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THE

LEADER

SUNY FREDONIA'S
STUDENT-RUN NEWSPAPER

Earth Day Special Edition

**Recreational Marijuana
and How it Affects Campus**

**Student Business:
Creations with Clare**

Paper or Plastic?

Neat Nature Near Fredonia

**MLB Moves Game After Voter Suppression
Law Passed**



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What's in this issue?

News - 3

- Recreational Marijuana and How it Affects Campus
- Earth Day Lasts Longer than One Day a Year

Life & Arts - 6

- Why Gardening is Good for Your Mental Health
- Creations with Clare
- Hot Thrifts Store
- Making the Best of Living on an Unsustainable Campus

Sports - 10

- MLB Moves Game After Voter Suppression Law Passed
- Fredonia Sports Update
- Deshaun Watson's Situation is Grim

Opinion - 14

- Connection Between Veganism and Food Allergies
- FTDO Matthew Baum
- Paper or Plastic?

Photography - 18

- Neat Nature Near Fredonia

Scallion - 28

- I Need to Apologize
- Finding (and Kissing) the Mason Arsonist
- Horoscopes

Cover Photo: illustration of garbage in front of "Three Man" statue. By Alexis Carney.

Back cover: Starbucks cup in "Suitcase" statue. By Derek Raymond.



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Americans produce more trash per individual than any other country in the world.

Recreational marijuana legal in New York:

How does this affect our campus?

ALISA OPPENHEIMER

News Editor

New York has officially become the 15th state to legalize recreational marijuana use.

If you haven't heard the news, on March 31, Gov. Andrew Cuomo signed a bill that allows adults 21 and older to consume marijuana recreationally.

The bill first passed the Senate with 40 voting in favor of it and 23 against it.

It later reached the Assembly where it was approved with 100 votes in favor of it over 49 votes against it.

"This is a historic day," said Cuomo in a press release on the day the bill passed.

"...one that rights the wrongs of the past by putting an end to harsh prison sentences, embraces an industry that will grow the Empire State's economy and prioritizes marginalized communities so those that have suffered the most will be the first to reap the benefits," he said.

The bill not only allows recreational use by people ages 21 and up, but it also allows individuals to buy from authorized sellers and possess up to three ounces of cannabis, or 24 grams of concentrated forms, like oils.

Besides this, any person who was convicted, prior to the new bill, for cannabis-related charges that are no longer criminalized will be expunged, or have the violation erased in the eyes of law.

Due to the drastic change in the New York State law, many students are wondering whether or not the rules on our campus regarding marijuana will change, as well.

Currently, our campus follows a tobacco-free policy, put in place by SUNY, back in 2012.

This bans smoking of any and all tobacco products, including electronic smoking or vaping devices.

It's likely this policy won't be adjusted. But will any other rules change?



Cannabis in the spotlight. By Washarapol D BinYo Jundang from Pexels.

How will University Police handle interactions regarding marijuana?

Will rules regarding possession or use of marijuana in dorms be similar to current rules regarding alcohol in dorms?

The issue is, since this act is so new, sources like President Kolison, as well as University Police don't have much to say on the topic because Fredonia is awaiting SUNY guidance.

In a campus-wide email, Kolison mentioned that many people have reached out with questions and concerns regarding legalization of cannabis and how it affects this campus.

The two main points he noted were:

While this state law authorizing adult use of cannabis by those age 21 and older became effective immediately, SUNY remains bound by its federal requirements under the Drug-Free Schools and Communities Act and the Drug-Free Workplace Act.

Pursuant to federal requirements and existing SUNY policy, the use, possession, cultivation and sale of cannabis remain prohibited on SUNY campuses and subject to code of conduct and disciplinary actions. This prohibition covers all SUNY property located in public spaces or in dorms or offices, including university-owned and leased buildings,

housing and parking lots. The prohibition also applies to [people attending] all SUNY events or conducting university business, except for approved academic research.

He also made sure to indicate what he really thinks will come about this change in law and encouraged students to respect Fredonia's current policies in place.

"I do not anticipate operational changes on SUNY campuses as a result of this new legislation. Therefore, it will not be a smart move on anyone's part to test our current policy regarding marijuana," he said.

The University Police Chief, Brent Isaacson, also made it clear that U.P. is still awaiting more guidance on the topic and requested that he be interviewed again once he has more solid details and information.

"The new legislation is quite complex and SUNY legal counsel and other authorities are working to better understand its practical effects, if any, on our campus," he said.

To find out more about the current policies regarding tobacco use, students can go to: <https://www.fredonia.edu/student-life/health-center/tobacco-free/tobaccofreepolicy>

Earth Day lasts longer than one day a year



McDonald's cup on Dunkirk's Erie Shore. Photograph by Jules Hoepting.

AMANDA SCHEIB

Special to The Leader

Our beautiful home is 4.54 billion years old, and when you look at when humans came into existence, that dates back to about 6 million years ago.

Our Earth is old and mystic. There are secrets we don't even know exist, and the answers we have found to those questions aren't fully understood.

This Earth Day, let's do things that would help our home and continue to keep those healthy habits all year long.

According to Gallup Poll, 42 percent of Americans identify themselves as environmentalists. The poll also found that this was down from 76 percent in the late '80s.

The numbers continue to plummet, which is concerning when you think on how climate change and global warming threaten our home and our very existence.

Some people actually do care about the environment, but simply don't know how to help.

There are definitely high expectations to help the Earth including stopping all plastic use, reducing your carbon footprint or to thinking about who you buy from and if they are a major contributor to climate change itself.

The average citizen is not to blame though. Yes, there are smaller things that you and your neighbor can do to participate in Earth Day, but just remember that big corporations are a huge percentage of the damage done. Earth Day is to get the information out there that our home does need our help. It isn't about shaming the public or guilt tripping people into a whole new lifestyle.

Earth Day is about information and building a new appreciation for the blue and green.

Here are some tips from Recycle Nation to follow on Earth Day this year, that might just be easy enough to follow all year long: Plant something. Plant a tree, flowers, bushes, even plants. Go outside and spend the day planting things in your garden, your backyard,

somewhere in your local community.

No matter what you plant, it not only helps the Earth to look beautiful and healthy, but it helps, even if it is small, the battle against climate change when it comes to reducing CO2 levels, restoring our ozone levels, and reducing erosion (which is bad for all plants and animals).

Planting trees or plants could also help reduce your heating and air conditioning prices.

Planting something takes a small fraction of your day, but it creates a huge impact on the air quality.

If you are looking for a bigger step in maybe reducing your carbon footprint, you could ride your bike for the day instead of driving your car, or walk to the store instead of driving.

Carpooling is even a better option than driving solo in five separate cars, which add five separate toxic amounts of carbon into the atmosphere.

This is called going green, and walking or riding a bike isn't the only way.

You can switch out all your old light bulbs for newer LED lights. Unplug any electronics that aren't being used since they do use electricity by just being plugged in. Those are more common quick and simple ways to help our environment by being environmentally friendly on Earth Day.

If you were looking for a bigger role to play on April 22, you could donate to Earth Day organizations or any green company or research programs looking to change the worrisome predicted outcome of climate change.

