Fredonia’s mock trial team reaches nationals

“The program director at regionals called us the Cinderella team,” said Dylan Forman, a junior pre-law and criminal justice major.

See story on page A-10
Delta Phi Epsilon brings eating disorders to the forefront with ANAD week

AMANDA DEDIE  
Staff Writer

Students constantly walk through McEwen Hall and pass by a variety of different set-ups from various campus groups. Last week, Delta Phi Epsilon (DPhiE) took over in an attempt to bring awareness to the national Eating Disorder Awareness Week.

LeighAnn Shaffer, a junior childhood education major and DPhiE vice president of programming, explained what the sorority does during Eating Disorder Awareness week:

"This week is our ANAD week. ANAD stands for Anorexia Nervosa and other Associated Disorders. ANAD is a non-profit organization that puts its efforts towards promoting body image and helping those who are struggling with eating disorders," Shaffer explained. "We had a selfie wall event last night. Girls brought in a selfie, and they were able to comment on someone else’s who they thought were beautiful, or creative. It was just a pick-me-up, because you don’t get to hear those compliments all the time. A little compliment can go a very long way."

There are various types of eating disorders included in Disorder Awareness Week. The “associated disorders” part of ANAD encompasses Bulimia Nervosa, Binge Eating Disorder and Eating Disorder Not Otherwise Specified.

"We have the candlelight vigil, and it’s a ceremony honoring those who are struggling or passed away due to an eating disorder. It’s also a positive thing. We focus on body image, accepting who you are and accepting others, as well. We actually made a video about accepting who we are and what we love about ourselves," shares Shaffer.

“One man I know came on Tuesday, and he said, ‘my niece has an eating disorder, and I love the way you guys are promoting this and doing this,’” continued Shaffer. "People forget about eating disorders and forget about accepting who you are, so this is really important to us, because not only do we want to accept ourselves, we accept our sisters. We accept others. We’ve always gotten really positive feedback. Everybody always feels really good about themselves, and about others, after these events."

A lot of people don’t know, or care enough, about eating disorders. They need to be aware that not everybody has that self esteem, that confidence which they should have, because everybody is beautiful in their own way,” said Shaffer. "They should be able to embrace and accept that, and accept themselves. We promote accepting yourself and accepting others just the way you are. Everyone has qualities that are so beautiful, and that’s why this is important.”

Shaffer continued to explain DPhiE’s events during ANAD week.

“We’ve done the love wall, where any student can come and write something they love about themselves. We did ‘Trash Your Insecurities,’ which is a big, purple trash can, where people can write something they don’t like about themselves, and then trash it. Then people write one positive about themselves. We have a little photo frame that says, ‘I support the fight against eating disorders,’ just to raise that awareness by posting it on social media."

The final event of the week was the Candlelight Vigil on Thursday night, which was held primarily to honor those who have suffered or died because of an eating disorder. The night started with the DPhiE board sharing facts about eating disorders to educate the audience.

"Eating disorders are not a recent development by any means. Eating disorders can be traced back hundreds of years. Even as late as the 1970s, eating disorders did not exist in the way that we recognize it today. Anorexia Nervosa was so rare that there were no more than 2,000 reported cases in the entirety of the United States,” Shaffer presented to the lecture hall. "Fifty years later, eating disorders affect seven to 10 million women, and approximately one million men in the United States alone. By raising awareness of eating disorders, more individuals can be identified and have the opportunity to seek help."

"What is an eating disorder? It is not simply a body weight, or percentage of fat, or a desire to be skinny. It is an improper relationship with food, characterized by obsessive thoughts and habits, causing psychological distress. No one knows the exact causes of eating disorders, but in general, eating disorder behaviors are used to cope with anxiety and strong emotions. People with eating disorders are very anxious about what they eat, are worried about gaining weight, looking too heavy and spend a great deal of time thinking about these concerns."

Afterwards, the special speaker for the event began. An anonymous speaker shared the story of her 25 year struggle with anorexia to give the audience a more in-depth and personal idea of what those suffering from an eating disorder go through.

After a standing ovation, the event concluded with a candlelight vigil, complete with electric candles and a few minutes of silence to honor those who have suffered and died due to an eating disorder.  

Emily Barber, a junior majoring in communication studies with a leadership studies minor and president of DPhiE, explained the importance of Eating Disorders Awareness Week and the act itself of raising awareness for eating disorders.

"Eating disorders are such a huge struggle for a lot of people in society. It can apply to men, it can apply to women; it doesn’t really matter what gender you are. It’s a really broad topic, so a lot of people can relate to it," Barber explained. "You don’t necessarily need to be categorized as having an eating disorder to kind of relate or have certain experiences with it. A lot of people in society can relate to it, just because of the prevalent media coverage of body image and things like that, and how society today has a certain expectation of what people need to look like. I think that ANAD is super important to us, and to have people realize it’s okay to be who you are, and accept yourself as a person, and we accept who you are as a person," Barber concluded.

Eating disorders do not have to ruin or end your life. If you, or if you believe someone you love, suffers from an eating disorder, please visit http://www.nationaleatingdisorders.org/ for ideas on how to help, and what to do for help and support.
NEW CLASS SPOTLIGHT: Global Change Biology
Class focuses on the effects of global change on the past, present and future

AMANDA DEDIE
Staff Writer

Global change — the topic everyone talks about but no one can agree on. Is it real? Are we over-exaggerating? Does it really matter if, most likely, none of us will be alive to see any catastrophic effects?

In what we know that what has happened in the past influences our present and our future. In terms of the environment, this is exactly what we are exploring in Dr. Courtney Wigdahl-Perry’s assistant professor in biology, explores in her new class: Global Change Biology.

In this class, we will be looking at all of the ways that organisms are changing all around the world. What is influencing these changes? The way I have the class structured is in three parts: looking at changes that we see today, looking at how these different types of biomes and systems are changing all around the world, what is causing that? We’ll talk about graphing, thinking about issues — they drill down through the ice core, looking at graphs, thinking about environmental sciences, biochemistry, molecular genetics; and biology — adolescence education.

The real prerequisite is ecology, so I expect students to have a basic knowledge of that class, because I don’t want to spend time talking about the principles for that level. I want to talk to the principles and apply them, so I’m looking at this from a more advanced perspective,” Wigdahl-Perry said. “Getting into some of the methodology, digging into literature, looking at scientific papers and interpreting that, which is great for students at all levels, but I think you need to have some more coursework under your belt to be able to enjoy and get a lot from that experience.

What advice does Wigdahl-Perry have to anyone considering taking her new course?

“Be prepared to work hard. That’s true for so many classes. You’re going to work really hard in the class but if you put in the effort, you’re going to get a lot out of it,” said Wigdahl-Perry. “Come ready to participate. It’s not the kind of course that works if students just sit there. The students who get the most out of it are the ones that are vocal and present and prepared for class. Bring your good ideas to the table. A lot of these areas are driven by student interest.”

KORTNEY YOUNG
Special to The Leader

Fredonia’s chapter of the Society of Professional Journalists (SPJ) would like to welcome any and all audiences to the Spring Conference of 2015, on Saturday, March 7. Numerous professionals out of Buffalo, from a variety of different media outlets, will be offering audience members an opportunity to make connections and find out just what goes into each profession.

“The Journalism staff wanted to give [students] a professional group that would be able to bring speakers in and coordinate activities for us to do with journalism,” said Elmer Ploetz, the advisor for SPJ. Thus, the conference was born.

One of the many advantages of having the conference is to potentially offer students a foot in the door; in the case of one student, it led to a permanent job.

“The Channel 2 News director came down, one of our students ended up talking with him, and he said ‘send in your stuff, apply for an internship.’ He did, and then came the interview; [Channel 2 news] asked if he could work part-time in the fall,” said Ploetz. “He managed to graduate a semester early and [started] full time.”

Part of the challenge for the group is reaching out and getting speakers to come to Fredonia. Alex Kaluzny, an undergraduate journalism major and president of SPJ, said that there are just as many people who accept the offer as there are who reject it. But the die-hard latter are always sorry they cannot make it and ask to be contacted next time.

It is each student’s responsibility to get in contact with said professionals by email, phone or any means possible. Kaluzny was able to contact one of the speakers, via Twitter.

As an overseer to the process of deciding what professionals to contact, Kaluzny stresses the importance of bringing in professionals from all facets of the media: print, TV, radio, social media and photographic journalism.

This year, SPJ is thrilled to welcome Geoff Kelly, Editor-in-Chief of The Public, as the conference’s keynote speaker. Ploetz says he offers an interesting perspective and spoken to his students on various occasions.

“We always hope for a big turnout; it’s never quite as big as we hope, but we are always glad for whoever we have. Most of the people that come are usually pretty pleased and get a chance to talk to some of the people from the media,” said Ploetz.

Curtis Henry, a sophomore journalism major, is excited to be involved with SPJ and will be attending his first conference this Saturday. “I think conferences are a great way for anyone looking to work in the media to build new connections. In today’s day and age, that’s of utmost importance,” said Henry.

