

THE

# LEADER

SUNY FREDONIA'S  
STUDENT-RUN NEWSPAPER

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Issue 1

Volume CXXVIII

**Petition to Get Professor  
a "Jeopardy!" Audition**

**Rockin' the Commons**

**Fredonia Sports Update**

**How Cafe Closures Are Affecting Students**

**True Story of the "FRED" Sign**

# THE LEADER

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Front cover: Eddie Stakelum ringing a cowbell during Activities Night for Music Therapy Club. Taken by Derek Raymond.

Back cover: The Leader staff promotes joining the newspaper at Activities Night. Taken by Derek Raymond.



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Juxtaposition homophone: "whole," as in something is complete. "Hole," as in something is missing.



# New "FRED" sign serves as a photo opportunity for students

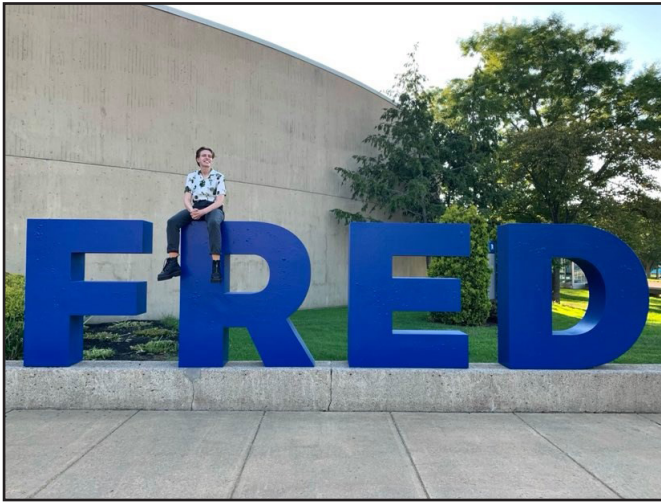
**CHLOE KOWALYK**  
News Editor

While students were off on summer break, SUNY Fredonia has continued to improve the campus for students, faculty and community members alike.

A new, large blue sign spelling out "FRED" has been installed outside of the William's Center, facing Jewett Hall.

The new "FRED" sign has been used as a photo opportunity for many students as a celebration of returning to campus.

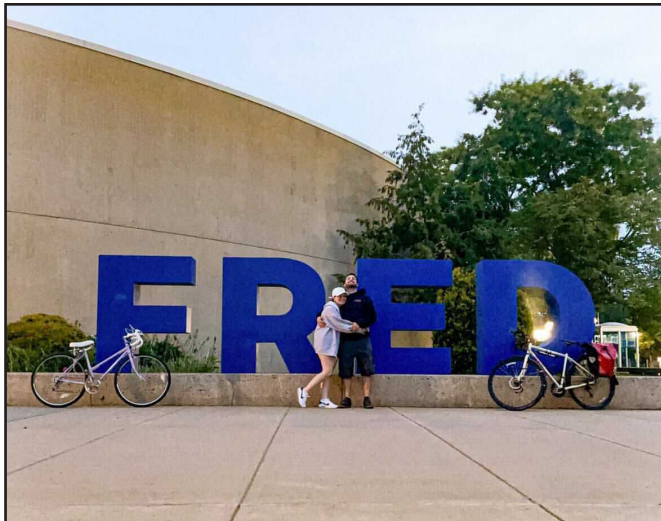
Many students have elected to show their big blue pride by taking photos of themselves posing in front of the FRED sign.



Kay Steele poses on top of the "FRED" sign.



UC and Gregory Hall staff show their spirit for the returning school year.



Sarah Redding poses in front of the "FRED" sign.



Chloe Kowalyk, The Leader's News Editor, poses in front of the "FRED" sign.  
Photograph by Alex Erwin.



# Petition to get SUNY Fredonia professor a 'JEOPARDY!' audition circulates campus

**CHLOE KOWALYK**  
News Editor

One of the best-known voices on campus may be making his way to your television very soon.

Mike Igoe, a communications professor here at SUNY Fredonia, has garnered the support of over 400 people to get him an audition to guest host the TV game show "Jeopardy!"

Since the recent passing of the beloved previous "Jeopardy!" host Alex Trebek, SONY Entertainment has been looking for a new host to take the late and great host's place.

