A safe walk is simply if you are feeling uncomfortable or unsafe walking alone on campus you can have an officer from the public safety office walk with you to your destination, even if you are just uncomfortable walking through the parking lot late at night.

In order to get a safe walk you will have to contact the public safety building. There are two ways to do this. One you can call them from any campus phone by dialing the extension 4000, or you can page them by dialing 5911 wait for the beep and dial 911 wait for the second beep and leave your message stating that you would like a safe walk.

Mark Pierce, director of Public Safety, said that it is not really like you are leaving a message, the pages go directly to the officers' radios.

### FM Family Counseling Center Clinic Hours

Time	Therapist
Mon. 12:00 – 5:00 p.m.	Stephanie Miller, Intern
Tues. 1:30 – 5:30 p.m.	Jacqueline Melley MS
Wed. 3:00 – 7:00 p.m.	Lisa Brownell, Intern
Thurs. 1:00 – 5:00 p.m.	Stephanie Miller, Intern
Fri. 8:00 a.m. – 5:00 p.m.	Jim Sautter LCSW-R

## ECCHO selling Fair Traded products

ECCHO (Early Childhood Club Helping Others) Club is going to be helping families at Christmas through the sale of Equal Exchange coffee, tea, chocolate program.

People can buy these Fair Traded products during special Fair Trade Fridays or by contacting the club advisor.

A percentage (10%) of the money made goes to purchase Christmas presents for families adopted by ECCHO through the Bridge program.

The program is being held two Fridays a month in room C011.

It was started by Sheryl Seppa because the workers who make the products are paid a living wage and it is her belief that by selling it we are "acting loyally, impacting globally."

Seppa hopes to expand the program soon and intends to continue the sales of fair traded products for the next several years.

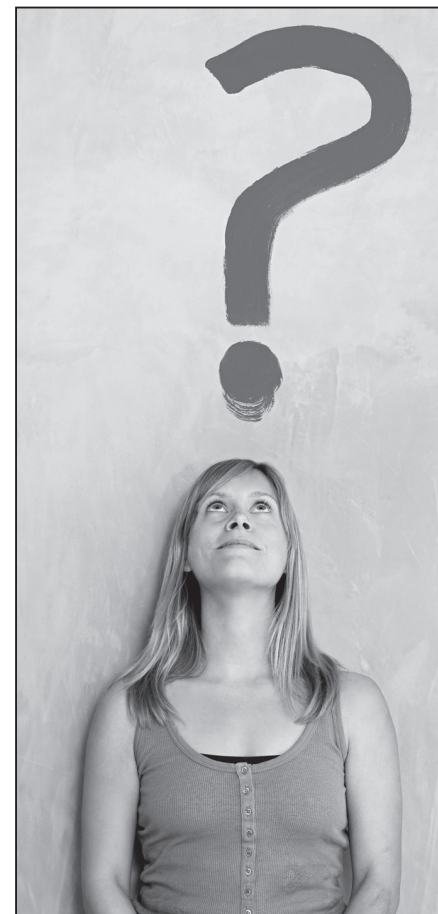
## New bus stop location New smoking shelter

A new bus stop location has been created at the rear entrance to the Student Development Center.

Signs are posted on campus letting everyone know that the bus stop is being moved from Faculty Staff lot 5 to Faculty Staff lot 1.

FMCC has installed a new smoking shelter behind the class room building.

As part of a repurposing design of the parking lot a new smoking shelter was installed for the college's community members and students. The shelter is located behind the class room building on the northeast corner.



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Fulton-Montgomery CC  
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Wed., Dec. 3, noon  
Tues., Jan. 27, noon  
Tues., Feb. 17, noon

**Latham**  
21 British American Blvd.  
Mon., Dec. 8, 5:30 p.m.  
Mon., Jan. 12, 5:30 p.m.  
Thurs., Jan. 29, 5:30 p.m.  
Mon., Feb. 9, 5:30 p.m.  
Thurs., Feb. 26, 5:30 p.m.

For phone-in information sessions, call  
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### FMCC Gateway

Co-Editors: Nicole Weakley  
Layout/Design: Nicole Weakley  
Faculty advisor: James Hinkle 518-762-4651  
Sports Editor: Don King

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2805 State Highway 67  
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[gateway@fmcc.suny.edu](mailto:gateway@fmcc.suny.edu)



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## Isn't not easy being green, but the college is moving that way

By: Ian Steding

The sustain ability committee is the newest committee to be recognized at Fulton Montgomery Community College and has been active since mid-October.