The conference will be held 10 a.m., Saturday, March 7, in The Williams Ballroom. Admission is free and open to all audiences. Speakers will be available for questions following their lectures.
They say to write what you know. Unfortunately, there’s a lot I don’t know. I don’t know what you want me to write. The only thing I do know is that I have the ability to make a difference. So I’ll use that ability to make the world a better place.

One thing I must say is that, yes, both of these individuals are hot. Johnson and Dornan have a conventionally attractive body types according to the archetypes of feminine and masculine beauty, respectively. However, extreme attraction should not, in any case, permit abuse. S&M culture doesn’t inherently lend itself to abuse, but the male ideology that women have no other option but to be objectified with limited and restricted consent and utilization of coercion techniques, inherently, does.

I have many other issues with the film, but only a limited space to detail them. I think everyone should watch this film to receive an actualized image of unhealthy relationships. It may help those in unhealthy relationships to realize they are in them. Just keep in mind the points I’ve made and see for yourself how applicable they are.

Riley Straw, feminist activist:

I’d like to open my discussion by saying that, as secretary of Fredonia’s Women’s Student Union, I’m very sensitive to issues of domestic violence; perpetuation of harmful, heteronormative and binary stereotypes; and the transcendence of a character’s wealth — when I watch any movie. Also, I must be honest. I did not read the books, so my entire critique is based around what I saw in the movie.

“I found Fifty Shades” was not the absolute worst movie I’ve ever seen in my life; however, it was pretty bad.

I’ll start with some of the things the movie did well. I thought the acting, particularly of Dakota Johnson, the story’s main protagonist, was pretty good in my opinion. I also think that the movie ultimately serves as a commentary on the effects of the film of Charlotte Dumas and the decision of being of an object of an emotionally abusive relationship. Also, if we look at “Fifty Shades” as a commentary on the harmful effects of economic class on the traditional gender roles found in American society, the film superbly succeeds. However, the film also addresses serious issues with the portrayal of the wealthy and its objectification of women as well as this movie has done.

However, I don’t think that was the point. If you are not aware, the movie essentially sets up the story of a woman, Anastasia Steele, an English literature major, who meets prince-charming type Christian Grey. After one meeting, Grey seeks out Steele at her place of employment to ask her on a date. After one date, Grey reveals himself as a demanding, secretive and possessive individual who sends Steele unwanted and cruel messages (including, but not limited to, first-edition copies of her favorite books, helicopter rides and a new car), shows up at her mother’s house in Georgia, and details a list of reasons why Steele has to either follow her rules and tell her when she’s going to punish her if she doesn’t. When Steele offers confusion or any behavior that is not expressly "permitted" by Grey, he gets mad, or she gets defensive.

Now, I’ll talk about the film’s main focus: to each their own as the cliché states. However, this culture is not represented well by this movie; there must be a sense of give-and-take, of balance, and of understanding between the two (or more) parties involved, and the absence of one and balanced communication and compromise is the essential flaw of "Fifty Shades." An issue I take with the film is that it perpetuates the idea that it’s alright for men to stalk women (or for people to stalk people) as long as the stalker is attractive and wealthy. It perpetuates the idea that, as long as you buy women gifts, you have the right to women’s bodies — and maintain the right to manifest their sexual desires (whatever they may be — without question) on the body of the woman.

It also emanates a false sense of feminine validation: a scene in which Steele negotiates the terms of the non-disclosure agreement Grey wants to force her to sign is meant to portray to the viewer that the woman in this scenario still has a choice at all in Grey’s sexual wishes. The flaw with this is that her only choice that remains is to choose between Grey’s options with regard to what she wants; she is held to his standards, while his standards exist without limitation.

Another issue I have with the film is that it perpetuates the idea that it’s alright for men to stalk women (or for people to stalk people) as long as the stalker is attractive and wealthy. It perpetuates the idea that, as long as you buy women gifts, you have the right to women’s bodies — and maintain the right to manifest their sexual desires (whatever they may be — without question) on the body of the woman.

One thing I must say is that, yes, both of these individuals are hot. Johnson and Dornan (Christian Grey) both have conventionally attractive body types according to the archetypes of feminine and masculine beauty, respectively. However, extreme attraction should not, in any case, permit abuse. S&M culture doesn’t inherently lend itself to abuse, but the male ideology that women have no other option but to be objectified with limited and restricted consent and utilization of coercion techniques, inherently, does.

I have many other issues with the film, but only a limited space to detail them. I think everyone should watch this film to receive an actualized image of unhealthy relationships. It may help those in unhealthy relationships to realize they are in them. Just keep in mind the points I’ve made and see for yourself how applicable they are.

Rebecca Hale, erotic novel enthusiast:

Let me start off by saying I am not a huge fan of “Fifty Shades of Grey.” I am not advocating for the movie or the books themselves, but for the culture they portray, which is apparently offensive to many people. I do not think in any way that this is the best example of BDSM. Still, I am a lover of erotic novels, so naturally, I had to read the trilogy. I have no idea why this series became so popular when there are many examples of better novels showcasing the dominant/submissive relationship (I would recommend any of Maya Banks’ books).

This type of relationship is not abusive, nor is it sexist. A mate can be a submissive just as easily as a woman can, and this is even shown in Fifty Shades of Grey. I think it is important to differentiate between a real-world relationship and one that is written in the books.

One thing that people need to realize about this story is that Christian was the one who was abused. Many people who were quick to jump to conclusions about this film clearly had not read the books.

The first book is only a taste of the things that are going on inside Christian Grey’s head. He was sexually abused by an older woman as a young teenager, and he was also raped after witnessing the death of his crack-dealing father. Christian is an emotionally abusive person. This is part of the point of Fifty Shades. I also think that Fifty Shades is not a real story about BDSM culture. It is about a man’s struggle with mental illness, and his overcoming that sickness because Steele is patient and loving enough to foster that change.

I do agree that Green and Steele’s relationship is unhealthy and emotionally abusive at first. Steele is undoubtedly hurt many times. Still, she chooses to leave Grey, and then, to return to him in the second book. Steele is not forced to do anything. She willingly signed the non-disclosure agreement. She reserves the right to use safe words in the case where she wishes to opt-out of the agreement. Also, Steele makes a lot of compromises with Grey throughout the series, showing that he is not solely in control. Also, the point is not to say that unhealthy relationships are okay, but it does say that people can change. Unhealthy relationships can become healthy with the right kind of help and support.

Finally, I’d like to open my discussion by saying that, as secretary of Fredonia’s Women’s Student Union, I’m very sensitive to issues of domestic violence; perpetuation of harmful, heteronormative and binary stereotypes; and the transcendence of a character’s wealth — when I watch any movie. Also, I must be honest. I did not read the books, so my entire critique is based around what I saw in the movie.

How to take a nap on campus

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Brittany Perry
Special to The Leader

Our culture often has fleeting obsessions that emerge from popular novels: wizards, vampires and now BDSM.

The “Fifty Shades of Grey” trilogy has taken the world by storm, selling over 100 million copies worldwide and earning a gross profit of $135,464,070 in box office totals since the release of the first movie on Valentine’s Day. It broke the record of fastest-selling paperback series, beating out the “Harry Potter” series, and has increased the sale of bondage-related sex toys, according to the Consumer Product Safety Commission.

The story, written by E.L. James originally as “Twilight” fanfiction, focuses on a graduate student, Anastasia Steele, and a billionaire CEO, Christian Grey. Grey forms a relationship with Steele, in which he introduces her to bondage/discipline, dominance/submission, sadism/masochism, or BDSM.

Although this story has a large fanbase, many have seen the book as controversial, due to the eroticism and, most importantly, the nature of Steele’s and Grey’s abusive relationship.

“If you were to strip down this story and write a list of the behaviors that Christian Grey exhibits and displays in this book, like the stalking behaviors, the emotional manipulation, control over her girlfriend’s life and the sometimes threatening threats of physical violence if she (Ana) does not comply with his wishes, and think to yourself, ‘Does this list look like a healthy, loving relationship that you would want to be in?’” said Coordinator of Substance Abuse and Violence Prevention Julie Bezek.

“I would like to think that most people would look at this and think, ‘This person is an abusive, psychopathic stalker.’ Somehow, when all of this got put into a romantic story, those abusive elements got deflected away.”

“What was scary to me was that there were people out there who thought what he was doing was romantic,” Bezek continued. “After I read it, I was wondering, ‘Is this the same book that people are fawning over?’ It shocked me; this is not romantic. This is a guy with stalker-like and psychopathic tendencies.”

According to Bezek, Grey exhibits typical behaviors of an abuser: manipulating, intimidating, stalking and isolating Ana from friends and family.

Many fans defend this behavior, claiming that Grey made sure that Steele knew what the safe words were and to use them anytime she felt uncomfortable, and that she knew what she was getting into.

However, while Grey’s behavior can be seen as problematic, erotic fantasy novels like “Fifty Shades of Grey” open up a larger dialogue on sexual exploration.

