



WOMEN'S SOCCER
QUALIFIES FOR SUNYAC
SEMIFINALS
B-6

BJ'S BRINGS BACK THE
MUSIC
B-2



International Food Day sparks awareness

ANNE RITZ
Staff Writer

It's not often we think about the path our food takes to get to our plate. Our food is also difficult to trace past picking it up from the grocery store. As it turns out, the journey our daily meals take is much longer and much more complicated than grocer to buyer.

On Oct. 24, the campus celebrated International Food Day for the first time. The Sustainability Committee along with the Fredonia Student Association sponsored the event for campus and community members.

Throughout the evening, there were several discussions about the different aspects of food.

The first discussion was about global food waste and hunger. There were two different TED Talks discussing the topics along with a presentation by Ben Carpenter, president of Amnesty International on campus.

According to the TED Talk by Tristram Stuart, the United States has four times more food than needed to feed the country.

The TED Talks discussed alarming issues with food waste, not only of consumers but with grocers as well. The talk showed several images of piles of food being thrown out due to physical imperfections to grocery store standards.



ANNE RITZ/STAFF WRITER

THE AUDIENCE AT THE INTERNATIONAL FOOD DAY DISCUSSIONS.



ANNE RITZ/STAFF WRITER

HANNAH FARLEY, PRESIDENT OF SUSTAINABILITY CLUB, DISCUSSES THE RESULTS OF HER RESEARCH.

Carpenter discussed issues in the farming industry, such as workers being poisoned due to exposure to pesticides. He also discussed the work he is doing with Campus Climate Change to help promote local foods. "It's not so much what you put on your plate than how it gets here," Carpenter explained.

The following talk discussed the genetic diversity of food and how that is affecting climate change. Jeanne Frerichs, anthropology professor, explained the importance of diversity in food and how it's rapidly falling.

Frerichs explained that supermarkets give you an illusion of choice. Most items in the store are corn, maize and wheat repackaged into different forms.

The following talk discussed the importance of community gardens. Sarah Sorci of Chautauqua County Rural Ministry explained her work in community gardens and her work in the Gleaning Project. Gleaning is the practice of taking the leftover crops from a farmer's field after they have been commercially harvested and donating it to soup kitchens.

Socri explained the success of community gardens with the only downfall being a lack of manpower. She has found that there is more space for people to use the community

gardens but a lack of interest.

Hannah Farley, president of the Sustainability Committee, gave the final presentation. Farley did research in the Spring of 2011 on campus food waste, focusing on Cranston and Erie dining halls. She found that 40 percent of all food was wasted by consumers at these dining halls. She also found that by not using trays waste is reduced by 40 percent.

Farley explained that people eat with their eyes and take much more than what they can possibly eat. By eliminating trays, this takes away the option to take more than necessary.

After the discussions, the film Dive! Living Off America's Waste was shown. The film revealed the amount of food waste thrown away by grocery stores and how it is still perfectly fit for consumption. The film showed a group of friends in LA living off of the food they found in the dumpsters of grocery markets.

Many students find the issues of hunger and food waste frustrating.

Continued on page A-2

Revising the core of our curriculum

CARL LAM
Special to The Leader

It is almost everyone's least favorite thing to dig out during this busy advising week: the College Core Curriculum (CCC) checklist. However, there is a group that is trying to re-envision this program for students in the future.

The General Education Revision Subcommittee was formed in early September to develop a plan that would change the current requirements and make SUNY Fredonia's liberal arts education even more appealing to prospective students.

The subcommittee, chaired by Dr. Sherri Mason, has been meeting weekly and has made progress

after just meeting for five weeks. The committee is working towards a new system of general education that would appeal to students and faculty.

Drafts that are on the table include a thematic approach to the general education program which would group courses under a certain theme to be chosen by the student. The courses under these themes would integrate learning across various disciplines on campus. Other components in revising the program are a proposal to create e-portfolios of a student's work and to offer additional writing courses as part of the thematic structure.

In addition to drafting proposals and ideas of what the curriculum should look like, the subcommittee is also using other colleges and universities as guidelines

and reference materials for pros and cons. By doing so, the committee is able to isolate strengths and consult those as needed rather than draft a plan without any guidelines.

Mason expressed her satisfaction with the committee and the work they have been able to achieve so far.

"Students don't really understand the importance of the general education program," said Mason. "The subcommittee's goal is to create a general education program that is true to the meaning of a liberal arts institution.

Despite all the progress, there still is a slight
Continued on page A-2

International Food Day: Continued from A-1

"It was interesting to watch that [film] then walk over to the trash and see all of this shit thrown out," said Jill Clough, freshman acting major. Clough explained that she would never be able to have the job as coordinator of the food bank in the documentary. "I'd be able to volunteer but I wouldn't be able to have her job because you'd constantly struggle with the fact that nobody cares as much as you did."

She added, "It's frustrating because we come here, we watched this – it was interesting to us, but how many people out there are actually going to listen?"

Michaela Brant, freshman BFA musical theater major, explained that, at home, she and her family are proactive about food waste, but it is difficult to do on campus.

Being from an agricultural community in Western New York, Brant gets a lot of her food from her family's garden as well as from her grandparents who are dairy farmers. But on campus, it isn't as easy.

"I can say that I'm actually applying some of this stuff, but it's hard to do on campus. I mean, think of all the food we're wasting," Brant explained. "Why don't we have a compost pile? Can you imagine? In a couple years, you're

going to have that first layer; you put that into a garden. You've got great farms, you've got agriculture around here, why can't we give back to the community that we're in?"

Marisa Caruso, senior theater major, felt similar frustrations on campus in regards to waste. She explained the disconnection we feel from our food, especially in a campus setting.

"We see it all the time where there's just fruit on the sidewalk or half cookies. People can fill their plates over at Cranston and then eat a little bit of it. We just take it for granted because we have a meal plan, and it's not real anymore when you're so distant from how your food is produced and where it comes from," said Caruso.

Caruso explained that this is something that has become a part of the way we live as a culture. "You just don't understand what goes into it. It's kind of this culture that we've grown up in," said Caruso, "We used to be a nation that was mostly agricultural, farmers and everything. And you knew the farmer. We're so far from that now that we just don't appreciate it. On this campus, we can especially learn something about the value of food."



ANNE RITZ/STAFF WRITER
BEN CARPENTER, PRESIDENT OF AMNESTY INTERNATIONAL, DISCUSSES HIS WORK ON CAMPUS.

College Core Curriculum: Continued from A-1

divide on campus among students."

"I think it needs to change," said Justin Dickerson, a junior social studies education major. Many students, like Dickerson, support changes to the existing program. "We need to make general education everyone's priority."

"I like the variety of classes we can take, but I don't understand why we have so many requirements," said Courtnee Cesta, a sophomore journalism major,

who also agrees that changes are needed.

Rebecca Kent, a junior music education major, doesn't think the program should change based on her experiences. "I like taking lots of different classes because it make me knowledgeable about things I can take with me into the real world," she said.

The goal is to have a general outline of what the subcommittee envisions the program to be by the middle of the spring semester. The subcommittee has

set up a website with more information outlining the timeline for this project and a question of the week where you can share your thoughts on SurveyMonkey and Facebook.

Questions and comments are welcome via email to GenEd.Revision@fredonia.edu.

Students give local children a Safe Halloween

JENNIFER PETERS
Special to The Leader

"Boo!"

It's that time of the year again. Time for ghosts and haunted houses and scary stories. Time for wearing costumes and getting candy to fill your stomach with until Christmas. It's Halloween and, for most kids, their favorite holiday to celebrate.

It's unfortunate that children in Fredonia and Dunkirk cannot go trick-or-treating, but SUNY Fredonia helped to change that for them. The Mason Hall Safe Halloween event was held again this year from 9 a.m. until noon at Diers Recital Hall on Saturday.

Many groups and organizations came together to put this Safe Halloween program on for the kids, but the all-male fraternity, Phi Mu Alpha, organized the event.

Nick Albanese, junior music education major and part of Phi Mu Alpha, said, "In 2006, we started organizing this event because of the limit on the time that you can trick-or treat in Dunkirk and Fredonia.

So, instead, we collect all of the groups to come in Mason Hall, and we let little kids come in here and trick-or-treat instead."



Kevin Hammill, junior music major major, is volunteering at Safe Halloween to help out the group that he is in: Premium Blend.

"They are using the music rooms as an individual house. We all have buckets of candy, they [the children come by] and they all have fun," said Hammill. "This helps bring the community together in one area and it's a lot more fine than having drunken loons around

on Halloween night. It is safer for the kids, and they have a lot of fun doing it. Everyone takes pictures of their costumes and everything."

There were princesses, Spidermen, cartoon characters, game characters and many more collecting their candy throughout Mason. Not only did kids get to have the trick-or-treating experience this Saturday morning, but there were activities provided for the kids as well.

Becca Kent, junior music education major, helped organized the musical chairs event. "We are NAFME [The National Association for Music Education], and we just play with the kids. Everyone winds candy; basically they do safe Halloween," Kent explained. "Because trick-or-treating is illegal in Fredonia, we let them come here. Once we have a few kids come by, we can play the game."

The Safe Halloween has been going on at SUNY Fredonia for many years. Even though it is an event for the children of Dunkirk and Fredonia, it is still a great way to get the students involved on campus and help out the community.