You could also just simply take the day and volunteer at your local schools and community centers to get educated or educate someone else about how important it is to keep our planet clean and healthy — not only for the planet itself, but also for all of us living here.

If we want to continue to breathe clean air, drink clean water and eat healthy food, we must take care of our planet in ways that reduce our footprint.

But there is a twist in this story.

You as the average citizen of Earth

are not the problem you think you are. The real issue that we must address sooner rather than later is big corporations.

To really turn things around, we must focus on corporations that pollute and ruin our only home for the greed of money.

According to The Guardian, "Just 100 companies have been the source of more than 70 [percent] of the world's greenhouse gas emissions since 1988... half of global industrial emissions since 1988 can be traced to just 25 corporate and state-owned entities."

What these companies are doing is contributing to the issue of climate change and global warming; they care about money, not the environment.

So it is now our job to stay away as much as possible from these companies that contribute so heavily to harming our environment.

Here are some companies that are included in this mess: ExxonMobil, Shell, BP and Chevron (which are all gas companies), Anglo American,

Consol Energy, Kuwait Petroleum Corp, Peabody Energy, ConocoPhillips, Pemex and many others.

It then becomes our responsibility as inhabitants of Earth to inform, protest and demand change from these people.

We must become aware of the issues plaguing our planet and ultimately us. Being aware of what is happening around us every day is the first step of change, and that is what Earth Day is all about.

Without care, our Earth can turn into a catastrophic place with no food, clean water or clean air, among other scarcity risks.

Our planet is screaming and showing us signs about her situation that we caused.

Earth is the only home we have.

This Earth Day, let's go outside, breathe in the air she gives, soak in the warm sunlight and perhaps think about how she needs us more than just one day a year.



Bike in front of the Science Center. Photograph by Jules Hoepfing. Sustainability Committee Earth Week events. Graphic by Anna Gagliano.

SA's Sustainability Committee
presents:

Earth Week!

- 19 Install Ecosia day
- 20 Release of The Leader's Environmental Issue
- 21 Woodlot scavenger hunt
- 22 Walk or bike to class day
- 23 Fredonia Farmers' Market highlight

STUDENT ASSOCIATION
FREDONIA

Life & Arts

Growing dopamine: Why gardening is good for your mental health

JULES HOEPTING
Design Editor

Study after study has shown gardening is good for the brain and the body. And in a time of unprecedented stressors, finding ways to keep yourself healthy is essential.

So, why not pat some seeds into some dirt?

Growing and eating your own food has proven to harvest beautiful benefits.

Not only does growing produce provide easy access to healthy, delicious food — which has been linked to healthier eating habits — but it also provides a boost of serotonin.

That means by touching soil, you can get a natural dose of an antidepressant and an immune system strengthener.

In fact, an abundance of studies have shown gardening of any kind is an instant mood-booster, as gardening activities release dopamine, the feel-good hormone.

Now, you may be thinking, “That’s great and all, but I don’t have the space for a garden.”

You probably do.

When you think of a garden, you probably envision a plot of land in someone’s backyard with produce popping out of the ground. And although that is the reality for many gardens, gardens can come in lots of different forms.

Plants have an inspiring ability to adapt and can grow almost anywhere. Thus, as long as you have the three special ingredients — water, sunlight and soil — you can grow a garden.

Lacking floor space? Create a vertical garden — a series of shelves dedicated to plants.

And gardens do not have to grow food, either; if you wish to grow fabulous flowers or fragrant herbs, you can still be a gardner. Who needs candles or plug-in-the-wall air fresheners when you can just sniff your plants?

To further fertilize the pot, being around all that oxygen is good for your work. Studies have shown being around plants can increase memory retention up to 20 percent.

Work completed in an environment with plants tends to be of better quality than work completed in an environment lacking any nature. After all, we are respiration-based living beings meant to be around photosynthetic living beings, not bodies of cells meant for concrete cubicle cells.

So don’t dwell long on the matter, and plant some plants in or near your dwelling. Because there is really nothing quite like watching the plants you planted break through the ground and stretch toward the sunlight. And even if those plants

don’t grow to be worthy of produce stands or florists, a hands-on learning experience grew out of the attempt.

Life is enriched by learning, and learning is how we grow.



Greenhouse by the campus garden. Photograph by Jules Hoepting.

That windowsill in your dorm? Load it up with plants in pots and you’ve got a garden.

That small deck on your apartment? Put a bunch of pots with plants on it and you’ve got a garden.

Fredonia small business **spotlight:** Creations with Clare

ALYSSA BUMP
Life & Arts Editor

If you have Instagram and go to Fredonia, you have most likely seen one of your friends raving about Creations with Clare on their Instagram story.

If you haven't, Creations with Clare is a small, one-woman business that specializes in "boho jewelry, with a hint of spirituality," as said by the owner, Clare Normoyle.

Normoyle is a junior at Fredonia majoring in journalism with a minor in English.

Despite being a full-time student, Normoyle manages to maintain a successful small business.

Normoyle said, "I've always really liked being crafty and making things, especially jewelry. And for a while, I had so many people telling me to sell my stuff. But I always assumed no one wanted to buy it. And then one random December day I thought, 'Screw it I'm gonna do it,' and started this business."

She started her business on Dec. 27, 2020 and made her first sale only a day later.

Unlike most small businesses that have to power through a slow start, Normoyle said, "Right from the beginning, business was booming. Every time I'd create something new, (which was more frequently when I didn't have school) more and more people would buy which led to them posting, and then more people finding me. It's a pretty cool cycle."

Customers can choose from wire-wrapped rings, chain-linked beaded necklaces, earrings and more. All items are handmade by Normoyle herself.

Rather than having pre-made items that customers can choose from, Creations with Clare encourages customers to customize their items.

"I think what makes my business so unique is that I'm very into customizing every



piece I have. Not only that, but I can also turn ideas people have into creations, if possible," said Normoyle.

One of her favorite pieces right now that is fairly new is her moon man ring.

With the power of social media, her business surpassed 500 followers on Instagram, which is @creationswithclare, in only a few months.

Normoyle explained, "My trick is constant advertising, whether it's online or by word of mouth. The more people talk about you or hear about you, the greater the chances are that they'll check your stuff out."

She uses both Etsy, an online marketplace and Instagram for customer purchases. However, Normoyle explained Instagram is probably the easiest route for customers to take.

"It's easier for me to help you through your order, with customizations and whatnot."

Payments are accepted through Venmo and Paypal @ClareNormoyle. She currently ships all over the U.S. and is working on global shipping.

Normoyle also has a blog called "Crystalized" which goes more in depth on the behind the scenes of her business.

Some of her posts show how she makes her jewelry, how she manages her time as a college student while also being a small business owner and where she gets her crystals.

I personally decided to purchase some products from Creations with Clare. I decided on getting a gold sun pendant birthstone necklace as well as some matching sun earrings.

The products so far seem to be high quality, and the packaging was super cute. The personalized message on Normoyle's business card was a great touch.



Hot Thrifts brings environmentally-conscious shopping to Fredonia

MADISON BLASZ
Special to The Leader

The “one man’s trash is another man’s treasure” saying is quite truthful.

There’s something wonderful about heading to a thrift store and finding a unique piece of clothing that fits your style perfectly.

Now more than ever, people are donating clothing, home goods, electronics and other objects.