“I think that it’s also crucial to acknowledge and understand the fact that fantasies of domination and non-consent are hugely popular with female readers, and have been for a couple of centuries now, from romantic and gothic novels to ‘Twilight’ and ‘Fifty Shades,’ because women enjoy them,” said Shannon McRae, Director of American Studies and Film Studies. “One theory suggests that certain people are biologically cross-wired to experience certain forms of pain or danger as pleasurable given certain circumstances — specifically circumstances that they can control. ‘Control and consent are key here. Women in our culture, where abuse and dominance are prevalent, even sometimes normalized, have few, if any, outlets for exploring their own sexuality,’ McRae continued. ‘Fantasies of non-consent and control, particularly in a fantasy situation that gives them full control, allow women to explore depths and dimensions of sexual response precisely because real life situations do not allow for this.’

The book has received criticism from those in the BDSM community, as well, claiming that James portrays those within the community as having been sexually abused themselves when they were younger.

“There is such confusion about the whole abuse issue, that if you are into [BDMS], you were sexually abused as a child, or even sometimes normalized, have few, if any, outlets for exploring their own sexuality,” McRae said. “We are in such a cultural habit of associating it with abuse, and really start a conversation about our own healthy, pleasurable sexuality. Maybe this way.’”

“I think that generalized campaigns to protect young women from abuse do as much to repress expression, exploration, even acknowledgement of female sexuality as the real-life dangers we may also face. It is very nearly impossible to discuss female sexual aggression or sexual pleasure on its own terms,” McRae said. “We are in such a cultural habit of associating it with abuse, and really start a conversation about our own healthy, pleasurable sexuality. Maybe some of that agency comes out in twisted, bad relationships, because there are so few not-twisted, good ways to even discuss these things.”

“I’m sad that a book that could have very well been a template for women to explore their sexuality, encourage a feminist approach to positive sexuality and loving, consensual relationships, and really start a conversation about our society truly celebrating women as sexual beings… was absolutely not that at all,” said Maggie McCurdy, a mental health counselor at Fredonia.

“The women who enjoyed ‘Fifty Shades of Grey’ are not the problem. The problem is with what women are told, from a young age, is acceptable behavior from their romantic partners, what is expected from them in bad relationships, and what they should expect love and sex to look like. Women are not empowered to act, but are acted upon, and ‘Fifty Shades,’ unfortunately, highlights this norm in a very public way.”

Many fans have argued that the critics do not like “Fifty Shades of Grey” because of the eroticism. Other consumers of the book have argued that it is the abusive relationship that is problematic, not the eroticism.

“We need more and better stories about the full range of sexual responses, and issues of power, control and consent,” Shannon McRae said.

Here are some further reading suggestions, based on suggestions from professors, Buzzfeed and http://www.tor.com, that look at another side of eroticsm. Many fans have argued that the critics do not like “Fifty Shades of Grey” because of the eroticism. Other consumers of the book have argued that it is the abusive relationship that is problematic, not the eroticism.

“Kushiel’s Dart” — Jacqueline Carey

Carey’s book features a heroine with actual sexual agency. Courtesan/spy Phèdre nó Delanouy is a very healthy and really strong heroine (and goddess revered in her culture). She grows up learning how to have healthy, communicative sex, even watching a “showing” by her fellow adepts when she comes of age.

Of course, Phèdre’s situation isn’t perfect. Until she makes her marque (that is, completes the terms of her indentured servitude), she is not allowed to have sex with any men besides her patrons. However, even in earning her freedom, she’s able to mostly do so on her terms, being assigned to patrons who can be the dependent to her submission and feed her desire for pain.

“Dirty Criminals” — Matt Fraction and Chip Zdarsky

Suzei’s a librarian and Jon’s an actor. They hook up and discover that they both share the same weird girl friend their other friends have. They’re shocked, surprising each other, and realizing that, since they each thought they were the only one on Earth with this talent. But now that they’ve found each other, they need to cook up a way to use the time they’re being given.

Fraction and Zdarsky have taken a great sci-fi premise and spun it into something with moral depth, as the two characters have to come to terms with their sexual obsessions and their feelings for each other and their passion for leisure.

“The Master of the Shadowlands” series — Cherise Sinclair

Cherise Sinclair’s BDSM series, like “Fifty Shades,” also involves a woman becoming sexually awakened as a sub, except she’s ambitious and brilliant and isn’t having submissive sex to get a guy to like her more. Sinclair has written a lot of S&M erotica, so you’ll have a lot to hold you over.

“The Noire” series — Emmanuelle de Maupassant

This is the debut novel of an upcoming series, “The Gentleman’s Club” follows Madeinosolle Noire, a sexually liberated and highly intelligent woman with whom Lord MacCulley becomes obsessed. The book has been praised for its writing style and progressive heroine, who often questions gender norms and dated social conventions.

“The Vampire Queen’s Servant” series — Joey W. Hill

The plot revolves around Lady Eylla, a 700-year-old vampire whose vampire queen has been_oddly weak as of late. She ends up with a macho servant named Jacob, who isn’t used to being a submissive but slowly changes when he’s with her. This is really having more in common than they realized and start to form a genuine bond.

“A Thread of Deeply Black” — Finn Marlowe

Marlowe’s debut novel deals with the S&M romance between Colton (a shape-shifter) and Killian (a werewolf). She’s been starred out of a relationship too far.

“In this short story, the protagonist, Melissa, who has had both intersex and male surgery, is on the verge of her first female relationship. She has her usual comfort sex with Ginny, who is tired of being her passive backup and decides to spice things up a bit. The author identifies as a bisexual woman of color.”
This past Thursday night, Feb. 26, the Williams Center was full of energy from various forms of musical talent that shared their love of their craft with an enthusiastic and sometimes hyper audience. This was all courtesy of Spectrum Entertainment Board.

Following the performance of New Masons, Spectrum Entertainment announced “Hellogoodbye” as the Spring headliner on April 12. Each genre was comprised of three acts that sparked the idea that the participants were seeing not just local bands at Willy C, but that they were witnessing major brands at a real concert arena. In particular, it was the influences that the members displayed both in speech and song that were clearly displayed and envisioned by all who saw them. The crowd also witnessed their influences from the music scene at least once during their time on stage.

There was also a vibe that was traded from stage to audience and could have easily gone on all night. And through it all, the audience received a unique evening with blue, rock, and independent genres being represented by some of the best on campus.

The first act that performed was Blue House. It was also the most unique in that member Danny Paladino was the only member. He was also the personal with the audience on numerous levels.

From romance and relationships to personal calamities, Paladino did not fail to impress.

“Jokes aren’t great, music is,” he said onstage. This was leading up to his song “I’ve Been Running Down This Road,” after he alluded to his involvement in a car accident weeks before. However, the most dominant theme for Paladino was what moves his music: his emotions.

“Whatever is happening in my life is what I write about,” said Paladino. This was especially seen in his opening song “Love Keeps Me Waiting”, and elsewhere in songs like “I Just Touched This,” and “Pretty Face.” Not surprisingly there were various shouts of joy from the crowd when Paladino referred to romantic gestures on stage.

Midway through, Paladino also alluded to past influences from his Long Island home, as well as other international names in music. This was seen in renditions of songs by Deo Mio, City in Color (from Long Island) and Bob Dylan, My Window respectively.

The next act was the first band, Kill The Clock. They were undoubtedly the most hyper of the bill that night. This was seen in their lead vocals and rhythm guitarist Brendan Hoare jumping and moving constantly. This alone and their style of instruments and dress left impressions that would make Rolling Stones fans proud.

“We’re Musicians,” said lead guitarist Joe Morganti. And it showed in songs such as “Take Me Away,” “Lover,” and “Precious Stone.” Yet their time was highlighted with the songs “The Joke’s On You,” “Go Down,” and “Normal Me Too.” And like Paladino, they also found time to honor their own inspirations. In this case, it was their rendition of The Strokes’ “Improvement.”

The final act was the New Masons. They provided a more gentle and relaxing approach to close out the event. Their involvement in independent rock also proved to be just the antidote for the audience to come off the high and the leftover adrenaline produced by Kill The Clock.

As far as their soundtrack for the evening was concerned, New Masons also reached out to the wild side of the crowd in a subtle way. In particular this was shown in the with their songs, “Visceral,” “Amphitheater,” “Say Geronimo” and “I Had a Son.” While they certainly gave an ambience of groups like Journey and Foster the People, they were also the ones who had the most songs inspired by recent pop culture. And the closing songs especially reflected the latter: “Gold” (The Great Gatsby) and “Walking Dead” (from the TV show of the same name).

In addition, the New Masons also engaged the audience by allowing them to silhouette on the lights as well. Combined all the groups were very forth-coming in how or why they actually started: from the origins to all
their musical eras and inspirations. Before the show and backstage the energy was, even then, rampant. Their own backgrounds in the field of music are all very intriguing. What is uniquely diverse was why the members are billed in an arrangement as they were on Thursday.

Blue House is actually named after two facts. One is what Paladino said is "A very crazy schedule," and no time to commit to a band at all. The second is that he does indeed live in a blue house. "You can’t miss it," said Paladino jokingly.