Stay safe, Party Smart



SARAH SADLER/PHOTO EDITOR
ADVISER OF CRIMINAL JUSTICE CLUB MELANIE PALLONE AND MEMBER AMOREE ESTERDAHL ENCOURAGE STUDENTS TO COME TO PARTY SMART IN THE WILLIAMS CENTER.



SARAH SADLER/PHOTO EDITOR
MEMBERS OF THE CRIMINAL JUSTICE CLUB TARA VENTIMIGLIA AND BRITTANY GILBERT.

Criminal Justice Club hosted "Party Smart" last Thursday. The event aimed to promote awareness of just how dangerous having one too many can be, but at the same time did not condemn students having a good time. Instead, students were taught how to prevent themselves from becoming victims of these situations, and if need be, how to defend oneself physically if you find yourself in one. An Emergency Medical Technician was on hand to inform students as to how to identify a person under the influence of drugs or alcohol, if they are in trouble and how to deal with them from a medical standpoint. STEPS worked in conjunction with the event to educate students about communication with a partner to promote safe and consensual sex, and skits were performed to hammer these ideas home. The Counseling Center was present to explain, even though many students believe they know everything they need to about booze, just how thoroughly it affects your nervous system and behavior. University Police showed up to give scenarios where one may be put in a dangerous situation, and how to avert DUIs and burglaries.



SARAH SADLER/PHOTO EDITOR
STEPS AND CRIMINAL JUSTICE CLUB COMBINE THEIR KNOWLEDGE AND TEACH STUDENTS SMART PARTYING STRATEGIES.



SARAH SADLER/PHOTO EDITOR
STUDENTS TRY OUT SELF DEFENSE TECHNIQUES TAUGHT BY AN EXPERT ENCOURAGING SAFE PARTY BEHAVIOR.

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STOP! Don't read your weekly blotters yet. Go to the Lampoon section in the back for our Police Blotter guessing game!



UNIVERSITY

October 20, 2012

5:14 a.m. A female student was reported to be intoxicated in Hemingway Hall. She was transported to Brooks Memorial Hospital and a report was filed.

9:10 p.m. A cell phone was found in lot 23. A report was filed.

October 22, 2012

5:23 p.m. A vehicle was found to be leaking gasoline in lot 7. It was towed.

October 24, 2012

7:25 p.m. A student reported receiving multiple unwanted text messages. A report was filed.

October 25, 2012

12:15 a.m. A cell phone was found in Reed Library. A report was filed.

October 26, 2012

1:44 a.m. George F. Clay, 19, was found to have left the scene of an accident in which the motor vehicle he was operating hit the Park and Ride bus, as well as caused lawn damage. A breath test would later find Clay was intoxicated. Clay was charged with DWI, leaving the scene of an accident, failure to keep right and open container.

1:03 p.m. A wallet was reported stolen from Hemingway Hall. A report was filed.

10:10 p.m. A women's gold band was found in lot 11. A report was filed.

October 27, 2012

12:42 a.m. A female was found to be intoxicated in Eisenhower Hall. She was transported to Brooks Memorial Hospital and a report was filed.

October 28, 2012

3:30 a.m. A male was reported to be trespassing in Disney Hall. A report was filed and an investigation is ongoing.

11:55 a.m. Following a verbal altercation, a parent choked an athletic coach. Clifford C. Boncore was issued an appearance ticket for criminal obstruction of an airway.

3:00 p.m. An iPhone was turned in to University Police. A report was filed.

POLICE BLOTTERS

FREDONIA

October 26, 2012

11:57 p.m. Officers on foot patrol observed Matthew W. Jessmore, 19, walking south on Day Street with an open one-liter of Grape Seagram's gin. Jessmore was issued appearance tickets for unlawful possession of alcohol and open container.

October 27, 2012

1:18 a.m. Officers on patrol observed Austin T. Smith and Philip J. Carcaci, both 21, standing on the sidewalk in front of 53 Water St. holding open cans of beer. They were both issued appearance tickets for open container.

1:52 a.m. Donald J. McDermott III, 24, was witnessed backing up through the east municipal lot, almost striking a patrol car. He was stopped and found to have a suspended license. McDermott was charged with aggravated unlicensed operation of a motor vehicle in the third degree and held on \$350 bail.

9:58 p.m. Jordan C. Czaplicki, 20, and a friend were spotted picking up cans of beer from the sidewalk on East Main Street after the case that the alcohol was in had ripped. When the two spotted officers, they quickly left the area, leaving behind the cardboard Keystone Light case. Officers made contact with the two in the Lakeshore Savings parking lot, and Czaplicki admitted to buying the beer at Crosby Mart with a fake ID, which was confiscated along with the beer. Czaplicki received an appearance ticket for unlawful possession of alcohol and littering.

October 28, 2012

12:10 a.m. Officers on foot patrol spotted a group of people walking near the laundromat at 77 West Main St. They observed Alan J. Grabowski, 21, throw a can of Labatt's Blue beer on the sidewalk and attempt to cross the street. Officers made contact with Grabowski and transported him to the Fredonia Police Department, where he was issued appearance tickets for littering and open container. Grabowski was released on \$100 bail.

12:50 a.m. Officers responded to a call of an individual apparently smoking marijuana in a car outside 59 West Main St. Upon arrival, officers could smell marijuana emanating from the inside of the vehicle. Jacob D. Bacho, 22, was in the driver's seat and stated that he had a bag of marijuana in his backpack behind his seat. The bag tested positive for 29 grams of marijuana and Bacho was charged with criminal possession of marijuana in the fifth degree.

October 29, 2012

12:08 a.m. Ryann E. Mascio, 19, was observed driving east on East Main Street with no headlights. She was then observed by Fredonia Police turning left onto Prospect Street and travelling in the northbound lane, at which point she was pulled over. It was discovered that her license was suspended for failure to respond to six different summons in Erie County. Mascio was issued tickets for aggravated unlicensed operation of a motor vehicle in the third degree, failure to keep right and failure to use headlights with wipers. Mascio was released on \$250 bail.

All information printed in The Leader's police blotter is a matter of open public record. No retractions or corrections will be made unless a factual error is shown. Anyone who is cleared of charges has the right to have so printed. It is the responsibility of the accused to provide notice and proof of the dropped charges.



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OPINION

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THE LEADER

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EDITORIAL

What did you eat on campus today?

We at The Leader have received several complaints from students about the food options that are available on campus. Outside of cafe dining, the three main food options for students are Erie, Cranston and Center Pointe (most of you know it as “Willy C”). Upon further research of these dining halls, we can sympathize with these complaints, but only to a certain extent.

Freshmen with eyes bigger than their stomachs (but about equivalent to their meal plans) may soon find these options less appealing as time goes on, as we think most seniors can relate to. Anyone is bound to complain after years of similar menus, yet few will argue that additional menu items in Center Pointe tested/added each semester make the campus capital of fried foods more bearable.

As the biggest contributor of fried food and self-loathing, the Williams Center’s downstairs food court has dominated the conversation when it comes to unhealthy options. We talked with Assistant Director of Dining Service, Dean Messina, about the claims against Center Pointe and campus dining.

“Eating healthy really has to be [up to] the individual itself,” said Messina, “And you have to have a workout habit of some sort ... That’s all part of a healthy diet.”

Though Messina says that Center Pointe isn’t advertised as their “healthiest option,” he noted their healthiest options as salad, vegetables, fresh fruit and sushi.

“I think the food here is fine,” said senior English major, Lauren Moody. “You can’t expect to eat healthy if you go to Willy C all the time, but I mean every place has a salad bar.”

If you’re not someone who’s always on-the-go, Willy salads and sushi aren’t the only options when it comes to eating healthy.

The “All You Care to Eat” buffets on campus provide reasonable portions and a larger variety of healthy options. Chicken fingers and fries may be the most convenient choice when it comes to eating between classes, but for a sit-down dinner it is clearly not the healthiest option.

“I do think its possible [to eat healthy on campus] but I also think we should broaden the choices because I know a lot of vegetarians who find it hard to eat on campus,” said sophomore journalism major, Marsha Cohen. “I’m a pescatarian, so it’s hard for me because all I get is salmon, but I think the healthiest dining option is Cranston. And Willy C can be healthy, depending on what you get.”

The dining hall setup in the Cranston Marche, though still offering fatty foods, make these choices more apparent for students with the recent implication of their “Red, Yellow, Green” system of nutrition. Beginning in Cranston and in progress for the Erie dining hall, these notifications of nutrition have allowed students dining there to make an informed choice when deciding their meal courses.

“I think the option to eat healthy is definitely there,” said senior history major, Jon Bowlhart. “But I think it’s more or less on the student. You know, they’ve come out with this whole red light/green light thing, but most of the stuff that’s in here are all red light items ... I think it’s up to the student to go and research these items themselves.”

We went in last Cheesy Friday to collect some data, which is broken down on our website (www.FredoniaLeader.org). A full binder of nutrition information is always available at the hall’s entrance and listed on signs at each food station, which is good, though we did find

that most of the pre-made foods were red.

“One of the biggest days is Cheesy Friday,” said Messina. “Everybody loves it. So, though we have a right to help out with the obesity [trends] around the nation, you’ve got to give the customers what they want.”

Nearly everyone we spoke with, students and administration alike, can agree that these choices are up to the student. If FSA were to eliminate all unhealthy options, students would likely be outraged. In fact, Erie dining hall made the change to eliminate fried foods entirely in 2006.

“The whole premise of what you want to eat, how much you want to eat portion-wise, and some physical fitness thrown into your diet,” Messina said, “that all helps to make it [your food intake] a little healthier.”

