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FOODONIA



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Food Services Advisory Committee wants your feedback



JAMES LILLIN
Staff Writer

When it comes to the quality of day-to-day student life perhaps no organization is as important, or as misunderstood, as the Faculty Student Association of Fredonia, also known as FSA.

"I think the biggest misunderstanding is that many people think that FSA is a separate, for-profit corporation," said FSA Executive Director Darin Schulz. "There's a lot of food service companies out there that perform food services for colleges that have shareholders and make a profit, and we're not one of those. We are a not-for-profit corporation that is set up outside the university, but our sole purpose is to service the university, and all money that we make stays on campus."

Due to its status as a not-for-profit, FSA winds up contributing over a million dollars to Fredonia's campus every year, with the rest going to pay the cost of daily operations.

"Some of that is for space, utilities and rent, but the vast majority of it goes to student programming, academic programming and some special accounts that fund specific student activities," said Schulz.

Still, many students have a strenuous relationship with FSA, especially students without meal plans that try to cook at home to save money.

"It hurts me when I forget to bring my lunch, and I have to buy food on campus," said senior English major Mackenzie Peake.

To understand why FSA's prices are what they are, it helps to take a look at the packaged PB&J sandwiches they make, which are much-maligned for their expensive cost.

"Of course things like PB&J sandwiches are really, really cheap to make if you go to the store and buy the peanut butter, buy the jelly and buy the bread," said Schulz. "With our sandwiches though, we want to make sure that we prepare it in a high quality way, especially if it constitutes a full meal for some students. We use wheat berry bread, which is significantly more expensive than a standard slice of bread. We also need to pay for labor to make the sandwich, to package the sandwich and then to sell the sandwich. There's all of these costs that go into making a sandwich, and there's a lot of hidden costs that go into providing food service."

All of FSA's sandwiches, wraps and baked good are made fresh daily at the campus' commissary, which is outfitted with a full bakery and packaging system manned by FSA employees. As for campus locations like Tim Hortons and Starbucks, the food is either pre-packed or made at those locations, which are also owned by FSA.

"We also can purchase franchises, so we own the rights to Tim Hortons and Starbucks," said Schulz. "The downside of that is that we need to pay a royalty fee, so when we compare Tim Hortons to Cranston, it's a little more expensive to operate because we need to pay part of every dollar earned in royalties."

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Foodonia Illustration

Leslie Martinez-Garcia/Staff Illustrator

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Dark and Dreary: An ode to Erie Hall

VICTOR SCHMITT-BUSH

Staff Writer

As the years go by, Fredonia and its infrastructure is changing and it is changing fast. In 2014, the construction of the Science Center, a \$4.2 million complex, was completed serving as the new go-to building for students with science concentrations.

In 2016, plans were being put in place to deconstruct the Spine Bridge between the Williams Center and McEwen. Cracks were creeping in and out of the structure, and students and staff were afraid that it might collapse. It was successfully deconstructed in the summer of 2016, and what remains is only a memory for students and staff alike.

The Erie Dining Hall, however, remains a far more distant memory, but only for some. Closed down in the Spring semester of 2013, it lies dormant and, to most students, it is as if Erie Hall never existed.

According to Dan Coniglio, a philosophy major who graduated with his bachelor's degree in 2017, Erie Hall wasn't all that special. He was around for an entire semester before it was taken down, but to him it disappeared pretty quietly.

"I didn't personally care all too much about the place as it was merely Coca Cola and Cranston was Pepsi," said Coniglio. "I primarily ate at Cranston just because of proximity. I lived in

Chautauqua Hall, and Erie was right in the middle of Eisenhower and Disney and I think two others."

It was similar to Cranston in that it was somewhat like a buffet, but it had its differences. According to Coniglio, "It felt more like a serve yourself kind of buffet where you made your own plates. You decided your own portions instead of having to grab another plate like you would with pizza or other options at Cranston."

However, Coniglio added, "They did things similar to Cranston though in that each day they had a different special that varied weekly. They had ice cream that I believe was self serve but I can't remember, but it was drastically lower in quality than Cranston with limited options."

Even before Erie Hall was shut down, more students were buying food from Tim Hortons than they were Erie, according to FSA Executive Director Darin Schulz.

"We started to notice a trend where students were using their points at Tim Hortons to buy more food than coffee. In most cafes outside of campuses, the trend is that around 70 percent of customers get coffee and 30 percent get food. It was the complete opposite in this case. The fact that there were more students flocking to Tim Horton's to get food than Erie Hall was very telling," he said.

According to Schulz, Erie wasn't all that pretty to look at either. It was very dark and seemed

to be cut off from the outside. He described the place as being "old and outdated." The lighting was dim and both the inside and outside of the building were comprised strictly of brick walls with very few windows to look out of.

As time went on and Fredonia dining services were changing, Erie Hall would grow progressively into an economic liability. The decision made in the Spring of 2013 to shut the place down, according to Schulz, was in everyone's best interest.

"Very few people were even going to Erie Hall yet at the same time, keeping the building alive was costing students extra money out of their tuition that they weren't even using," said Schulz.

It was already costing students \$400 out of their tuition, to which Schulz assured that all things being equal, that cost would rise to \$600 today. "The only way we could have done it then," he said, "was by raising meal plans by 12 percent, which would increase student tuition by up to \$600 per year."

Schulz stressed, however, that Erie does still serve a purpose here on campus. He said, "Although there have been a number of suggestions that have been made to utilize Erie Hall in a different way, it is of vital importance that we have Erie Hall as a fallback just in case anything should happen to our other dining centers. It will always be a dining hall, even though right now it is in stasis."



Erie Dining Hall is located at Erie Hall near the residential halls in the Quad. Kallan Corwin/Special to The Leader

POLICE BLOTTERS

UNIVERSITY

Monday, Oct. 30, 2017

10:14 p.m. Dequan Williams was charged with unlawful possession of marijuana. An appearance ticket was given.

10:14 p.m. Cassandra Leslie was charged with unlawful possession of marijuana and underage possession of alcohol. An appearance ticket was given.

11:35 p.m. Donovan Gale was charged with unlawful possession of marijuana. An appearance ticket was given.

Wednesday, Nov. 1, 2017

2:25 a.m. Steven Stavinsky was charged with open container. An appearance ticket was given.

Thursday, Nov. 2, 2017

7:12 p.m. Andy Morban was charged with unlawful possession of marijuana. An appearance ticket was given.

Sunday, Nov. 5, 2017

2:26 a.m. Lashun Banks Jr. was charged with unlawful possession of marijuana, criminal possession of a controlled substance and possession of a controlled substance in a non-original container. An arrest was completed.

FREDONIA

Tuesday, Oct. 31, 2017

Fernando Martinez, age 37, was arrested after a warrant was issued. He was held.

Wednesday, Nov. 1, 2017

Kollin Johannsen, age 18, was charged with open container and underage possession of alcohol. An appearance ticket was given.

Kyle Baker, age 21, was charged with endangering the welfare of a child and second degree harassment. He was held.

Friday, Nov. 3, 2017

Troy Lubanski, age 22, was charged with failure to stop at a stop sign. A uniform traffic ticket was given.

Saturday, Nov. 4, 2017

Christopher Brown, age 26, was charged with open container. An appearance ticket was given.

Henri Young, age 18, was charged with disobeying the sewer ordinance. An appearance ticket was given.

Sunday, Nov. 5, 2017

Kristopher Seiberg, age 25, was charged with disorderly conduct. An appearance ticket was given.

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.

Blackface and Halloween: A love story



DAN ORZECOWSKI
News Editor

America has a long history with blackface, and come Halloween time, we're all reminded that it's still around.

Blackface, the theatrical makeup used by non-black people to represent a person of color, has lingered in our Halloween traditions. Pumpkins are carved, candy is dished out and racism (whether it's intentional or not) presents itself door-to-door.

Starting in the 19th century, minstrel shows would feature white actors mocking African Americans while masking their faces with shoe polish and greasepaint. Similar practices were used to portray Native Americans and people of Asian descent.

Although its popularity shriveled after the civil rights movement, blackface can still be found in modern pop culture. Laurence Olivier's "Othello" and Walter Lang's "The King and I" are just a couple big titles that rely on blackface.

Over Halloween weekend, blackface made appearances in Fredonia.

