Runners await the sound of the gun to start annual Slush Rush.

SYLVANA DUSSAN
Layout Editor

As the snow covered the ground early on Sunday morning, students and community members prepared for the annual Slush Rush.

The Slush Rush is an event sponsored by the International Education Center in honor of Xylia Peterson, a former Sri Lankan international student and staff member here at SUNY Fredonia. The event raises money for a scholarship and fund specifically for full-time junior and senior international students. "International students have to pay out-of-state tuition," said Andrew Platt, assistant director of International Student Services. "And it is a great opportunity to help them less burden the load of how much they have to pay to come to SUNY Fredonia." This is just one of the reasons why it is important for students and community members to participate in the race.

International Education Center's public relations intern Ashley Enekes agrees.

Continued on page A-2

CHRISTINA STOCK
Editor-in-Chief

Spectrum has decided to bring Fred Fest “back to its roots,” to the days of Dinosaur Barbeque and outdoor festivities. It wasn’t until recently that they started bringing headliners in for the event and since then student funds have spent hundreds of thousands of dollars on Fred Fest musicians. Until fairly recently, the event was held outdoors and involved local acts, and Spectrum has decided to return to the event’s old format.

With over $70,000 spent each year, only to be followed by inevitable student complaints. Spectrum has decided to eliminate the headliner entirely. They’re taking Student Association dollars and funding the event in a way that benefits more students—an outdoor festival that focuses not on a guest performer, but on having fun, seeing friends and celebrating Fredonia.

To be held on the weekend of May 4, the event will still be free for students, and guest ticket prices are currently in question. With the money that Spectrum saves by eliminating the headliner, the group plans to create an outdoor festival that can be better enjoyed by students.

“A lot of the interest in the concert has gone down,” said Spectrum president Ali Drake, “We see that out of the people that buy tickets, not many come. It just decreases from year to year.”

“It [last year’s Lupe Fiasco show] was still a great concert, but the stats show that it’s just not as well attended as it could be,” said Spectrum vice president, Anna Jones, “It’s just not the best use of our money to put on what we’ve been doing in the past.”
From corsets and flapper dresses, from Marilyn Monroe to Twiggy, the image of ideal beauty has transformed over time. Delta Phi Epsilon (DPhiE) held an event on Thursday, Feb. 28, which promoted a healthy body image for the modern woman on behalf of the National Association of Anorexia Nervosa and Associated Disorders (ANAD).

The event’s speaker, communication professor Dr. Tracy Marafiote, started the evening by having the audience rate their body tolerance, or their level of self-esteem in relation to their bodies, on a sheet of paper. Afterwards, Marafiote showed various images of celebrities and models who have “ideal” bodies. She then had the audience write the number of their body tolerance again after seeing these images.

After a hum of laughter from the audience, Marafiote said, “Media messages are absolutely, deliberately, painstakingly and carefully constructed. The images that we see are not accidents. There are certain kinds of media messages that try to tell us how to define the ideal body.”

According to a study done by the American Psychological Association in 2007, a culture-wide sexualization of girls and women is contributing to an increased female anxiety associated with body image. However, this kind of sexualization has been occurring throughout time by various means.

Marafiote shared numerous pictures displaying the ideal body of a certain time period. Whether it be the waist-tightening corset of the 1800s or the desire for a curvier figure during the 1950s, Marafiote expressed that the ideal figure is constantly changing and is almost unreachable. The sought-after hourglass shape that is considered to be the current ideal is only achieved by eight percent of the female population, according to research by Helen McCormack.

Fundraising chair of DPhiE Dana Manza said, “In planning this event, we were hoping to spread awareness and have women realize that it’s not about what the ideal image is but [about] finding beauty within yourself.”

The effect and uses of Photoshop in creating idealistic beauty was also demonstrated during the presentation. Numerous before-and-after images of celebrities showed how Photoshop can erase marks or create unrealistic figures. The clothing company H&M uses the same model for all of their advertising by using Photoshop to adjust the model’s face, creating a range of different models that share similar qualities, all stemming from one common image.

“We see this Photoshop happening to the extent where we have these standards of beauty that make everyone seem somewhat generic,” Marafiote said. “The women we idealize in our society all seem to look very similar. We take Photoshop to ridiculous proportions.”

In reaction to this, DPhiE sister Cassie Mentecky said, “From what she clearly showed us, there are a lot of images that are Photoshopped, and we cannot Photoshop ourselves. We are all still beautiful no matter what a picture looks like.”

Two years ago, The Self-Esteem act proposed a requirement for advertising and editors to carry a label stating if they had used Photoshop. However, legislation was not passed. In 2011, the American Medical Association stated that alterations made through processes like Photoshop can contribute to unrealistic body image expectations, eating disorders and other emotional problems.

“I’ve seen a couple of my friends be affected by body image, in high school specifically,” said DPhiE sister Liv Phillips. “I know it’s tough on girls, especially because of the media. It’s a scary thing.”

It was also stated by Marafiote that there are very clear correlations between food attitudes and body image attitudes. The people who have healthier body images tend to feel more comfortable around food. People who are uncomfortable with their body are more likely to develop disordered eating, if not an outright eating disorder.

Marafiote encouraged students to appreciate a wide range of body types and to stop criticizing themselves. She asked the audience to start creating a dynamic conversation with friends, talking about what they love about themselves instead of what they hate.

“We put out a lot of awareness this week and I know it has caused a rise in the crowds. I think it’s hitting home for a lot of people and they are becoming more aware. I hope it makes changes,” said Phillips.

After reciting the Anorexia Nervosa and Associated Disorders pledge, audience members lit candles in honor of to the victims who lost their battles with eating disorders. The money donated at the event will be donated to ANAD in honor of promoting a healthier body image.

Marafiote concluded, “I want people to look at a wider range of beauty. I think more than anything I really want people to start questioning that there’s one ideal that’s beautiful.”

“It is a great experience for all of us to meet international students and, if this award and scholarship can help bring one more student here, then that would be awesome and worth it,” she said.

Janet Reid, secretary of the International Education Center, added, “[This race] brings the students and the community together.”

This year, the organizers tallied about 200 racers ranging from ages 14 to 71 to have completed the course which started and ended near Steele Hall. Even though the IEC wishes to raise as much money as possible for the scholarship fund, the group does not hold a minimum donation amount.

“We will be happy with any amount because it just shows support,” said Reid.

The cold weather and slush on the ground did not intimidate runners from participating. After enjoying refreshments at the Williams Center, runners warmed up before the race began. At the sound of the gun, participants were on their way. According to Reid, The 5K that goes around Ring Road is only the second sanctioned race of the year in Western New York.

“A lot of people want to get their time in and get going on their yearly race,” said Reid.

Such was the case with this year’s first place runner Geoffrey Lesch-Wragge, second place runner Kyle Collins and third place runner Joe Campbell. The top three racers were not scared by the event that Reid called “cold, brisk and invigorating.” After the race, runners returned to the Williams Center to eat, warm up, be part of the award ceremony and to participate in a raffle. Prizes for the raffle included gift cards from local businesses who wanted to help support the cause.

The event was successful thanks to the participating runners, organizers and volunteers.

“The IEC organizers and coordinators have been working hard to plan the event all year,” said Eneker.

Volunteers such as members of the Delta Chi fraternity and the Sigma Kappa sorority also helped with registration and with keeping runners on course throughout the race.