What this whole debate comes down to is making good choices and only eating fatty foods in moderation. Whether looking to eat entirely “green light” items or not, mixing up your dietary routine can also help your overall health and metabolism. If you want to have a “red light” item, try filling the rest of your plate with healthy menu items. Avoid white sauces and pre-made salads, and always aim for fat-free dressing. These small changes can make a world of difference.

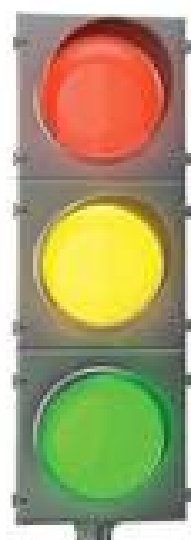
Ask yourself: What did I eat on campus today? Or yesterday? The day before? If you’re finding yourself answering with the same fried and fast food options, then the problem may not be the options but rather your choices.

The verdict is as follows: if students want to be healthy, they’ll need to mix research and informed choices with daily physical activity. The temptation of fried or fatty foods will always stay, so you’re just going to have to research your options and control your appetite.

Red Light:
Foods that should *seldom* be part of a healthy diet. A typical portion has over 750 calories or 40% or more of those calories come from fat.

Yellow Light:
Foods that can *occasionally* be included in a healthy diet. A typical portion has fewer than 750 calories and 40% or less of those calories are from fat

Green Light:
Foods that should *always* be included as part of a healthy diet. A typical portion has fewer than 550 calories and less of 30% or less of calories from fat.




Check out our blog for more tips on how to eat healthy on campus!

FredoniaLeader.org


Information directly from FSA, can be found at Cranston Marche

“How healthy are the dining options on campus?”



Brittany LaForce
senior criminal justice

“As far as the dining places on campus, the majority of the places offer some healthy food. A lot of fruit especially. The unhealthy food would definitely dominate over healthy though.”



Jason Burgos
freshman math education

“I think Fredonia has good options for healthy food but they don’t promote it very well.”

From the desk of...

CHRISTINA STOCK

EDITOR-IN-CHIEF



Crock Pot White Chicken Chili

(recipe from Food.com)

BLAH!



PHOTOS BY COLIN FRANK/CONTRIBUTING STAFF

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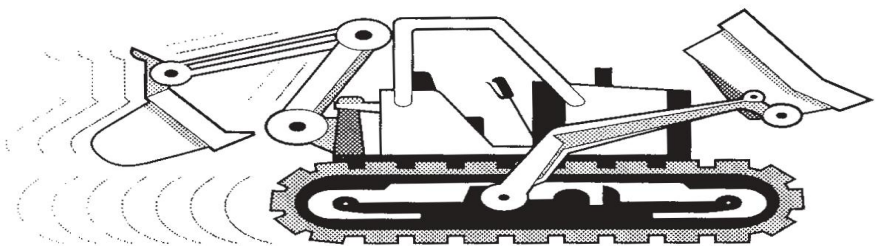
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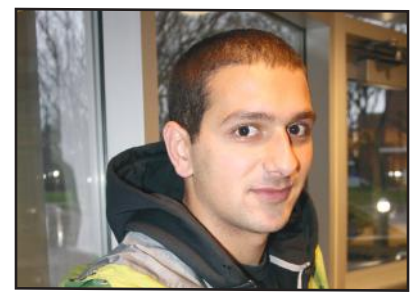
Stephen Sennert
freshman liberal arts

"While the options are open and readily available, they aren't as appealing as non-healthy foods."



Tim Fairhead
freshman sports management

"I think Fredonia has great options for healthy food and helps students eat right."



Zach Zabawo
junior history

"I find the food on campus healthy and delicious. There are efforts to help but students prefer the unhealthy stuff. Let them eat cake."

Halloween



Meet Briana Noto, our top sales rep this week!



We're pleased to introduce the rest of our sales team: (left to right, below) Jim Murgillo, Brooke Tokarz, Corey Moriarty and John Perry.

PHOTOS BY COURTNEY GFROERER/ STAFF WRITER



SARAH SADLER/ PHOTO EDITOR
LINDSAY FUTTER



SARAH SADLER/ PHOTO EDITOR
CHELSEA DRAKE AND CHRIS AGRO



COURTESY OF KORI VENTURA
CHRISTINA STOCK AND SYLVANA DUSSAN



COURTESY OF KAYLA PATRICK
CHELSEA CORBETT AND WESLEY PRIOLETTE

The Leader was on the look-out for captivating Halloween costumes this weekend! Send in your favorite Halloween costumes to cestock@fredonia.edu to be posted on our blog.

Doon's goes Bananas for one year anniversary



MELANIE CISSE/STAFF WRITER

MTV'S JOHNNY BANANAS MOUNTS THE BAR AT DOONS' ONE YEAR ANNIVERSARY PARTY.

MELANIE CISSE
Special to The Leader

Ghouls, zombies, nerds and fairies paraded the downtown Fredonia area this Friday, jumpstarting the Halloween weekend. Though all of the bars held their own Halloween weekend celebrations, for Doons, the night was special for a different reason.

One year ago, on Oct. 26, 2011, the newly renovated bar had just opened its doors for students. Since then, the bar has quickly become one of Fredonia's most popular hotspots for students and the surrounding community.

The event, a neon themed extravaganza, attracted a huge crowd. The line spanned down to the end of the block, filled with students excited to celebrate in honor of the bar's anniversary. The highlight of the night was the event's host, MTV's Johnny "Bananas" Devenanzio. The reality show veteran first jumped onto the scene as a part of the cast of "The Real World: Key West," the



MELANIE CISSE/STAFF WRITER
JOHNNY BANANAS MAKES HIS GRAND ENTRANCE AT DOON'S.

17th season of the popular reality show. Since then, he's participated in several of MTV's challenges including "Battle of the Exes," "The Ruins," and "Cutthroat."

With DJ Kage entertaining the large crowd with a wide array of music downstairs and DJ Moreno in the upstairs portion of Doons, it was double the fun, with students moving to and from both floors all night long. The black lights on the walls within the space, along with glowsticks scattered on the floor and in people's hands, made everything and everyone glow.

It was a night to remember, as Jona Bienko, manager at Doons, intended it to be. He and Eric, the brother of the owner, Kyle Incitto, help to operate the establishment. Bienko went to high school in Dunkirk where he met Kyle and Eric. Small dreams became a reality when he became manager at Doons and watched as the bar/nightclub has transformed over the last year. In planning who was going to be the one year anniversary event's special guest, the needs and preferences of the students was taken into consideration.

"We go through and we have to realize what our demographic is and what our capabilities are space-wise, and financially, for this area. We wanted to do something that was reasonable for the students. We tried to find someone that you guys could relate to, that's gonna come in, show you a good time, have energy, and be able to relate," said Jona. He believes he made the right choice in picking Johnny Bananas and says it's "refreshing" to have him in Fredonia.

As the club's first celebrity, Johnny Bananas did an excellent job of engaging the crowd. His entrance was nothing less than epic. As students flocked around the star, the enthusiasm in the air was palpable. Though this is the first celebrity Doons has ever seen, this scene is nothing new for Johnny Bananas, who has been doing similar appearances at bars and clubs for about six years.

However, what sets this appearance apart from the others is the quaintness of the village. As a Californian, Johnny is used to the fast pace, and his appearances are

often in larger cities. His stop at Fredonia was an exhilarating one. "It's nice to be able to come to a town where I can chill out, and relax," said Johnny Bananas.

Though it's been his life for the past few years, Johnny still finds it exciting to go to new places. And though considered a celebrity, his status has not tainted him.

"I accept it as a part of my life now, and I take with the good with the bad," he said. "I know who my real friends are, where I came from, and what I've accomplished. But at the end of the day, I know that it only lasts so long."

There are big plans for the future: renovations will include an expansion of the nightclub's dance floor, better lighting, and more live venues upstairs. There is also a reality show currently in the works. The show will be based on the idea of young bar owners in a small town. Bienko is excited for it to take shape, saying, "This is something that has been in the works for about a year and a half, and now we're ready to pull the trigger and make it happen."



MELANIE CISSE/STAFF WRITER
JONA BIENKO, MANAGER AT DOONS, AND MTV'S JOHNNY BANANAS AT DOONS' ONE YEAR ANNIVERSARY EVENT.

BJ's brings back the music



NICK KARP/SPECIAL TO THE LEADER

EVEN IN COSTUME, MR. BONELESS RILES UP THE BJ'S CROWD WEDNESDAY NIGHT AT THE BAR'S HALLOWEEN SHOWCASE.

EILEEN MOWREY
Assistant Reverb Editor

BJ's reeked of beer, sweaty bodies and fun on Wednesday night as four local bands took the stage. Space Cubs, Mr. Boneless, All of Them Witches and Well Worn Boot kicked off the Halloween festivities in a show that reassured many that there is still hope for the Fredonia music scene.

Space Cubs warmed up the audience with a pretty voice and a killer onesie. In the spirit of Halloween, Suzanne Bonifacio donned a blue onesie with spaceships and passed out candy to audience members. Bonifacio is an electronic musician from Buffalo who uses her old Sunday school name as her stage name. She began playing music and singing with her church when she was seven and gradually moved from gospel and

worship to electronic when she realized that was the only way she'd be able to orchestrate entire songs by herself. She has previously performed with Chromo Kitten, another electronic band from Buffalo.