The committee's goal is to evaluate the college's carbon footprint and to create programs that will help to reduce, reuse, and recycle the resources consumed here at FM.

Following the creation of this committee, College President Dustin Swanger hopes that this type of environmentalism will become "part of our

culture" and has encouraged the committee to start small with campus wide recycling efforts.

President Swanger has supported the committee further by appointing Science-Associate Professor Laurie Freeman to lead the team because he felt she had a "dedication to nature" that will dramatically aid the group in their efforts to more efficiently utilize the resources of the college.

It is the goal of the committee to systemize their ideas of sustain ability and conservation into programs that

have the potential to be successful on campus as well as in the community.

It is important that institutions of education play a leadership role in the fight to reduce our carbon footprint. This will allow an attitude of conservation to be carried along with our generation

into our workplaces as well as our daily lives.

Not until sustain ability is part of our day to day thinking will its effects be visible on the global scale that is required to make a difference in our world.

## FM, YM might pool their resources

By: Nicole Weakley

The swimming pool in the PE building will continue to be empty for at least a couple years or longer depending on the outcomes of all possible options.

The initial problem with the pool was the leaking of about 800 gallons of water per day.

The estimated amount of a possible repair is about half a million dollars, a large amount of money that the college does not have.

"We are in discussion with the YMCA to see if we could hold some of those classes there at the Y." explained Dr. Swanger

If the pool is not fixed and the college does away with it, there have been discussions as to the options that have been considered for the use of the space.

Educational purposes have the first priority; however, it will be some time before the know the exact outcome.

## Campus View working to help residents, others

By: Victoria Pavlova

Wanna party before finals?

Holiday Party will take place at the common areas in Campus View on Friday, Dec. 12.

The party will bring diverse activities such as dancing and playing games. Food and refreshments will be offered to students.

The evening event will be open for every FM student to attend. Posters with addition information will be soon seen around Campus View and FM hallways.

Help kids by Recycling before Dec. 15

Campus View is organizing a Bottle Drive and Candy Sale to raise money.

All the proceeds will go to "Toys for Tots," said Mike DiGiacomo, Resident Life Director. Candy costs \$1 per piece. Also, recycling boxes are set up in both Campus View Resident Buildings.

Need help with finals?

The Library will be open on Sunday, Dec. 14 from 8-11p.m. Peer tutoring, librarian assistance and volunteer faculty members will help students get through this hard week of final exams and give them a last chance to better their grades.

The idea behind this is for students to "get help with studying and review for finals," said DiGiacomo. Refreshments will also be served.