As to his influences, Paladino cites many as being crucial. Besides City and Color and his personal life, the musical acts of Brand New, Noah Gunderson and Anthony Raneri are a few. But it is Long Island as a whole that truly gives Paladino his energy. "It is the big sound that makes it unique," he said. As to the future, he hopes to someday play in a band after graduation.

Kill The Clock said that they were formed largely in response to the new Buffalo radio station 107.7 FM that has appeared on the scene in recent years. Their involvement in alternative rock results from what Hoare and drummer John Greenan said is "different tastes in different kinds of genre."

As for its formation, both members cite family relations and excellent connections that lead to KTC’s formation. "I was actually a replacement for one member and then it became permanent," said Greenan. It was a pleasure for all in attendance that they made Fredonia one of their three-times-a-month repertoire. Their passion and sound especially radiated in more ways than one. As for the future plans, KTC is presently planning a tour for a fair portion of the upper Northeast: Boston, New York and Cleveland to name a few. They are also planning a new CD with the first demo recording taking place later this year.

Perhaps the most impressive was that one of the bands had only been together for a short period of time. "We’ve been together for about a year," said New Masons keys and vocalist Mike Gonzalez-Kelly. And their choice of independent rock is also shared heavily. "It resonates collectively because we all; have different interests."

As to their future, Gonzalez-Kelly responded, "whatever happens." Nevertheless, there is so much to suggest that the future is very much bright for these true Fredonians whose name is initiated from our own Mason Hall.

The lively atmosphere is what many of the musicians earlier described was what they love about performing. "It is the first five minutes that tell the show," said Greenan. Gonzalez-Kelly called it the "express creativity and energy."

As to his influences, Paladino cites many as being crucial. Besides City and Color and his personal life, the musical acts of Brand New, Noah Gunderson and Anthony Raneri are a few. But it is Long Island as a whole that truly gives Paladino his energy. "It is the big sound that makes it unique," he said. As to the future, he hopes to someday play in a band after graduation.

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### UNIVERSITY

**Monday, Feb. 23, 2015**

11:50 a.m. The key to a Jeep was turned in to University Police. A report was filed.

6:07 p.m. A person was stuck in an elevator in the Science Center. The person was removed, the elevator was shut down and a report was filed.

6:30 p.m. An employee requested assistance to his/her vehicle. A report was filed.

7:57 p.m. A wallet was found at a bus stop. A report was filed and the item was stored.

**Tuesday, Feb. 24, 2015**

6:20 p.m. A wallet was found with other IDs inside at Fenton Hall. The item was stored, a report was filed and a traffic ticket was issued to the owner for possession of the IDs.

Non-student John D. Quinones, age 18, and non-student Dominick Schrantz III, age 17, were arrested for an incident that occurred on Feb. 11, 2015, in which shoes were stolen from Steele Hall. Non-student Daniel Baez, age 16, was arrested on Feb. 27, 2015 for involvement with this incident.

**Wednesday, Feb. 25, 2015**

12:00 p.m. University Police Assisted the SUNY Morrisville Police Department in the identification of a larceny suspect. A report was filed.

10:50 p.m. A student was harassing staff and stealing food from Centre Pointe dining hall. The suspect was contacted and advised.

**Thursday, Feb. 26, 2015**

2:07 a.m. The panic alarm in Mayrum Hall was triggered. A report was filed.

11:00 a.m. A change purse with an ID found. A report was filed and the items were held.

12:15 p.m. University Police assisted the Syracuse Police Department in the identification of a larceny suspect. A report was filed.

11:07 p.m. A blue lanyard and key were found by Chautauqua Hall. The items were held.

**Friday, Feb. 27, 2015**

12:27 a.m. A domestic incident was reported in University Commons. A report and a domestic incident report were filed, and victim rights were given.

1:58 p.m. A possible marijuana odor was reported in Gregory Hall. The report was unfounded.

**Saturday, Feb. 28, 2015**

2:40 p.m. There were two juveniles in the Williams Center. A report was filed.

3:00 p.m. A Vera Bradley ID holder was found in lot 9B. A report was filed.

**Sunday, March 1, 2015**

3:26 a.m. An unauthorized vehicle was parked in a handicap space in lot 22. The vehicle was towed and a report was filed.

6:30 p.m. A LG cell phone was found on the Escort bus. A report was filed.

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### FREDONIA

**Wednesday, Feb. 25, 2015**

8:30 a.m. Frank L. Tye, age 49, was charged with criminal contempt and aggravated harassment. A warrant was issued and Tye was then arraigned and held.

**Thursday, Feb. 26, 2015**

3:12 a.m. Sama Yaser Hasan, age 19, was issued a traffic ticket for speeding.

11:02 a.m. Jordan A. Reed, age 20, was issued a traffic ticket for having an expired inspection.

11:26 a.m. Desmond Johnson, age 22, was issued a traffic ticket for having expired license plates.

11:47 a.m. Jenell Long, age 40, was issued a traffic ticket for operating a motor vehicle while using a cellphone.

1:11 p.m. Lindsay N. Schrantz, age 18, was issued a traffic ticket for failure to stop.

**Friday, Feb. 27, 2014**

12:26 a.m. Monica E. Delano, age 20, was issued a traffic ticket for switching lanes in an unsafe manner and driving unlicensed.

5:12 p.m. Devon J. Brodka, age 18, was issued a traffic ticket for speeding.

6:10 p.m. Tyler D. Burkett, age 21, was issued a traffic ticket for failure to stop.

**Saturday, Feb. 28, 2015**

12:15 a.m. Nicole M. Giardina, age 17, was issued an appearance ticket for littering.

12:45 a.m. Jacob R. Caparoso, age 18, was issued appearance tickets for violating the sewer ordinance, open container and underage possession of alcohol.

12:46 a.m. William Milbrand, age 22, was issued an appearance ticket for open container.

1:00 a.m. Ryan M. Hallman, age 20, was issued a traffic ticket for failure to stop.

1:20 a.m. John J. Sztaniak, age 18, was issued an appearance ticket for violating the sewer ordinance.

1:26 a.m. Adam T. Szymanski, age 18, was issued an appearance ticket for violating the sewer ordinance.

2:06 a.m. Conor J. Condon, age 21, was issued an appearance ticket for disorderly conduct.

6:19 a.m. Brandon N. Lambie, age 24, was held for disorderly conduct and obstruction of governmental administration.

11:32 p.m. Jeremy Little, age 21, was issued an appearance ticket for open container.

**Sunday, March 1, 2015**

12:51 a.m. Kathryn G. Halloran, age 19, was issued an appearance ticket for violating the sewer ordinance.

1:07 a.m. Kristen Heitzhaus, age 18, was issued an appearance ticket for violating the sewer ordinance.

Gary J Cordova Jr., age 21, was issued an appearance ticket for violating the sewer ordinance.

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**How do you feel about Spectrum’s Spring Event Headliner, Hellogoodbye?**

- **Tricia Kent**
  - Junior accounting
  - “Well, I don’t think I’ve ever heard about them, but I don’t think I’m going either way.”

- **Samantha Russ**
  - Junior computer information systems
  - “I love Hellogoodbye! I didn’t know they were coming — it’s awesome, though.”

- **Jacob Derk**
  - Senior social work
  - “I am very excited that they are coming, and I’m really looking forward to the songs they’re going to play.”

- **Stephen Castriota**
  - Senior business management
  - “Don’t really know much about them, so I guess we’ll see.”
FULL TIME – INTERNSHIP – SUMMER – PART TIME

Tuesday, March 10, 2015, 2-5 p.m.
Williams Center

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- Employer list available at www.fredonia.edu/cdo/expo/expo.asp so be sure to research organizations before the event!

Questions? Please contact us at (716) 673-3327 or careers@fredonia.edu
Women's Herstory Month preview

Fredonia to partner with UB pharmacy school

CONNOR HOFFMAN
Staff Writer

On Feb. 19, Fredonia and the University at Buffalo announced a new agreement between Fredonia and the UB School of Pharmacy. This agreement is meant to help students get a pharmacy degree at UB. Normally, a Fredonia student going into pharmacy would be required to spend four years completing his or her undergraduate degree at Fredonia, and four years at a school of pharmacy for the graduate degree. This agreement allows students to receive their pharmacy degree at UB and a master's degree at Fredonia within four years.

Lee also mentioned that, at the moment, there are not any plans similar to this in the making.

The Center for Multicultural Affairs incorporates Fredonia’s Black Student Union, Hillel, Latinos Unidos, Native American Student Union, Pride Alliance and Women’s Student Union. This event aims to discuss what each of these groups has done on campus and what they plan to do in the future, and will be held in the Williams Center $204AB.

Tuesday, March 31, at 7:30 p.m.: "Making Queer and Feminist Movements More Inclusive," by Julia Serano

This talk, held by trans woman of color feminist Julia Serano, will mark the end of Women’s Herstory month. Held in McEwn 209, this lecture will discuss how feminists can work to be more inclusive of individuals from different races, sexual orientations, and genders and other groups to work toward the common goal of acceptance.