Platt considered the race to be a success and said, “Either way, we have people here. We are doing fundraising and no matter what, any fundraising, as much as you do or as little as you do, is considered a success.”
Black History Month ends with talk on sleep and slavery

EMILY PEASE
Special to The Leader

Slavery is a practice that has been a stain on the fabric of history for thousands of years. Have you ever wondered how the specific subject of sleep and slavery are related? Benjamin Franklin, an early signer of the Declaration of Independence, is known for a story he told about how he slept with a candle burning just to keep himself awake, but did not become interested in the subject that he wrote and published a paper entitled “Sleeping Slaves, Walking Masters.” He had done research on insane asylum in the 19th century and noticed that a lot of the people committed had sleep disorders,” Reiss said. “Once you see it, you start to find it everywhere.”

Dr. Reiss delivered a thought-provoking speech on his work at the Black History Month guest speaker event, which was sponsored by the Black Student Union and the Women’s Student Union. Dr. Reiss opened the evening with a chilling tale about a young female slave who had attempted to help a fellow slave during his escape. Her brave actions resulted in a brutal injury resulting from a blow to the head with a block of lead. Thereafter, the young woman had strange sleeping spells and dreams which many deemed to be prophetic in nature. Due to her master’s disinterest in her because of her disability, the woman eventually escaped and went on to become a heroine in the fight to end slavery. This young woman was none other than the famous abolitionist Harriet Tubman. The legends of Ms. Tubman’s sleeping ailments served as a segue into the topic of sleep among the slave population in Dr. Reiss’ monologue. He went on to emphasize the importance of sleep in the daily lives of humans and how this vital state of being is grossly ignored in the evaluation of historical events. Sleep was, in fact, an incredibly powerful source of control and a herald of inequality during the times of slavery in the United States. Dr. Reiss supported this claim by quoting famous figures of the time.

Interestingly, one of the founding fathers of our country, Thomas Jefferson, wrote on the very topic of sleep among slaves. In his book “Notes on the State of Virginia,” Jefferson claimed that blacks did not require as much sleep as whites, and that they were much more susceptible to falling asleep. He attributed this distinction to the perceived inferiority of the mental capabilities of the slaves as compared to whites. Dr. Reiss’ tone took on a sarcastic air at this point and a bitter chuckle rippled through the nearly-full seats of Jewett 101 at the audacity and blatant racism of Jefferson’s words. Abolitionist Frederick Douglass was also cited in order to clarify the power that white slave owners maintained over their slaves through the control of sleep. Douglass recalls being summoned by the sound of a loud horn and the brutal punishment that was given to those who dared oversleep. Not only was the management of sleep a tactic of control but also a matter of security. White slave owners were afraid of what their slaves might do in the dark of the night.

Perhaps the most sickening aspect of sleep among slaves was that they were given a specific disease to further belittle them by the famous pro-slavery advocate and doctor, Samuel Adolphus Cartwright. Dr. Reiss cited the baffling work of Cartwright as a narrow-minded racist, sharing his astonishment at the bizarre medical conclusions with the attentive crowd. Cartwright actually believed that slaves had a mental deficiency due to covering their faces during sleep, which would lower oxygen levels going to the brain. Interestingly enough, this supposedly ‘black’ disease is referred to as sleep apnea today. Dr. Reiss concluded his speech by evaluating the intrigue involved with using the work of known racists, such as Cartwright, in the modern day.

Following the event, BSU member Pilar Nelson stated, “The BSU wanted to cosponsor this event with the WSU due to the incorporation of Harriet Tubman.” She also mentioned that, “[BSU] wanted to bring an academic aspect to the Black History Month events.”

Dr. Reiss produced an interesting and novel talk on the lives of slaves, leaving SUNY Fredonia with a riveting conclusion to this year’s Black History Month.

Cornell speaker busts myths on fracking

ANNE RITZ
Assistant News Editor

With all the controversies surrounding hydraulic fracturing, or “fracking,” a method for extracting natural gas—it’s difficult to separate myth from reality. On Tuesday, Feb. 26, Dr. Anthony Ingraffea of Cornell University held a presentation separating the myths from the realities in the industry.

Students, community members and even those from Pennsylvania who were concerned about fracking issues gathered for the presentation. His presentation was titled “Unconventional Gas Development from Shale Hays: Myths and Realities.” Ingraffea explained that he tried to minimize the use of the word fracking because of the common misconception that the word carries.

Ingraffea explained that there are four major myths promoted by the industry that are related to human impacts. First, that fracking is a well-proven technology, that the use of multi-well pads and cluster drilling reduces surface impacts; fluid migration from faulty wells is a rare phenomenon and that natural gas is a clean fossil fuel.

He explained that shale gas development is different from past practices. Four technologies have recently been combined to make gas production from tapping through impermeable shale more technologically and economically feasible.

One of these technologies is directional drilling, while the conventional method is horizontal drilling. This process allows drilling on the lateral part of the shale, the lateral area being longer than the vertical.

Another new technology Ingraffea discussed was slickwater (lubricated water) used to control the amount of power needed to pump large amounts of fract fluids at high pressures over long distances.

An additional new technology is multi-well pad drilling. This allows several drilling wells to be on one site. Ingraffea explained that, because of these new uses and technologies, the first myth can be proven false. The unconventional development of gas using high volume fracking from long laterals is not a well-proven 60-year-old technology; it is still being developed.

Ingraffea then addressed the myth on multi-well pads and cluster drilling reducing surface impact. He pointed out that, in regard to New York State, if there never had been shale gas drilling in the state before, there cannot be less surface impact. During his presentation, he explained that these pads will be constructed regardless of terrain. This means there can be reconstruction of terrain, such as mountaintop removal.

What does this mean for New York State? Ingraffea explained that current permits require that an operator design a drilling unit on the surface to drill on certain area. One square mile can be used as long as the land is available. The company must get approval from 60 percent of the landowners. A cluster pad arrangement would mean that these square mile areas would be permitted to touch each other.

Because of this, the use of multi-well pads prolongs the intense industrialization and leaves a larger, longer-term footprint. This causes long-term noise, dust and light pollution and creates larger spill probabilities.

Another myth Ingraffea addressed was the issue of faulty wells. He explained that it is very difficult to case, drill and cement a well that will never leak. He found that deviated wells were leaking at a higher rate than non-deviated wells. He also found that most wells that are leaking were never issued a violation.

Ingraffea explained that in New York State, there are expected to be 50,000 to 100,000 Marcellus and Utica wells. There currently is a 5 to 10 percent failure rate of wells and this will happen within the first year of drilling it brought to New York.

Lastly, he discussed the myth that natural gas is a clean fossil fuel, making it better for climate. Ingraffea explained that this is only true if only carbon dioxide is considered. He went on to explain that methane is a much more potent greenhouse gas than carbon dioxide and the extraction of natural gas releases much more methane than other fossil fuels. Shale gas production produces the most methane.

Ingraffea’s solution is to use more sustainable forms of energy. He suggests that New York State utilize wind, water and solar energy to provide stable and renewable sources of electric power that are not subject to fuel supply.

He feels that there is no time to waste. He suggests that New York convert electricity, transportation and other forms of power to renewable sources by 2030. He reminded the audience that there would be no fuel cost of these energy sources.