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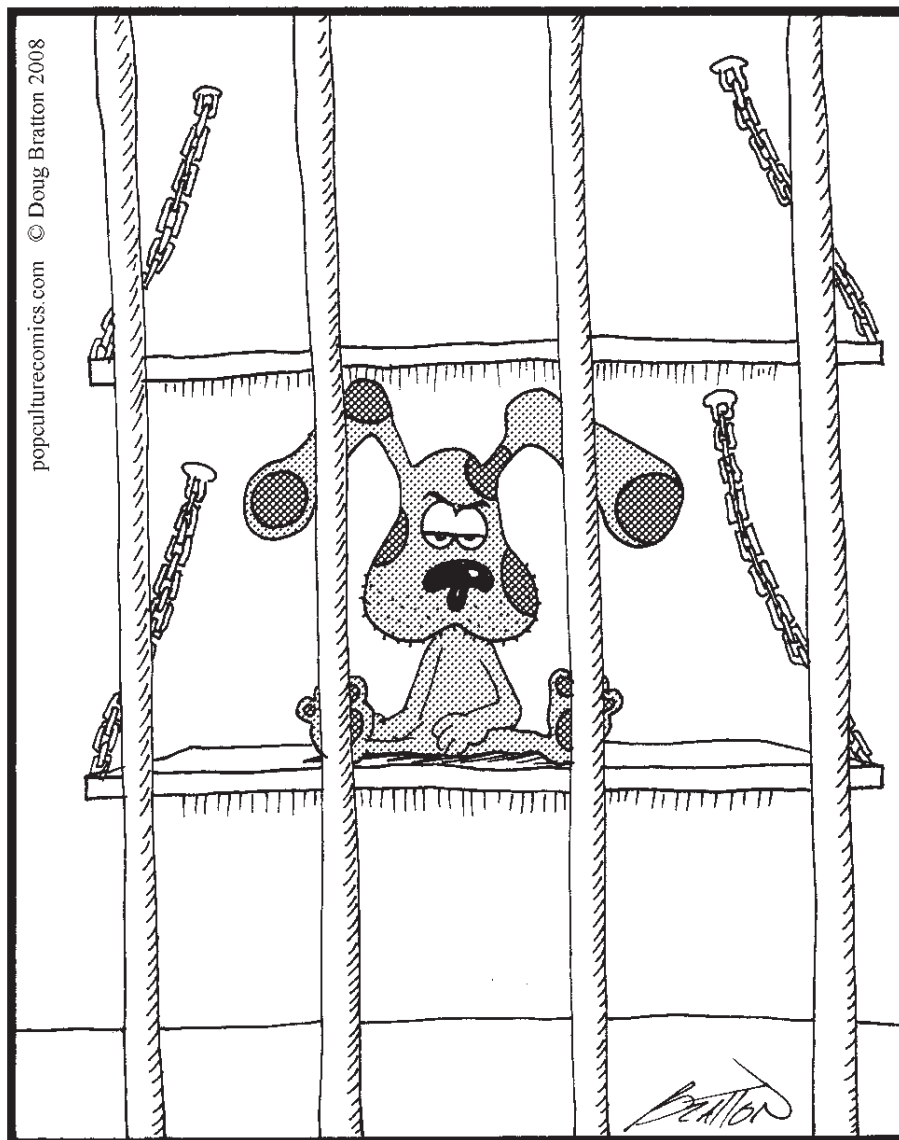
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When pawprints were discovered all over Steve's lifeless body and the murder weapon, it became obvious that all the clues were, in fact, Blue's Clues.

## SUNY students stand strongly opposed to budget cuts, recognize outgoing chancellor

At the November Executive Committee meeting held recently at Fulton Montgomery Community College, the Student Assembly of the State Univer-

sity of New York reaffirmed its position of being strongly opposed to any state budget cuts to the SUNY system.

Decreases in state funds supporting SUNY undermine any and all increases to tuition, essentially taxing students through tuition revenue for state services not related to their education.

understanding of student concerns and willing to take our point of view into consideration.

### Interested in becoming a doctor?

By: Hasaana Brown

College students that are interested in becoming a doctor or want to prepare for medical school can attend a meeting on campus.

panel discussion, presenting, the director of admissions from Albany Medical College, a medical student from Albany Medical College, and also a local practicing physician.

Jacob Crawford, trustee and president of the SUNY SA, expressed his disappointment in the recent threats of additional cuts to SUNY funds. "Students will say it now, and will keep saying it until the message is heard - enough is enough.

His departure will be a great loss for SUNY as we move forward in the search for a new, permanent chancellor and endure one of the greatest fiscal challenges of our lifetime.

A meeting will be held at FM to help prepare students to get in to medical school and also help with the medical school application process.

There will be refreshments provided and a question and answer session after the panel discussion. This is an great opportunity for students who want a career in being a doctor.

The mere thought that any tuition dollars would go toward anything but the higher education of those paying is unacceptable and inequitable.

His leadership will be missed, and we can only hope the next chancellor is as great a friend to students as he was."

The meeting will be on Wednesday, Dec. 3, from 7-9 p.m. There is no cost but seating is limited. There will be a

In reality, Governor Paterson's proposals to cut funding hand in hand with increasing tuition is a regressive tax on those with the least ability to fight one, the students.

Also announced at the meeting was the resignation of Reuben Ingber, a junior from Bayside at the University at Albany, as director of legislative affairs.

## FM seeks volunteers as Student Ambassadors

By: Jason Hurd

The college is looking for student volunteers that could help with special events, open house, foundation events and other activities.

a faculty member. Doherty is also working on giving compensation money to give to the Student Ambassadors.

We've agreed to do our fair share, we've agreed to rational tuition increases and recognized that the costs of running a university can go up from year to year.