REDUX STRAW
Copy Editor

Fredonia to partner with UB pharmacy school

A Cinderella story:
Fredonia's Mock Trial team

MARSHA COHEN
Staff Writer

The program director at regions called us the Cinderella team," said Dylan Forman, a junior pre-law and criminal justice major.

Fredonia’s Mock Trial team has just come off a successful weekend of this year’s mock trial national competition. Fredonia’s A and B teams started their journey at the competition at Buffalo State College and came out successful.

Mock Trial is Fredonia’s mock legal team that works on a case provided by the American Mock Trial Association. Every February, Fredonia’s team competes against teams from many other universities from along the east coast. Students range from political science to Spanish majors.

At the beginning of the competition, there were 615 schools competing for the title of mock trial champions; the pool has now whittled down to just 24. The competition drew schools from around the country to Buffalo where they were playing around in a house. Unfortunately, this year’s case is about two 11-year-old girls who were shot, and their parents were in the victim’s home, and her parents were the gun owners. The teams had the task of giving a presentation of the story. With a strong team filled with talent and months of preparation behind them, the Fredonia team felt ready to tackle the task.

According to Fredonia’s website, "The program director at regionals called us the Cinderella team," said Dylan Forman, a junior pre-law and criminal justice major.

Fredonia to partner with UB pharmacy school

The Department of Pharmacy and Pharmaceutical Sciences at UB is one of the oldest and most established schools of pharmacy in the nation and this ranking emphasizes our teaching excellence along with our research and scholarly strengths.

Lee mentioned how this is not the only agreement of this type that Fredonia has, but that it’s still special.

Lee mentioned that, at the moment, there are not any plans similar to this in the making.

He added that there already has been interest shown in this program. "A couple of our pre-pharmacy students are interested in this. A group from Fredonia will visit the UB School of Pharmacy in April,” said Lee. "I’m very excited about this opportunity for our students. It is very beneficial to our campus when we can develop opportunities for students to pursue post-graduate programs."
Graduate Studies Spring Open House
Saturday, March 28 • 9:30 a.m. • St. Vincent’s Hall

Education: Ten master’s programs, including ONLINE options and Developmental Disabilities

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Members of New Masons members become the winners of Fredonia’s Battle of the New Bands. See full story on B-6.

Stephanie Willis / Special to The Leader
dan McCormick of ‘Kill the Clock’ performs at Spectrum’s Artists on the Rise event. See full story on a-6.

Maggie Gilroy / Editor in Chief
Student performers pose with visiting actress Judy Kuhn. See full story on page B-2.

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An intense scene from ‘Balm in Gilead’ is performed in the Bartlett theatre. See full story on B-6.
‘BALM IN GILEAD’
challenges traditional narratives
See story on B-6

SEE INSIDE

Broadway star Judy Kuhn visits campus
“Wherever you wind up, whether in New York or any place else, keep studying.”
See story on page B-2

Rachel Lee Priday to be featured with College Symphony Orchestra
Fredonia’s College Symphony Orchestra is gearing up for the orchestral event of the season.
See story on page B-4
MAGGIE GILROY
Editor in Chief

“Wherever you wind up, whether in New York or any place else, keep studying.”

These words of advice came from visiting artist Judy Kuhn during a masterclass on Feb. 28.

Brought to Fredonia by New Buffalo Productions, Kuhn delivered experience garnered from her extensive career on the stage and screen to the students and faculty of Fredonia.

Kuhn was nominated for three Tony Awards for her work on Broadway in “She Loves Me,” “Chess” and “Les Misérables.” In addition, Kuhn sang the title role of “Pocahontas” in the Disney film as well as in its sequel “Pocahontas II: Journey To A New World.” In April, she will return to Broadway in “Fun Home,” based on Alison Bechdel’s graphic novel of the same name.

Kuhn did not let her resume supersede her, appearing determined to help Fredonia students learn and grow within the two hours of the masterclass.

“Think of it as a rehearsal,” Kuhn said at the beginning of the masterclass, assuring students that the masterclass was an opportunity to work and not perform.

Participants in the class were students in the Department of Theatre and Dance and included freshman Michaela Tramuta, sophomore Justin Burr, juniors Kierman Matts and Anna Chico and seniors Shannon Cunningham and Alexander Kosmowski. Senior Jordan Fischer and freshmen Maggie Austin served as alternate performers.

Each performer was given the opportunity to sing for Kuhn while accompanied by School of Music faculty member James Welch on the piano. Following each performance, Kuhn instructed the students to sit down and explain their thoughts and process on developing the piece. After a brief conversation with the student about their respective performance, Kuhn then gave the performer her advice, often asking the student to participate in an educational task or exercise. Much of Kuhn’s advice was centered around breath and healthy performance methods. While Kuhn was the teacher for the afternoon, she always determined to help Fredonia students learn and grow within the two hours of the masterclass.

“Ms. Kuhn’s experience and expertise as an actor and singer gave us such an awesome perspective,” said Montondo in an email interview following the masterclass. “Her focus on truthfulness and breath really tied into our studies as musical theatre majors, but her approach was very unique. Coming from her calm and kind energy, she created a supportive and fun atmosphere.”

Montondo sang the traditionally female-sung “Losing My Mind” from Stephen Sondheim’s “Follies,” to which Kuhn replied, “I don’t think I’ve ever heard a man do that song.”

Despite this, Kuhn noted that it was “beautiful.”

The masterclass was brought to Fredonia by Fredonia professor Paul Mockovak and New Buffalo Productions, which was created and sustained by Fredonia alumnus Christopher Mockovak and Leah Wietig.

“Ms. Kuhn’s suggestions, advice and teachings were spot on,” said Mockovak in an email interview following the masterclass. “She reinforced concepts and fundamentals that we teach at Fredonia. It was especially rewarding to see that her initial approach began the same way, then was focused slightly differently with each singer to address something specific to them.”

Kuhn’s motivation to teach stems from her own experience as a young performer at Oberlin College.

“I think a couple things about teaching; one is you always want to teach what you want to do, so it keeps me honest as a performer,” said Kuhn in a brief interview following the masterclass. “It makes me think about what I’m doing.”

“The other thing is — I was saying to Chris [Wietig] actually on the way — when I was your age I didn’t ever have any opportunities to take classes like this. My ‘classroom’ was the shows that I did and I was very lucky, early on, that I was able to be in the room with older, more experienced actors and watching them was my classroom in a lot of ways. And I’ve worked with a lot of directors who’ve helped me a lot and I feel like it’s an opportunity to share that with people younger than me.”
Three great films on Netflix for winter days inside

For those who enjoy a good horror movie, "You're Next" is easily one of the best Netflix has to offer. "You're Next" is a smart and bloody home-invasion thriller that also has a bit of dark humor.

The story is fairly simple: a family reunites at the rich parents’ home in the middle of nowhere, and masked men attack the house and start to pick off the family one by one. The film’s heroine, Erin, is the girlfriend of one of the sons. As soon as the killing begins, she emerges as a quick-thinking and fast-acting hero, fighting back against the attackers.

 lithium is an efficient and entertaining horror thriller that’s fun to watch with friends. There are some really inventive kills by horror movie standards and a heroine who is easy to root for. It’s also darkly comedic, for those with a twisted sense of humor.

Another film that flew under the radar, yet has found an audience on Netflix, is Joe Carnahan’s "Stretch." The film tells the story of a down-on-his-luck limo driver who owes money to the wrong people. He gets a job driving an eccentric billionaire, played by Chris Pine, who offers to clear his debt but, before that, go through a night of hell.

"Stretch" stars Patrick Wilson as a likeable and easy-to-root-for guy who encounters some weird and dangerous characters. The supporting cast features Pine, Jessica Alba, Ed Helms, Ray Liotta and David Hasselhoff in a funny cameo.

"Stretch" is a wild ride and a lot of fun for its 95-minute run-time, and it is consistently entertaining and hilarious.

For fans of post-apocalyptic movies, "Snowpiercer" is a thought-provoking end-of-the-world action film with the last of humanity on a train that circles Earth, which has been plunged into an ice age. On board the train, social class separates the last of mankind. The action is well-choreographed, with a particular axe fighting scene that stands out.

The film stars Chris Evans from "Captain America" as the leader of the revolt against the oppressors at the front of the train. It features a great supporting cast with John Hurt, Jamie Bell, Octavia Spencer and Tilda Swinton.

"Snowpiercer" is a gritty and ambitious film that really sticks with viewers at the end. It’s exciting and has a great story about the class struggle amongst the last of mankind. The action is well-choreographed, with a particular axe fighting scene that stands out.

Three great films on Netflix for winter days inside

Advice Column
Facing your fears

BRIONA SAAS
Special to The Leader

Hello to all fellow students at Fredonia! I’m going to discuss a topic this week that could be quite scary. It’s something we are uncomfortable talking about and frequently try to avoid in our everyday lives. I’m here to talk to you about fear. I’m not talking about spiders or monsters, but I guess you can apply this lesson to that, too. What I’m really speaking about is what stops you from doing what you truly want to do.