Kristen Oakes, a community member, felt that she learned some valuable information about the issues of fracking in the presentation.

“I thought it was very informative, I felt that he gave the facts,” said Oakes. “I thought that he put in the science along with a little bit of his opinion but it was fact based. To be honest, I wasn’t very aware of even what it [fracking] was or even what it involved, so it was very informative for me. So, now I can take that and make my own opinion of that.”

Jake Prechtl, junior political science major, feels that there are many issues in the fracking industry.

“I think that there’s a lot of problems that go along with fracking and that there’s a lack of information about them, especially amongst the general public,” said Prechtl. “I think there’s a campaign to dismiss information that might change opinions against the energy industry. I think there’s an unwillingness, on the part of the majority of the public, to listen.”
February 28, 2013
2 p.m. Found cell phone outside Thompson. A report was filed.

March 1, 2013
4:01 a.m. A male entered 212 Shultz by mistake. A report was filed.
10:02 p.m. Numerous people in 311C Shultz were found with beer. Underage possession of was charged to Jasen R. Starbuck age 18, Jason Hodges age 20, Bryan Williams age 19, David Miller age 20, Scot Spears age 20, Mathew Miskowski age 19, Gabrielle Covallaro age 18, Nicholas Kowalski age 18, Megan Incorvia age 20.

March 3, 2013
2:40 a.m. A vehicle stop led to discovery of alcohol and marijuana by persons under 21, Sean Duggan age 18 and Matthew Petrie age 19. Four tickets were issued and the evidence was collected.

Fredonia
Wednesday, Feb. 27
Christopher J. Ivory age 32 criminal contempt and harassment.
Jason Dunning age 31 harassment and trespassing.
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Phone: 917.817.9484
E-mail: rk@kkpartnership.com

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- 3 Bedroom – 1500 sq. ft.

School Year Rental Prices:
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- 3 Bedroom $2000/person/semester
- 5 Bedroom $2900/person/semester
- 6 Bedroom $3000/person/semester
- 8 Bedroom $2950/person/semester
- 10 Bedroom $2850/person/semester

Summer Rental Prices:
- 2 Bedroom $350/person/month
- 3 Bedroom $300/person/month
Spectrum anticipates Fred Fest reactions

**Fred Fest poll, conducted by Spectrum**

(393 participants)

**What is your favorite part about Fred Fest?**
- Hanging out with friends: 26%
- Seeing the concert headliner: 19%
- Going to events off campus: 19%
- Having friends from other schools visit: 13%
- Telling other people what performer is coming: 12%
- Listening to local bands: 7%
- Seeing alumni: 4%

**Fred Fest poll**

<table>
<thead>
<tr>
<th>What is your favorite part about Fred Fest?</th>
<th>Frequency</th>
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<tr>
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<tr>
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<td>4%</td>
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**What do you think about the changes made to Fred Fest?**

You won’t have to laboriously endure the hour-long production this spring in which Fredonia Radio Systems reveals the Fred Fest headliner.

This year, there isn’t one.

Can the outpouring of student rage about how the university is cheap, how Fred Fest 2013 will be subpar, and how there is now no incentive to complain about the complainers who complain about the headliner.

But before we begin chiding Spectrum and lambasting its decision, let’s take a look at the situation from an objective standpoint.

As students, a heap of our funds are used directly in paying the Fred Fest headliner act and accommodating them with whatever assistance requests they might require.

The astronomical cost (in some cases reaching close to $90,000) is not met with equally astronomical student attendance, nor is the headliner ever universally accepted.

As the Spectrum adviser since 2003, Erin Mrocza shared the E-board’s concern as to the money being spent.

“The budget for Fred Fest was approximately $40,000. Last year, the budget for Fred Fest was approximately $92,000...” said Mrocza. “As a group [we had to ask], are we being fiscally responsible with the money we’re given for the amount of students that attend?”

Last year, Spectrum realized they spent about 593 per student that attended the concert and that money has continued to be spent on shows that have low student attendance and appreciation.

Spectrum even attempted to make a student forum specifically for the purposes of ascertaining ideas from the student body, what genres and artists were posted and requested for most often, and what the student population expected from the concert. It was initially intended to create a democratic platform through which students could voice their opinions and respectfully discuss potential headliner options.

A five minute scroll down the page visibly showed that the forum had turned into a “flame war” of epic proportions.

Almost every post was met with ignorant criticism in one form or another as some students used the forum as an opportunity to bash the favorite genres and artists of anyone who didn’t agree with them while writing a condescending description of why their own musical tastes were superior.

Within a campus that supports a variety of majors and students from different backgrounds, musical parity will never be a possibility.

Add the inevitable and incessant complaints to decreasing attendance records and an investment far above the return, and you have a recipe for the only logical decision available to those with the authority to make it: taking the copious dollar amounts we’ve given to SA and restructuring Fred Fest weekend into a diverse event rather than a singular, polarizing concert.

It will difficult to measure the volume of student complaints this year in comparison to others, so only event attendance will tell.
**SA wrap-up**

**ANDREW LENT**

Special to The Leader

After the issues with the iPhone recorder and the customary roll call were taken care of, Jeljema Stewart introduced herself to the student assembly. She is the new director of the SUNY Fredonia Center for Multicultural Affairs. A Buffalo State graduate with a background in sociology and higher education, Stewart hopes to revitalize CMA's image on campus.

"Many people don’t know what it is," Stewart argued about the CMA. Much of what she hopes to achieve is simply making the center a more influential group. She urged those who are interested in getting involved to simply, "be a part of it," saying there is no magic remedy to boost membership.

When asked about her vision of the future of the CMA and about her general thoughts on diversity, Stewart articulated that, "Diversity is inclusive, making sense as a part of something." With this philosophy and her concept for new peer-run diversity education programs, Stewart plans on improving the often under represented CMA.

Following a resounding applause for the new director, President Erin Doronyaki continued by making another appointment to her slowly growing cabinet. Will Webber was unanimously elected as the international student relations chair. He began by highlighting the perceived lack of interest and understanding about what his group is, complaining that "nobody pays attention to student relations services which are provided by the student body. The ability of Dickerson’s group to resolve affairs on campus regarding dining, residence and even issues with administration is one that he described as largely ignored.

**Big changes for Fred Fest: Continued from A-1**

"Musically, we always hear complaints, it’s inevitable," said Erica Mroczka of Campus Life, who’s been a Spectrum adviser since 2003. "Specifically, because we have some very specific tastes here on campus, with the school of music and the caliber of students that we bring, it may be a little bit different than other schools … it’s made it really difficult to select appropriately for the student body based on their needs."

By now, the organizers of Fred Fest are all too familiar with annual student complaints, an aspect of the event that is disheartening for Spectrum considering how much time and money goes into the planning each year. Usually the concert costs upward of $90,000, a line that exceeds the yearly funding for most Student Association constituted groups. The numbers show that interest in the concert has clearly gone down, each year. In the past few years between $96,000 and $101,000 was spent on each student who attended.

"This has been a waste of student dollars on several levels, and Spectrum calculated that last year they spent approximately $93 on each student who attended. We know the difference."

Spectrum is expected to provide amenities for headliners and a place to get ready for the show, and recently the tents that they provide have not been enough for bigger acts. With these musicians comes contractual obligations, like certain food served in dressing rooms and specific security. Spectrum is hoping that without these restrictions that they can reduce security and provide an open atmosphere for students to relax and spend time with friends.