Ingber cited new academic opportunities as his reasons for departing. Replacing Ingber will be Nick Dhimitri, former associate director of legislative affairs and a senior from Ithaca at SUNY Fredonia.

Student Activities Coordinator, Shirl Doherty, says there is no date to when it starts but is still in the working stage.

She's looking to find where the funding money is going to come from.

Where is Albany with their fair share?

Sally Frank, another junior from Bayside at the University at Albany, will be taking on the responsibilities of associate director of legislative affairs and communications.

The requirement to become a Student Ambassador is to have a 2.5 or higher GPA and a recommendation from

Student Ambassadors learn and help give tours around campus to upcoming students. It also helps on building their communication skills. "Successful students are the best marketing tool," said Doherty.

When will Albany make public higher education a real priority in New York State?"

The Student Assembly of the State University of New York is an organization created by Article XVII of the guidelines of the SUNY Board of Trustees.

Additionally, Interim SUNY Chancellor John B. Clark, who resigned from his role at the latest SUNY board of trustees meeting, was recognized at the meeting as having been a major force behind ensuring students' voices were taken into account throughout the SUNY system.

Empowering students throughout the state, the SUNY SA is committed to student life and assuring the representation of its members on the state and national level as well as throughout the SUNY system.

Crawford elaborated on Dr. Clark's role as an important partner for SUNY students.

For the latest SUNY SA news, visit [www.studentassembly.org](http://www.studentassembly.org).

"Throughout my tenure as student trustee, Dr. Clark has been nothing but



How the King Landed his Mascot Gig



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## Winter's here, time to prep car and change your driving style

By: Nicole Weakley

With the cold weather here and winter snow on the way, now is the time to check and review how to take care of your car.

We all know how harsh the winter weather can be, especially with icy roads and wind mixed with some snow. Many people take road trips to visit friends and family, hit the slopes, or just to enjoy the scenery. No matter your reasons for traveling, it is important to know the right things to do and have in your car.

Here are some reminders of how to care for your car and things you should have in your car.

-Check your battery, tire tread, and windshield wipers. Make sure your windows are clear and make sure you have the right windshield washer fluid in your car. Don't forget to check your oil and antifreeze too!

-Plan your route. Make sure you have plenty of time to get to your destination. Double check directions and maps if necessary. Let others know where you are traveling to and call when you get there and when you leave.

-BUCKLE UP! Not only is it the law, but it can save your life! The holiday time has the greatest amount of accidents reported because of weather. Some of those who were injured would not have been if they were wearing their seat belt.

-Remember that drugs and alcohol never mix well with driving!

-Slow down and increase distances between cars.

-Keep your eyes open for pedestrians.

-Get plenty of sleep, especially before long trips. Rotate drivers if needed.

-Never let your tank get below half during the winter season. Condensation can freeze up your fuel lines, and you could run out of gas in an emergency situation.

-Make sure you have extra care items in your car in case of an emergency. Flash lights, flares, a first aid kit, shovel, blankets, extra warm clothes, and jumper cables are just some of the essentials.

## Nursing students help elementary pupils learn about the human body



Six FM nursing students are with 5th graders from Berne-Knox-Westerlo elementary school. They went there recently to help the children learn more about the human body, in particular the heart, the brain, the kidneys, the lungs and the skeletal system. From left to right in the back are nursing students: Ashley Mortensen, Carol Dassance, Becky Pettit, Holly Hojohn, and Stephanie Viquez. Not pictured: Meghan Miskinis.

## Campus retention program to help all students be academically successful

By: Levi Pascher

JeanMarie Reinke and several other advisors here at FMCC are using a collaborative approach towards retention for students who may have struggled this semester.

Retention here on campus is not "dumbing down" or lowering standards, it is an overall attitude our advisors and faculty are taking towards helping the students progress academically as well as reaching their future goals in life.

The retention efforts are for all students, not only the troubled ones.

The campus has several labs for students looking for that extra help to turn a C into a B. Some of those labs are: Math, Writing, Reading, and even Foreign Language.

Our campus is trying its very best to receive student input, many of you may have noticed the Mid Term Questionnaires that several teachers have handed out that ask how your textbook

is or how productive your teachers lessons are. This is a way for our campus to get your input while still remaining confidential.