As for playing in Fredonia, Bonifacio said, "A lot of out of town bands, actually, when they come to Western New York, they want to play here because it's guaranteed to have a lot of people."

At first, attendance was sparse, seeming to consist only of BJ's regulars. However, it picked up eventually as time went on and the college crowd started coming downtown. The show was originally intended to be the first of Fredonia's Halloween parties, and people were encouraged to come in costume. The only people dressed up, though, were the musicians on stage.

Mr. Boneless, the second group to play, did hand out masks

and had their own faces painted black and white and smeared with faux blood. Their music has become familiar with most Fredonia students, but they seem to have come back this year even better than before. Their heavy, driving rhythms seem tighter this year and Boneless' harsh vocals came off as more stylistically refined.

Their set built up energy and momentum, driving the crowd into a veritable frenzy. The majority of the audience was dancing, a handful was moshing and one poor girl lost her balance and ended up buried under four other people. In the words of Steve Smith, a senior music education and performance major, it was "high octane fuck, if you will." Everyone appeared to be having a great time and when the band's set had come to an end there were quite a few disappointed faces in the crowd.

All Them Witches followed and Well Worn Boot wrapped up the night. All in all, it was another good night at BJ's and it restored some faith in Fredonia's ability to put on a good show. Many people have noted that this year has been relatively light on shows thus far. For a campus and a town that has been known for its music scene for years, such a decline is worrisome and upsetting. Could it be because musical tastes are changing? Fredonia used to be known as a ska town, but those bands are becoming few and far between. Perhaps we just need some time to find our new voice.

With another show coming up this week at BJ's and shows picking up at Doons, hopefully we will be seeing a lot more shows like this. The area certainly isn't lacking in talent, it's just an issue of getting it on the stage. As Cam Gordon, a sophomore video production major said, "Fredonia's music scene has been a lot slower this year, but if it picked up the quality would be just as good." This Halloween show may have been exactly the jumpstart that the town needed.



NICK KARP/SPECIAL TO THE LEADER

WELL WORN BOOT ROCKS THE STAGE AT BJ'S HALLOWEEN SHOW.

Check out our blog at Fredonialeader.org for more pictures!

Fred girl fashion: Dressing for success

EMALEIGH LYNN DUDLEY
Special to The Leader

We all know the importance of dressing well and dressing for the job you want. Dressing appropriately implies that you will take your future job seriously as well as proving you are the better suited applicant. With many of our collegiate careers coming to a close, soon it will be time to update our future professional wardrobes.

However, before maxing out your parents' credit card at J Crew, it's important to learn just what your clothing, or more importantly the color of your clothing, says about you.

Dr. Galinsky of Northwestern University has introduced a new form of psychology dedicated to furthering investigation on the significance of clothing on our psyche. The theory is called "enclothed cognition."

She states, "Clothing affects how other people perceive us as well as how we think about ourselves. 'Enclothed cognition' is the systematic influence that clothes have on the wearer's psychological processes."

Our body's central nervous system has an emotional response to different shades of colors,

meaning that wearing a particular piece of clothing in one color may give off a completely different impression than in another color. For example, wearing deep, rich hues such as burgundy or butternut yellow give off the impression of economic prosperity and success. They also give off the impression of social influence.

To appear less intimidating, trustworthy and more friendly, professionals should wear clothing in pastel shades of green, lavender and yellow, as well as baby blue – the most trustworthy color of all.

Those who seek an aura of professionalism should choose to wear clothing in deep shades of navy and charcoal grey, which also evoke a feeling of security and commitment. It has been proven that applicants interviewing for jobs are more likely to be hired if they are wearing a navy or dark grey suit in favor of one in khaki or light grey.

Finally, to improve levels of physical appearance as well as increasing sex appeal, wear shades of bold red, which also convey sensations of passion and aggression.

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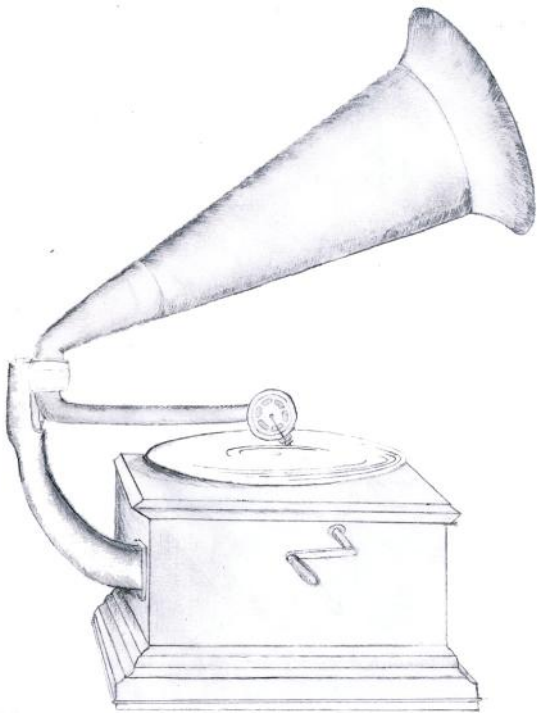
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The A-Tracks

EILEEN MOWREY
Assistant Reverb Editor

Welcome to week nine of The A-Tracks, the center of the Fredonia music scene. Happy Halloween! In the spirit of Halloween, we have replaced the weekly album review with a special on horror movie music classics. The artist review will be as normal however, and features one of my all time favorite artists: Josh Ritter. Here's hoping you have a fun and safe Halloween, and don't forget to join me for the radio show at 1 p.m. on Wednesday afternoons on WDVL 98.5.

ARTIST PROFILE: Josh Ritter

I started listening to Josh Ritter when I was young, and he has remained one of my favorite artists throughout the years. His music is complex and exciting with lyrics that tell the most fascinating stories and portray the purest of emotions. Ritter's high-energy songs will have your adrenaline pumping, while his love songs can make the hardest of women swoon.

Josh Ritter is the frontman of The Royal City Band, a five man Americana group. Ritter has been performing since 1997 and has six studio records, four live albums and a number of EPs and singles. He has toured all over the United States and Europe and published a novel, *Bright's Passage*, in June of 2011. In 2006, he was named one of the 100 Greatest Living Songwriters by Paste Magazine.

The Royal City Band uses both acoustic and electronic sounds to create well-rounded Americana melodies with more character and pizzazz than many of their counterparts. Josh Ritter plays acoustic guitar, electric guitar, piano, lute and violin, all with great skill. Bandmates Zack Hickman, Sam Kassirer, Austin Nevins and Liam Hurley fill in on bass, rhythm guitar, tuba, strings, keyboards, organ, accordion, lap steel, baritone, drums and percussion. Their music is excellent, from their euphonies to their accompaniments, and Ritter's lyrics are sheer poetry in most cases. The music draws you in so that his words can then enchant you.

Josh Ritter has performed with Glen Hansard's The Frames as well as his other group, The Swell Season, on multiple occasions. Ritter, originally from a college town in Idaho, had graduated college and done a bit of traveling and recording by the time he was discovered by Hansard. Soon after, he was asked to join The Frames for their Ireland tour as an opening act. It was this experience and exposure that earned him both the money and the reputation that he needed to begin his own professional career.

I first heard Josh Ritter on a compilation CD released by his original label, Signature Sounds. After hearing his song "Kathleen," I was hooked. What girl wouldn't be instantly absorbed by lyrics such as, "All the other girls here are stars, you are the northern lights. They try to shine through your curtain, but you're too close and too bright. They try and they try but everything that they do is the ghost of a trace of a pale imitation of you." At this point, I have almost all of his albums and have seen three of his concerts in two different countries. I highly recommend Josh Ritter to everyone and if you appreciate true poetry in lyrics then Ritter is sure to please.

IN LIEU OF AN ALBUM REVIEW: Horror Movie Music Magic

Everyone has certain scary movies that they like to watch around Halloween. Whether they prefer funny fright, gore and guts, paranormality or classic horror, people have their favorite scenes and their favorite screams. What viewers may not consider, however, is how much the plot relies on the soundtrack. While there are some theme songs and sound effects that have become classics and renowned in the thriller community (the two notes synonymous with *Jaws* for example), the effect of the scary movie score is often underrated.

If you've ever tried to watch TV or a movie while it's on mute, you will have noticed how strange and incomplete the action on the screen seems, even if you're not missing dialogue. That is largely in part because filmmakers use the soundtracks of their films to draw their audience in and create emotional and cognitive connections between the viewers and the characters. They also use sounds and music to manipulate our moods. In horror movies, filmmakers and score writers find that using dissonant and bizarre music makes the audience feel ill or at ease, fortifying the feelings of fear and suspense.

Music can also be used to create ties between a sound and a character. Back to the *Jaws* example, every time we hear that "duh dum, duh dum," we know that the shark is drawing near. This expectation also creates suspense, which is key to any good scary movie. Take this music and these iconic sounds away, and the classic horror films just would not be the same. The more senses that are engaged, the more complete any experience feels. Therefore, frightening our ears is just as important as frightening our eyes.