At an off-campus party, first-year student Ashley Tollner and her boyfriend quickly found themselves to be the topic of discussion. Tollner's boyfriend was wearing black paint on his face as part of his Halloween costume. A Snapchat picture of Tollner and her boyfriend with a caption reading, "Happy Halloween Fredonia" spread like wildfire on social media.

The following Monday, SUNY Fredonia President Virginia Horvath sent an email to the campus community addressing the concern. "The student who posted the picture has been counseled, as have those who have been described as harassing her," said Horvath. "She has offered a public apology on behalf of herself and her boyfriend."

Tollner and her boyfriend apologized and said they didn't mean to offend anyone. "My boyfriend and I are sincerely sorry that we were not educated on what blackface was," said Tollner. "He had no idea that painting his face black to a Halloween party was racist. No one believes me, but it's true. Neither of us would ever be racist or hurt a person like that . . . we are both some of the nicest people you could ever meet."

The posted Snapchat quickly found

its way onto people's newsfeeds, which ignited criticism. Tollner said that she's received "many death threats," and that she's "constantly being harassed for something [she] didn't even mean to do."

After addressing the act in her email, Horvath went on to say that, "shaming and harassing also have no place [in] our campus community. We need to continue to work together to ensure that everyone is treated well here."

A few days later, another blackface costume was spotted in Fredonia.

During the night of Halloween, a woman was seen wearing a costume portraying a Rastafarian man in BJs. Senior public relations major Dan McCormick, who happened to be in the bar, said that as soon as he went inside, he could tell something was up. "A lot of people just looked uncomfortable and upset," he said.

Tyler Desiderio, a senior video productions major, was also there. He saw the same woman and was taken aback. "I had to do at least a quadruple take because it baffled me that someone would do this, especially after the incident from Saturday," said Desiderio. Eventually Desiderio and his friend approached the woman and told her that her costume was racist.

"How is this racist?" asked the woman according to Desiderio. "Do I look like a Rastafarian guy to you? This is a costume. My 17-year-old niece did the makeup."

According to Desiderio, a black couple also approached the woman but soon left the bar once they realized the woman wasn't understanding why her costume was offensive.

The woman was eventually escorted out of BJs by a bouncer who, according to Desiderio, told him that he wasn't "helping the situation" because he "didn't stop saying things to her."

Once the woman was escorted out, "everything went back to normal, and people were having a good time," said McCormick.

When Desiderio came back from a break outside of the bar, he was welcomed with his friends congratulating him. "It felt good, but at the same time, really weird," he said. "I don't think I completely deserved it. I just think people should try and do the same. Don't just stand around. Fight against things you know are wrong."

FOOD SERVICES continued.

Many students express aggravation over the prices in the C-Store, with many chips, candies and snacks having much higher prices than they would at comparable retail stores, but the prices seem to be the result of the economics of scale that FSA is forced to work with.

“We don’t have the buying power of Wegmans or Tops or Walmart,” said Schulz. “They buy in the billions and we buy in the thousands, so the price that we pay for that product is nowhere near as competitive, nowhere near, not even close, as what they can pay for the product. Sometimes we wind up having to pay more for a product than, say, what Walmart can charge for on their shelf.

There has to be a markup because, when we allow meal plans to be used to buy some of these items, what that does is sends a lot of money to ‘bad margin’ goods where our margin of profit is extremely small.”

Out of the 15 members that sit on the FSA board, seven are students, but Schulz has plans to create a separate ‘Food Services Advisory Committee’ to elicit feedback from a wide array of students to make sure that FSA continues to service the campus community the best that it can.

“First and foremost we want to take a good look at what our current offerings are and how we

could possibly improve that. If there are things that aren’t favorites, or things we could modify our menus with, that’s something we’d like to accomplish,” said Schulz. “I’m looking for a broad spectrum of students ranging from underclassmen to upperclassmen. We’re looking for students that live on campus, as well as students that live off campus. We really want to hear from everybody to make sure we’re doing right by the students, both now and in the future.”

Students interested in joining or learning more about the Advisory Committee are encouraged to either email Schulz directly, or to contact FSA through its website at fsa.fredonia.edu.

Flood runs rampant through town, campus

Heavy rains cause problem in Fredonia



CURTIS HENRY
Sports Editor

In the ongoing battle of man vs. Mother Nature, Mother Nature remains undefeated.

Torrential downpours all weekend led to various points of flooding throughout the town of Fredonia and the SUNY Fredonia campus on Sunday night. The Buffalo Niagara International Airport reported 1.99 inches of accumulated rainfall between the hours of 12 a.m. and 11 p.m. It is estimated that even more came down on the town of Fredonia.

The rainfall was so severe that residents of two streets downtown, Norton Place and Canadaway Street, were ordered to evacuate their homes on Sunday night. Sarah Chamberlain, a resident who lives on Canadaway, was part of the crowd forced to relocate on Sunday.

“I got word that we needed to evacuate around 10 [p.m.],” said Chamberlain. “I don’t get the Fredonia emergency notifications sent to my phone, so I actually found out because my friends texted me and asked if I was okay.”

The emergency notifications referred to by Chamberlain were sent out at 9:54 p.m. on Sunday. Residents from Canadaway and Norton who were told to evacuate could seek refuge at the Forest Masonic Lodge, which sits at 321 East Main Street. However, the point of refuge wasn’t widely communicated to those who needed to evacuate.

“I went to a friend’s house and was fine,” said Chamberlain. “I really had no idea where they were sending people with no place to go.” Residents of Canadaway and Norton were free to re-enter their homes by roughly 7 a.m. Monday morning, as reported by Channel 2 in Buffalo. Town of Fredonia police declined comment regarding the decision to evacuate Norton and

Canadaway.

Businesses of downtown Fredonia were also directly impacted by the flooding. Notably, Maria’s Pizzeria and Sunny’s bar endured the rising waters on Water Street.

“We went in and attempted to see how bad it was and at its worst there was probably a foot of water in there,” said Brianna Kirk, a bartender at Sunny’s. “Luckily there was no structural damage to the building itself. Darwin’s and Sunny’s have seen much much worse in the past.”

For fans of Fredonia’s night life who are wondering, Sunny’s will still be operating under full business hours this upcoming weekend.

“We will absolutely be open this weekend, normal hours starting Thursday. Today we are power washing to remove the mud and creek floor basically, and luckily it’s only Monday so we have a few days to dry out,” Kirk said.

The impact of the storm wasn’t held off campus, however. Centre Pointe was forced to close early due to an excess amount of water funneling into the Williams Center’s basement floor.

“With the ground saturated from several days of rain, it appears that the drain system was completely overwhelmed when the significant storm front came through last night,” explained Darin Schulz, who serves as the executive director of the faculty student association on campus. “The sewers could not handle all of the flow, and the water made its way down the stairs like a waterfall. Several inches of water flooded the entryway and the kitchen in Centre Pointe.”

Luckily, damage sustained in Centre Pointe was minimal. The dining center was reopened to students and resumed operating under normal hours on Monday morning at 11 a.m.

The overall effect of the storm on campus seemed to be limited to the Williams Center,

as most of the residence halls and academic buildings around campus made it through the storm unscathed.

“We had a couple calls in the residence halls around campus for work orders,” said Kevin Hahn, the associate director of residence life. “Luckily there was no major flooding, and there was no widespread damage that we know of.”

Regarding the university’s protocols surrounding natural disasters and other states of emergency, president Virginia Horvath said that there is always room for improvement on campus with how we address different situations.

“Specifically on flooding, no,” said Horvath when asked about Fredonia having procedures in place in the event of flash floods on campus. “I can tell you that I am very interested in our campus efforts on emergency preparedness.

“There was a position a couple years ago where someone left, and we did not fill that position,” Horvath stated. “I think we really need a coordinator of emergency preparedness so we all know if there’s an alert.”

Western New York is uniquely situated as a part of the country with little to no threat of sincere natural disasters. Typically, the area is not at risk of enduring tornadoes, hurricanes, earthquakes and other natural disasters. That said, the surprise flooding on campus Sunday was a reminder that there is still room for improvement on Fredonia’s campus to be ready in case of a worst-case scenario.

“We can always improve,” said Horvath. “Every situation like this is going to be different than one previously, so I don’t know that we can set in place specific procedures for every event that is like a flood. I would definitely like to bring in someone to act as a coordinator for emergency preparedness, and I think that will be a good first step.”