Here are some questions I want you to ask yourself. What fear is standing in your way of doing what you truly want to accomplish? Also, what fears stop you from becoming who you truly want to be? I’ll tell you that the only thing that will stop you from fears affecting your life negatively once and for all is yourself.

There are many ways we can trick our minds to overcome these fears. The first step is to understand what your fear is and face it head-on. Acknowledging our fears is how we begin to conquer them.

Most fears come from over-thinking. Have you ever thought that maybe you’re scared to change your lifestyle because you’re worried you might fail? Oftentimes we stop ourselves before even trying, and this is a big issue.

Some of us are scared that the disappointment or failure could be worse than the attainment of the goal; that’s not true! Don’t give up or quit — try and try again. If you keep at it, your hard work will never go to waste. Once you reach your goal, it’s only more satisfying.

Let me ask you another question. Are you scared you won’t reach the goals you’ve been dreaming of since you were a child? Do you worry about disappointing others around you? Or maybe you’re even worried to tell someone how you truly feel about him or her because of your uncertainty of how they feel toward you. Here’s a great lesson I learned a few years ago: stop caring about what other people might think of you.

The only people we should worry about are the ones who really care about us. These people are your loved ones, your family and your closest friends. Here’s some even better news for you: these people will be there to support you at your best times and your worst times.

There are always people out there who are just waiting for us to fail, and by worrying about them, we lose focus on ourselves. Remember that your fears are not something you must face alone; the only person who is going to fix the issue once and for all is yourself, with the support of friends and family, of course.

Our supporters are here to guide us and reassure us that everything will be okay. However, our supporters are not here to remove our fears once and for all. We must put in our own efforts. We also can’t wait around doing nothing, hoping that the problem will fix itself and that with time, it will all go away. Our fears are deeply rooted in our minds and will follow us everywhere we go, unless we do something about them.

We must conquer our fears before they conquer us. Don’t be scared of defeat and things not going the way you planned. The only way to beat that fear is to just let it be and learn to be accepting of what may and may not happen. Don’t let your fear stand in the way of your happiness. Be happy with your outcomes, good or bad. If it’s good, great, and if it’s bad, it’s an experience. What better way to learn from life than that?
Rachel Lee Priday to be featured with College Symphony Orchestra

KORI BARKEY
Staff Writer

Fredonia’s College Symphony Orchestra is gearing up for the orchestral event of the season.

The “irresistible panache” (Chicago Tribune) of virtuoso violinist Rachel Lee Priday will be on display in King Concert Hall. She will collaborate with the CSO for one of the most beloved and technically demanding concertos in violin repertoire, the Tchaikovsky Violin Concerto in D major, Op. 35.

Under the direction of Dr. David Rudge, the orchestra will also perform Glinka’s famous “Overture to Ruslan and Ludmila” and Sibelius’ “Symphony No. 1 in E minor, Op. 39.”

According to her bio at http:// Arielartists.com/artists/rachel-leepriday/, Friday has appeared as soloist with many international orchestras, including Chicago, St. Louis, Houston and Seattle Symphony Orchestras, the Boston Pops and the Berlin Staatskapelle.

She is critically acclaimed for her remarkable talent and praised for her “dazzling, forceful technique,” “rich, mellifluous sound” and “velvety fluidity.”

Her musical endeavors began at the young age of four. What inspires her to continue performing, now and always, is a sense of persistently working toward an ideal version of herself.

“I am continually searching for ways to make performances more beautiful, more varied, more moving and hoping to achieve greater depths in my interpretation,” she said.

To encourage this progress, Priday “seeks contemporary resonnances with masterworks of the past,” approaching performances of well-known classical masterpieces with fresh insight, as if they were just written.

She plans to execute Tchaikovsky’s Concerto with such methods on Saturday. “I’ve played the Tchaikovsky concerto countless times, but each time, I hear the music with fresh ears and inevitably find new insights while remembering, of course, the spirit and emotion of the performance that really captures the spirit and emotion of the music and create a memorable, shared experience.”

This Saturday will not be the first time Friday and Fredonia musicians have collaborated together.

“She first played with me and the Orchard Park Symphony when she was 12, as a young prodigy,” Dr. Rudge recalled. “... on a moment’s notice she replaced an indisposed violin professor for nine performances [during] last Fall’s Chamber Orchestra tour of Long Island. I am really happy to be able to bring her to Fredonia and have her interface with all the students in the College Symphony, knowing this will be a stunning performance.”

Tickets are $15 for the general public or $8 for students and are available for purchase online at http://www.fredonia.edu/tickets or in person at the Ticket Office in the Williams Center.

No Impact Week: Part 1 ‘No Impact Man’

NAOMI LYNCH
Staff Writer

Have you ever thought about making no impact on, say, the world?

Colin Beavan, the self-titled “No Impact Man,” has.

In 2007, Beavan, his wife Michelle and their young daughter lived one full year making as minimal of an impact on the world as possible. This meant no meat, no flying/driving, no TV, no takeout, no internet, no electricity, etc. The list could go on and on, but anything that was a “want” was eliminated, and anything that was a “need” was minimized. The only real technology around were the cameras that documented the experience.

As a person who orders from Maria’s at least once a week, I was flabbergasted.

Beavan blogged about his experiences using solar energy and eventually picked up enough traction that he attracted the likes of Stephen Colbert, Diane Williams and other prominent reporters who found his mission amusing. For Beavan, this was the real deal.

His wife also thought he was crazy. She described herself as a daily coffee-drinking, sample-sale-happy shopping lady who loved to eat takeout.

“She is easy for Colin and murder for me,” Michelle told the camera.

Over the year they were being filmed, the No Impact couple had a plethora of highs and lows. When they eliminated their TV, they spent more time interacting with the environment, friends and loved ones that came over. Instead of driving every-

where, they both walked, Colin’s daughter sitting upon his shoulders in almost every instance. Not eating takeout every day allowed them to look for local food that was tasty and helped the money return to the environment.

In terms of lows, Michelle was having a incredibly hard time at first. She worked for a huge business magazine, and she was used to her morning coffee waking her up. When Colin turned off the electricity at the sixth month mark, she wasn’t too fond of reading by candlelight.

Her main concern was Colin’s apathy towards her dream of a second child while she was in agreement with Colin’s No Impact cause. During the documentary, we learn that Colin eventually compromised with his wife and she did get what she wanted, but in her words, “It’s not a perfect bow.”

Halfway through the movie, even Colin becomes defeated after his natural alternative to refrigeration goes astray and it’s Michelle that brings his spirits back up.

After the year transpires, there are a lot of things they both want to keep from this experiment, but a lot of things will not continue (Michelle brands herself a “hot dog queen,” saying she wants to keep the veggie lifestyle, but she also really wants a hot dog).

All in all, “No Impact Man” is an interesting way to see how we each impact the world around us, and Colin and Michelle open our tunnel vision for us to see how the world would be if we all took a little time to care for the Earth instead of getting Calso’s at 2 a.m.

Reducing your tech footprint: one class’ efforts

Colin has designed a No Impact Week experiment that I will be taking part in, along with my fellow students in Biology 115 and Communication 321 — and also, The Leader’s beautiful Mary Laing — that I am not looking forward to. I am a chicken-wing wielding, orange juice loving, Vanilla Bean frappuccino drinking warrior queen. I naturally get up at 6 a.m. every morning because I need to have my Tim Hortons before class; otherwise, anything I say is unilluminil. Next week will be very interesting, to say the least.

Some of us aren’t eco-warriors like Colin Beavan, but as the tech staff writer for The Leader, here are some tips for reducing your tech footprint!

Do: Try to purchase refurbished tech and accessories.

Amazon has an excellent program that inspects and ensures the products they ship out. With tech evolving every day, it’s okay to buy last year’s model. No one is judging you except your bank account, which will be happy that you are saving some money! A good rule of thumb about upgrades — wait at least two models after your current device before considering an upgrade. The reason these companies make so much money is that people flock to the “next big thing” (sorry, Samsung) when in reality, the camera life is two megapixels better and the phone adds a useless fingerprint sensor (not sorry, Apple).

Don’t: Leave your tech plugged in after it’s fully charged.

It’s fully charged. The nature of technology is the charge/recharge cycle. Keeping it plugged in doesn’t help the device and doesn’t help the battery life.

Do: Recycle your old tech!

Do that old ipad to your annoying nephew? Give that old Galaxy S4 to your tech-illiterate Aunt Sally? If no one is in need of your device, go down to the Salvation Army and let them decide than willing to take the donation. If the device is in pretty good shape, you can sell it to Amazon. You’ll get more money if you keep the original packaging, too!

If your cell phone no longer functions, you can return it to your mobile provider for a small discount off your next bill.

Radinshock also has a recycling program for tech. Never, ever, just throw things like this in the garbage. They need to be disposed of properly.

Don’t: Leave your plugs plugged in after you’re done using them.

Even if your iPhone charger is sitting there idly, it’s still pulling energy. Cut the flow and save some energy. As my mother used to affectionately scream, “Turn off that dang light! Con Edison (now known as National Grid) is not my friend!” As we enter the bill-paying stages of our lives, National Grid isn’t our friend. Let’s pay as little as possible.