While personal tastes prevent there from being a cut and dry top ten scary soundtracks, there are a few classics that are highly revered within the horror community. Fear Net rates their top ten as follows:

- 1) *Psycho* – Score by Bernard Herrmann, known for the shrieking strings during the shower scene.
- 2) *Halloween* – Written by filmmaker John Carpenter, a haunting melody in an unsettling 5/4 time.
- 3) *Friday the 13th* – Harry Manfredini's technical tricks create the iconic "ch-ch-ch, ha-ha-ha" which were originally meant to be whispered echoes of, "Kill, Ma!"
- 4) *The Omen* – Jerry Goldsmith's theme "Ave Satani" means "Hail Satan" and was designed to be a demonic interpretation of the original Latin Mass.
- 5) *Jaws* – In just two notes, John Williams created a horror movie music masterpiece.
- 6) *Suspiria* – Written by Italian prog-rock band Goblin, who also wrote music for *Dawn of the Dead* and *Deep Red*.
- 7) *Dawn of the Dead* – George Romero blends Goblin's original score with a variety of pre-recorded sounds to create a paranormal masterpiece.
- 8) *The Exorcist* – Mike Oldfield's "Tubular Bells" theme took on an entirely different connotation after the film's release, and has gone down in horror history.
- 9) *The Shining* – While the score is a mixture of pre-existing works, the theme is an electronic adaptation of Berlioz's "Dies Irae" performed by Wendy Carlos and Rachel Elkind.
- 10) *A Nightmare on Elm Street* – Nothing is creepier than a nursery rhyme turned terror.

So, as you're watching your favorite horror flicks this Halloween wondering, as always, why you do this to yourself and pondering if you'll ever sleep again, take note of the music. Whether it is the screeching accompanying the *Psycho* killer or the electric eeriness of *A Nightmare on Elm Street*, I guarantee the music will haunt your dreams just as much as the man with the knife. (List found at www.fearnet.com)

The A-Tracks Top Ten combines the top ten singles lists of Billboard Magazine, iTunes, Spotify, Top 10 Songs and Buffalo's KISS 98.5. Using a carefully designed formula that, thanks to a friend, no longer involves a painful amount of math or serious calculations, the ultimate top ten are determined for your listening pleasure.

- #1 "Gangnam Style" – PSY
- #2 "One More Night" – Maroon 5
- #3 "Some Nights" – Fun.
- #4 "Too Close" – Alex Clare
- #5 "I Knew You Were Trouble" – Taylor Swift
- #6 "As Long As You Love Me" – Justin Bieber
- #7 "We Are Never Getting Back Together" – Taylor Swift
- #8 "Die Young" – Ke\$ha
- #9 "Diamonds" – Rihanna
- #10 "Blow Me (One Last Kiss)" – Pink

THE BULLETIN: Do you have a show you want people to know about? If you want people to know where you and/or your band will be, let us know and we'll publish it right here the Wednesday before the event. You can direct all communication to mowr7594@fredonia.edu. And please, use it but don't abuse it!

– Thursday, Nov. 1 at BJ's, Summer People, GoldMINES and more will be playing a 10 p.m. show. 18+, \$3 cover for unders.

– Saturday, Nov. 3th at 925 Central Ave., Dunkirk, Brandon Perdomo is hosting Pilot @ Birdhaus. The event will feature art by Erik Danielsen and Melissa Mallaber. Musical guests will include Killin' It, Elliot Darling and Honey Spine with music starting at 9 p.m. Films by Maria Tilli and Nicholas Di Valerio will also be presented.

Students sing for award winning composer

MAGGIE GILROY
Staff Writer

It is every young actor's dream to meet the legends who inspired them to enter the business. For junior musical theatre major Steve Russell, that dream came true as he and fellow senior theatre majors Deanna Jelardi and Sophie Howes performed for Tony Award winning composer Jason Robert Brown at a master class in Buffalo.

Robert Brown is a highly acclaimed composer who has composed a variety of Broadway musicals including the Tony Award winning *Parade*. His other works include the critically acclaimed off-Broadway musical *The Last Five Years* and his most recent Broadway feat, *13*.

His music has also caught the attention of mainstream media, with online sources such as Broadway.com and Moviehole.net buzzing about the talk of a movie adaptation of *The Last Five Years* starring Anna Kendrick of *Twilight* and *Pitch Perfect* fame.

The master class took place on Oct. 13 at Amherst High School and was made possible by the "New Buffalo Productions." This was in conjunction with their production of *The Last Five Years*, under the direction of SUNY Fredonia theatre professor Paul Mockovak. Brown also attended a performance and reception which was visited by several Fredonia students.

Mockovak informed Russell, Jelardi and Howes of the master class during the summer, encouraging them to audition. They were three of a mere six

applicants accepted out of 26.

Jelardi was "super pumped" when she learned of the opportunity to sing for Robert Brown.

"He is an amazing American Musical Theatre composer," expressed Jelardi. "His music – everyone knows it ... It's not only beautiful music, you really can feel it when you sing it."

For Russell, singing for Brown was something of a dream come true.

"He was kind of the reason that I started seriously considering musical theatre," he said. "I played trombone all throughout school and I was actually planning on being a trombone performance major ... and then I started listening to *The Last Five Years*, *Parade* and all that stuff and I just got really into his music, especially since it's contemporary, so it's all very written for the acting side of it, so I really got into the emotion of the character. I was like, 'Oh my god, I really love doing this.'"

Brown is not only highly acclaimed but is also very honest. It didn't faze Jelardi.

"I wanted to get the criticism and I wanted to learn something," said Jelardi. "I think Sophie and Steve were in the same boat."

Jelardi sang "Wherever He Ain't" from *Mack and Mabel*. Russell performed "A New Town is a Blue Town" from *The Pajama Game*.

"For each person, he really focused on portraying the character and really knowing who you're talking to," said Jelardi. "You don't want to just look out into the audience and picture the person out in the audience. You want to make sure that it's right in front of you; you see that character right in front of you."

"One thing that he really focused on was using the musical structure to determine the acting side of it," explained Russell.

While Jelardi highly valued Brown's criticism, she explained that the best part was witnessing Robert Brown sing his new song, "Home," to the audience after an audience member asked him to perform during a question and answer session.

"It was so cool," said Russell. "It was very different from a lot of the songs I had heard him do ... It was really good ... he played and sang, it was very cool to be like two feet away."

Russell was also humbled by how human Brown was.

"Even though he did all those things, he's really just a person," explained Russell. "In talking afterwards was 'yep, I'm still struggling to make a living because I wrote four shows, and people are stealing music. It's just not working out, so this is why I'm coming around doing master classes.' So, it just made me realize that, even though I put him up on a pedestal, he's still just another guy doing his job."

The class was just one example of how beneficial master classes are in the development of an actor.

"I think, just in general, if you are interested in singing or musical theatre or even vocal performance at the school, it's really important to do master classes and sing as much as you can," said Jelardi. "Definitely be open to that criticism that teachers, or Jason Robert Brown, are able to offer because that's really where you learn to grow."

Dishonored gives honorable experience

BRANDON ARMELI
Special to The Leader

The first person, action-stealth hybrid from Arkane Studios hit shelves on Oct. 9. *Dishonored* has a lot of recent competition in the gaming market and has created an interesting experience to say the least. After

putting a lot of time into the game, I've decided to rate it an eight out of ten.

Arkane Studios has brought us a time honored storyline that has played out since the dawn of man. *Dishonored* is a revenge tale that depicts the protagonist Corvo Attano in the fictional city of Dunwall. The player is introduced to a world reminiscent of early 20th century England, which, right off the bat, seemed too cool to be true. Just walking around in this world was a fun time in and of itself in addition to the steampunk that is present in the world.

The visuals were striking and lent themselves to the time period. The environments looked good and added to the atmosphere of the game. They gave the experience a more organic feel while the character runs around stealthily or attacks enemies straight on.

The actual gameplay was really amusing to play around with as you accomplish certain tasks

in different ways, giving the player a ton of choices. For example, when confronted by a group of guards, you can either simply eliminate them or take a more stealthy option. Given my past with games like this, I more often than not take the straight up battle approach.

Unfortunately, at times, I felt as though the game was punishing me for taking a more "hands on" approach. This sent the message that the gamemakers wanted players to go about the stealthier path, which confused me since either way should be appropriate. When I tried to sneak around guards, they seemed to inconsistently detect me, which made it much more difficult to be productive.

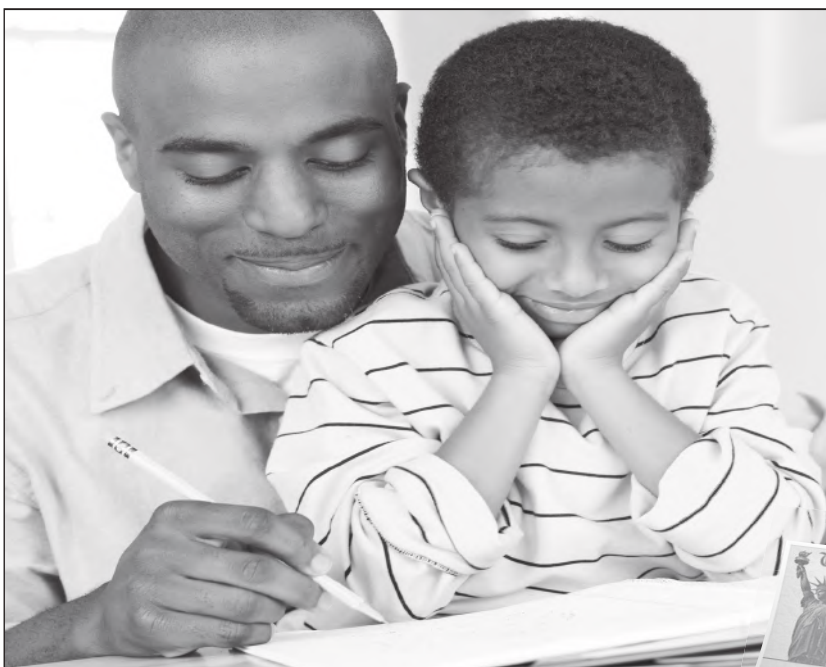
Another aspect about the game that either drives or demoralizes you is the chaos levels you cause in the game. When you tend to end every altercation by killing everyone, this leads to a high level of chaos. This causes the city to become more challenging to traverse and generally leads to a more panicked Dunwall. Yet, when I go about things in a sneakier way, less chaos ensues. This concerned me, again, because the game seemed to be pushing the stealth aspect of the game on me while punishing me if I was more direct and ruthless.