"With Talith Kweli in 2007, people knocked down the snow fence and rushed in and from that point on, all the contracts required significant security and lockdown rooms," Mroczka said, "So we had to move indoors. And with that, you certainly lose that festival feel. It really went from being a festival to a concert, and those who are festival goers certainly know the difference.

Spectrum hopes that with Fred Fest back to Dods grove outdoors, that can renew that festival feeling that Fred Fest once had. With less money being spent, the group plans to expand their outdoor activities and make the event earlier in the day, from around 2 p.m. to 6 p.m., to avoid competition with off-campus partying.

"I feel like Fred Fest is two distinct events, like what happens off campus and what happens on campus, and they’re competing against one another, which really isn’t the best use of resources. So as we’ve tried to streamline and provide a higher caliber of performance, students have created the festival feel elsewhere."

The group hopes to use funding to expand the event and make it more like what it used to be, with local acts and outdoor festivities. The additions include a mechanical bull, a blow-up bungee dodgeball called Rapid Fire, an artist doing caricatures, and a Build-A-Bear stand. Aside from the return of Dinosaur Barbeque, the group is considering more food vendors like fried dough, and is on the lookout for a celebrity emcee. With these activities set up for students, Spectrum hopes that Fred Fest will be centered around spending time with friends and relaxing for a final weekend before exams.

"The feedback we kept getting is that, ‘We want a place to hang out.’ Students all want to hang out together that weekend. That’s the number one priority, and we want to bring that back. We kind of want to go retro, and maybe taking two steps forward brings us three steps backward, but maybe that was really what the magic of Fred Fest—being outdoors and chilling out together versus the music aspect of it," Mroczka said, "So we’re going to try and go a different route and come back to core, which was an outdoor festival with food featuring local music. And we’re hoping that rhythm and inspiration starts to grow again.”

Spectrum is interested to see how students will respond to these changes, and will be at the General Assembly this week to share more Fred Fest statistics and answer student questions.
"POINT OF VIEW" BY BRANDON PERDOMO

"FIRST TIME FRIENDS" BY CHELSEA DRAKE

IF YOU HAVE PHOTOS FOR THE PAGE, PLEASE SUBMIT THEM TO OUR PHOTO EDITOR AT Sadl2171@fredonia.edu
Just a short walk from the bus stop at the corner of Eagle and Green sits the natural grocery, Nature’s Network. This past Friday, March 1, at 8 p.m., the store hosted local musician and Fredonia alumnus Zack Joseph as well as Battle of the Band’s Sweet Apollo.

Six sat in attendance toward the opening of the show, more than doubling over the course of two hours. According to Sweet Apollo’s Will Lashomb, a freshman bio med major at UB, “It was personal, the kind of show you remember.”

Zack Joseph, the first performance of the night, expressed his initial hesitance with this type of setting. “My biggest fear in music is playing in little, intimate settings,” Joseph claimed. However, Joseph also recanted this fear. “It’s good practice,” the musician explained. Playing a combination of covers and original pieces, Joseph’s hesitance was invisible to the crowd. Covered songs included artists such as Johnny Cash and Lana Del Ray as well as an impromptu rendition of Primadonna Girl.

Joseph’s original work, however, claimed its ownership under folk music. The artist displayed a quirky sense of humor as well as a great talent in displaying his work. “There is no rhyme or reason to my songs,” Joseph lightheartedly remarked. “So, a lot of the songs I write are more of these elaborate stories of something very simple that happens.”

The next performance of the night, Sweet Apollo, also left the crowd in higher spirits despite missing two of its five band members. Its claim to fame being Fredonia’s recent Battle of the Bands, Sweet Apollo displayed a sound much softer than its original Fredonia debut. However, members Will Lashomb, Brad Hazzan and John Lee expressed a positive experience with the change. “We want to branch out everywhere,” Hazzan explained. This ambition reflected itself through Sweet Apollo’s performance style. “We have no idea what to call it,” Lashomb joked in reference to the band’s particular sound. After some thought, the group decided to label the eclectic performance as indie rock.

According to Fredonia alumna Rachel Lombardo, Nature’s Network has been booking Friday night performances such as Zack Joseph and Sweet Apollo since Fall 2012.

“We started this last semester and we did it every week,” Lombardo explained. “When it’s not a performance space, it’s a natural grocery. And they serve food and everything. Personally, I book the bands and I work on the promotions.”

However, this semester, instead of booking bands every week, the natural grocery intends to transition to inviting in jazz groups on off weeks. Despite putting this change into effect, Lombardo reflected a positive reaction to the whole experience. “It’s just fun,” she said. “I like getting the chance of putting different combinations of people together, to see what people play well off each other.” Lombardo also made an effort to book individuals from Fredonia as well as lesser known bands to the area in order to form these combinations.

“This is still kind of a work in progress,” described store owner Brian Davis. “Nature’s Network has actually been in Fredonia for fourteen years and it used to be an organic grocery store. I bought it a year and a half ago.”

However, Davis reflected a wish to transition Nature’s Network into a locally grown cafe where individuals go to hang out. “Eventually what we’d like to do is be open Thursday, Friday, Saturday, Sunday – nonstop,” Davis said. “So, you could get breakfast anytime. I want the food we have here that’s made healthy and decently priced.” In reference to the performance turnout, Davis remarked that, although the number varies, it is usually “really good.” Eventually, Davis wishes for Nature’s Network to be able branch out even more in food and performance. “I love music, I love shows, I love doing anything that involves music,” said David.

Nature’s Network has yet to have its official launch. However, the grocery holds great promise.

“My goal is to try and get people out of their comfort zone,” Lombardo explained in reference to the store’s more intimate setting. “I’m in the music industry so it’s just fun for me to try and get ideas for posters and putting things up.”

To find out more about Nature’s Network and its performances, posters can often be found in or around McEwen Hall. Nature’s Network Cafe and Grocery is also available to like on Facebook and aspire to start its own performance bulletin.
Yarn-bombing: the art of crochet and knit graffiti

**MELISSA RECHIN**  
Staff Writer

On a blustery cold morning this past Saturday, students, professors and community members all gathered together to brighten up Symphony Circle, near the entrance of the Fredonia campus. A wave of color and patterns now reside on the once cold light posts lining the campus circle, surrounding the clock tower. SUNY Fredonia has officially been yarn-bombed. As a form of non-permanent and removable graffiti or street art, “yarn-bombing,” also called “yarn-storming,” has become a popular form of expression in metropolitan areas in both the United States and Europe. Knitting or crocheting enthusiasts cover public objects such as bike racks, parking meters benches and many others with colorful knitted or crocheted yarn cozies.

This idea has been attributed to Magda Sayeg from Houston who began the movement in 2005, yet yarn-bombing didn’t receive national attention until 2008. Sayeg began with just a simply knitted door handle, but the movement has now expanded to cover many more public forms, even cars. 

Art history professor Leesa Rittlerman, a craft enthusiast herself, arranged this yarn-bombing event especially for her honors Arts CCC class, which is studying the history of graffiti from 1970 to present day. “I think this entire thing is just really cool. It brightens up the gloomy winter campus while also teaching us how to do graffiti legally because it’s not harming or destructing public property,” recalled Jill Burgess, a member of Rittlerman’s course.