Life & Arts

The secrets to grocery shopping on a college budget

BAILEY KUZMA

Special to The Leader

Moving off campus means one thing: it is no longer an option to walk downstairs or across the street in pajamas, wait in a short line and have a full meal prepared for us.

Living in houses or apartments in town comes with a major responsibility: cooking. Before we do that, however, there is one important step that must be done — grocery shopping.

If done correctly, grocery shopping can be fun and make us feel good about ourselves when we are done. The only problem is that most college students are on a budget in terms of money and time. There are many techniques that a student can follow to make their college grocery shopping experience better.

Coupons are a huge must when grocery shopping.

No matter where you live, two things are probably true: you have internet access and you get the mail. Check your mail box.

There should be a mailer that comes with coupons for anything from restaurants to automotive

services. Grocery store coupons should also be delivered. These coupons can really save you a couple dollars, and a couple dollars in college goes a long way.

“My house goes online to the websites of the grocery stores here, Tops and Walmart, and they have a coupon section where you can print them out,” said junior medical technology major Lauren Woolston. “We take the time and print out the important ones of things we are going to be using each week.”

Another tactic to try and save money is making a list of everything you need to buy before you go. Try your best to stick to it. You might think

it's easier to get in your car, go to the grocery store and pick up whatever looks good when you get there, but that is an easy way to run

up your grocery bill very quickly.

“The first time I went grocery shopping on my own, I tried the no-list approach. I put things into my cart

I thought looked good and useful

to make dinners and stuff,” said senior public relations major Stephanie Vasta. “I ended up raking up a \$60 bill — \$60 I definitely didn't have to spend. From then on making a list before has saved me so much.”

Another tip is to buy what you need first (fruits, veggies, meats, etc. and, if you have money left over, buy what you want next (snacks, desserts, etc.).

Reading the weekly grocery ads for your grocery store can also be a huge help. Every grocery store has a weekly circular that contains deals for that week. Google your grocery store and on its website you can find its ad for the week. Use this to plan your meals for the week. If there is a specific meat on sale, buy that meat and cook enough for the whole week. It will end up being a huge budget saver.

For pantry items that you like, when they go on sale, make sure to stock up. Those items take awhile to go bad, so it helps if you can buy them in bulk when they are on sale. You can also buy and freeze things. This keeps things good for longer.

Remembering to eat regularly in college is hard enough as it is and having to actually prepare the meals makes it that much more difficult. Budgeting time and money is key to staying healthy and functioning as an adult so try to keep these tips in mind as the year progresses.



Elizabeth Levengood/Staff Illustrator

Comfort food is good for the soul

TEISHA MCELFRISH

Special to the Leader

According to the Merriam Webster Dictionary, comfort food is defined as, “a food that provides a person sentimental or nostalgic value, and is high in calories or carbs.”

Think back to the days of being sick as a child, when your mom would make her famous chicken noodle soup. These foods provoke instant flashbacks to childhood and warm feelings. This is due to associating the food with being taken care of, which makes the food seem to taste better.

Here at Fredonia, students gave their own ideas of what the best comfort foods for them would be.

Alex Buchner, senior psychology major, said that her favorite comfort food would have to be mac and cheese (a classic that will never go out of style). She even has a favorite place to eat it here in Fredonia.

“The Tim Hortons on campus has the best macaroni and cheese,” she said.

Tianna Laird, junior psychology major, has a different favorite: chicken wings.

“They are the best in this area,” she said.

In Fredonia, places such as Wing City Grille might be the best option for wanting a taste of home while away at school. We live close to Buffalo for a reason.

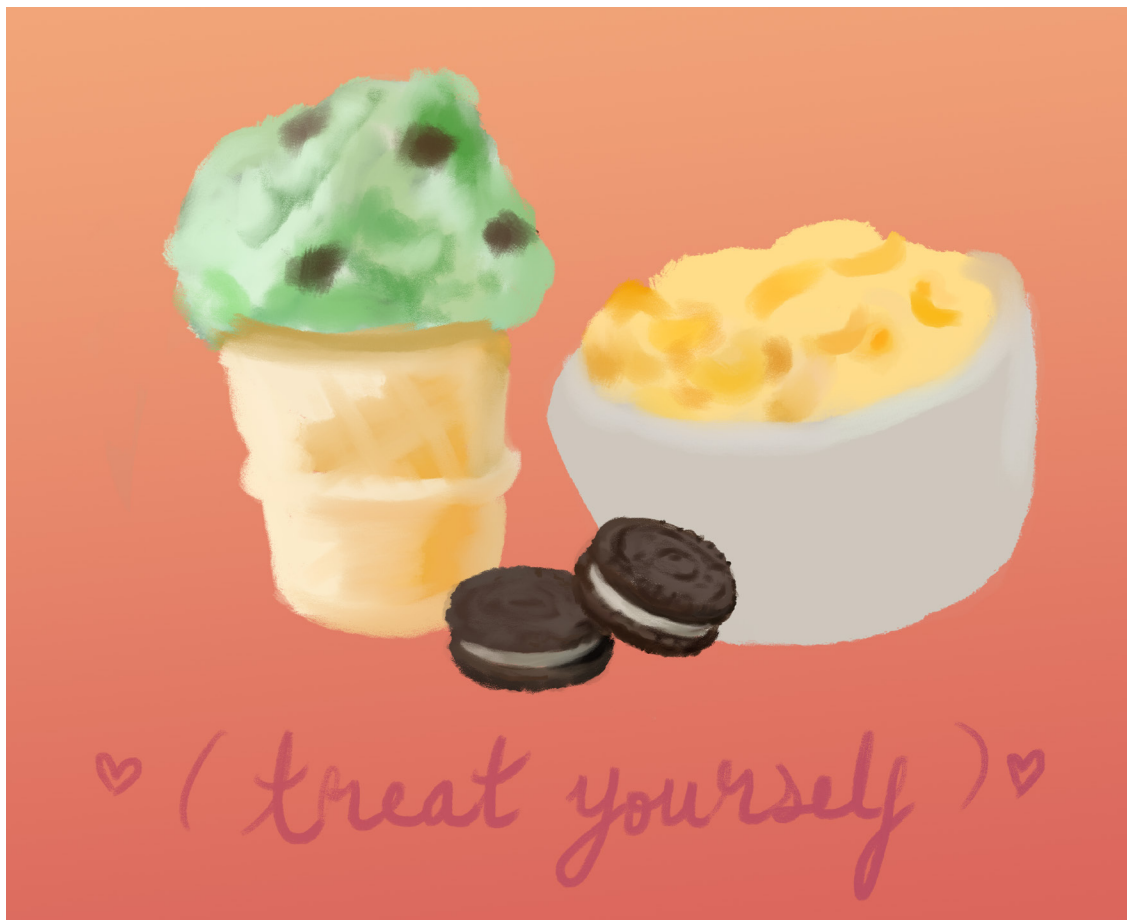
Some students opted for many different foods, such as junior education major Elizabeth Rich. Rich reaches for fast food when she is looking for comfort.

“Who wouldn’t want a double cheeseburger and large fry to drown their sorrows into after a bad day?” she asked. McDonald’s and Burger King are both perfect options for wanting a greasy food fix after a bad day — calories and all. Senior education major Deanna Klusek mentioned a favorite that will make everyone hungry: chicken alfredo.

“Alfredo reminds me of my grandma’s cooking as a child, so it brings back good memories,” she said.

Klusek chose this food because it reminds her of home, which is why many people choose comfort foods. Dorm food will never compare to mom or grandma’s cooking. This is nostalgia at its finest.

All of the comfort foods Fredonia students



Alissa Salem/Staff Illustrator

chose have one thing in common: they make them feel good for a reason, whether it be because of childhood memories, popular restaurants or even the geographic location we live in.

Here in Western New York, we may choose to comfort ourselves with wings whereas down south, grits might be a popular option.

Comfort food has been proven to improve anxiety, depression and mental clarity. Comfort foods also boost well-being and decrease loneliness. Eating food with large amounts of carbs and fats has been proven to boost your mood and literally comfort your brain.

The moral of the story here is that eating a plate full of calories before an exam might be helpful, even if it doesn’t seem socially acceptable.