Just think back to that “reduce, reuse, recycle” slogan we have all been taught since elementary school. When we were first taught this, it typically had to deal with plastics and paper.

But many people did not realize that recycling incorporates more than the typical plastics and includes textile recycling as well.

One of thrifting’s biggest advantages for the planet is that it keeps clothes out of landfills.

People are recognizing that the clothes they no longer want will make much more of an impact when donated and brought to thrift stores, rather than tossed in the garbage.

On April 1, Samantha Brewster, a Forestville graduate opened a store called Hot Thrifts, a higher quality thrift store.

Her goal is to take things that people may not have a use for anymore or are throwing out and put them back into the community. Though, she is not looking for items that are in poor condition.

Brewster said, “I won’t have anything that isn’t close to new, if anything is stained or kind of junky I will not put it up.”

When clothes are thrown away, they sit in landfills for hundreds of years.

Especially now that a lot of clothing is made out of synthetic material that won’t degrade, these clothes tossed into landfills take up a lot of space and contribute to greenhouse gases.

Brewster said, “I wanted to do

anyone can stop by when the store is open.”

If you are interested in making a donation or stopping by to see the items in Hot Thrift, Brewster will be there 10 a.m. to 6 p.m. on weekdays and 10 a.m.

to 4 p.m. on Saturday. The store is closed on Wednesdays and Sundays.

Shopping second-hand also plays a role in boosting community development. Your money is typically used to help local charities and businesses, rather than multinational corporations that take advantage of the planet.

Think about it this way, when you shop second-hand, you’re supporting a business that strives to help others. When we are helping others, we are also helping the environment in some way as well.

Thrifts also lowers your carbon footprint. But we often think that the only way we can do this is by biking to work instead of driving or by reducing our shower time.

These are wonderful ways, but thrifting is also one of those steps to reducing our carbon footprint that doesn’t take much effort.

The fashion industry is moving faster than ever, creating millions of clothing every day to fill up the stores.

Thrifts is an easy way to make a difference in your own carbon footprint.

So rather than engaging in online or fast-fashion shopping, head to a thrift store.

And remember “one man’s trash is another man’s treasure.”



Inside Hot Thrifts. Photographs by Madison Blasz.

something to promote sustainability and reusing things, I want to prevent things from ending up in a landfill, because eventually clothes will be covering a lot of space.”

She wants people to know that anyone can stop by her store and drop items off. “I take a lot of donations and

How to **make the best** of living on an **unsustainable campus**

JESSICA MEDITZ

Editor in Chief

LYDIA TURCIOS

Special to The Leader

Most of us are probably aware of the environmental apocalypse that is brewing in the world right now.

Luckily, there are endless suggestions and resources on how to reduce your carbon footprint and do your part to save the planet.

It can be difficult to practice what these reliable sources preach, though, if you reside in a college dorm.

This is especially true for our campus, which Dr. Jonathan Titus of the biology department says is, “not sustainable at all.”

If you live and rely on the campus, a good chunk of the waste you produce is out of your hands.

Students don’t sort or take out the big trash bins, they don’t handle the major cleaning and they’re not in charge of how our campus decides to transport things or what products are used.

There’s only so much we can do without inconveniencing ourselves, but there are possibilities for change in the event that students realize this and come together, according to Titus.

“I really don’t know how to get students interested in these things... interest is quite low.”

Fredonia’s Student Association has a Sustainability Committee, and its chair, Anna Gagliano, agrees that it’s hard to get students interested.

“I’ve never had more than three active members, and have had zero for the past academic year,” she said.

If you’re passionate about environmental issues and would like to see change happen, you can join the Sustainability Committee or gather a group of friends and start your own environmental student group. With the proper administrative approval, Fredonia students have the opportunity to create their own student organization.

Spreading the word and getting people informed would be the next step to

increase interest levels.

According to Titus, Fredonia is slightly advantaged in that we are not a campus that has a population of students who don’t believe in climate change or are actively opposed to environmental regulations.

His point is that most students probably think the environment is important and all, but the issue is getting them to make changes to their lifestyles.

“You just kind of make these things happen by banning things on campus,” he said.

Most of these things are food-related, as Fredonia is very much a throwaway campus in that regard.

On the note of food, who knows how much is dumped out of Cranston

ends up in the landfill.

The sorted trash bins such as the ones outside of Cranston could also be expanded to more sidewalks. College students eat on the go, after all.

Another big one is more water bottle refill stations to reduce plastic bottle use.

Sure, we have them — but not in every building, and in particular, none outside.

They’re only in the newest buildings with the most recent renovations, leaving a large swath of the buildings and walkways on campus with maybe one or two old water fountains anywhere near it.

You’d buy less plastic if there were more convenient options to fill up what you already have.

In fact, according to Titus, plastic water bottles are not only expensive, but the water is lower quality than the water from the tap, anyway.

Therefore, making this small lifestyle change would be a win-win.

While any small effort for environmental change is good, at the end of the day, it needs to be a group effort. And it all begins with the people in charge.

Students: if you truly care about this, it’s time to look to the administration and the student government for assistance in implementing these ideas.

Come up with and pitch reasonable, detailed initiatives to show these higher ups that you know what you’re talking about and leave them with little to no work to do.

Use your social media platform or get involved with campus media to spread the word.

Boost awareness or get involved with the campus garden, or contact Dr. Titus about coming to the next garlic mustard pull, an event in which students and faculty come together to pull non-native invasive garlic mustard at the College Lodge.

If none of these sound easy, it’s because they’re not. But Earth is our home, and it should not take a crisis for us to get up, go outside and do what we can to take care of her.



Sign on yard. Photograph by Jules Hoepfing.

Marche and Willy C’s every day as normal trash?

It’s hard to imagine, but things actually used to be worse.

Cranston used to have trays that people would fill up with food for the heck of it, just to throw out. Ultimately, the trays were done away with and slightly less food is thrown out now.

Small changes like this can be made in all cafes and dining halls just to be even a bit more sustainable.

“Tim Hortons and Starbucks have to be dragged kicking and screaming for them to charge for a disposable cup,” said Titus.

“That way, people can bring their reusable cups [and avoid plastic waste].”

As a result of COVID, reusable cup usage was put on hold despite health experts agreeing that they are safe to use.

As for using things elsewhere, it wouldn’t hurt to have more communal amenities dedicated to sustainability, for example, more recycling bins in the main hall dorms and other places on campus.

It should be noted, though, that much of what goes into recycling bins actually

SPORTS

MLB moves All-Star Game from Georgia after voter suppression law passed



“Major League Baseball” by Bill Selak is licensed with CC BY-ND 2.0.

SOBAN FAISAL

Special to The Leader

Major League Baseball has moved the 2021 All-Star Game from Atlanta to Denver.

The move occurs roughly one week after the passing of S.B. 202 in Georgia.

This law perpetuates voter suppression by altering voting rules, targeting the voting rights of minority citizens, specifically Black citizens.

The decision to move the All-Star Game comes from consultation with the MLB Players Association, Players Alliance and teams.