In addition to Rittlerman, other art professors felt the need to introduce this form of art to their students. Professor Michele Bernatz taught her Art 100 students how to crochet and included their pieces in the yarn-bombing event.

Deb Eck, an art history professor from Jamestown Community College, also involved her students in the event. “I do tactile and street art myself, but I thought it was important for my students to get involved in this type of art form,” stated Eck, who sewed on crocheted bombs that her students had made.

In preparation for this event, Rittlerman sought out many different individuals from far and wide to crochet different colors and patterns of yarn. The yarn was crocheted into long strips from four to seven feet long that would be able to wrap around the light posts and sewed together. “The crocheted pieces were made by some community members, some staff and some students, all ranging from ages seven to seventy,” said Rittlerman, who even had a friend send in pieces from Georgia.

This event was a way to bring brightness and color to the campus, but it also was a way to reconnect with SUNY Fredonia. Many alumni were present at the event, including Darcie Hennard, a 2009 graduate. “I was an art major here and found this event posted on Leesa on Facebook,” recalled Hennard, who just learned to crochet only a month and a half ago. “I’m very glad to be back on campus and back into all the art stuff.”

Another alumna who was present for the event was knitting artist Erin Busch, a 2007 graduate. She specializes in knitting “yarn monsters,” some of which now reside on a light post in the front of Symphony Circle. “I came because I thought of how happy this would make the campus and the community,” declared Busch. “I have my own business of making stuffed monsters because they make people smile. I like that this event is a way for me to make people smile but in a more public form.”

Community member Priscilla Bernatz who just recently taught herself how to crochet also found the event to be enjoyable and rewarding. “It is just really fun and I felt the need to dress up the environment and make it cozy,” said Bernatz.

Decorating the campus with colorful and bright custom-made crocheted yarn can be incredibly rewarding and liberating. Bringing brightness to campus and smiles to faces was achieved through this yarn-bombing event, and will hopefully last for weeks to come.

**Jackie Wieloszynski**  
Special to The Leader

The third annual “Karaoke for a Cause” was a night of entertainment and of much-needed fundraising.

The event, hosted by Sigma Gamma Phi sorority, Phi Mu Alpha music fraternity and the Black Student Union (BSU) on Feb. 27 in the Williams Center Multi-Purpose Room, raised money for March of Dimes, a charity that sets as its focus on improving birth outcomes and the health of premature newborns.

March of Dimes, which was selected to be the charity for the event by Sigma Gamma Phi, was started by President Franklin D. Roosevelt in 1938 to initially aid the ongoing Polio epidemic at the time. According to the charity’s website (www.marchofdimes.com), it quickly grew into the National Foundation for Infantile Paralysis, which founded a polio patient support group to help raise funds for vaccines. As its mission gained strength, March of Dimes branched out to encompass a wider spectrum of newborn illness, ultimately working to prevent birth defects and infant mortality.

Not only does Franklin Roosevelt’s charity aid in avoiding infantile complications, but it also provides health education for mothers around the world. The educational programs, available in over 33 countries, address maintaining healthy, safe pregnancies by dispersing information about the prevention of premature births and defects.

The price of admission for “Karaoke for a Cause” was $3 and included food and drinks donated by the BSU. In addition to open-mic karaoke, the evening also included performances by several a cappella groups and the campus hip-hop dance crew, Envied Xpressions. The all-female group, Some Like it Hot, started the night off followed by SUNY Fredonia’s only co-ed group, Premium Blend. The entertainment continued with The Guerrillas and Much More Chill - the all-male a cappella groups. Each a cappella group sang two or three songs, providing a soulful blend of pop, rock and hip-hop songs in between segments of open mic time.

In addition to the admission fees, basket raffle tickets were also sold to raise extra money for the charity. All of the proceeds were donated to the local March of Dimes office located in Chautauqua County.

“We hope to raise about $1000 tonight,” said Rocio Munoz, Sigma Gamma Phi sister and head organizer for the event. “Last year, we gathered $300, and this year we expect to see more tickets sold.”

Munoz also expressed her gratitude to all involved.

“Karaoke for a Cause donates to newborns

**JACKIE WIELOSZYNSKI**  
Special to The Leader

The sisters of Sigma Gamma Phi, along with Phi Mu Alpha Sigma, the Black Student Union and Envied Xpressions for volunteering their time and services for this event.”
This week’s A-Tracks ranges from local to viral. First, I’ll be taking a look at Alberto Alaska, a band based out of Rochester with strong Fredonia roots, who just released a new EP! Then, I’ll be turning to pop culture for a better look at a well-known sensation: the Harlem Shake. These two topics couldn’t be more different, but both deserve your attention. As always, don’t forget to join me for the radio show at 2 p.m. on Wednesday afternoons on WDVL 98.3!

LOCAL: Alberto Alaska

There is no doubt that there is a lot of musical talent coming out of SUNY Fredonia. New bands are forming all of the time, especially with the initiative of competitions such as Battle of the Bands. However, very few of those groups make it out of the basement of their dorm house, and even fewer survive after graduation. Alberto Alaska is one of those exceptions, serving as a glimpse of hope to others just starting out.

Alberto Alaska was officially formed in Rochester, NY during the spring of 2010. Their slogan is, “a product of friendship and a melting pot of musical taste.” Drummer Doug Kelley graduated from SUNY Fredonia’s music business program in the fall, and guitarist John Cinvie will graduate from the SRT program this spring. Other band members include guitarist Evan Clark, bassist Jay Aravere and vocalist Mike Cardinale.

The nucleus of Alberto Alaska’s sound is the dual lead guitars, but it is the support of the strong bass and percussion that round out the sound. The vocals are rarely the focus of Alberto Alaska’s songs, but they add the emotion and meaning that guide you through each track. They are a classic example of alter/native rock, intense and driving with emotive vocals. What they sometimes lack in harmony they make up for with sheer power.

Alberto Alaska just recently released their second recording. The newest, True North EP, was released digitally on Feb. 19 and physically on Feb. 22. The album was recorded right here on the SUNY Fredonia campus. John Arbrace, a full graduate of the SRT program, recorded the EP in the recording studios in Mason Hall as part of his senior project. With only three tracks, it’s quick and dirty. While some bands need a ten track album to show listeners what they do all about, Alberto Alaska says its all in 12 minutes. The recording is exceptional as well; they were wise to have taken advantage of the talent they had at hand.

Lately, Alberto Alaska has been enjoying the attention, travel and shows that come with the release of a new album. They performed release shows in Rochester on Feb. 22 and in Pittsfield on Feb. 23.

In a review of their new EP, Rockstar Review said, “No matter your musical tastes, this is an EP that is definitely worth giving a spin. With a playing time of just under twelve minutes, it’s certainly a quick listen but I think you’ll find yourself hitting repeat a couple times because this is an EP that will grow on you and has the potential to slowly make its way into your regular play on any playlist.”

True North EP can be bought on iTunes, found on Spotify and last.fm, or streamed off their band’s website, Facebook and Twitter. To learn more about Alberto Alaska, hear their music, or support them, check out the links they provided on their EP or their sites. They have two shows already booked in Rochester this April, one at the Bug Jar on Apr. 12 and another at Dub Land Underground on Apr. 19. That Alberto Alaska is experiencing such success this quickly out of the gate says a lot of promising things about their future together. They have a definite connection as a band which is evident in their music.