The story itself felt organic and made me want to

learn more about the city and the people that dwelled within. The revenge aspect helped me connect with Corvo Attano. I really felt for the guy and wanted nothing more than to see him get his revenge on the people who wronged him. It felt well paced and the overall setting added to the general mystique of the world in the game.

Dishonored has made me want to start another playthrough since it rewards me for going about the objectives differently. While I may not necessarily agree with the stealth aspect of the game, I'm intrigued to see how much more I can get from the game when each encounter doesn't end with a massive body count. This replayability adds to the longevity of the game and creates multiple experiences that make it much more sociable.

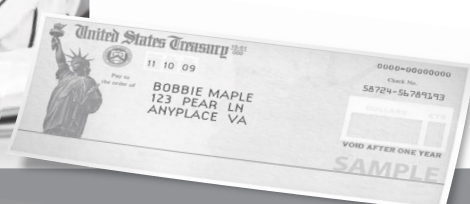
Arkane Studios has brought an enjoyable experience with different ways to go about completing the campaign. While I can't say this game is for everyone, I do recommend you give it a try. If you're on the fence about it, rent it first as you may get the full experience after a couple playthroughs. In the end, *Dishonored* is a great game that delivers a fun experience which most people will find engaging.



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Family Weekend begins with imagination hijacking

MELISSA RECHIN
Staff Writer

The Fredonia Opera house was filled with mind-wrenching tricks and some “oohs and aahs” this past Friday evening as the mysterious and ever talented Craig Karges kidnapped the minds of the audience. Presented by SUNY Fredonia’s Spectrum Entertainment committee, the renowned “extraordinist” and his show, “Experience the Extraordinary” took viewers on a psychological journey through their imaginations.

Previously named the “King of College Entertainment,” Karges and his show have been nationally recognized by many broadcasting outlets, including “The Tonight Show with Jay Leno” and “Larry King Live” in addition to three books. The Spectrum Entertainment Board and SUNY Fredonia are honored to have Karges return for his third performance at the Fredonia Opera House.

“He is my favorite entertainer that Spectrum has ever had. I saw him as a freshman and he was still just as incredible,” recalled Sarah D’Hilly, Spectrum president and public relations major.

Many audience members would argue that Karges’ performance was more than incredible, so incredible that absolutely no words could describe the evening filled with floating tables, blindfolds and mind reading. “The entire show was just mind-boggling. It was a mix of freaky and funny, and also very highly entertaining,” said Anna Jones, sophomore member of Spectrum Entertainment.

A favorite act of Jones and many other audience members was Karges’ mind reading portion. Random volunteers were shocked as Karges mysteriously guessed their phone

numbers, astrological signs, birthdays, random thoughts and many more. Even more shocking was that Karges was proven to be right with these accusations 100 percent of the time. “I’m not a psychic, just an entertainer. I use ESP and viewers’ psychological and physical cues to tap into their minds and imaginations,” said Karges.

Even blindfolded in three different ways, Karges is able to tap into the minds of individuals surrounding him. Call it trust, call it intuition, call it pure luck, Karges was successful in showing that the impossible is, in fact, possible. Karges was able to perfectly dictate serial numbers on foreign currency, names and pictures on SUNY Fredonia ID cards, random words and even the handwriting it was written in, all without being able to see. A few of Karges’ tricks even went outside the mind and into tangible objects in front of the audience. From magically floating tables to bending the volunteered rings of audience members, Karges displayed a number of mind-blowing acts that confused everyone present.

Karges began his entertainment career when he was 12 years old, practicing his skills with stage magic. He began his psychological form of entertainment a year later, following in the footsteps of his uncle who also served as his mentor. It wasn’t until Karges was around the age of 16 that he began to perfect the acts he uses in shows today.

“I definitely believe this is a learned skill more than a natural gift,” explained Karges. Well, little did Karges know that this “learned skill” would pay his entire way through college and explode into an entertainment career for college campuses, corporations and venues all across the country.

Like Karges explained, humans use only approximately ten to 20 percent of their brain’s capacity. So, what is possible



COURTESY OF BUREAU.ESPEAKERS.COM

with that other 80 percent? By hijacking the audience’s imagination, Karges was successful in showing exactly what is possible of the human mind. Craig Karges’ performance at the Fredonia Opera House was mystifying and risky, yet nothing short of extraordinary.



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THOMAS WARMBRODT/SPECIAL TO THE LEADER

FREDONIA PLAYERS IN A HUDDLE BEFORE THE GAME

ANDY OLSSON
Special to The Leader

The Fredonia women's soccer team came within seconds of falling to New Paltz in the first round of the SUNYAC playoffs on Saturday.

The Hawks held a 2-1 advantage late in the second half before Reilly Condidorio, senior midfielder, sent a cross off of a set piece into the penalty area. The ball found the foot of Katie Kleine, junior midfielder, who finished with a

THOMAS WARMBRODT/SPECIAL TO THE LEADER
FREDONIA'S MARIA GREEN THROWS THE BALL BACK INTO PLAY AFTER IT GOES OUT OF BOUNDS.

one-timer to tie the game with only 30 seconds remaining.

"This season has been kind of a rollercoaster with all the highs and lows," said Condidorio. "We were so excited to be nationally ranked but came crashing down when we started SUNYAC play. Now, we are back on a high and playing well again."

The game proceeded to overtime where no team was able to capitalize in either of the ten minute periods. The game ended in a tie and the victor would be decided by means of a shootout. It took seven rounds before Fredonia's Shannon Letina, junior defender, buried the ball in the back of the net to advance the Blue Devils to the semifinals. Meaghan Meszaros, senior goalie, saved five of seven penalty kicks to seal the deal for Fredonia and propel them to the next round.

Kristi Putzig, junior forward, started things off for the Blue Devils by scoring in the eighth minute to give Fredonia the early advantage. Putzig's goal came from outside the 18-yard box off an assist by Mary Bruton, junior midfielder. It gave Putzig seven goals on the season and three goals in the last four games.

New Paltz responded heavily in the second half after a flurry of opportunities. The Hawks scored the equalizer in the 64th minute after a corner kick turned into a scramble in front of the net with the ball eventually sliding past Meszaros. Just six minutes later, New Paltz took the lead after several shots were blocked in front of the net. Hawks forward Samantha Abravanel was responsible for the go-ahead goal but was negated by Kleine's clutch goal in the final minute.

Fredonia won in similar fashion one week prior, coming back from a goal down to beat the Hawks twice in consecutive weeks. New Paltz ended their season with a 12-5-3 record and in conference they finished 4-4-1. The Hawks were unbeaten at home on the season but were just 2-5-2 away from Alumni Field.

The Blue Devils, on the other hand, have won six games in a row and are on the road take on the Oneonta Red Dragons today. Their game will begin 30 minutes after the conclusion of the men's semifinal matchup that

begins at 11 a.m. Fredonia also beat Oneonta at home just a week ago with a score of 1-0.

"My teammates are a huge part of my life and we all consider ourselves friends," Condidorio said. "We have so much fun as a team and get along so well that I think it contributes to our success on the field. Things are finally starting to come together and we hope to continue to make a run at the title in the SUNYACs."

Fredonia is 7-1-1 on the road and looks to advance to the championship game against either the Cortland Red Dragons or the Brockport Golden Eagles. The SUNYAC champion will be determined this Saturday at the site of the highest remaining seed at 1 p.m.

THOMAS WARMBRODT/SPECIAL TO THE LEADER
MARIA GREEN SPRINTS AS SHE PUSHES THE BALL DEEP INTO THE OTHER TEAM'S SIDE OF THE FIELD.

Men's Track and Field optimistic for strong season

DAVE SANNA
Special to The Leader

Last season, the men's track and field team had an up and down year. Several athletes had great individual years, but others had room to grow and improve. One thing remains constant, though: the leadership of the team is as strong as ever. Junior Ben Goebel, a pole vaulter, looks forward to stepping up as a leader this year.

"When I came in as a freshman, I had some great upperclassmen to look up to when I had questions or needed clarification on something," Goebel said. "I believe that if a new member of the team has someone to look up to, they will be far more successful than if they have to lead themselves. Now that I am an upperclassman myself, I will try to set the best example I can for the younger guys and girls and support them so they can be successful. The pole vaulters have always been a very tight knit group and I would like to ensure that tradition continues."

In spite of graduation turnover, Goebel feels that the team is on the right track, especially the new group of freshman.

"We brought in a very large group of freshmen, transfers, and walk-ons who are all very talented," he said. "In addition, we have many key returners who are ready to perform and lead the younger members of the team in the right direction. Everyone has been working very hard in preparation for what should be a very successful year. One of our main goals is to use that talent to bring a large team to the ECAC meet and make Fredonia State known

on a bigger stage."