Sometimes we need comfort food for bad days, but also for mental health days. Unfortunately, as college students, we aren’t robots and we need to take a mental health day

every once in awhile to keep our lives on track.

Between studying for exams, putting off those papers until the last minute and being involved in campus activities, it’s easy to get burned out. Along with days starting to get colder and shorter, those fall blues might be starting to take over. A mental health day might consist of staying home on a Wednesday and binge watching “Grey’s Anatomy,” or it might consist of a day trip with friends to get away from the pressures of school.

Whichever way it is defined, mental health days always require large amounts of carbs. Foods such as macaroni and cheese, chicken wings, McDonald’s and chicken alfredo are only some examples of what students at Fredonia choose to indulge in without guilt.

We’re college students after all. We deserve it.

Brews Under Review

Finding (or creating) the perfect Thanksgiving brew



CURTIS HENRY

Sports Editor

I'm a simple man. I have simple needs. Faced with the task of finding the perfect beer to accompany Thanksgiving dinner, I had already made up my mind. The answer, for me, is Blue Moon.

I don't know. There's just something about Blue Moon, man. I get that it's a mainstream macro-brew. I get that it isn't particularly special.

Blue Moon is not the most attractive person at the party. It isn't flashy, it isn't overly pricey, it is hardly anyone's first choice when it comes to a good brew. I get it, I really do.

The thing about Blue Moon though, is that it is reliable. You know what you're going to get with Blue Moon, and you aren't going to be disappointed with it. Blue Moon is the Kansas City Chiefs of the game of beer. Is it good? Absolutely. Is it great? Probably not, and it definitely isn't the best thing out there. It is the safe choice to be a contender and no one is going to bash you for picking Blue Moon to win it all, although everyone knows that it probably won't.

It goes down smooth and tastes as good as anything when garnished with a healthy orange slice. I think to myself, "case closed, nothing to see here." In my heart though, I know that I'm

wrong. I know there is something better out there to enjoy while feasting on copious amounts of turkey and mashed potatoes. But what, and where?

Per usual protocol, I dawdled down to EBC this week to see what they could come up with. When asked what I intended to review this week, I gave them one mission: to give me the perfect Thanksgiving beer.

What ensued did not disappoint.

Most people assume that for bartenders, the art of mixology stops at conventional mixed drinks. Obvious things like mojitos, whisky sours, long island iced teas: the usual suspects. People who assume that are wrong: mixology is directly applicable to beer, as well.

This week's beer was actually a combination blend of two beers previously reviewed by me in this column: Fall Fest Lager and Caramel Apple Couvee.

The result?

An experience unlike any other. The two seem to complement one another, as if each was individually crafted with the other in mind. The combo-brew offers the experience of enjoying a crisp seasonal like Fall Fest (which, in my opinion, parallels Sam Adams' Octoberfest,) while also getting a Thanksgiving aftertaste as a surprise courtesy of the Caramel Apple

Couvee. Somehow this combination falls into place like something only gods could ask for: the in-your-face taste of a crisp beer coupled with the aftertaste of apple pie.

This is something that shouldn't only be consumed at Thanksgiving, but with each subsequent meal involving any Thanksgiving leftovers. If the combination is distributed 50-50 equally between each brew, it should run at just over seven percent ABV. That would classify this gem as an imperial in a class of its own, as the taste is anything but what you would expect from such a hard-hitter.

This concoction may not be the perfect Thanksgiving beer, but it definitely holds a claim to being pretty damn close.

The verdict: Give me this on Thanksgiving, Christmas, Easter, my birthday, at my future wife's funeral, at the bar or at any time at all.

Rating: 4.5/5



Jesse Anna/Staff Illustrator

The age-old best wings question is answered

ELYSE GRIECO

Special to The Leader

If there's one thing the 716 is known for, it's chicken wings.

Since Fredonia is only an hour away from Buffalo, the birthplace of wings themselves, the area has an abundance of great wings to offer.

However, all these options leave one lingering question: who has the best chicken wings in Fredonia?

Here is a list compiled of results taken from an informal poll, that Fredonia students agree, are the best spots to get wings around town.

#4 BJ's

BJ's is one of Fredonia's oldest bars. Since it opened its doors back in 1933, it has been a staple of Fredonia's bar scene.

Not only does BJ's offer drinks, they also have an open kitchen throughout the night.

One of their menu items, and a fan favorite, is their chicken wings.

They even go as far as proclaiming them on their website as, "the best."

Bryan Sibble, former Fredonia soccer player and graduate of the class of 2017, said he misses nothing more than going out to BJ's with his team for Saturday night wings.

"Their wings are the best," he said. "I like the sauce better than anywhere else I've tried them. The wings are a lot bigger too. I mean, the fact that they're cheap isn't bad either. My teammates and I went every week and I know [they] all miss it a lot."

BJ's is open Sunday from 8 p.m. to 2 a.m., Monday through Thursday from 5 p.m. to 2 a.m. and Friday through Saturday from 3 p.m. to 2 a.m.

#3 Ellicottville Brewing Company West (EBC)

Ellicottville Brewing Company, known around town as EBC, is a brewery known for their craft beer.

On the side, EBC offers a huge menu of delicious food.

One thing that students love about EBC is trivia night held every Wednesday.

Every week, a game of trivia is played and several prizes are up for grabs.

On top of that, wings are also only 75 cents a piece, making it an affordable meal.

Madeline Rose, a sophomore education



Hangover Shmangover

The best cures for that miserable morning



BETHANY CLANCY
Staff Writer

It's your average Saturday or Sunday morning in Fredonia: you drag yourself out of bed to get a nice greasy breakfast sandwich after a weekend of busting a move on the Sunny's dance floor. As usual, the line has passed the Tim Hortons stage and is out the door.

What a predicament you're in.

Do you suffer more and wait? Scrounge the C-Store for something equally as suitable?

Fellow Fredonia students have been discussing their best ways to get rid of that nasty hangover, whether it be home remedies or just eating a lot of greasy foods. The students from campus gave their best tips following this year's Halloween weekend.

Emily Prendergast is a senior music industry major here. After going out numerous times with her friends, she's finally mastered the key to not getting super hungover and how to cure it when she does.

"The one true hangover cure, I believe, is throwing up the night before you even start to get the hangover or the morning of, especially if you can't afford to stay in bed all day," she said.

Prendergast goes on to tell her favorite hangover foods, which include a sausage, egg and cheese sandwich from Tim Hortons, "and a strawberry banana V8 juice, especially if you're

feeling nauseous."

Another student, Mikki Maiava, a junior BA theatre major, has several steps for getting over a severe hangover.

"The first step is water, like an absurd amount, as soon as you wake up just down a ton of it. I'm usually not up and moving until about 1 p.m. From there, I usually get together with the friends I went out with the night before and we head to this little mom and pop Mexican spot on the pier: Taqueria Mexicana," she said. "They sell the fattest burritos [for \$8], my go-to is with ground beef, red sauce and sour cream. Over the years I have learned that drinking black tea helps; not coffee. Coffee gets you too hype and causes your heart to beat too fast, tea eases you into everything."

It's clear that these two students know what they're talking about when it comes to curing that dreaded weekend hangover.

If these are too complex, or you don't think you can stomach all the fatty foods, three other students: Brendan Lynch, senior video production major; Marina Kaufman, senior graphic design major; and Maria Johnson, senior painting and drawing major all have some more simple suggestions.

Lynch said that drinking a disgusting amount of mountain dew when he wakes up is his solution, and Kaufman swears by doing a shot of pickle juice (and eating the pickles afterwards, of course).

Finally, Johnson's weekend-saving meal is a nice bowl of ramen with a gatorade to wash it down.

If these hangover cures don't work, just remember: when in doubt, Cranston brunch never fails.



Mattea Guldly/Staff Illustrator

major, said that Wednesday night at EBC is something her and her friends look forward to. "It's something fun to do during the week. Playing trivia is fun, but we mostly come for the wings," she said. "I'm from Buffalo, and I know what good wings are. They're honestly the best wings I've had here at school."

EBC is open Sunday from 11:30 a.m. to 9 p.m., Tuesday from 4:30 p.m. to 10 p.m. and Monday and Wednesday through Saturday from 11:30 a.m. to 10 p.m.