To learn more about Alberto Alaska, hear their music, or support them, check out the band’s website, Facebook and Twitter.

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.

1. “Thrift Shop” – Macklemore and Ryan Lewis
2. “When I Was Your Man” – Bruno Mars
3. “Scream & Shout” – will.i.am ft. Britney Spears
4. “Swit & Tae” – Justin Timberlake
5. “I Know You Were Trouble” – Taylor Swift
6. “Harlem Shake” – Baauer
7. “Ho Hey” – The Lumineers
8. “Stay” – Rihanna w/ Mikky Ekko
9. “Started From The Bottom” – Drake
10. “Sweet Nothing” – Calvin Harris w/ Florence

(There was a tie for tenth place this week, so I decided to just include both instead of trying to determine a tie-breaker.)

POPULAR: The Harlem Shake Sensation

Last semester it was “Gangnam Style” and “Call Me Maybe” that were front and center on the parody stage. This semester, their videos have been replaced by the infamous “Harlem Shake.” A year ago, DJ Baauer could hardly have imagined that the track he was recording in his basement would be resonating all over the world. Harry Baauer Rodrigues was relatively unknown this time last year. He was just another young kid mixing beats in his basement and posting them on YouTube. However, by the time he had finished recording “Harlem”, Baauer had created a mix that could not be ignored. The combination of BPM, hip-hop, dance, house synths, rap and strong bass influences with accents like animal noises caught the attention of other, more prominent DJs.

Baauer was quickly signed by Moon Management thanks to connections he had made through an internship for Trouble & Bass. They released “Harlem” in June of 2012 and big name artists like Skrillex started playing it. Baauer started touring with Jay-Z and was offered slots in big summer profiles and positions at high profile nightclubs. It was a storybook rise to fame.

It was the night of Feb. 7 that changed Baauer, taking him from a rising success to a celebrity. The Harlem Shake exploded all over the Internet. The original video was recorded by comedian Fibby Frank, and people immediately wanted in on the action, making and posting their own versions of the Harlem Shake. The videos are mayhem at their finest, and the appeal of the videos rocketed Baauer to the top of the charts.

Today, there are hundreds of thousands of Harlem Shake videos. They feature people from all walks of the earth, from your average Joe to high profile celebrities and even, in some cases, noseless SUNY Fredonia even has its own Harlem Shake video, shot in the Williams Center Multi-Purpose Room.

One of the most impressive details of Baauer’s rise to fame is that his music created a video sensation without any prompting from him. While many artists will challenge fans to make a video, offering prizes to the winning participants, “Harlem” grew into a movement all on its own. Equally impressive is his modesty on the issue. Baauer has kept interviews and profiles to a minimum and plans to continue with his tours as previously scheduled.

Billboard Magazine recently compiled a list of the top ten Harlem Shake videos that have been made thus far. Their favorites, they admitted, were hard to pick. Check a few of them out and see what you think!

- Australian based longboarding crew, The Sunny Coast Skate feature four guys in what looks like a dorm room.
- The original “office freakout,” titled “Harlem Shake v7 (Break Official)”
- A Norwegian Army battalion set off the Military Harlem Shake craze. The title on YouTube is “Harlem Shake (Original Army Edition)”
- The University of Georgia’s Men's swim and dive crew filmed one underwater in the pool
- Matt and Kim filmed a Harlem Shake video with the help of their audience in Tiny, NY.
- Firefighters and superheroes team up to create a Harlem Shake video titled “Harlem Shake 4 Firefighter Edition”
- Somebody got clever and synced Baauer’s “Harlem” with a clip for “A Charlie Brown Christmas.”
- The Florida Gator’s cheer team led fans in a Harlem Shake video during a basketball game versus the Kentucky Wildcats.
- NBC’s Today Show made a big splash with their version of the Harlem Shake. Many young fans of the dance have argued that the morning broadcast ruined the fun by taking the Harlem Shake too mainstream too soon.
- Taking it to the next level was a group of daring skydivers, who filmed a Harlem Shake video during a free falling drop.

It will be interesting to see where Baauer takes his career from here. He has shown a lot of potential and was working his way up to the top of the playbook even before the Harlem Shake videos went viral. However, it is hard to imagine him ever topping his first big success. After all, how much further can you raise the bar?

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 mow7594@fredonia.edu.

- This Thursday at 10 p.m., BJ’s is hosting a show featuring Hidden Hospitals and Revereng. Limited $3 entrance for 18+ and free for 21 and over.
- Saturday at 10 p.m. in the upstairs of Doons, MOFO presents Electric Church with Scotty K and other openers TBA. Even if you’re not into the downstairs scene of Doon’s, come check it out. We promise the upstairs will be more to your liking!
Joey Molland of Badfinger visits SUNY Fredonia

JORDYN HOLKA
Special to The Leader

Joey Molland has two pieces of advice for aspiring musicians: be kind and honest with everyone you meet, and make sure your roadie has a van – a van with seats, preferably.

This past week, Molland, the only surviving member of the iconic 70s British rock band Badfinger, visited SUNY Fredonia to speak about his music career and give an exclusive acoustic performance. The visit was orchestrated by the music business department.

On Thursday night, a mixed crowd gathered in Rosch Recital Hall to hear Molland perform an acoustic set. The audience was composed of loyal, older Badfinger fans from the Fredonia community as well as students.

“My parents listened to Badfinger when I was growing up, so it’s interesting to hear all of [Molland’s] stories and music. I can see why my parents liked him,” said Andrew Burnell, a sophomore media management major.

Molland performed a two-hour set, complete with comical anecdotes, iconic Badfinger tunes as well as some lesser-known songs. Admitting that he really had no setlist planned for the evening, Molland joked that he let the show take him wherever it wanted, and that, “So far, it’s taken me around in a circle and over to the piano.”

For the first hour and 20 minutes of the performance, Molland spoke about his life and played samples of songs. He had some trouble remembering the lyrics and seemed to prefer talking to performing, but this did not detract from the overall experience of the evening. Molland had a charming wit and personality and was well received by his audience.

About halfway through the evening, Molland was joined on stage by Paul Davie, John Lombardo and Mary Ramsey. These three professional musicians, all of whom have played with Molland in the past, accompanied him in playing a set of Badfinger hits. The crowd responded enthusiastically to all of the songs, especially the group’s rendition of “No Matter What.” Molland ended the evening to a standing ovation.

Despite Molland’s initial arrival being postponed due to flight delays, the Thompson lecture hall was virtually full the previous night with students waiting to hear him speak. Molland talked for two hours Wednesday night on his life, his musical career and his celebrity peers.

Born in 1947, the musician grew up in a modest home in Liverpool, England. By the age of 15, his older brothers had taught him how to play guitar like Buddy Holly. Molland grew to love his guitar and began playing around Liverpool for small sums of money. His developing expertise put him on the professional radar. He became a member of The Masterminds and Garry Walker & the Rains before finally joining Badfinger in 1969 as their guitarist.

Badfinger was the first band signed to the Beatles’ Apple Records. The band produced such hits as “Day After Day,” “Baby Blue,” and “Wish You Were Here.” “The Badfinger songs are really pretty good,” said Molland. “When you go on stage, people go out of their minds because the music is that good.”