JeanMarie, an FMCC advisor, had this to say about retention, "Retention

is ever changing, we all have to be flexible and be proactive in working with our students." If any students have any questions or are seeking a little help for future semesters just stop by the advisors office.

## Lynne Illsley welcomed as new nursing faculty member

By: Jamie Gonzales

Lynne Illsley is a new member of the nursing faculty.

She has been a nurse for 22 years. She has worked at FMCC before in the nursing lab part-time. Illsley worked with the students doing procedures and teaching them how to work with patients.

She has also worked at area hospitals for many years.

Illsley graduated from Fulton-Montgomery Community College in 1986 with her associate's, her bachelor's from Plattsburgh University in 2006 and her master's of science in nursing from Walden University in 2008.

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## Campus Calendar

### WINTER 2009

- Jan. 2 Fri. Last Day to Register for Winter Session
- Jan. 5 Mon. First Day of Classes for Winter Session
- Jan. 19 Mon. College Closed – Martin Luther King, Jr. Holiday
- Jan. 23 Fri. Last Day of Classes for Winter Session
- Jan. 27 Tues. Final Grades Due for Winter Session

### SPRING 2009

- Jan. 26 Mon. Professional Staff Development Day
- Jan. 27 Tues. Orientation
- Jan. 27 Tues. Last Day to Register for Spring w/o Late Fee
- Jan. 28 Wed. First Day of Classes for Spring Semester
- Jan. 28 – Feb. 10 Wed.-Tues. Late Registration (subject to \$25 late fee)
- Jan. 28 – Feb.10 Wed. – Tues Late Payment Period (subject to \$25 late fee)
- Feb. 3 Tues. Last Day for Student-Initiated Schedule Changes
- Feb. 11 – Feb. 24 Wed. – Tues. Late Payment Period (subject to additional \$50 late fee)
- Feb. 16 Mon. College Closed – President's Day Holiday (Sat Feb. 14 classes will be in regular session)
- Mar. 18 Wed. Mid-Term Grades Due
- Mar. 20 Fri. No Day or Evening Classes – Founder's Day
- Mar 21 – Mar 29 Sat. – Sun. No Classes – Spring Recess
- Mar. 30 Mon. Registration Begins for Summer and Fall
- Apr. 8 Wed. Last Day for Individual Course Withdrawals
- Apr. 10 Fri. College Closed in observance of Good Friday
- May 8 Fri. Special Friday Make-up Session (for evening classes only)
- May 13 Wed. Last Day of Classes for Spring Semester (classes end at 10 p.m.)
- May 14 – 15 Thurs. – Fri. Final Exams
- May 16 Sat. Saturday Exams
- May 19 Tues. Final Grades Due
- May 20 Wed. Professional Staff Development Day
- May 25 Mon. College Closed Memorial Day Holiday
- May 28 Thurs. Phi Theta Kappa Academic Awards Ceremony (evening)
- May 29 Fri. Commencement (evening)

## MaryLou Roux named adjunct instructor of the year by state group

By: Noel Davis

A faculty member has won the award of Outstanding Continuing Education instructor.

Roux is the creator of the FMCC CAN program and is the CNA instructor and coordinator of the Certified Nursing assistant program.

She has been working here at FMCC for more than 20 years, being the sole teacher of the program.

Reid Smalley, the director of Continuing Education and Workforce Development, nominated Roux for the award because of all her hard work she has done to help her students succeed.

According to Smalley, 91 percent of Roux's students passed the NYS written and practical tests.

He also said that she has taught five, 120 hour courses and four, eight hour courses.