#2 Fred's Food Service (Fred's)

Fred's Food Service, or Fred's, is one of Fredonia's hidden treasures. Located on Water Street behind Old Main Inn, Fred's offers an elaborate menu filled with items to satisfy anyone. Every Wednesday, they have a 60 cents wing special as well. This keeps up the friendly competition between Fred's and EBC. However, Gregory Pardner, a senior economics and political science major, said that he prefers

wings from Fred's over anywhere else. "The butter garlic parmesan wings are to die for. They have a lot of great options too. I've been to EBC a couple of times and it's pretty good, but it just doesn't really compare," he said. Fred's is open Monday through Thursday from 11:30 a.m. to 9 p.m. and Friday and Saturday from 11:30 a.m. to 9:30 p.m.

#1 Wing City Grille

Wing City Grille takes their wing game so seriously, it's literally in their name. With a menu composed of over 25 different flavors, they are bound to have a flavor for every wing lover. They also give a 10 percent discount to every student who presents their Fred card at the restaurant, which is great for the average poor college student. Daniel Reilly, a sophomore sports management major, said that Wing City, in his opinion, has the best wings around Fredonia. "The wings are really good and pretty cheap too. I like barbeque wings the best. Compared

to everywhere else I've had them, the barbeque wings here were so much better," he said. Wing City Grille is open Sunday to Thursday from 11 a.m. to 10 p.m. and Friday through Saturday from 11 a.m. to 11 p.m.



Khris Dunn/Special to The Leader

OPINION



From the Desk of Brandon Safe, Copy Editor

Where to eat, vegetarians?

Sometimes it gets discouraging and disheartening when you realize how much meat dominates the food industry, and you get a little tired of seeing it advertised and glorified everywhere, but there's hope.

Even if you're not a vegetarian, there's probably a pretty good chance that somebody you know or somebody you're close to is, so share these friendly tips of places to eat with them!

People think the hardest part of being a vegetarian is not wanting to eat meat, but for me, that wasn't even a concern. The most difficult part was going back to places I had once eaten and realizing just how few options I had, if any.

That's always been the hardest part: actually finding options, but after three years on campus, I've realized that there are options available on and off campus.

ON CAMPUS

Tim Hortons:

Here, you can get donuts, muffin, danishes, cookies, grilled cheese paninis, potato wedges and many more options. While most of their menu is meat-based, I've never had a problem finding something I could eat here while also getting my excessive dose of caffeine at the same time. I typically get a grilled cheese panini (if we're being honest), but keep in mind that closer to closing, Tim Hortons does not offer paninis.

Cranston Marche:

At this all-you-can-eat dining hall, there are also a good amount of options. There's a pasta station where you can choose between white, wheat, and gluten free pasta, plenty of veggies and marinara or alfredo sauce. There's almost always cheese pizza offered,

and when there are plates with entrees and side dishes, you can ask for the side dish itself, such as fries. There's a sandwich station with many vegetables available, a dessert station and even veggie burgers on "Burger Wednesdays."

Centre Point:

Located on the bottom floor of Williams, this dining facility also has vegetarian options. There's always cheese pizza available, mozzarella sticks, a sandwich station, a salad station, and different options daily, such as vegetable lo mein and vegetable fried rice. There are also made-to-order veggie burgers.

El Diablo Azul:

Located next to Centre Point, El Diablo offers made-to-order quesadillas, as well as vegetarian pinto beans and black beans. There are definitely vegetarian Mexican food options here.

Cafes on Campus:

There are cafes in Fenton, Mason, McEwen and the Science Center, and aside from many drink options, there are fruits and vegetables, cookies and muffins, bagels and prepared food options available that don't contain meat, such as the protein platters and egg and cheese breakfast sandwiches. These are good places to stop for a small snack when you're hungry in-between classes.

OFF CAMPUS

There are many options off-campus, not too far. You can call ahead of time and order a cheese two-slice at Maria's, and you can obviously get cheese pizza and veggie options at other pizzerias, such as Blasdell Pizza and Pizza Hut. One of my favorite places to eat is Taco Bell, because you can order anything off the menu by substituting the meat with refried beans. You should definitely give the cheesy-potato burrito with bean substitute a try sometime! Most Subways also offer a veggie patty, so you can get a sub with a veggie patty, or just a vegetable sub instead; both are great options.

You can also go to the many grocery stores near campus and buy fruits, vegetables or just meals in general that you can cook or eat at home. Tops has a fantastic Morning Star section, which is a brand that offers many meatless options, such as veggie dogs, veggie burgers, chicken patties and many more. Gardein is also available at Tops and offers meatless fish and chicken fingers.

There may be times when it feels like there's nowhere to eat, but there are plenty of places once you discover the options. Whether you're somebody who's been considering making the switch but didn't feel like there were enough options on campus, or you've been a vegetarian but still needed more food suggestions, I hope this guide will help you.

If you have any food suggestions for me, email me at bsafe@fredonia.edu.

Tim's triumphs over dismal Dunkin's

SETH MICHAEL MEYER

Assistant News Editor

I've spent a vast portion of my life indulging in the wonderful world of caffeinated beverages, and when it comes to Tim Hortons, "reliable" is the word that comes to mind.

From my home town of Erie, P.A., to the wonderful world of the Williams Center, Tims is always there to satisfy my morning needs of a sausage, egg and cheese breakfast sandwich with an extra-large coffee with cream and sugar.

Dunkin' Donuts prides themselves in being the American choice for coffee, but it fails the quality of this young patriot. Dunkin's menu fails in variety serving mere pastries along with the hot sauce they call coffee. If America really "runs on Dunkin," I'm moving to Canada: the heartland of single-payer health care and Tim Hortons.

The variety of Tims is unmatched to say the least. They sell muffins and breakfast wraps in

the morning but in the afternoon you can find a wide range of items on their lunch menu. They have paninis, chili, potato wedges and even mac 'n cheese!

"Would you like some golden, delicious mac 'n cheese with your coffee?" "Hell yeah I would!"

There is plenty to love about Tim Hortons café and bake shop. Whether it be their eclectic menu, the collegian atmosphere of rock wall and a fireplace, "Roll up the Rim" season or the simple sense of self-respect you have drinking Tim Hortons coffee, you can't go wrong with a cup of Canadian coffee.

What is hardly ever mentioned that attributes the Tims' superiority is the work that is done off the center stage. Donation boxes next to every Tim Hortons register read, "send a kid to camp" to send kids to camp — a story that usually stays out of the public eye.

The Tim Horton's Youth Leadership program hosts thousands of kids a year in their camps throughout Canada. These kids are from low income families that reside in the U.S. and

Canada and are selected, one way or another, to enjoy themselves on a 10-day camp experience which they get to do for five years.

These kids from many walks of life come together to learn the skills of being an effective leader by putting them in situations beyond their comfort zone so they can learn to cooperate and strive. Such tasks include seven-day long canoe trips, or five-day long hiking trips where these kids accept that giving up is not an option (regardless of what they encounter) and that they are only as fast as their slowest teammate.

These kids learn effective teamwork skills that last a lifetime, and they couldn't have been able to do it without Tim Hortons. I am lucky enough to be one of those kids that got to experience such a wonderful camp, and it is truly life changing.

With that said, Tim Hortons triumphs by having great coffee and changing lives every day.



Jesse Anna/Staff Illustrator

EDITORIAL

Thanksgiving needs love, too

We would like to know why the frick frack there is already Christmas music and decorations up in every store and food place around. We would like to know why Starbucks had their festive cups and drinks out on Nov. 1. We would like to know why people can't even give Thanksgiving a few weeks to be hyped up before diving headfirst into a world of Santa Claus and figgy pudding.

Food is great. We all like eating food. Stuffing and mashed potatoes are actually the best. Christmas is good too, for sure, but we aren't even halfway through November yet.