Molland is very proud of his talent and career, and he has good reason to be. Aside from producing numerous hit songs, he has worked with The Beatles, of whom he speaks very highly. “This was my experience with being around the Beatles. I was enthralled with the music,” he said. Molland spoke about recording on the Imagine record, saying, “Playing with John Lennon … when is there gonna be another one like that? That was one of the best nights of my life.”

Molland wrote songs for Badfinger and continues to write today. “I don’t know where they come from. I just get ideas and follow them through,” he said of his song-writing process. “I work with what I’ve got and try to be original in the idea.”

Molland has a certain charisma about him that cannot be ignored. It was evident during his talk and musical set that he is extremely passionate about his music. “I’m a really good rhythm guitar player. I could smoke on that,” he asserted. His confidence never comes off as pompous or haughty, though, but rather from an admirable and inspiring place.

And while he acknowledges his talent, Molland also stays true to his humble beginnings. It is refreshing to find in an individual who has achieved his level of success while still maintaining a modest demeanor. When speaking of how he views himself, Molland simply said, “This is a fellow from Liverpool who was born in the front parlor.”

Molland is currently touring and is scheduled to headline International BeatleWeek in Liverpool in August.
When Tom Loughlin began rehearsals for the upcoming main stage production of *Stop the World—I Want to Get Off*, he discovered something he did not expect: a majority of the cast had never attended a circus.

“First of all, I realized how old I was,” Loughlin joked. “And then second of all, I realized how times have changed. I don’t even think Ringling Brothers, for example, plays at Madison Square Garden every year like it used to when I was a kid. Going to the circus in New York City in Madison Square Garden every year was a big deal. But the tradition of the circus is not as well-known as it used to be.”

As the production utilizes elements of the circus in order to tell the life story of the main character, Little Chap, the cast watched video clips of Anthony Newley of the original Broadway production, performing on “Hollywood Palace” and “The Ed Sullivan Show” in order to gain insight on the circus experience. They also analyzed a program from the 1962 Broadway production, lent to the cast by Dr. Theodore Steinberg of the Fredonia English department, in order to analyze the style of makeup and dress.

In order to fully immerse the audience in the circus experience, Loughlin created the Universal Life Circus Troupe, which performs a pre-show each night 30 minutes before the show begins. The idea for the troupe was conceived by Loughlin, the pre-show was directed by senior acting major Madison Osgood.

“As soon as the audiences step into the theater, I want them to begin to get a sense of the environment,” said Loughlin. “I feel that once someone steps into the theater, they see the visual of the set, they immerse themselves and all that begins to prepare that for the theater.”

“In this case, for the Universal Life Circus Troupe, I thought that what would be interesting would be actual circus acts to get them ready for the idea of ‘Oh, we’re going to be a circus,’ because, in many ways, the play itself is one big, long, extended circus act.”

Although the pre-show is scripted, Osgood structured the show using a satirist,” said Osgood. “A satirist is someone who is a social critic, and a social critic is someone who is analytically-minded, and can make connections in a way that a nonsatirist cannot. So I thought that that would be the most fun … I was bummed that that was not going to happen, but that’s why it’s being presented to us. We see him with the love that I think that everybody needs in their life in one way, shape or form, and I think that’s a critical thing. I think Little Chap learns his lesson too late, unfortunately, but that’s why it’s being presented to us. We see him learn his lesson too late as a warning, perhaps, to those of us in the theatre who might be pursuing all of our goals for all the wrong reasons.”

“Thirty years ago, some very small travelling circuses left in this country. There was the three-ring circus, but then there’s the one-ring circus,” Loughlin explained. “So what we’ve really recreated here is the simple one-ring circus that would have mostly clown acts and small, specialty skill acts that you would see in a Ringling Brother’s Three-Ring Circus in the Big Top.”

“The circus elements serve as a metaphor for the ‘circus’ of life. While the tricks and humor add a fun, light element to the show, the metaphor serves as a deeper meaning with universal life lessons about love that the audience can learn from, including how a person shapes their life in the world and souring relationships.”

“Stop the World—I Want to Get Off” takes place in the Bartlett Theatre on March 8-9, and 14-16 at 7:30 p.m. as well as on March 10 at 2:30 P.M. The pre-show begins at 7:00 and 2:00, respectively. Tickets can be purchased online or at the ticket office.

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Diving star recalls success with Fredonia

COURTNEY GFROERER
Staff Writer

Sarah Ficarro’s concentration showed on her face as she prepared, mentally and physically, for her next dive. With a quick step and a jump off the sandpapery board, she hurled herself through the air, flipped, and entered ever so gracefully into the water.

The judge’s scores appeared almost instantly on the board, marking Ficarro one step closer to clinching her last SUNYAC win as a diver for SUNY Fredonia.

The road of becoming a four-time NCAA national competitor and six-time All American has not been an easy one.

Though it took time for Ficarro to adjust once at Fredonia, she quickly found success. Once on the boards, it wasn’t long until 5’4” athlete began to outgrow gymnastics.

Aware of Ficarro’s abilities, her high school swim coach recruited her for their diving team.

“I didn’t really want to do diving because I thought the swim team was weird,” she said.

After encouragement from her parents, Ficarro began her black-and-blue journey toward the state meet during her very first year of high school competition.

Though the school had no actual diving coach, Ficarro combined her background in gymnastics with an undying will to persevere and coached herself during her first year.

“Jerri [Ficcaro’s mother] was going to pull her out because she was getting so black and blue the first week. She was going to tear her right out, but Sarah wouldn’t let her because she wanted to master it,” said her father, Jay Ficarro.

Exiting the water after her dive, Ficarro was calm and collected. She began to run through her next dive in her head, not concerning herself with her competitors’ performances.

Exiting the water after her dive, Ficarro was calm and collected. She began to run through her next dive in her head, not concerning herself with her competitors’ performances or scores.

Though serious and concentrated, she fulfilled her role as team captain and congratulated her teammates on their dives.

“Sarah’s supportive and helpful,” said teammate Ryan Crawford. “She’s never shied away from going out of her way to help someone. She’s a great sportsperson.”

“Her work ethic is a model for other divers to emulate,” Crawford said of Ficarro. “She’s never shied away from going out of her way to help someone. She’s a great sportsperson.”

The road of becoming a four-time NCAA champion during NCAA qualifying, Ficarro secured her spot at the meet while setting a new team and conference record.

“I only saw her dive once in all of her diving career of over 10 years,” Fuller said. “I take a lot of pride in what I do at school,” she said. “I didn’t really want to do diving because I thought the swim team was weird,” she said.

After encouragement from her parents, Ficarro began her black-and-blue journey toward the state meet during her very first year of high school competition.

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The solution to stop Sarah from bruising after smacking the water so frequently while learning the dives came from her swim coach.

“My coach wanted me to continue trying the dives, but I didn’t want to get bruises on top of my bruises so he would make me put sweatpants and a sweatshirt on,” she said. “Since they would get wet, they’d get so heavy, he’d make me put duct tape around them. One time I even put on a life vest!”

To picture a future All American jumping off the board in a duct taped sweat-suit is crazy in and of itself. But after an entire season of being handed a list of dives to master by herself, Ficarro qualified for the state meet after just one year of competition.

Winning the state meet with a score of 485.67, Ficarro was recruited by multiple Division I schools, choosing Fredonia for its academic endeavors and the opportunity to swim.