Goebel's personal expectations are also high, as he hopes to come back from injury and perform well for the Blue Devils.

"I missed my indoor season last year due to injury, so this year I am hoping to stay healthy and put up some big marks. I am hoping to score at the SUNYAC meet this year and in addition qualify for ECACs which are held at The Armory in New York City. ECAC [East Coast Athletic Conference] qualification is 4.55 meters or 14' 11" which would be a huge jump for me."

Senior Max Radley, a thrower, also has an upbeat attitude about this upcoming season.

"I felt last season we made very good strides as a team," Radley said. "We are a fairly young team but our chemistry is good, as well as our heart. We didn't like to quit last year and I am extremely confident that this will be a constant throughout this year."

Radley added, "We were able to have a consistent coaching staff which was extremely nice, keeping two of three coaches from the Fall 2010/Spring 2011 season, allowing us to really be able to build upon our already sturdy foundation. We have a large team but we all have the same goal in mind, and this allows us to only be stronger as a team and become more of a force within the SUNYAC than we have been in recent years previous."

Coaching changes have been a bit of a story in recent years with this team, and junior Steve

Whittemore, a distance runner, is one of the casualties of this turnover.

"It has definitely been an adjustment getting used to the coaching staff," Whittemore said. "I was recruited to Fredonia by Jeff Beck and then arrived on campus freshman year under the direction of Mike Garger. As soon as I was comfortable with his training regime, I had to adjust to Tom Wilson's schedule. Since then, it has just been about trial and error, testing my body and pushing my limits. Freshman year, and even last year, was sort of a test run to how the program would work, and I ran personal bests every time I stepped on the track."

Whittemore feels that the distance team will be quite successful this season.

"As for chances of success, with our returning distance team, our national qualifier in the decathlon, a handful of young pole vault talent and a brand new sprint squad, we should turn heads this year," Whittemore said.

Sophomore Chris Shartrand, also a distance runner, echoes his teammate's thoughts.

"I feel good about the team this year," Shartrand said. "We are young, talented and motivated to change things up in the SUNYAC and return to the dominance we had back in the 1980s."

Optimism is certainly in the air around this team, and it's going to be quite a fun and wild ride following the Blue Devils as they journey toward success in the SUNYACs this year, and subsequently in the ECACs. The Blue Devils will continue to train during November with their first scheduled meet coming on Dec. 6 at the RIT Invitational.

Blue devils take on Geneseo and Brockport in two day home double header

SEAN MCGRATH
Special to The Leader

It was a double home opening for conference play as the Fredonia State Blue Devils (2-2-0, 1-1-0) took the ice for a matchup with the Geneseo Knights (2-1-1, 1-0-1) on Friday night.

The Blue Devils had a rough outing, losing 8-1, followed by a subsequent game against the Brockport Golden Eagles (1-1-0, 1-1-0) on Saturday. Looking to start fresh after dropping the game last Saturday to Utica 9-0, Fredonia looked to start new coming into the weekend.

Assistant Head Coach Bill Silengo, with four games under his belt, had this to say about what he likes about the team so far this season: "I like our team especially tonight, I think it shows a lot about how we can come back from those two losses. It would have been easy for the wheels to fall off - we grinded down with a lot of grit and we got a lot of great leadership in the locker room."

The game on Friday started off pretty even, but Geneseo's first goal, scored by Blake O'Connor's slapshot at 8:03 of the first period, showed Fredonia that the Knights were here to play. At 14:01 of the first, Geneseo then made it 2-0 by a goal from a slapshot by Jack Cardonna.

The start of the second period brought new life

to the trailing Devils. Joe Wynia tacked on the board only 54 seconds into the middle period to cut the deficit in half, and the scoreboard read 2-1 in favor of the Knights. But the two goal lead was taken back by Corbin Rosmarin, getting his first of two on the night.

The third period brought nothing but woes to the Devils bench, as they let up five more goals to bring the final buzzer to a stop at an 8-1 final score. The goals credited to the Knights were given to Tyler Brickler, Alex Lubczuk, Collin de Jersey, followed by a pair of goals scored by Rosmarin and Zach Martin in the final minute. The Devils were outshot 27-23.

After a night of recollecting focus, game number two of the weekend only meant one thing: redemption. After now being on a two game losing streak and being outscored 17-1 the past two games, the Blue Devils needed a win against Brockport to even their record and to gain some closure.

It would only take a short time for the Devils to get on the board. Mat Hehr scored the first and only goal of the game off of a quick wrister by an assist from Chad Bennett. Brockport continued to apply strong pressure to Mark Friesen, as he made a few jumpy saves to maintain the one goal lead.

Hehr, who has four goals in his senior season,

believes that the team needed to get back to the fundamentals in order to shed their shaky games as of late.

"We just weren't doing the little things," said Hehr. "We thought that we're a different team and it felt like we were playing like a different team. We were trying to be fancy and we had a meeting, got down to business, we came together and showed that we are a different team."

Hehr, who is in his senior season, already has three goals on the year and four points, which has been good enough to lead the team in the early going of the year.

Throughout the game after the lone goal, the possession went down the ice and back, with both teams trading shot for shot, and Friesen and Brockport's Jared Lockhurst making save after save.

With the buzzer sounding, the Blue Devils had equaled out to .500 overall and in SUNYAC play with the 1-0 victory. Mark Friesen made 25 saves to achieve his fourth career shutout.

"It's going to be a battle every night," Friesen said about the upcoming conference schedule. "We know it's going to be one-goal games or close games with everyone in the league. There's no highs and no lows so we come prepared for battle every game."

2012 Women's Volleyball Standings

School	Conf	Overall
East Division:		
Cortland	7-1	31-5
New Paltz	6-2	33-7
Oneonta	3-5	21-12
Potsdam	3-5	22-15
Plattsburgh	1-7	13-20
West Division:		
Buffalo State	6-0	25-7
Fredonia	4-2	18-15
Oswego	2-4	12-18
Brockport	0-6	8-24
Geneseo	0-0	1-3

2012 Men's Soccer Standings

School	Conf	Overall
Plattsburgh	7-2	16-2-1
Oneonta	7-2	11-5-1
Brockport	6-2-1	8-10-1
Cortland	5-3-1	9-7-1
Geneseo	4-4-1	6-9-2
New Paltz	4-5	12-7-1
Oswego	3-5-1	4-10-1
Fredonia	3-5-1	5-13-1
Potsdam	1-4-4	4-9-4
Buffalo State	0-8-1	1-16-1

2012 Women's Soccer Standings

School	Conf	Overall
Brockport	7-1-1	14-1-2
Oneonta	7-2	11-6-1
Fredonia	6-2-1	12-3-4
Cortland	5-2-2	9-4-5
Buffalo State	3-2-4	5-9-5
New Paltz	4-4-1	12-5-3
Oswego	3-6	7-9
Geneseo	2-5-2	3-10-3
Plattsburgh	2-6-1	7-10-1
Potsdam	0-9	2-15-1



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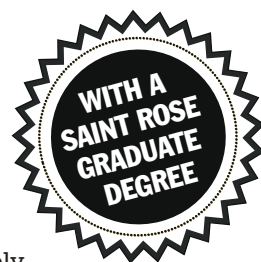
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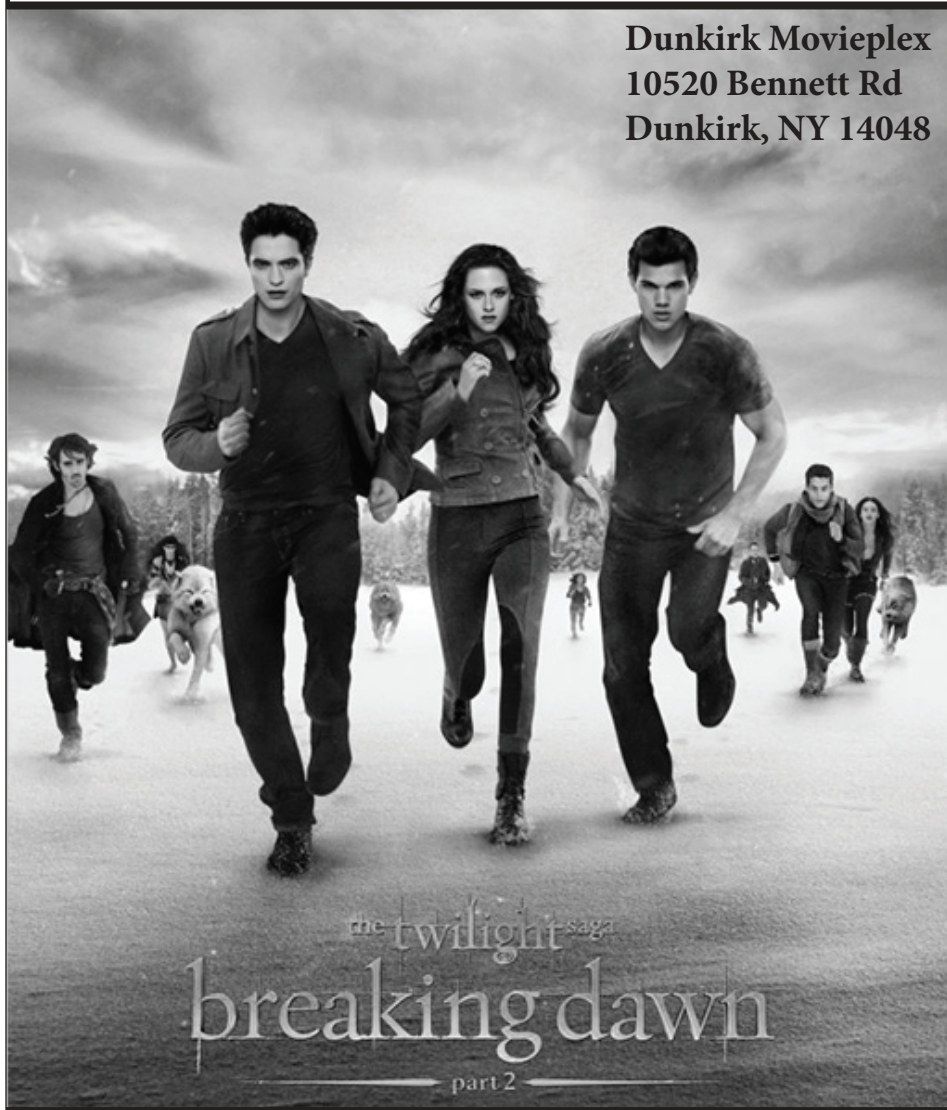
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	Guess	Actual
Tickets issued for public urination		
Open container tickets		
Total objects stolen		
Marijuana possession		
Trips to Brooks Memorial Hospital		
Times Chautauqua Hall was mentioned		
"A report was filed."		