Ronan Wood-Gallagher, a senior at SUNY Fredonia said, “I think in the past, maybe they would not have felt the pressure to change the All-Star location. So I think it just kind of shows how far they’ve come that now, major corporations will move their games like that to ensure that they’re standing with the right side of history and whether it’s genuine or not it is not for me to say, but the movement itself is good.”

While Wood-Gallagher may not think the MLB is making this location change out of the kindness of their hearts, he still agrees with this move as a protest against an unjust law.

The MLB Players Association ultimately backed up the decision to move the All-Star Game, saying, “We want to make our voice heard loud and clear in our opposition of the recent Georgia legislation. That not only disproportionately

disenfranchises the Black community, but also paves the way for other states to pass similarly harmful laws based largely on widespread falsehoods and disinformation.”

Not only are players behind this move, but so is one of the best to ever play in the NBA, LeBron James, who partially owns the Boston Red Sox, tweeting, “Proud to call myself part of the MLB family today.”

Some had other concerns regarding this move.

Jordan Purvis, a senior and resident assistant at Fredonia said, “I do see how that would support the players and their fans of color. But it is tough for the Braves to be affected by this. I would hope that you know it could have been more talked about. So the commissioner is making a decision, and this is my opinion. Everybody else has had different opinions about it. Still, as I said, it’s great that they’re trying to support them, but at the same time, I feel bad for the fans of the Braves and the Braves organization because they were planning on having an All-Star Game this upcoming summer, and it can’t happen now.”

Purvis supports the MLB’s decision, but feels for the Braves as they will be losing a lot of money and had nothing to do with the legislation.

But the MLB will still go ahead with their plans to support the local communities in Atlanta as they do every All-Star Game.

It seems like the MLB got this decision right in a very tricky time in American history.

Fredonia sports update



Photograph by Sara Weaver.

ANTHONY GETTINO

Sports Editor

This past week featured a slew of Blue Devils from all different sports, including baseball, softball, lacrosse, tennis and men's and women's track and field.

For baseball, the week started out with a bang as the Blue Devils pounded Penn State Behrend in 13-4 fashion en route to the I-90 Cup. April 4's win came from the help of a Ryan Gennau homer in the first and a Tyler Phillips home run in the eighth.

Saturday's double header against Brockport didn't go quite as well for the team, as they lost both games 8-1. Luke Kenyon scored the only run for the Blue Devils in the first game and had two of the three hits in the game. Ryan Hann homered in the seventh inning of the second game.

Coming up, the team has a double header against Oswego State on April 20 before another double header against Alfred State on April 25.

As for the softball team, they went 3-1 on the week, dropping both games of their double header against the University of Rochester before splitting their two-game set against Brockport.

In the first game, the Blue Devils pulled out the victory in 7-6 fashion. Amber Piniewski was the hero of the

game, driving in the game-winning run on a single to right field. This came after a sacrifice fly that scored Amanda Eastman off of the bat of Nicole Kumro.

Fredonia lost the second game 15-4, with the Blue Devils' four runs coming from two Eva Fitzsimmons hits and a Nicole Kumro two RBI single.

The women's lacrosse team had a solid week, starting with a 18-0 stomping of Wells College on Monday and a 14-8 victory over Buffalo State. The Blue Devils also played Geneseo to a 15-4 score on April 17.

The win over Wells College had some history to it, as it was the first shutout in the team's history dating back to 1996. As well as this, with her six goals in the contest, senior Allison Coon became the 21st person to record 100 points for the Blue Devils' lacrosse program.

The 22nd player to reach this feat came the next game against Buff State, when senior Madeline Haney scored six total points (two assists and four goals) to get to the century mark as well.

In the game against 12th ranked Geneseo, Coon scored a hat trick, Haney posted a goal and Erin Woods added a goal as well.

For Fredonia tennis, the team took the victory over Brockport 6-3.

In the two doubles that were played, the teams split as Jane Chiacchia and

Taylor Marelli won their set 8-6. Princess Unita Obi and Dominique Martello were on the other end of a 8-6 score, however.

In the singles matches, Fredonia came out on top two of the four possible times, with the final two matches being won on account of no competitor to go against. Jane Chiacchia and Sarah O'Leary won their matches while Taylor Marelli and Princess Unita Obi couldn't quite pull out the wins in their matches.

The team travels to face Oswego Monday before home matches against Penn State Behrend Wednesday and Geneseo Thursday.

Last but not least, the men's and women's track and field teams traveled out to Buffalo to compete at the University at Buffalo Home Meet.

Some quality times from the men's side included Collin Barmore in the 800 meter race in a time of 1:57.31, Anthony Ruiz in the 5k at 15:54.06 and Aaron Cember in the shot put with a 12.38 meter throw.

On the women's side, MaryClaire Haseley ran a 20 second personal best in the 5k with a 19:34.04, while Morgan Ashton ran 1:10.62 for a season best in the 400 meter hurdles.

Both the men and women will race at St. John Fisher this Saturday.

Deshaun Watson's situation is grim



"2015 Dr Pepper ACC Football Championship #ACCFCB" by ClemsonTigerNet is licensed with CC BY-NC-ND 2.0.

ANTHONY GETTINO Sports Editor

Deshaun Watson is one of the NFL's premier talents.

He's young and is considered one of the top 10 quarterbacks in the league, having recently signed an extension with the Houston Texans.

Since this past season came to a close, Watson requested a trade from the organization that drafted him in the first round of the draft in 2017.

Since then, things have not been going too well for Watson.

He has been accused of now over 20 counts of sexual harassment by different women across the country.

Since the allegations have started to come out, things have been getting even worse for Watson.

It started off with the first allegation in March. As the days

went on, more women came forward and put their cases in with a lawyer.

Many of the women that have come forward are masseuses that Watson had hired before.

Watson has recently addressed the allegations and said that he has in fact had relations with his masseuses, but that he only did so when it was mutually consensual.

As for how this case will fare, we still do not know.

Judges on the case have recently stated that any of the plaintiffs need to disclose their names before any hearings will be held, but as the number of women stepping forward continues to grow, Watson's case continues to plummet.

So while there was only a small chance that Watson would be suiting up in a Houston Texans jersey this upcoming season, it now seems as though Watson's chances of suiting up at all next year are even lower.

THE

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OPINION

The connection between **veganism** and **food allergies**

CHLOE KOWALYK

Staff Writer

Going vegan may seem like a daunting choice to many.

Some believe that they will need to give up their favorite foods and will be stuck eating nothing but “rabbit food” for the rest of their lives.

Some believe that they won’t be able to enjoy eating and won’t be getting enough protein.

I can assure you, this is not the case.

Growing up, I had a lot of food allergies.

I outgrew a peanut allergy at age five, and I have been allergic to milk and eggs my whole life. A few years ago, I developed a new allergy to shellfish.

With my long list of allergies, I have definitely faced a lot of limitations on what I can eat.

When I was a kid, I wasn’t able to eat the same foods as everyone else.

At birthday parties, I had to bring my own “Chloe-friendly” cupcakes to enjoy while other kids had cake.

On holidays, my mom and I had to make separate desserts and dishes that were safe for me to eat.

Long story short, I’ve been dealing with food restrictions my whole life.

I can vividly remember my mom reading blogs written for other parents with kids who have food allergies. They would share recipes to create safe options avoiding allergens for their kids.