“Her work ethic is a model for other divers to emulate,” Crawford said of Ficarro. “She’s never shied away from going out of her way to help someone. She’s a great sportsperson.”

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The road of becoming a four-time NCAA national competitor and six-time All American has not been an easy one.

After watching her dive, one would not guess that Ficarro, a 22-year-old senior speech pathology major, had never been on a board until 10th grade of high school. Originally a gymnast, diving didn’t appear in her life until the 5’4” athlete began to outgrow gymnastics.

Aware of Ficarro’s abilities, her high school swim coach recruited her for their diving team.

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Though serious and concentrated, she fulfilled her role as team captain and congratulated her teammates on their dives.

“Sarah’s supportive and helpful,” said teammate Ryan Fuller. “She’s always willing to watch you and help make a correction.”

Her proud parents watched with a little more anxiety.

“She’s had it for as long as I can remember,” Fuller said. “I can’t imagine being in her shoes.”

Though time for Ficarro to adjust once at Fredonia, she quickly found success. Once on the boards, it wasn’t long until Ficarro was on her way to nationals as a college freshman.

“She tried so hard all the time, and I think that’s a part of her personality that has pushed her to the level that she is at now,” Fuller said. “Sarah’s supportive and helpful, I think she realised how good she could be, and she pushed herself to be the best she could be.”

Though Ficarro was recruited by multiple Division I schools, she chose Fredonia largely in relation to academics. While qualifying for nationals and holding two school records is important, becoming a three-time Scholar All American is just as significant to Ficarro.

“I take a lot of pride in what I do at school,” she said. “I try really hard.”

“I only saw her dive once in all of her diving career of high school,” said her coach, John Crawford. “Diving is a sport where you can tell by the points score if they’re going to be able to help a program out. I could tell by her points total in her championship meet that she’d be able to help us out.”

It was more than her successes on the board and in the classroom that led to her teammates electing her to be captain for the 2012-2013 season.

“Her high-pitched giggles and effervescent personality matched her big smile,” Crawford said of Ficarro. “She’s never shied away from going after things that we thought she could do. She’s got a great work ethic, and has from day one.”

Just as recognizable as her smile, Boomboozle, Ficarro’s stuffed lemur, accompanies her to every meet.

“She’s had it for as long as I can remember,” Fuller said. Practicing together since high school on a club team, he recalled there never being a meet where it wasn’t present.

Somewhat of a good-luck charm, Boomboozle has followed her all the way to the end.

“When we went to Empire State Games, she brought it and Coach Crawford was actually there. He threatened to throw it in the pool,” Fuller remembered.

Ficarro is set to end her collegiate diving career March 17-20 during NCAA nationals in Texas on both the 1- and 3-meter diving boards. Defeating the 2012 1-meter national champion during NCAA qualifying, Ficarro secured her spot at the meet while setting a new team and conference record.
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SPEAKING SEX & SCIENCE

2.28  6-7”  7:15”  Dinner: Williams Center Horizon Rm.
      Talk: Jewett Hall 101

BSU BLACK HISTORY MONTH CLOSING CEREMONY/
WSU WOMEN’S HISTORY MONTH OPENING CEREMONY EVENT

Dr. Benjamin Reiss, Emory University
“SLEEPING SLAVES, WAKING MASTERS: HEALTH, PROFIT
AND SECURITY ON THE AMERICAN PLANTATION.”

WOMEN’S HISTORY MONTH
SPONSORED BY THE WOMEN’S STUDENT UNION +
WOMEN’S & GENDER STUDIES PROGRAM

- 3.7  8:30”  15th annual Research Conference on Gender
  Keynote speaker: Dr. Kristin J. Jacobson,
  the Richard Stockton College of New Jersey. Paper presentations
  by Fredonia students
  Williams Center 5204-ABC
  (Sponsored for the Women’s & Gender Studies Program)

- 3.8  7:9”  7:15”  Poetry Slam Performance
  By the Genius Slam Poetry Team
  Williams Center 5204-AB

- 3.9+  3.10  3.7”  WHM Closing Ceremony & Dinner
  (Launch of "Women’s & Gender Studies" new program identity +
  "Reaching Out" initiative)
  Horizon Room

- 3.12  4-6”  Women Take Aim! Film Series
  Fenton 105
  (Sponsored by the Women’s & Gender Studies Program)

- 3.14  7:9”  Relaxation/Wellness Event: Yoga, Zumba, Meditation
  Introduced by Dr. Jessica Akey, SUNY
  Fredonia, followed by sessions of zumba, yoga and meditation
  Williams Center 5204-ABC

- 3.21  6”  Dr. Giordana Grossi, SUNY Fredonia
  "Hard-wired Sex Differences: Analysis of a Persister Claim"
  McKeown 202

- 3.36  4”  "Gone Viral: Medical Science and Contemporary Textiles”
  Opening reception
  Marian Art Gallery, RAC
  (co-sponsored by the Women's & Gender Studies Program)

- 3.7  8:30”  Artist Anna Dumitriu
  "Close Read" artist lecture
  McKeown 209

- 3.9+  3.10  3.7”  Women Take Aim! Film Series
  Fenton 105
  (Sponsored by the Women’s & Gender Studies Program)
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Wednesday, March 13, 2013
Game Time: 7:05 P.M.
Williams Center S 204 C/D

Interactive event demonstrating proper interview techniques to prepare for the Job/Internship search at the Expo and beyond.

PARTICIPATING TEAMS: (Registered prior to 2/28)
- Student Athletic Advisory Committee (SAAC)
- Applied Communication Association (ACA)
- Honors Society (The Avengers & The Rule Breakers)
- Sigma Phi Epsilon
- Public Relations Student Society of America (PRSSA)
- Sigma Delta Tau

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The Leader, Wednesday March 6, 2013
I can’t believe it; She told me she was eighteen winters old. Next morning, I find out she’s only fourteen winters old.

“Wenches be trippin’.”

Let’s Get Wyrd

Josh Axtell

i forgot

THUD THUD

Oh wow I’m really out of shaped

Aaron Reslink
"Overheard" was started nearly five years ago as a group on Facebook. The Fredonia chapter was created after the popularity of SUNY Geneseo's Overheard group began to spread. Now, in a collaborative effort with the Facebook group, The Lampoon will be bringing you the best of SUNY Fredonia's awkward and otherwise unseemly mouth dribble heard in passing.

Along with posting on Overheard's wall, you can now text us your quotes to our dedicated Lampoon line (see above). Without further adieu, here's a highlight of this week's eavesdroppings:

Drunk Bus:
*I'm a sexual predator*

*I feel like sharks are misunderstood creatures.*

"Yeah, they just want to hug you with their jaws."

Tim Hortons:
Lady making the bagels: "I005" (no pick up) *I005!!! *points to bagel* Cinnamon Raisin *mumbles* or whatever the f*ck that is, I don't know.*

"Speed limits are just recommendations, you have the option, it's not like its the law"

"No they're not that's why they pull you over."

"Seriously...confused look on her face"

Disney:
Girl: "I'm going to inject chocolate syrup into my bloodstream. That way, I can breast feed myself."

All content printed here is quoted directly from student submissions on the “Overheard at Fredonia” Facebook wall and text message submissions. All submissions are anonymous, as the names of those who have submitted and the names of the subjects are left out.