As "Jeopardy!" is a game of knowledge and wit, many fans believe the new host should be intelligent and clever.

Upon hearing this news, a group of former SUNY Fredonia students immediately thought of putting Igoe's name out there.

Igoe has always loved "Jeopardy!"

He started watching back when he was in grade school, when Art Fleming was still the host before Trebek.

He joked that he would prefer to watch "Jeopardy!" when coming home from school instead of cartoons.

Igoe's history in journalism and live television also make him a great candidate for a hosting audition.

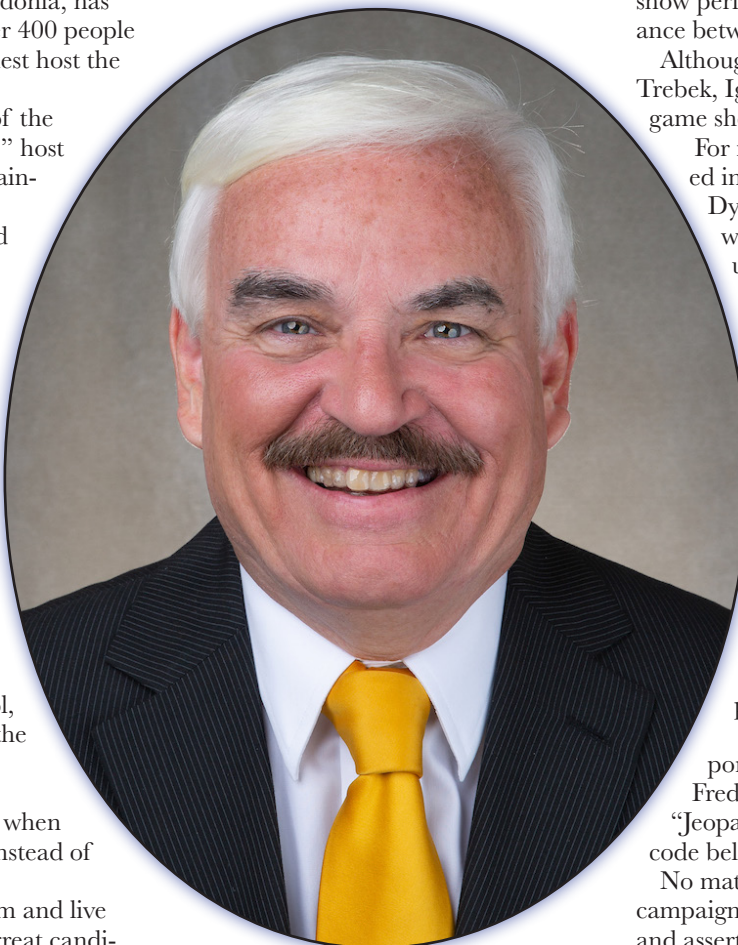
He's had a 30-year career as a television consumer reporter and was even inducted into the Buffalo Broadcaster's Hall of Fame in 2020.

Igoe is also an attorney and a member of the New York Bar, a voluntary association for attorneys that helps shape the development of law in New York and educates and informs the public on these laws.

The former students created a group chat and got to work on ways to promote Igoe as a potential guest host.

They created a petition on the website "Change.org" to gain the support of other students and community members.

A public relations class at SUNY Fredonia also got involved to help market and advertise Igoe's campaign.



**Professor Mike Igoe.**  
Photograph by Lori Deemer,  
State University of New York at Fredonia.

While Igoe does not expect to be selected as a guest host, he says, "I think it's fun for the students because it creates some excitement and also gives them an opportunity to learn how to structure a campaign and how to use social media."

Students have been able to practice many necessary communication skills Igoe teaches in his classes outside of the classroom and on an actual campaign.

Igoe explains that hosting a game show is a "whole different discipline" compared to TV and radio news, as game shows are more "spontaneous."

He says this is one of the many reasons Trebek is so hard to replace.

Trebek had mastered the tone of the show perfectly, by creating a nice balance between seriousness and fun.

Although no one can truly compare to Trebek, Igoe is used to the spontaneous game show scene.

For many years, Igoe participated in the Jerry Lewis Muscular Dystrophy Association Telethon, which was almost completely unscripted.