My mom was constantly making food that was safe for me to eat any time I’d go out with my friends or I went to a birthday party.

Luckily, as I grew up, the recognition of food allergies in society increased.

Restaurants began adding vegan and vegetarian options to their menus, and a lot of people started changing their diets.

I was extremely excited when I saw local ice cream shops beginning to offer dairy-free ice creams and sorbets.

Vegan bakeries began to pop up all over Buffalo, and I was even able to get my first store-bought cake with “Happy Birthday Chloe” written across the top.

Now that I’m away at college, my mom isn’t here to make sure all of my food is safe to eat.

Navigating life on my own for the first time with the added stress of avoiding my several allergens every time I get something to eat poses to be quite difficult.

products.

Although my experiences are different, I have felt that same stigma.

Each time I order at Starbucks, I have to ask for a milk substitute: either soy, almond, coconut or oat milk. Even though multiple baristas have told me that it’s really no trouble, I feel as though I am burdening them with a “different” order.

I face this same sense of guilt whenever I order at restaurants and need to ask the waiter or waitress if the dish is cooked in butter or comes into contact with my allergens.

I fully understand that this is not me being pretentious, but the stigma out there regarding veganism and acting pretentious still bothers me.

I worry about being a “Karen” when asking for my drink to be remade because there’s whipped cream on top, and I can’t just wipe it off because I’ll get sick.

I want to assert that being vegan does not and should not mean you are pretentious, or that you eat nothing but fruit and veggies.

Being vegan is truly an amazing thing. The combination

of environmental conservation and willpower to alter your diet for a larger cause shows your strength.

I would very much recommend exploring the vegan diet.

Making new recipes and trying new, delicious food has been extremely fun.

The best part is that you can enjoy all the same foods you love and enjoy in a typical diet, but you’ll also be helping the environment.

Going vegan has several environmental benefits, including conserving water, purifying the air and reducing energy consumption.

Also, be sure to check out websites like www.loveandlemons.com for great vegan recipes.



Vegan wrap. Photograph by Jules Hoepting.

However, I have discovered that ordering foods labeled “vegan” is a great way for me to stay safe.

Since being vegan entails not eating meat or animal products, and my two major allergies are animal products, eating vegan is a perfect option.

A major stigma against veganism is the belief that all vegans are pretentious and will persistently try to convince you to become vegan.

I have had a lot of contact with the vegan community, interacting with blog posts and social media pages.

Everyone is incredibly welcoming and kind. No one in the community minded that I still eat meat and a few animal

From the desk of Scallion Editor, Matthew Baum



“Stress” by topgold is licensed with CC BY 2.0.

MATTHEW BAUM Scallion Editor

Hello, all of my loving fans.

It’s heartbreaking, I know. None of the articles were written by yours truly this week. All I’ve done to contribute to this edition is write this measly open letter. It’s almost too much to bear. Hardy-har-har.

Okay, here’s the thing. This letter will be more serious in nature than what I normally write, and it’s not going to be the most exciting read, but it matters to me that these thoughts get down on paper.

It’s important — no, vital — that we all take the time needed to balance out our lives. We’ve got a lot going on these days. By the sheer number and quality of the work we are asked to produce, we are doing things that would have been

nearly ungraspable 70 years ago. We have all of the responsibilities of adults, all of the demeaning disrespect from elders of children and a fully-unsatisfying response to our pleas for a break.

Recently, I hit something of a wall, both creatively and energetically. The hobbies I found dear were simply unappealing, I felt terrible about my body and I was not achieving the greatness that I felt was expected of me in any of my classes.

This is also why I didn’t have an article prepared for this magazine. I felt drained to the core, and there wasn’t a provoking idea in my head that got me moving how I wanted to be.

And that’s okay.

There is only so much a human body can handle, and there is only so much a human mind can be forced to do in a given amount of time. Be kind

to yourself, because no progress will be made when you’re forcing yourself beyond your final limits. Self-destruction is not the means to a satisfying end. Letting yourself recuperate will pay off, and even if the journey back to feeling your best is not an exciting one, it is an important one, with measurable results. This is still a sentiment I have a hard time with, but I’m figuring it out.

In closing, I wish you all the best.

We are wading our way through a hectic time, and it can feel as though there’s not a soul around that feels the same way you do. Find comfort in that fact that your experiences are similar to innumerable peers that are around you every day. Let your mind and body take their time getting back up to capacity, and they will thank you for it.

Paper or plastic? The power behind your choice

ANNA GAGLIANO

Copy Editor

Every single choice we make on a day-to-day basis affects us, whether or not you'd like to believe it.

One simple phrase has set people up for an important choice for decades now: "Paper or plastic?"

Uttered by cashiers and clerks around the world, this choice that one makes at the end of their grocery store trip has a lot more substance than the aforementioned bag itself.

Given the 2020 ban of plastic bags at New York stores, most would like to think that the better choice for the environment would, of course, be paper.

That's not necessarily true, though.

The infographic on the page to the right lays out the pros and cons of each choice.

Plastic has long been the poster child for consumer hatred, something made of a material that cannot biodegrade and even hurts cute little animals like sea turtles.

The truth of the matter is that any single-use, disposable product poses risks to the environment and has many effects attached to its product life-cycle from production to disposal.

So the obvious solution would be to use reusable cloth shopping bags, right?

Again, not necessarily.

A 2006 study by the Environment Agency found that a cotton bag would need to be reused 131 times in order for it to be more environmentally-friendly than a single-use plastic bag. The study took into account the high amount of

Reusable bags are more durable than paper or plastic, but require much more energy to be produced; paper bags come from a renewable resource and are widely recycled, but are fragile and difficult to reuse; plastic bags can be reused multiple times if treated well, but are a huge source of litter and only contribute to the growing number of plastic sitting in landfills indefinitely.

The correct choice is the one you stick to. If you're going to use an energy-laden cotton bag, commit to that being your only bag you use at the grocery store, and be sure not to forget it.

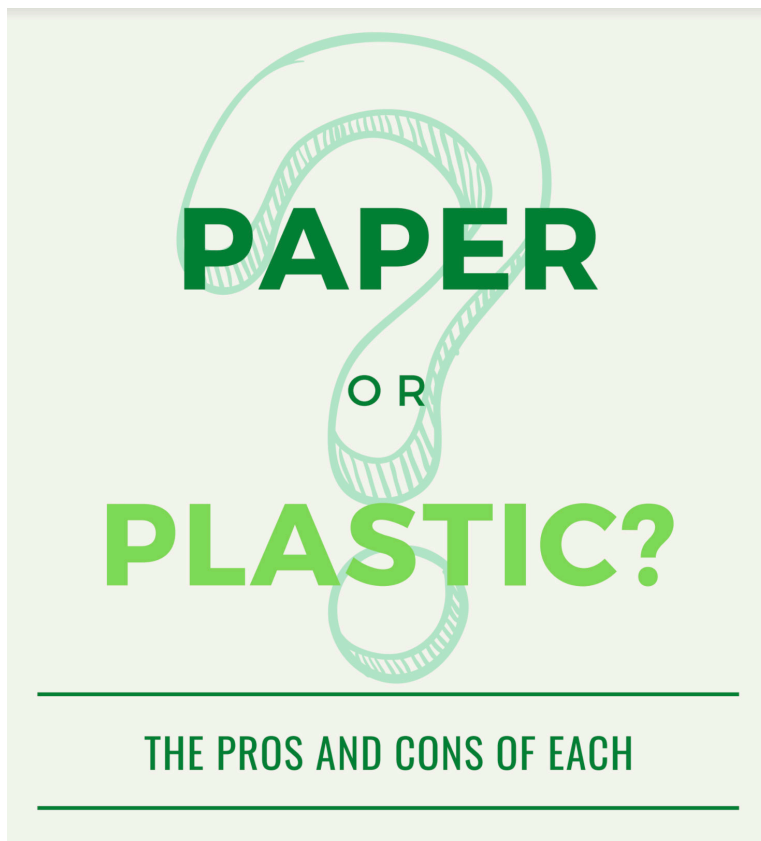
If you prefer paper bags, be careful with them and reuse them as many times as you can.