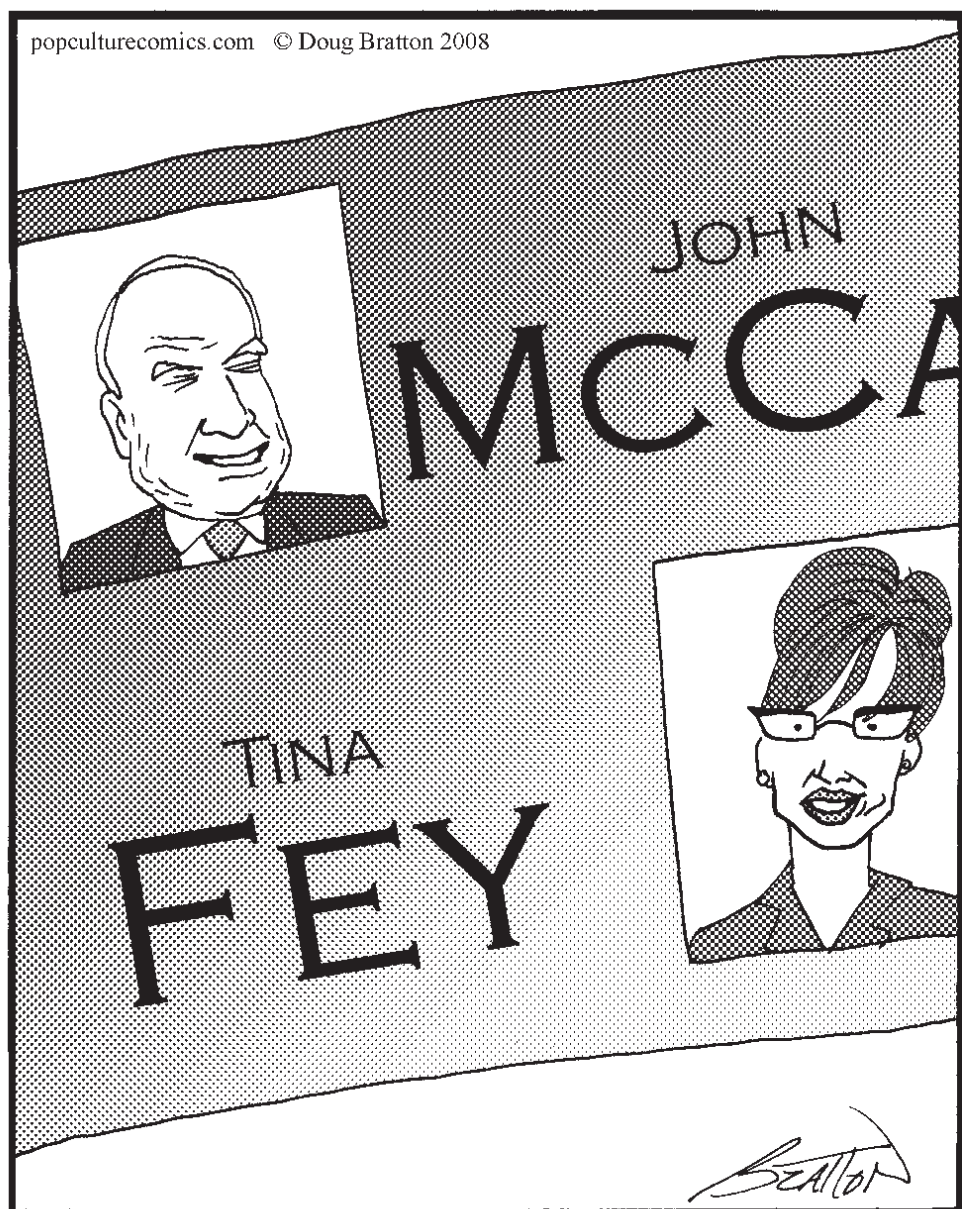
Today FMCC offers five CAN courses a year; Roux teaching them all.

Not only does she teach classes at FMCC, she also has time to work with students in the hospital. Her clinical teachings are taught in Amsterdam Memorial hospital at the Wilkinson Residential Health Care Facility.

Roux is a mentor to all of her students and has done all that she can to make sure that they succeed, Smalley said.

The award was given by the Continuing Education Association of New York.

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Unused Campaign Idea

*The first copy of the Gateway is free. Additional copies are 50 cents each. See a staff member in N-009.*

## Gore opens new peak, Burn Ridge

By: Kevan Kozlowski

For all you winter enthusiasts out there, you'll be pleased to hear that the Adirondack's beloved Gore Mountain will soon be open.

The 2008/2009 season is going to be huge for Gore.

With a large list of improvements and additions, there's sure to be something for the adrenaline junkies and lodge lovers alike.

The new Burnt Ridge Mountain expansion will be the fourth peak at Gore Mountain.

With over five miles of additional skiable terrain, a new high-speed lift will get you there.

The Burnt Ridge Quad will service six new trails over 55 acres and pure Adirondack beauty.

After the addition, Gore's vertical drop increased to 2300 feet, making it the 8th largest in the east.