Thanksgiving is a holiday dedicated solely to food. To FOOD, people. You don't need to stress about buying last minute presents, you don't have to go through the hell that is wrapping said presents. All you need to do for

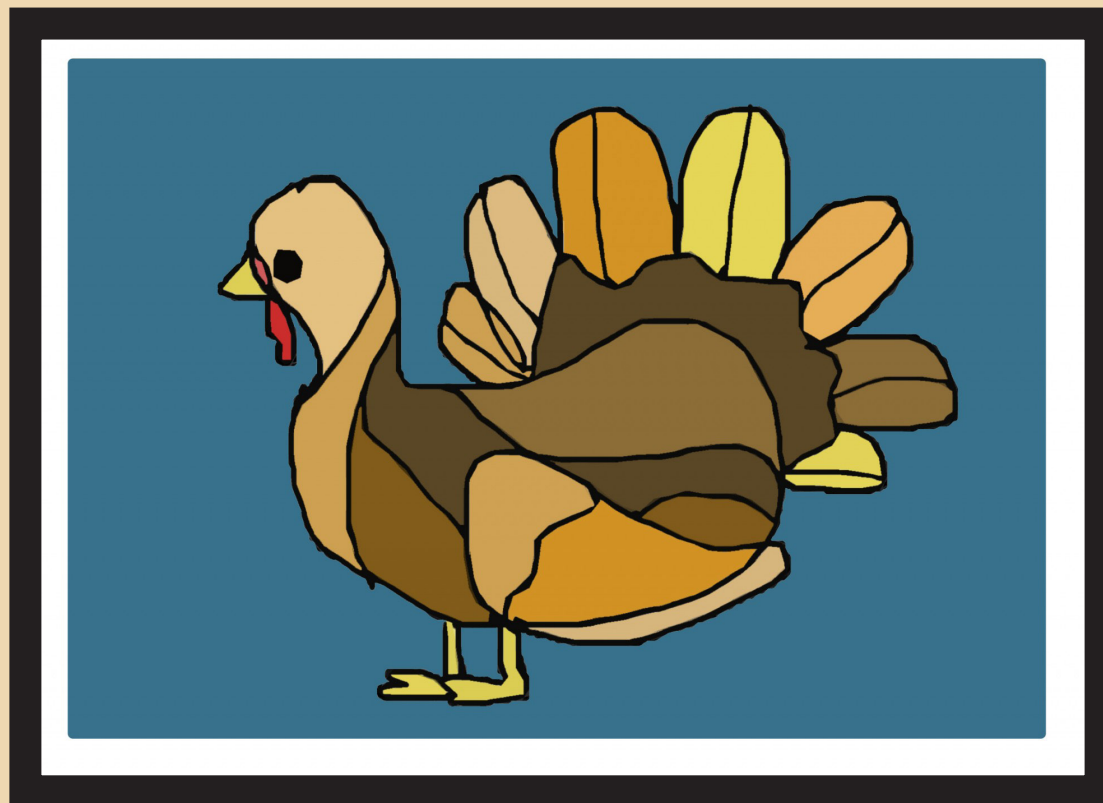
Thanksgiving is show up and enjoy gorging yourself on tryptophan, followed by the world's best food nap.

This is not a story of Thanksgiving vs. Christmas. Both holidays are awesome in their own unique way. It's time Thanksgiving gets a chance in the spotlight though. What is there not to like? Why do people insist on blasting Christmas music before people have even bought their turkeys? What do you have against mashed potatoes? What did Thanksgiving ever do to you?

Thanksgiving is about more than just turkey, however. Thanksgiving means time off from work, catching up with that weird uncle of yours and slowly picking away at the stockpiled leftovers.

Also, late November isn't nearly as threatening as late December. How often are we disappointed when it doesn't snow on Thanksgiving? When December rolls around with a green Christmas, remember that a green Thanksgiving is always better.

We also get a break from school so we should show our thanks for that gift as well. The upcoming food comas are only one benefit of the nearing holiday and we really need to acknowledge it before it's too late. Thanksgiving is like two weeks away, and we do not want to hear one more person humming "Deck the Halls" before we've had some goddamn apple pie.



Courtesy of Creative Commons.

Verbatim: *What food do you miss most from home?*



Jenna Sheen, freshman exercise science major
"Stuffed shells."



Olivia Eastland, freshman chemistry major
"Mac and cheese. The homemade kind, not the box kind."



Belle Johnson, freshman business administration major
"Spaghetti."



Trevor Galpin, junior psychology major
"There's a pizza place called 'Pudgies' at home, and I probably miss that the most."

Madison Spear/Staff Illustrator

SPORTS

The evolution of the Beer Mile



QUINTIN JAMES
Assistant Sports Editor

In the wide world of sports today, many new sports are popping up daily. One new sport that is starting to become a hot trend in track and field is called the “beer mile.”

The beer mile is a race where you have to consume four 12 ounce beers in four laps around a track that is 400 meters. Each contestant has to drink a beer in the last 10 meters before starting their next lap, according to beermile.com, and you can only have standard 12 ounce cans and bottles, as wide-mouthed cans and bottles are illegal for this race.

Each beer can't be opened until the competitor enters the transition zone on each lap. If the competitor opens the beer before the transition zone, a penalty will be given and the player will lose the race.

Every contestant must finish all of their beer and they aren't allowed to “shotgun or puncture” the can unless they are opening the can from the top. If they are using a bottle, then straws are not allowed either. This makes it so everyone has to chug the beer regularly which makes the laps more challenging.

The race is called the beer mile because it is supposed to be done solely with beer. Hard ciders and lemonades are prohibited.

This race becomes more challenging as many contestants throw-up while running this race. If a contestant throws-up during the race, that person has to run another lap after completing their fourth lap.

There are many races that are similar to the beer mile, i.e. the chocolate milk mile, vodka two-mile and wild turkey two-mile, but the beer mile is unique because the combinations between the beer and you gasping for air makes the race much more difficult as you consume more beers and run more laps.

While this race is popular among many college towns, it became noticeable to the public in 2014 when American James Nielsen became the first person to officially run a beer mile in under five minutes. Later that year, the first official Beer Mile World Championships

were held in Austin, Texas, which gave the race legitimacy.

In that race, the men's winner was Canadian Corey Gallagher with a time of 5:00.23. The winner of the women's race was American Beth Herndon with a world record of 6:17.08. In the next couple of years, contestants would flip-flop over the record for fastest time for the beer mile for both men and women, but last week the record was broken by Corey Bellemore.

This year's Beer Mile World Classic saw Bellemore beat the record with a time of 4:33:60. In an interview with Bleacher Report in May, Bellemore said that the key to his record breaking time was, “After you chug those beers, the first hundred meters of the next lap, you really have to focus on getting the burps out.”

Fredonia seniors on the track team participate in an annual post-graduation beer mile every year. Seniors Rocky Caparro, Mitch Loiacano and Chase Towse all understand how tough a beer mile is and shared experiences of how difficult the race can be.

“Freshman year you run the chocolate milk mile in the beginning of the year and senior year after graduation you run the beer mile. It's a tradition for Fredonia track,” said Towse.

The difference between running the beer mile in college and professionally is substantial. As Caparro explained, the beer mile in college is more for fun.

“When college kids run the beer mile, it's more for fun. Obviously you want to win, but the most important thing is to finish. When I ran my first beer mile, it was horrible. We only had Heineken to drink and it wasn't great, but the experience was fun,” said Caparro.

When thinking about running and drinking beer simultaneously, you may assume that throwing up is a common part of the sport. You would be right. While professionals usually keep their bodily fluids inside of them while racing, many

college students fail to get past the first couple of laps their first time.

“A lot of people usually throw up after the second lap,” said Loiacano. “It's hard to control your burps while you run and breathe but after you throw up, you normally feel a lot better.”

Throwing-up means you automatically land out of the top three in the race, so throwing up isn't advised and to prevent that it takes skill and knowing how your body works. It takes a lot of will to continue running while your body is taking in heavy amounts of alcohol in a short time.

The beer mile is evolving into an Olympic caliber sport. With its popularity is growing, a Beer Mile World Series could be coming to a TV near you sometime in the future.



Hayley Patterson/Staff Illustrator

Power Rankings: Thanksgiving Day foods



CURTIS HENRY

Sports Editor

In the world of sports, power rankings are essential. Sports enthusiasts crave the opinions of the experts on how good their team is at any point of the season, and power rankings are typically a go-to weekly page visit for an avid sports fan.

Aside from the world of competitive eating, it is possible that Thanksgiving is the best possible bridge between sports and food. Aside from Super Bowl Sunday, it is the one day of the year when nearly every household in the country has a football game on the television screen while surrounded by their loved ones. Football has become as associated with Thanksgiving as the Macy's Thanksgiving Day Parade in New York City, and because of that, I'm here to rank the top Thanksgiving foods in a football-styled power rankings.

Let's get to it.