Plastic bags are no longer an option at most businesses in NYS, but if you travel somewhere where they are, or if you just have a million old ones lying around, get as many uses out of them as you can.

In America's capitalistic society, it is quite impossible to make the 100 percent ethical and sustainable

choice all the time.

What matters is that you recognize and acknowledge the power behind your choices and do your best to accommodate for the harm they cause, while remaining comfortable in the fact that you are doing all you can.



energy required to grow the cotton and manufacture the yarn and bag itself.

The same study found that paper bags only need to be reused three times, and a single-use bag itself requires four reuses.

So what's the solution?



PRO
Easily recyclable and biodegradeable

CON
Takes four times as much energy as plastic bags to produce

CON
Creates a demand for more trees to be cut down, perpetuating further deforestation

CON
Weigh more than plastic, which increases amount of energy used to transport them



PRO
More durable, can be reused multiple times

CON
Difficult for recycling facilities to process, gets tangled in machines

CON
Frequently littered, danger to wildlife when they end up in natural habitats

CON
Will never biodegrade, every plastic product ever created still exists in some form

Neat nature near Fredonia

JULES HOEPTING

Design Editor

Fredonia, N.Y. is a pretty good place to be. Housing is comparatively cheap, you're an hour away from a major city, Buffalo, an hour away from another large city in a different state, Erie, and an hour away from the largest state park in New York, Allegany State Park.

Within that hour radius lies gorgeous gorges, rivers, lakes, flat land, mountains, valleys and a diversity of vegetation. Whoever said there wasn't a lot going on around here didn't look around closely!

Here's a list of places to check out while you're in the Fredonia area.

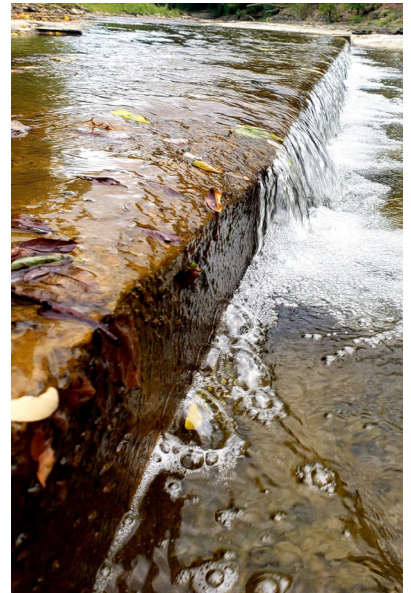
Canadaway Creek

Yep, that creek across the road behind the frat house, also accessible via Risley Street and several other streets.

Although the creek has a reputation for being the go-to location for, er... hands-on experience with experiments. Despite the creek's college connotation, if you wander on down the water bends either way you'll find impressively flat, straight-edged rocks. Head east and you'll find beautiful waterfalls. Head west and you'll end up in Lake Erie.

Because of Riparian rights, here in the eastern United States creeks are predominantly publicly owned; the Western U.S. has different rules. That means you can stuff your feet into a pair of shoes you don't mind getting soaked and trudge on through creeks for miles if you so desire.

So, if it's a desirable day and you've got empty hours, give a walk in the creek a go.





Point Gratiot

An eight-minute drive or an hour-long walk from campus can bring you to a beach lining the eastern shores of Lake Erie. What do these shores have in store? A perfect view of the western-setting sun every night.

The main attractions — sunsets and water — don't have a season. Stop by in the summer and go swimming, assuming the water isn't too excited and doesn't greet you with ecstatic waves. Stop by in the winter and walk on a pastel iceland.

Yes, the kind of pastel iceland that is the perfect backdrop for your Instagram posts. You're not the first person to think of that.

Keep in mind that, because New York has predominantly western winds and because there are no barriers to wind on a great lake shore, Point Gratiot is also a good place to catch gusts of wind. Dress accordingly, for your own sake.

Point Gratiot is ridiculously close and ridiculously pretty, so please go before you graduate.







Niagara Falls

Speaking of ridiculously close and ridiculously pretty, people come from all over the world to see the Bridal, American and Horseshoe Falls which make up Niagara Falls. And you, you lucky homosapien, live only an hour away from the spectacle!

My gosh, if you haven't been yet, visit Niagara Falls.

Fun fact: 50 to 70 percent of the water that would go over the falls is diverted to generate hydroelectricity. More flow is drawn at night and during the tourist off-season, because there is such a thing as an "aesthetic flow."

Kind of crazy to imagine the falls at full force, eh?



Eternal Flame Falls

If you like juxtapositions and oxymorons, this next spot is for you!

About 50 minutes north of Fredonia near Orchard Park is a .7 mile out-and-back trail — 1.5 miles total — which brings you to a 35-foot waterfall with a flame burning behind the water.

Yes, really.