Kassandra Wall

"What are you dressing up as for Halloween?"



Anderson Cooper

"A silver fox, oh wait, I dress like that everyday."



Britney Spears

"A bald old man, just like I was a few years ago."



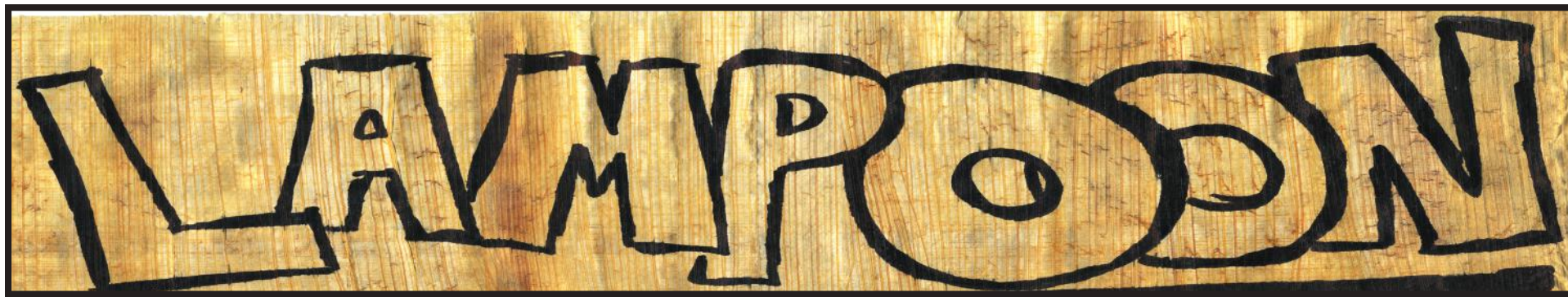
Marilyn Manson

"I can't decide, it's either going to be the black death or a ghost of someone who died from the black death."



Justin Bieber

"I just plan on dressing up and acting like a real man."



The retelling of how a grown man learned how to fall asleep

BLONDY

Special to The Lagoon

When you were little, your parents would tuck you into bed, say goodnight and then you would close your eyes and fall asleep. I always thought going to bed came easy for everyone, right? I mean, it is pretty basic: you get into bed, you close your eyes, count a couple sheep and, badabing-badaboom, you are asleep. However, that is not the case for everyone.

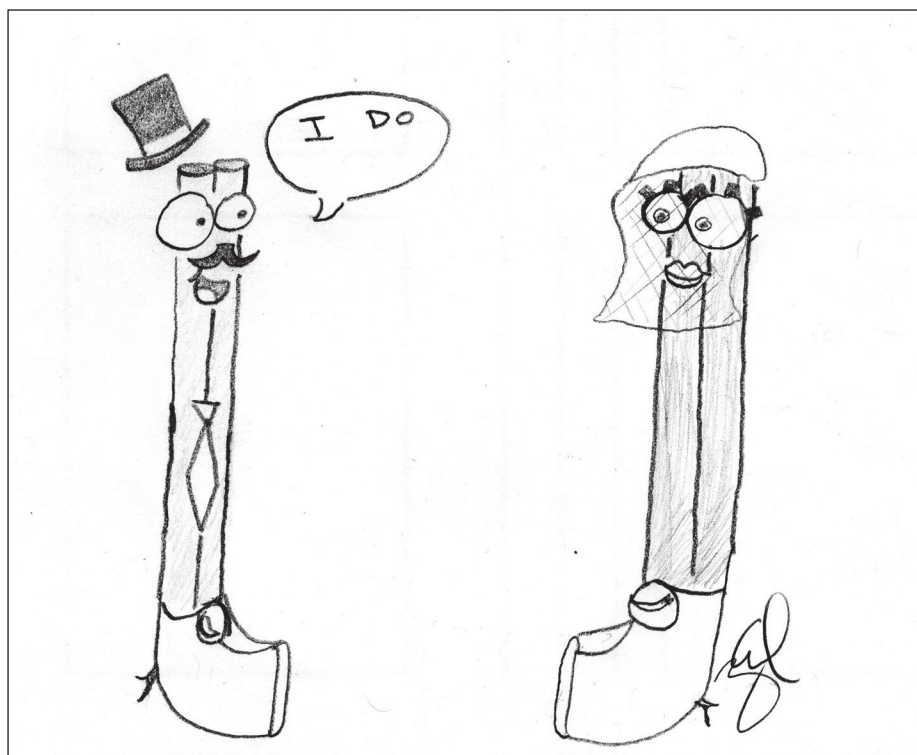
Sophomore year: 1979
John Zanetti

It was my sophomore year of college and my roommate Jeff and I had a long day of classes and socializing. When we got back to our dorm room, I got ready for bed, turned to him and said, "I am exhausted and I'm going to go to bed." I got into bed and was lying there, just like I had always done. From across the room, Jeff said to me, "Man, I thought you were tired." I sat up a little, confused by his statement, and replied, "I am, that's why I am sleeping. Well, trying to." Jeff then got this weird look on his face and asked, "You don't close your eyes when you sleep?" I looked at him with the same weird face and said, "No, I lay in bed until my eyes get so tired and heavy that they close and then I fall asleep." I could tell I said something wrong because his eyes got really big, then he started laughing and all he said was, "You're so dumb, try closing your eyes!"

After that, I lay back down thinking that my roommate was crazy and that he was just pulling my leg. However, I figured I would try this new way of sleeping. I closed my eyes and, to my amazement, I fell right asleep.

Now let me tell you, the man doesn't lie, that was the best sleep I have ever gotten. I finally learned how to fall asleep and I was only 19 years old. I guess everyone learns at his or her own pace, even when it comes to sleeping.

So there you have it, falling asleep isn't as easy peasy as one might assume. So, take some advice from John-John; if you are having trouble falling asleep, try closing your eyes. It really does work.



A "shotgun" wedding

Zach Engel

The strangest freshman: a saga

Attention all students: this freakish document was found floating around the Lagoon desk at The Leader office. After much deliberation from the staff, we have decided to allow these perverted thoughts to be printed by the same exceptional printer who royally messed up the comics for this very same section just a few weeks ago. Hopefully, this person's thoughts about their first days at our fine institution can be printed clearly so their story can be spread around this squirrel ridden campus.

Day 1:

I have arrived at their center of learning. It's small. Like a lesser animal, I was herded into a building. They kept asking for information so I gave them my "name," Crusty Snackleford. My living area in this so called Hendrix Hall seems to be the smallest room on the highest floor. Many of them shook my hand and spoke words that were of no interest to me – I paid them no response. Finally, when I think I am to be left to myself, a boy and an older woman barge in and begin speaking to me! They kept asking me to reveal information which is not meant for their ears. I left and hid in an even tinier room with oval bowls filled with water.

Day 2:

Every so often, they walk up and down the sidewalks carrying all sorts of objects, almost like a busy ant colony off to work. I needed food so I went to the center for eating. I chose the pizza and my insides bubbled like hot lava. I remember the bowls of water in my Hendrix Hall and sprint home.

Day 5:

It is what they call Thursday and I have been contacted via computer that my political science class has been cancelled. This is comical because I

planned to never attend.

This boy who sleeps in the room speaks about how difficult it is to pass class when you don't go to class. He speaks constantly of the female organisms. He speaks of something called a party tomorrow. He invites me.

Day 6:

I was politely asked if I would like a drink. How could I say no? The drink, Genny Light, was a rich auburn colored beer which tasted as if it were the nectar of the Gods. I can't see how any normal person would dislike such a fine taste.

I watch them play this beer pong as if it were a ritual. Generally populated with male species, players gently over-hand tossed small plastic balls into red cups filled with Genny Light. I play but I don't like to drink the Genny Light so fast. I am then asked to do shots with the boys.

POISON! Poison I tell you! A shot must refer to a shot of poison. The boys became rambunctious. The world spins and my pizza goes all over the boys. One cheered and began calling me, not by my full name but, an alias known as Crusty Snacks.

Day 134:

I was contacted by the school because my credit card was a fake. Removed from my room and access to free food, I was wished farewell by the boys. I never understood the boys, but they were always great to me. To this center of learning I wave goodbye and good luck.