10. Cranberry sauce

Not a strong start. Cranberry sauce is obviously the worst side dish on the table, and there really isn't competition for this distinction. I'm still not sure if this stuff is a liquid or a solid, and more often than not it just shouldn't belong. This is the half-assed attempt at incorporating a "fruit" into a meal that is otherwise filled with gluttony and shamelessness. Cranberry sauce doesn't belong here, and frankly, it never has.

9. Creamed Corn

Okay, maybe I lied about cranberry sauce not having any competition at the bottom of this list. It's not that creamed corn tastes bad, but everything about its appearance and consistency is less than attractive. It is definitely not a crowd pleaser.

8. Rolls

If you have a gluten allergy, rolls definitely aren't even cracking the top 10. However, for those of us addicted to carbohydrates, these are essential to the Thanksgiving experience. A lack of complexity as a food stops these from being higher up the list, but the gap between rolls and the bottom feeders of this list is substantial.

7. Green Bean Casserole

My personal biases here make me want to move this treasure further up the list, but alas, I cannot. For those who hate this stuff, I understand. It's one of the least attractive dishes on the table; mushrooms are kind of gross, and green beans aren't for everyone. I feel you. For me though, this stuff is top notch.

6. Mac and Cheese

Is there an occasion where homemade macaroni and cheese isn't a top 10 food option? I think not.

5. Stuffing

Another one for the carb addicts. Stuffing is a Thanksgiving Day exclusive. Any other time of the year when you are consuming copious amounts of moist bread just seems kind of weird.

4. Pie

The perfect end to a legendary meal. There is no specific type of pie that is the right answer. Apple, pecan, pumpkin. You're gonna need some of that as a prerequisite to your food coma.

3. Turkey

Probably the most overrated item on this list, the turkey is what defines Thanksgiving. A lot of people aren't fans of turkey, and it's understandable. Far too often the cooking of these bad boys is completely botched, resulting in a less-than-enjoyable feast. However, when cooked correctly, the leftover cold turkey sandwiches that you have at your disposal for a week are the bomb.

2. Beer

Is beer a food? For all intents and purposes of this article, it absolutely is. Cracking open a cold one with the boys is second only to cracking open a cold one with your family . . . at least until Uncle Jim has had a couple too many and is starting to make slightly racist comments.

1. Mashed Potatoes

Is this really even a debate?

Dieting and college sports

How much does one affect the other?

ANDREW RICHARDSON

Special to The Leader

Division I athletes have an extreme diet and conditioning schedule they must maintain throughout the season. This diet consists of four separate workout time slots, each of which is followed by a meal of some sort.

Fredonia does not do this.

Fredonia and division III schools in general do not give their students nearly as strict of a diet plan as their division I counterparts. Supposedly, it is more of a loose guideline coaches suggest to players.

“As an administration and coaching staff, we don't necessarily regulate diets per se — I don't believe anyone on our staff has degrees or certifications in nutrition or counseling. However, if we recognize that something might not ‘look okay’ or if someone approaches us with a concern about unhealthy consumption habits or lack thereof, we have had conversations with the student-athlete,” said Megan Valentine, who is serving as the interim director of athletics at Fredonia.

Although D-III typically does not have strict guidelines to follow, a coach's suggestion can go a long way.

“My coach during the season advises us, especially on away trips, on what we eat. For example, we have pregame meals together on road trips, and he's always watching what we eat. We can't have anything bad or unhealthy. We mostly eat subs or salads before a game,” said Fredonia women's soccer sophomore,

Olivia Coccitto.

“Yes, [playing] sports most definitely helps me maintain a healthier diet. It keeps me on track. I enjoy eating healthy when I'm working out or playing a soccer game. Eating healthier while playing sports just makes you feel better as a whole, mentally and physically,” said Coccitto.

Although sports push athletes to look towards healthier eating habits, this is not helpful if there is nowhere to eat healthy.

“I find it difficult to eat enough on the Fredonia campus during tennis season because the food is so expensive, and a meal plan only provides you with so much. If there are athletes that go to Cranston regularly, they probably do not have this same problem. It is really inconvenient during the few months when I am in season to get to Cranston everyday,” said Avril King, a sophomore on the women's tennis team.

King is not the only student athlete that thinks this way.

“Honestly, I find it hard to eat the way I want to eat on Fredonia[s] campus. As a sophomore, I live on campus and I do not have a ton of options,” said Coccitto. With Cranston closing at seven, and Willies having ‘more fried food,’ it's hard to eat healthy all the time. The C-store is nice because they have salads and yogurts, but I get sick of it after a while. I'm excited to live off campus next year so I can grocery shop and have way more, healthier options.”



36 West Main Street - Fredonia - 716.672.2111

404 Central Ave - Dunkirk - 716.363.1111

EVERY DAY SPECIALS:

Lg. pie (+1 topping) & lg. wing or fing.	\$30.46
Sm. pie (+1 topping) & sm. wing or fing.	\$22.13
2 lg. pies (+1 topping) & fam wing or fing.	\$54.07
Any 3 cold subs.	\$22.96
Any 3 hot subs.	\$25.83
Buy 2 lg. pizzas, get a FREE 2 liter of soda.	

LUNCH SPECIALS:

(Before 4:00pm) Buy any sub, get a FREE 20 oz. soda.

Half sub or wrap, bag of chips, 20 oz. soda. \$7.78

2 slices and 20 oz. soda. \$6.76

MON. & TUES. SPECIAL:

Lg. pizza with up to 3 toppings. \$15.37

WED. WING SPECIAL:

Per dozen. \$7.95

GAME SPECIAL:

Get any of our specials during a Sabres game...just show us you're a fan!



“I find it difficult to eat enough on the Fredonia campus during tennis season because the food is so expensive, and a meal plan only provides you with so much,” said Avril King, a sophomore on the women's tennis team.”



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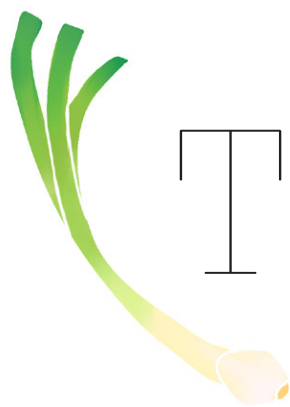
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THE SCALLION

Melissa Neuburger/Special to The Leader

Feast your eyes on Fredonia's food hotspots



EMMA PATTERSON
Assistant Scallion Editor

All college students understand the pivotal role food plays in our daily lives. Luckily for us, there are plenty of off-campus dining options for when Cranston is terrifying and Tim Horton's is inevitably closed. So the next time you're on page 18 of your research paper and you need REAL food to fuel your soul, consider checking out some of these popular Fredonia hotspots.

Maria's Pizzeria and Restaurant

Perfect for foodies and the supremely drunk alike, Maria's offers a peculiar array of Italian foods, from pizza to . . . pizza. It offers what reviewers call "amazing" pizza and "passable" club sandwiches, which isn't at all confusing, and the chicken finger sub is largely considered a "hit or miss" commodity.

Here's a funny little anecdote from a particularly grouchy reviewer: "I've been on hold with this damn pizza place for three months. I don't even remember what I wanted to order. This is a matter of survival, now." In other words, skip delivery and make the trek to the store yourself. It's probably worth it.

Calio's

If you thought Maria's was your drunk-food haven, think again. Calio's is what one reviewer called "the greatest place to get a calzone when you don't know who you are or why you're naked." One common theme amongst reviewers, however, could be cause for concern. "I saw Ben Wyatt — you know, from "Parks and Rec" — in here a few days ago, and he was less than pleased," one reviewer said. "If the creator of the Low-Cal Calzone Zone isn't happy with Calio's, then how am I supposed to feel?!"

P*Dubs Pizza Wings & Things

As the battle of the chicken finger sub continues, it looks like P*Dubs is in the lead. What makes a chicken finger sub good, anyway? I just realized how strange the concept of a "chicken finger sub" is when you type it three times in a row. Chicken finger sub. Chicken finger sub. Chicken finger sub. Wow.

I also feel the need to call upon my own expertise here. As a native Long Islander, I consider myself an expert on what makes pizza great. I've never seen so much cheese on a slice of pizza as I did at P*Dubs, but the late hour and sleep deprivation made it a euphoric experience.