In the words of Michelle, I’m rethinking everything that’s important. Will I survive a week without chicken? Who knows. I’m tired of being a comical #FirstWorldProblem. I hope that next week is the learning experience I’m looking for!
CARLY KNASZAK
Staff Writer

Fredonia has a very wide range of music, especially when it comes to local bands. Students, or even residents, of Fredonia put together bands to local bands. Students, or even residents, of music, especially when it comes to music as heavy, sexy and true. The band's only is complete," Bearded Amish said. "The head and hundreds of bones were outside this farm we stayed in Ohio last year." Jerry Grind describes their music as heavy, sexy and true. The band’s head, which has influenced our sound, as the collection of musicians in the group all have different memorable show with Crazies, Elemantra and Mangoose. I've never seen a circle pit in a basement before then," Mulligan said.

To some, metal music is only meant for certain people. It has been known to be for the ones who are the outcasts. "I get if you're not into heavy music. It's not for everyone, but we're not trying to be some sort of exclusive club. Metal is a great release for live, you'll have a good time," Coffey said.

"Psychedelic blues, reggae and funk? Music junkies might raise an eyebrow when they hear a long elaborate genre like that. But when it comes to creative outlets in Fredonia, the bands make it work, and that is the exact way Yonic describes themselves. "Our influences vary from old blues players like Muddy Waters to new groups like Umphrey's McGee. It's difficult to say if any one artist has influenced our sound, as the collection of musicians in the group all have different musical interests," said Sean Patrick, the rhythm guitarist and vocalist of Yonic. Like many bands, members come and go and cause differences in a band. "Yonic's coming together is a long story. Just last year our lineup was entirely different, but with our bassist leaving the group, we chose to rearrange the members for a fresh sound," Patrick said. Yonic has their new single on their BandCamp page called "Lover to Some Reggae." It is available to download and/or to listen. 

"We're in the works of finishing an album that we'll be releasing April 18 at our album release show at EBIC West," Patrick said. Yonic's other members are Ryan Schneider (lead guitar and vocals), Brian McMahon (drums and vocals), Paul Sortnick (keys and vocals) and Shea Gashleen (bass guitar). Many bands at Fredonia can be found all over campus and at parties and bars downtown. Be sure to go out and support the local music scene and maybe find a new genre to listen to.

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“Balm in Gilead” opened this past weekend in a theatrical spectacle. Directed by Dr. James Ivey, this modern version of Lanford Wilson’s play included many different and interesting facets which contributed to the show’s uniqueness.

The name of the play comes from a biblical verse in the book of Jeremiah. In Gilead, there was a certain type of tree that residents would extract a substance from and then turn into a balm to soothe illnesses. So, in turn, the title references the “balm” that each character is searching for in order to ease his or her larger life issues.

The Department of Theatre and Dance went gung-ho in its transformation of Bartlett Theatre. The walls outside the theatre were covered in chalk graffiti, giving the audience a taste of the tone before they even set foot inside Bartlett. Inside, the chairs were all mismatched, and some audience members even sat in couches and benches.

The set, designed by Chad Healy, was impressive and included kitchen appliances such as a stove, as well as a real jukebox. As the play takes place in a run-down café, the set has a circular bar with stools and a kitchen behind, as well as tables and chairs and even booths on the sides.

Lighting was also well-done, even with the obstacle of a set that covered most of the ceiling lights. Evan Kicman utilized lights on the sides of the stage, as well as some streamed through holes and windows in the café ceiling.

The set also had a crane-like bar that swung around to different places onstage, which had a microphone attached to the end of it. This allowed for characters to deliver monologues from different areas of the café.

The style of the play was very chaotic, and at many points during the play, characters all around the café were speaking, singing or yelling simultaneously. It was difficult to listen during these times, which
is where the microphone came in handy. The character whose dialogue was the most important would speak into the microphone, so that the audience knew to listen to that character. The overlapping dialogue was interesting, as well, because someone sitting house-left would get a completely different experience than someone sitting house-right.

The play was also staged in a way that stressed time, and made the café feel anxious and rushed. The stage would be bustling with activity, and all of a sudden, the sound of a clock-tower bell was heard, and everyone would freeze or exit the stage.

The acting was also supplemented by a quartet of singers who occasionally meandered through the theater, singing a variety of different genres of music, a capella.

In addition to the singing, there were a lot of monologues that the characters delivered into the microphone on the boom. During these monologues, the lights would dim and center on that character. These monologues helped the characters to better develop themselves to the audience and showcased each character’s individual struggle.

One important scene was actually acted out three times in a row for emphasis. The scene would unfold, and then the lights would go out and the actors returned to their places to replay the scene.

Though “Balm in Gilead” is a heavy play, the actors did a good job of providing ample comic relief, even with the darkness of the humor.

Even though it is an unconventional play, “Balm in Gilead” is still an enjoyable performance. The characters, including prostitutes, drug dealers and drug addicts, may not be traditional protagonist figures, but these are the qualities that make “Balm” unique. “Balm” shows its audience that we are all the same — we are all just people struggling through life to find our own balm.

“Balm in Gilead” will resume March 5 – 6 at 7:30 p.m. and March 7 at 2 p.m. in Bartlett Theatre.
Funktional Flow at Ellicottville Brewing Company

VERONICA PENOVER
Special to The Leader

Funktional Flow has been causing a stir in the Buffalo music scene with their unique sound and high-energy performances. The band, consisting of John Adams, saxophone, and Anthony Lasnik, drums, has been making waves with their electrifying sets at venues like Ellicottville Brewing Company.

John Mackey: What inspired you to join Funktional Flow?
Veronica Penover: I was introduced to Funktional Flow by a friend who had attended one of their shows. I was immediately drawn to their music and the chemistry between John and Anthony.

John Adams: Funktional Flow started as a way to experiment with different genres and sounds. We were interested in exploring the potential of the saxophone and drums to create something new.

Anthony Lasnik: Our music is a blend of funk, soul, and jazz, with influences from all over the world. We like to keep things fresh and incorporate new ideas into our sets.

John Mackey: What is your process for writing music?
John Adams: I usually start with a melody or chord progression and then build from there. Sometimes I'll have a concept or theme in mind, and other times it just comes organically.

Anthony Lasnik: I tend to work with improvisation and experimentation. I like to see where the music takes us and make decisions on the fly.

John Mackey: Do you have any advice for aspiring musicians?
Veronica Penover: Don't be afraid to take risks and try new things. Surround yourself with like-minded people who challenge you and inspire you. And above all, have fun!

Anthony Lasnik: Practice is key. You can never be too prepared. And always be open to feedback and constructive criticism.

John Adams: Above all, stay true to your own voice. As with any art form, you need to be authentic and genuine in your expression.

Funktional Flow has been together for nearly six years. They have established a well-known presence in the Buffalo region and are making strides towards broadening their fan base in the Northeast, as well as internationally. They have shared the stage with many local and national artists, including The Revivalists, Dopapod, Flokstock, and The Werks. They have also performed at major music festivals such as Catskill Chill, Bear’s Picnic, and Camp Eeyore.

Funktional Flow is known for their dynamic and engaging live shows, with a focus on creating a unique and unforgettable experience for their audience. Whether it's a sold-out show at a legendary jam hot spot or a quiet corner of the woods, Funktional Flow is always ready to connect with you on a more personal level.
Op-Ed: Pornography gave me unrealistic expectations about the number of available delivery jobs out there

PAUL E. AMOREE
Special to The Lampoon

I used to be like any other American dude: I drank my ketchup every day like a good boy, I fired my assault rifle into the air seven times a day — that’s two more than the five times mandated for every American citizen. Then, like every other American, I’d go home, make myself a beer float (it’s just a beer with a bunch of ice cream in it) and hunker down to watch 90 to 120 minutes of pornography.

But then something changed. You might say I grew up. It all started one day when I took a look at the world around me, and then at my beloved pornography. To this day I don’t know why, but it was like a veil was lifted from my eyes. I could see clearly, and I knew that something did not match up. Pornography was a fiction: there was simply no way that there were anywhere near that many delivery jobs in this area.

I mean, think about it — unless you’re in a seriously metropolitan area, the odds that you’re going to find more than, like, five pizza places vying for the same customers are just astronomical. It’s just not going to be profitable for these kinds of businesses to all try the same thing in the same area.

Look, I’m not trying to say there aren’t delivery jobs. There definitely are. I just think some attention should be drawn to the unrealistic portrayal of the abundance of delivery jobs that pornography gives young men. They’re out there, and when a young man gets his first delivery job, it can be healthy and fulfilling, but if he’s been led astray by a seductive (but ultimately hollow) vision of the good times, fast living and easy pickings of the delivery business, he’s going to have a bad time.

Local stupid moron in serious debt

ANNE ARKEY
Special to The Lampoon

In an announcement issued Friday night, Fredonia student and complete idiot Anne Arkey, 22, admitted to having “really gone and done it this time,” saying she was “absolutely screwed” if she could not find a solution to the “like forty thousand dollars, with a million percent interest” that she owes in student loans.