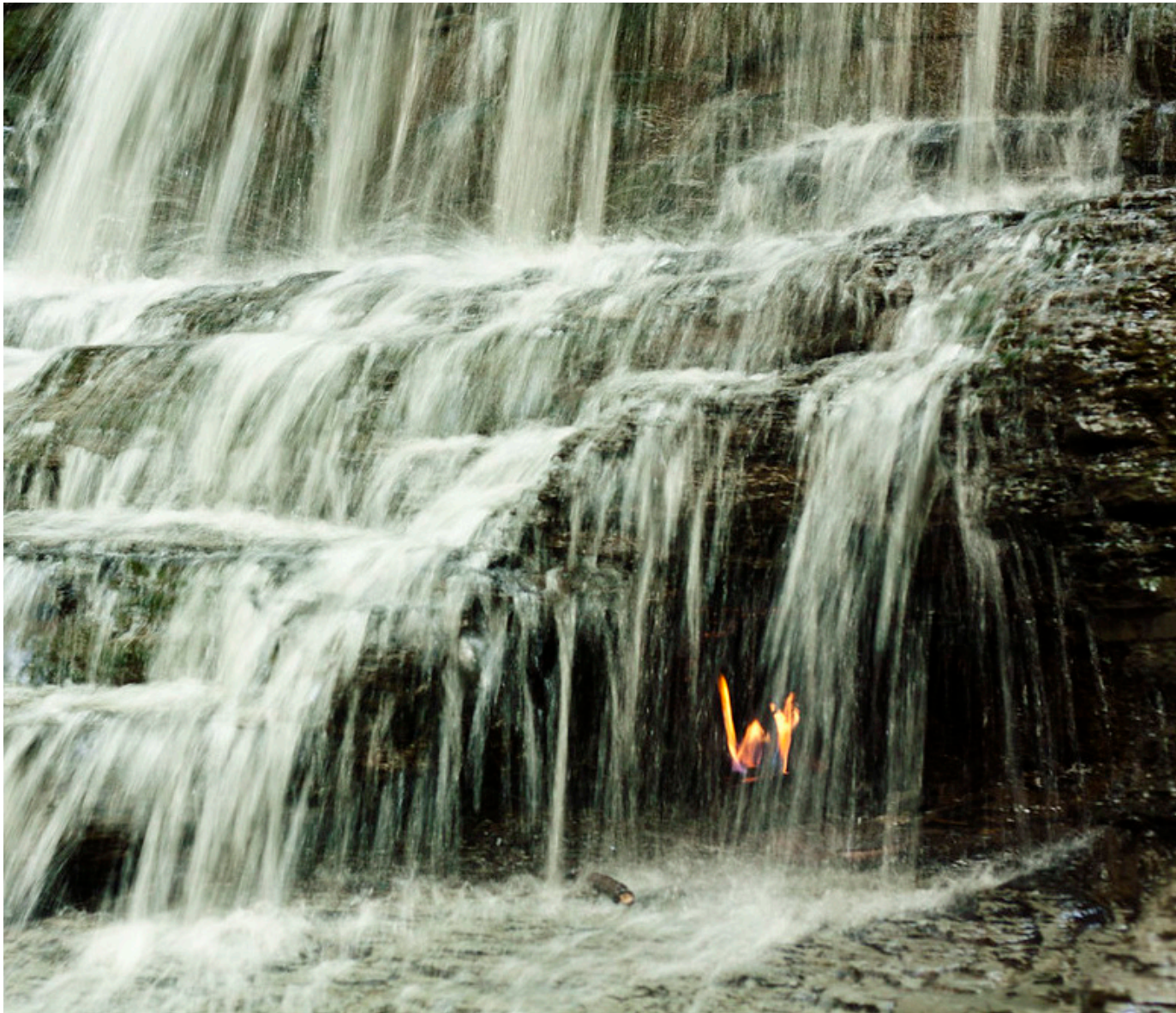
Why is there a flame? No one really knows. Previous theories involving hot rocks and natural gas have been extinguished in recent years.

Nonetheless, the flame is lit! Literally. Despite the “eternal flame” name, the flame can go out if the wind pushes enough water onto it, which means hikers occasionally have to re-light it.

Keep that in mind if you plan on roasting marshmallows next to a waterfall.



“Eternal Flame Falls 3478” by KimCarpenter NJ is licensed with CC BY 2.0.



“Eternal Flame” by Alex Bellink is licensed with CC BY 2.0.



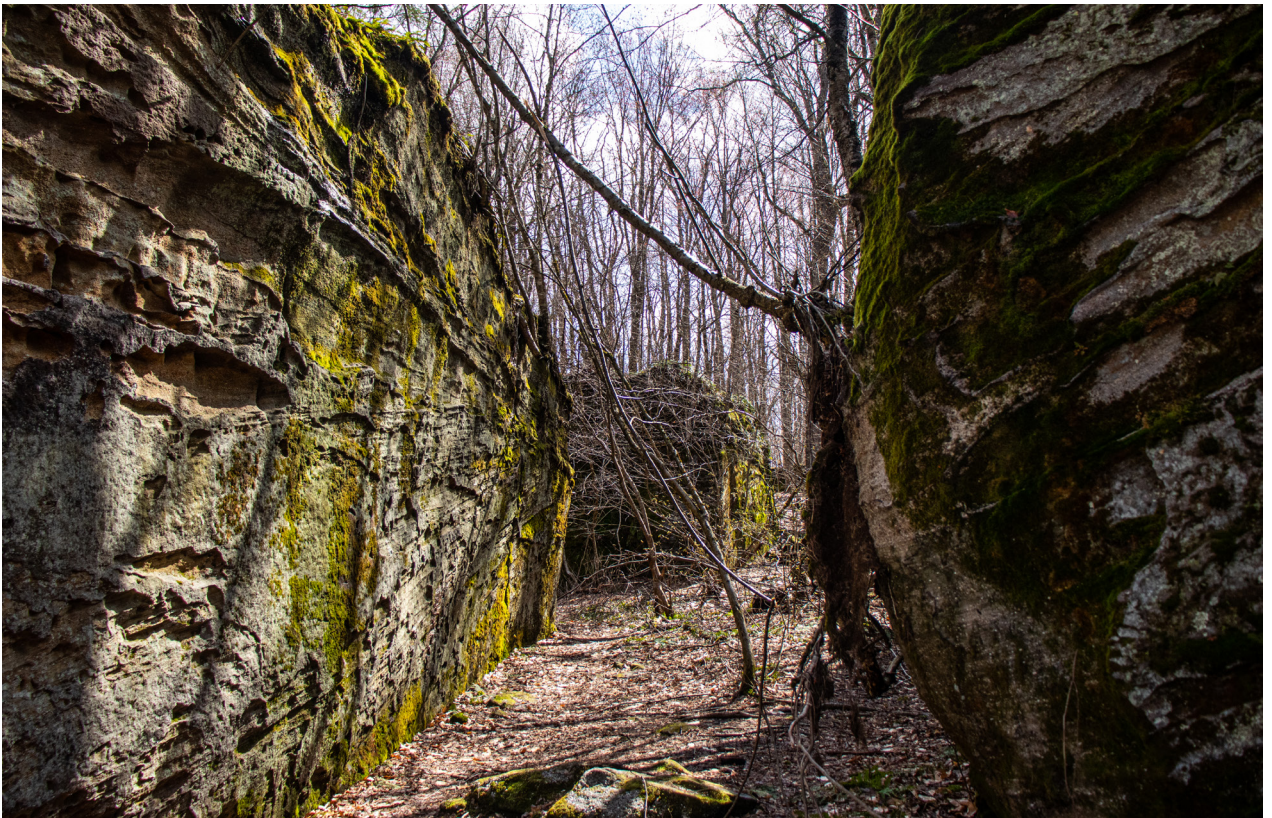
Panama Rocks

40 minutes south of Fredonia in Panama lie some rockin' rocks! Deposited by glaciers a long time ago, Panama rocks are huge boulders clustered together to create a city of loft rocks, deep crevices and small caves. The trail is about a mile-long loop, making it ideal for different levels of fitness, but guests are allowed to venture out and explore on their own.

Because these rocks have been a popular tourist attraction since the 1800s, you should make a reservation in advance. It'll be worth it.

Note: another place to check out huge rocks is Rock City Forest, near Salamanca.

Note: Photographs are from Rock City Forest.



18-Mile Creek

Located in Hamburg, just 40 minutes north of Fredonia is 18-Mile Creek. I like to think of the creek as a smaller version of Letchworth, which is a huge park in the Finger Lakes region following the Genesee River's massive gorge. At Letchworth, a seven-mile trail (15 miles both ways) runs alongside the top of the cliffs leading with a few smaller trails branching off, getting closer to the Genesee River.