A Spot and a Spell

Go for the tea and whimsy, stay for the possible witchcraft.

Upper Crust

Largely considered the Panera Bread of Fredonia, Upper Crust is the only place you can watch old TV shows like "The Twilight Zone" without your grandma yelling at you to turn up the volume. Upper Crust is mainly known for its vegetable soup, which allegedly causes out-of-body experiences and incoherent praising to the gods. The cinnamon rolls are pretty good, too.

So the next time you find yourself alone on a random Fredonia street corner with a hankering for lukewarm pizza, consider giving one of these hotspots a shot. And just a friendly inquiry from a lowly student writer: C'mon, Fredonia, when are you gonna get a decent bagel place?!

Student opens up bootleg restaurant in his dorm room



ALBERTO GONZALEZ
Staff Scallywag

The food options on campus are becoming increasingly limited with the passing of each semester. Those with more than 40 credits under their belt will remember the glory days of yesteryear when one could go to Tim Horton's past 5 p.m. and when Willies was open until midnight. Certain alumni will even remember when there were two buffet style dining halls and when Willies and the two coffee hot spots were open until 2 a.m. Some might even remember the old mandatory freshman meal plans of unlimited meals.

Those times, however, are long behind us, and now a meal does not get you an actual meals worth of food without going to Cranston. If you want food after 11 p.m., you are S.O.L, and if you have a liking for Tim Horton's over Starbucks, then you better get there before 5 p.m.

Thankfully, one Fredonia student has decided to take things into his own culinary hands in an effort to combat the increasingly decaying food situation on campus.

The Chef, as he has become known around campus, has opened a speakeasy-style underground restaurant straight out of his dorm room. Not only is The Chef putting FSA to shame by making great tasting food and keeping it at half the average price for a meal on campus, they are also pushing themselves to the limit by serving at least one new food item a week. By implementing new food items and having a voting system at the end of the week, it can be ensured time will not be wasted cooking food items no one wants.

By focusing on pleasing the masses, The Chef is actually increasing sales (who would have thought?)

This movement, just like the craft beer movement, is spreading faster than a cold through campus and has already spawned competition.

These competitors, to some surprise, are encouraged by The Chef, who sees this as

an opportunity to hone their craft and increase their quality by being forced to stay competitive. At this time there is the original, which mostly serves American diner style foods, and there is an all-vegan place and a mediterranean style cuisine spot within the dorms on campus.

There are already whisperings of a new place in the works, with at least three more interested students who want in on this booming market. It is the Wild West of food here in Fredonia, and it has never been a better time to be a person who needs to eat on campus.

The increased competition has resulted in more budget-friendly food options as well as a diverse array of quality food. It is probably a good idea to be cautiously optimistic from here on out, but if this trend continues and grows, it is certain that there will be only one loser as time passes: FSA.



SuDi Wang/Staff Illustrator

Calios releases new "Study Buddy" calzone



JACLYN SPIEZIA
Staff Scallywag

Finals are closer than they appear on the calendar. In order to cope with long sleepless nights of migraines and confusion as students try to grasp material they should have grasped months ago, Calios has come up with a solution.

"Introducing the 'Study Buddy' to college students was a great idea," said Doug Deeler, a valued Calios employee.

Now students will no longer have to struggle to read boring textbooks, have cramps in their fingers from hours of typing and writing or have aches in their hungry stomachs. Well perhaps the first two still, but definitely no more hungry stomachs!

The "Study Buddy" is what many college students are calling "the cure." Stuffed with coffee grounds, Adderall and Red Bull, the "Study Buddy" is a steal at only \$11. It is also available to be pounded for a dollar more. Not only will students begin to feel alive and energetic, but they will be focused and motivated to actually do their work.

Side effects include, but are not limited to: nausea, vomiting, jitters, twitching, quickened heart rate, heartburn, the squirts, heart attacks, suicidal thoughts, heart failure and death. If you experience any of these symptoms, you should probably go to a hospital because if you weren't already dying from stress, you're probably dying from caffeine-induced heart failure.

Please note that Calios will not be responsible for any damage that the "Study Buddy" might cause to your body. Also note that the "Study Buddy" in no way guarantees you a good or better grade, and only one is recommended per every three-to-five days.

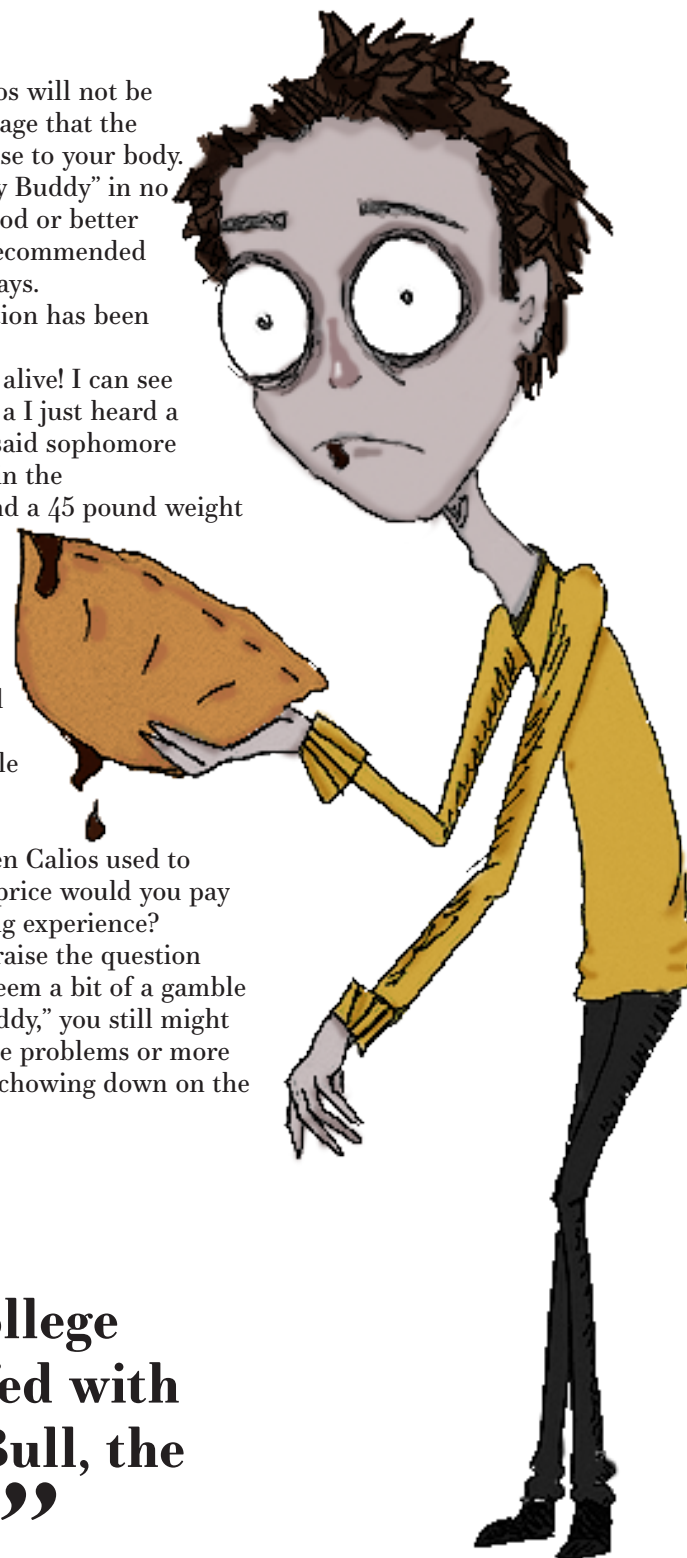
So far, student reception has been relatively positive.

"I've never been more alive! I can see soundwaves and I think I just heard a man cough in Algeria!" said sophomore Johnny Rocket, flushed in the face and throwing around a 45 pound weight plate like a frisbee.

If you are struggling with the stress of studying for finals try giving Calios a call! Their line hopefully will not be too busy.

Although, some people might argue that they overcharge nowadays, reminiscing back to when Calios used to actually be \$6.50, what price would you pay for a heightened studying experience?

Calios would like to raise the question that although it might seem a bit of a gamble to try out the "Study Buddy," you still might be subject to any of these problems or more without one! Good luck chowing down on the important stuff!



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Dulcinea Lord/Special to The Leader