The six new trails range from intermediate to advanced to suit any rider's needs.

Trails like Echo and Cedars, give intermediate riders a chance to see a whole new side of Gore.

For those looking to push themselves, you might want to try Sagamore or Hedges which can bring you to either the northern or eastern faces of the mountain.

Gore didn't stop there though, with the addition of the Sagamore and Cirque Glades, Gore now has 15 gladed trails on the map.

The Cirque glades offer a rightly named "cirque", which is a natural amphitheatre-like rock formation.

Along with new trails, Gore has vowed to open its Pipeline trail to access the North Creek Ski Bowl more often. The Ski Bowl for short, offers day and twilight skiing, a half-pipe, terrain park, and tubing for the whole family.

All that riding is sure to take a toll on your legs.

Don't worry because the new Northwoods Lodge is now open. Recently renovated, the Northwoods and Base lodge offer over 7500 square feet of remodeled seating, bathrooms, lockers, hooks, and storage areas for all of your gear.

With season passes ranging in price from \$450-\$950, you might want to try the Ski Any 3 Big Mountain ticket deal offered at your local Price Chopper.

For just \$140, Price Chopper offers three passes valid at Gore, Whiteface, Mt. Snow, Smuggler's Notch, or Okemo Mountains.

Whether you're a die-hard rider or just a weekend warrior, grab your gear and we'll see you on the slopes.

## Rivera: key to success is focus, managing time

By: Michael Insogna

Standout athlete and student, Rosa Rivera, says success, "is all about staying focused, and managing time."

Rosa is majoring in Business administration here at FM, and jokingly calls herself "a business freak." Her talent was discovered by an FMCC basketball recruiter, this is how Rivera was brought to light on how nice of a place our campus is. She now resides in the campus view dorms, saying that she is happy to be around so much cultural diversity.

Rivera, who is now mid-way through the woman's basketball season, says she is extremely happy with how the team has been playing. Rosa is also a contributor for the volley ball and softball teams.

Rivera Graduated from Manhattan's Center for Science and Mathematics school in New York City, where she also excelled in sports. When asked what she plans on doing after graduating from FM she said with a smile, "I'm not sure what my future holds, I would love to coach in my home town and work for myself owning a business someday."

Rivera described some of her short term goals to be, improving her game,



Rosa Rivera Photo by Mike Insogna

and be more of a motivator for her teammates on the court. Goals in the long run for Rivera are simply to learn as much as possible and then apply what she has learned to a career and everyday life.

## Lady Raiders Basketball

Date	Day	Opponent	Time	H/A
December 4	Thursday	Adirondack C.C.	6:00pm	Away
January 12	Monday	Onondaga C.C.	6:00pm	Away
January 15	Thursday	Herkimer C.C.	7:00pm	Home
January 17	Saturday	SUNY Delhi	1:00pm	Away
January 20	Tuesday	Clinton C.C.	7:00pm	Home
January 22	Thursday	Schenectady C.C.	5:00pm	Away
January 25	Sunday	North Country C.C.	1:00pm	Away
January 29	Thursday	Mohawk Valley C.C.	7:00pm	Away

## Raiders Basketball Schedule

Date	Day	Opponent	Time	H/A
December 3,	Wednesday	Clinton C.C.	7 p.m.	Away
December 4,	Thursday	Onondaga	7 p.m.	Away
December 6,	Saturday	Suny Delhi	3 p.m.	Away

## Weight Room Hours Spring 2009

Monday/Wednesday:	12 – 1:00 p.m. 3 – 8 p.m.
Tuesday/Thursday :	8 – 12:30 p.m. 12:30 – 8 p.m.
Friday :	12 – 1 p.m. 3 – 7 p.m.
Saturday:	11 a.m. – 3 p.m.
Sunday:	11 a.m. – 3 p.m.

## Weight Room Hours Winter Session 2009

Monday - Thursday :	12:00 – 4:00pm
Friday :	Closed
Saturday:	Closed
Sunday:	Closed

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## MOUNTAIN VALLEY Conference

- Adirondack Community College
- SUNY — Cobleskill
- Columbia-Greene Community College
- SUNY — Delhi
- Fulton-Montgomery Community College
- Herkimer Community College
- Hudson Valley Community College
- Mohawk Valley Community College
- Morrisville Community College
- Schenectady Community College