In comparison, 18-Mile Creek's trail is around four miles long and is relatively flat with some optional steep trails leading down to the creek's gorge. The landscape varies, offering a variety of vegetation and plenty of waterfalls.

It's a popular place, but it's gorgeous.





Allegheny State Park

About an hour southwest in Salamanca lies Allegheny State Park. There’s something for everyone here: long trails, short trails, hiking trails, skiing trails, snowshoeing trails, snowmobile trails, cabins, tent camping, mountains, lakes, beaches, dams, huge rocks, old towers, old buildings, new buildings and more.

My personal favorite trail is Thunder Rocks, which is a trail .3 miles long that contains — you guessed it — humongous rocks. Because it’s a popular location, a lot of the vegetation on the rocks is worn-down, which makes the rocks ideal for climbing. Climbing boulders is a fun hobby, but please don’t do it unless someone is with you and you feel comfortable doing it.

A lot of Allegheny’s trails cross over into Pennsylvania, where Allegheny State Park turns into Allegheny National Forest. There are breathtaking trails in the national forest alongside the Allegheny River, if you’re a fan of longer trails with moderate elevation, or if you just want an excuse to technically get out of New York State.



Zoar Valley

Speaking of gorgeous gorges, 40 minutes east of Fredonia near Gowanda is another impressive river gorge. Zoar Valley offers trails near the gorge as well as the option to walk around in the gorge. If you plan on walking on the banks of the river, wear shoes if you don't mind getting wet!

There are also nearby trails on Deer Lick Nature Sanctuary that provide trails with lookouts of the valley from above, if you don't like getting all up close and personal with gorges.

Other Resources

If you're looking for neat nature near you, check out the AllTrails app or website, filter your searches by a variety of options — distance, difficulty, popularity, activities — and read reviews from other people who already checked out the trails.

You can also join Facebook groups dedicated to natural New York if you're looking for inspiration, or want to see what other people are doing.

Welp, there you have it folks. Now, get on outside!



THE SCALLION



I need to apologize...

BRIAN CECALA

Staff Scallywag

I did an oopsie guys. The article I posted about things in Fredonia that would kill Prince Philip went up on April 8.

The following day he died of unknown circumstances.

The legal statement from the Scallion says this is strictly coincidental, and the article did NOT kill the Prince. Thoughts and prayers go out to the Royal Family.

Is it possible that I killed him? My lawyers and the editors at the Scallion say that it is not. **BUT I think it's entirely possible. Also, hello editors, I don't believe this joke will make it in the final edit, but thanks for being radical fellas.**

So from the bottom of my heart,

Sorry, I didn't mean to kill Prince Philip :(
Apologizing is not a legal confession of guilt.

Brian Cecala

Staff Scallywag

So there, I apologized. What else do you guys want from me?

Next time I write about things that may or may not kill people, I'll choose my targets more carefully. Here are some ideas for future articles:

Top 10 things that could destroy Kim Jong-Un

Top 5 things that would infect Jared Fogle with a life-ending virus

Seven situations that could make PaulyPauly123 (my internet bully) hospitalized for months

Six stinky socks that would smell stupendously smelly for Sarah Silverman

That is, I would write these articles if I don't get kicked off the writing team.
For now, see ya later Cecalaheads.

Finding (and kissing?) the Mason arsonist!

Hot drama!

JAY BYRON

Staff Scallywag

In case you didn't know, in 2019 someone was setting fire to Mason Hall garbage cans.

From my understanding, and from the police blotters (not the Scallion ones but those work too for the most accurate police blotters), they reported at least five fires started in Mason.

No one knows exactly why anyone would do this or who did it. Heck, this arsonist could have been a student, faculty member or an alien (Just saying, if it was an alien, that would be SICK, but I highly doubt an alien would want to visit Fredonia).

I'm curious. Yes, it happened in 2019, but that alone adds to the flavor of mystery that I have been savoring.

Now, I want to taste victory and their defeat. It'll be... sweet. I'm not gonna out them, though, obviously. It's just for me. 'Cause I think I should've been the garbage they set on fire.

So, I went on Tinder. "Why, you ask?"

Well, I can't just tweet "Mason arsonist, please message me" because that'll look suspicious and I would never be a narc.

I also can't post anything on Facebook. I don't want my mom to see I'm luring someone in like that.

Basically, Tinder is the best option.

My bio read as follows:

"somebody call 911 shawty fire burning on the dance floor xoxo ok seriously tho i wish i was shawty fire burning on the dance floor! i LOVE fires in garbage cans, they're flavorful and artsy... basically i have a big crush on the mason arsonist <3"

A few minutes later, I got some interesting messages. A few were pick-up lines from people who don't read bios because I'm just hot (haha), and some that asked what I'm looking for. Well, CLEARLY, I'm looking for the Mason arsonist, so I just said "if you aren't the mason arsonist just go xoxo."



Hunka, hunka burning love. Photograph by Lisa from Pexels.

Soon enough, I got a peculiar message. It said, "what if I told you... I was the Mason arsonist?"

I just about cream-cheesed my bagel from excitement.

So, we had a conversation, and they proved to me they were the arsonist with pictures of them with an edit of a leaked pic from the up-and-coming cinematic masterpiece, "Cats" (2019).

Specifically, they showed Bombalurina played by Taylor Swift popping out of each fiery can while they sat right in front of the can giving a big thumbs up while wearing clout glasses. I still wonder how they got such high-quality pics since the movie wasn't released until December, but I guess I'll never

question the Mason arsonist on what they can and cannot do with unreleased movies.

I asked why they did it. They said it was "for the memes, bro" and I guess I'll accept that answer.

I asked why Mason specifically and they said that it would "make an artistic statement." I'll believe that, I guess, but only because I just wanted to be as popular as the Mason garbage cans. Set fire to me!!!

So, we went on a date in a practice room (don't actually do this, I only did it because I was wearing a fireproof mask) to set the mood.

My big question was going to be, "will you set fire to me?" However, I think this romantic stuff kind of got in the way after talking so long about fires.

I ended up asking: "Will you set fire to my soul?" Barf. I just wanna be a garbage can.

Did we kiss? You'll never know.

Am I dating the Mason arsonist? I'll never tell.

I'll just let you know this: I'm not a narc, just a little garbage can.

Yes, they're still thriving, okay? Maybe they'll set fires in Starbucks now.

That's not a suggestion, please don't do that, I'm only kidding. I promise.

One day, I will be set on fire by the Mason arsonist.

HOROSCOPES

How the signs spent their mental days off

HANNAH BLIDY - Staff Scallywag

ARIES

definitely not the homework they've been meaning to do since week 2



TAURUS

listening to chug jug with you
12 hour version



GEMINI

playing modded minecraft for the entire day, only stopping to piss and eat pizza



CANCER

doin' homework like a lame-o



LEO

eating exactly 13 and a half pineapples



VIRGO

hotbox but with cigarettes



LIBRA

smoking..... herbs. you know, like roses... and stuff...



SCORPIO

Making Enemies



SAGITTARIUS

pissin in a jar



CAPRICORN

sorry idk about capricorn no one ever talks about you on tiktok



AQUARIUS

listening to rick astley's never gonna give you up 8 hour version



PISCES

idk probably crying





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