“I’m so dumb and stupid,” she told reporters. “Oh my god, I’m literally like a fish or a lizard or some animal that only has the brain functions necessary to eat or whatever. I’m an idiot. I can’t believe I got myself so deep in this.”

Her friends seem to agree. “Anne is definitely a dumbass moron,” said literally everyone she knows. “She should’ve gone to work in a factory right out of high school. Or been born in Europe, where she wouldn’t have had to burden herself with all this crushing debt that will damn her to a life of poverty, anxiety, smoking Kool brand cigarettes and eating tuna right out of the can for dinner.”

Research suggests that Arkey will likely die alone, with her debt unpaid. The great, dark looming presence of the massive loans she’s accrued over the last few years will likely frighten away every potential long-term romantic partner she encounters in her life — which is fine because she didn’t really want to get married anyway, but it was kind of nice to know it was always there, as a possibility — but which will still likely suck, overall. At least she will have the small comfort of knowing that her unpaid debt won’t be handed off to someone close to her, because there will be no one close to her. All thanks to how dumb and stupid she is. Idiot. Idiot.

The Lampoon presents:
this week’s horoscope

CAPRICORN:
Be mindful of your dreams this week Capricorn, they are actually premonitions and you are psychic. So that dream you had of being naked in the snow will actually happen: try not to get naked-lapped this weekend.

TAURUS:
The stresses of what to get at Willy’s has been weighing heavily on your conscience lately. Should you get under-cooked stir fry, or wilting spinach? What about some cold pizza? You are bombarded with choices, but fear not! Try thinking of a letter, and whatever letter pops into your head, get a food that starts with that letter.

GEMINI:
Treat yourself this week, Gemini! Go on a spontaneous day trip to the mall and spend way too much money because you’ve been stressed out and you deserve it.

LIBRA:
If you are worried about your interview you have coming up this week, Libra, don’t be. And Elizabeth, remember, you are a smart, strong, beautiful, independent woman and you don’t need a man to complete you.

SCORPIO:
Watch out! There’s a spider behind you!

PISSES:
Love is in the air for you this week. That cute kid in your Biology class has been giving you the eye for weeks, so go up to them! I guarantee that they will not reject you in front of the entire class!

ARIES:
Have you ever tried slam poetry? I feel like you have a lot to say this week, and getting it out in the form of loud words and incredibly long pauses would be ideal. When you read your rant about the weather, wear a beanie with dreads attached to it just because you can.

CANCER:
You know what you need? A fish. Go buy yourself a goldfish and keep him in a mason jar on your desk. Just don’t keep him on your microwave because that is a slow and painful way to kill a fish. Also don’t let your roommate feed them because you will walk in one day and you will see a million fish flakes floating in the bowl and your roommate will say they didn’t do it but you know they did.

LEO:
Cheer up, sunshine! Only a few more weeks until Spring Break! Then you can finally sit around all day in your pajamas and eat chips and chocolate sponge cake and watch Netflix without any guilt … oh wait, you already do that now. Well, keep up the good work!

VIRGO:
Viro, Virgo, Virgo … why did you agree to go out with that person from your COMM 101 class? All I can say now is just tell them you are moving to Nebraska and maybe sit in the back of your class for the rest of the semester. That will hopefully work.

PISCES:
Be careful when you are ordering Starbucks this week because that grande jade citrus tea is gonna be filled way too high and if you don’t use a green stopper thing it will spill all over your hand and it’s not gonna feel nice.

SAGITTARIUS:
Before you do that walk of shame this week from Grissom, make sure you check that you have your shoes on; it is winter out there and you don’t need to be losing toes over that bad one-night stand.

PISCES:
Research suggests that Arkey will likely die alone, with her debt unpaid. The great, dark looming presence of the massive loans she’s accrued over the last few years will likely frighten away every potential long-term romantic partner she encounters in her life — which is fine because she didn’t really want to get married anyway, but it was kind of nice to know it was always there, as a possibility — but which will still likely suck, overall. At least she will have the small comfort of knowing that her unpaid debt won’t be handed off to someone close to her, because there will be no one close to her. All thanks to how dumb and stupid she is. Idiot. Idiot.
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Alumni House
286 Central Ave.
Fredonia, NY 14063

There is a mailbox by the side of the main door if office is closed.

Deadline to apply is Monday, April 6, 2015

Undergraduate Alumni Council Scholarship for 2015-2016

Must be a sophomore or junior to apply, have a well-rounded complement of activities and at least a 3.0 GPA or above. To apply, go online to Fredonia.edu, click on alumni, click on scholarship and type the application. Print out the application, add two letters of reference and mail or drop off your scholarship packet to:

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Indoor track shatters records at SUNYAC

DYLAN FORMAN
Staff Writer

On Friday and Saturday, the men and women’s indoor track and field team traveled to SUNY Brockport to compete in the SUNYAC championships. Out of eight total teams, the men were able to finish in fourth place, with the women’s team finishing sixth.

Leading the way for the men, in several distance events, was senior standout Zakk Collins, who was able to take fifth place in the 800m run, with a time of 1:56. This was a new personal best. Nick Watson and sophomore Pat Shenal. Also placing well in the 800m was junior Collin Mulcahy, who was able to place sixth in the 1500m run, with a time of 4:15.

The strong finish continued in the other distance races, as well. In the 800m run, junior Kyle Collars, who was able to break his own school record and take first place with a new record time of 8:29. With this time, he was able to finish well ahead of the rest of the field, winning by about seven seconds.

Also placing in the 3K was junior Kyle Collars, who was able to break his own school record and take first place with a new record time of 8:29. With this time, he was able to finish well ahead of the rest of the field, winning by about seven seconds.

5000m run, Hess continued his dominance by taking second place with a time of 15:06, a mere 1.58 seconds behind the winner. Sharrtrand also placed in the 5K in seventh place, along with Collins in sixth, with the women’s team finishing sixth.

The strong finish continued in the other distance races, as well. In the 800m run, junior Collin Mulcahy took second place overall with an astonishing time of 4:15. Mulcahy was also able to score in the 800m run, placing eighth. His preliminary round time of 1:54.91 was a new personal best. Also placing well in the 800m was junior Nick Watson and sophomore Pat Shenal. Watson’s time of 1:56 was able to earn him fourth place overall, while Shenal finished in sixth place in 1:58.

The general outlook of the team and coaches, however, is much more optimistic than their ranking would suggest. The team enters this season having only lost one player from a year ago to graduation. This also happens to be head coach Tony Ciccarello’s second full season with the team. He thinks that will be a big help in regard to making strides this season.

“We need to play well — it’s not necessarily about wins and losses. I can walk away from a loss when we played well, and that’s okay. But we can’t be playing lousy. I have high expectations.”

Having only lost one senior, this season is a new opportunity for the Blue Devils to improve and continue to grow as a team.
Softball

continued from B-11

team has a great opportunity to make some noise in SUNYAC play this season. Team captain Kate Nicholson thinks its time for this year’s team to take the next step.

“I think our main goal this season is to finally give Fredonia softball a name and to do so by making SUNYAC’s,” Nicholson said. “We’ve been the underdogs for the last few years, and we’ve been working really hard to change that.”

Nicholson is coming off of a season in which she hit a team-high .354. Although she lead the team in batting a season ago, she doesn’t look to set her standards unreasonably high going into her senior season.

“I’m trying really hard not to put a lot of pressure on myself to have a standout year,” she said. “My main focus is to have fun with my teammates and enjoy my last season.”

The team will open up with 12 games in Florida from March 13-20. After that, the squad will return to New York to begin SUNYAC play at home against Geneseo on March 27.

Kate Nicholson thinks its time for this year’s team to take the next step. Team captain Kate Nicholson thinks its time for this year’s team to take the next step.

Indoor track continued from B-11

was able to finish in third place with a collective time of 10:31.

The strong performances continued into the field events. In the triple jump, freshman Rocky Caparro finished in sixth place to score for the Blue Devils with a jump of 13.33 meters. In shot put, freshman Damone Brown was able to finish in seventh place to score with a throw of 14.31 meters.

Finally, in the men’s heptathlon, which consisted of a variety of events that displayed the overall athletic capabilities of the individual, the men were able to place several competitors. In third place, with 4355 points, freshman Mitch Paciga finished just ahead of senior teammate Douglas Imperi, who finished in fourth place with 4270 points.

The men’s team was able to finish in fourth place with 83.5 points as a team. Winning with a point total of 152 was SUNY Oneonta.

The women also impressed the competition this past weekend with several athletes scoring among the top in their events.

In the 3000m run, junior Laura Morrison was able to run away with the win. Morrison was able to run away with the win.

In pole vault, the women were able to dominate the field with three of the top four athletes being from Fredonia. Finishing in second place was junior Olivia Kurbs with a height of 3.50 meters. Finishing closely behind her in third and fourth place was freshman Julia Schreier (3.35m) and freshman Kristen Sawyer (3.20m).

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The track and field teams will next compete in the ECAC Championships.