Igoe says that much like Trebek, he would take the role very seriously, but still try to add his own personality into it, referring to this tactic as a "balancing act."

Staying humble throughout the campaign, Igoe says he's "amazed how many people are voting for [him]."

Igoe has also been interviewed by WDOE radio and WNYNews Now to help promote his campaign.

If you'd like to show your support for a chance of a real SUNY Fredonia professor auditioning for "Jeopardy!" you can scan the QR code below.

No matter what the outcome of the campaign is, Igoe has had a lot of fun and asserts that "it's a lot of fun for the students."

Igoe will always be our champion.





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# Life & Arts

## Activities Night returns to an in-person event



**NIKKI INDELICATO**  
Staff Writer

The sounds of students enamored Dod's Grove Wednesday, Sept. 3.

Clubs gathered around with the hopes of getting to share their common interests with some new prospective students and members.

Students could be spotted promoting their clubs with cow bells, posters and music at their tables.

After a year of having events and meetings virtual, there was a sense of relief when everyone got to join together in-person once again.

For many college students, clubs offer a sense of community and belonging, which has been missed over the past year.

You could see the excitement coming from every student that gathered in Dod's Grove looking for the perfect group to join.

"It was amazing seeing all the students out at Activities Night. It is definitely something that I missed," said Kathryn Saylor, a senior public relations major.

Over the previous academic year, Activities Night was held over Zoom.

"Lots of freshmen want to put themselves out there, but it's hard to do over Zoom," said Elizabeth Shearer, senior communication disorders and sciences major.

There were an estimated 1,500 students that showed up Wednesday night.

With Fredonia offering over 170 clubs, there is a group on campus for any area of interest that a student could have.

SUNY Fredonia features a number of music groups like Premium Blend and Noteworthy, and art clubs like Animation and Illustration and Artist Alliance.

Athletics groups include Black Horse Rugby, Enfusion Dance Team and Ultimate Frisbee along with many more.

Groups like Caribbean Student Association, EnFusion, Latinos Unidos and numerous others celebrate the diversity of our school.

All clubs and organizations started seeing an increase in interaction from students in an attempt to join for the semester.

"In-person events will be a great way to bring students back in. It can show them what these clubs they've been hearing about are all about," said Saylor.

Throughout the 2020-2021 academic year, most of the groups had to hold their semesterly events virtually in efforts to keep each other and everyone safe.

It made it more difficult for students to really see what every group has to offer and be welcomed into the environment of them.

"Last semester it proved very difficult and we really had to rely on our friends and acquaintances to spread the word and to find others to join. This semester it was really easy to see people and to find people interested," said Hailey Harding, senior criminal justice major.

Even though last year proved difficult to bring in new members for the on campus clubs, things are starting to look a bit brighter now that we can all gather together in-person again.

**Clubs recruiting members during Activities Night.**

**Photographs by Nikki Indelicato.**

**Top image: Sigma Alpha Iota. Middle image: FredGrows.**

**Bottom image: Fredonia Radio Systems.**





Students exploring Activities Night. Photograph by Derek Raymond.



Top left image: Pinky Swear Pack. Top right image: Animation and Illustration Club. Bottom left image: Fredonia Ultimate Frisbee. Bottom right image: Caribbean Student Association and Enfusion Dance Team. Photographs by Nikki Indelicato.



# Live music with a charitable mission:

## ROCKIN' THE COMMONS

**CHLOE KOWALYK** - News Editor  
**JULES HOEPTING** - Managing Editor

Have you been missing live music since COVID-19 put us all in quarantine?

Are you looking for a fun event to hang out with your friends, check out some new music and help raise money for a good cause?

Rockin' the Commons, a fundraiser for Roswell Park's Comprehensive Cancer Center, is the perfect event for you!



Younger Than performing at 2016 Rockin' the Commons.  
 Photograph by Ryan Daughenbaugh.



Fredonia Radio Systems members at 2017 Rockin' the Commons.  
 Photograph from @Fredonia\_Radio on Instagram.

Fredonia campus and community members will be rocking out at Barker Commons on Sept. 18 to raise money for Roswell Park.

Organized by Fredonia Radio Systems (FRS), the 17th annual Rockin' the Commons is set to star local bands Kiddie Pool, The Burkharths, Cheap Peach and Beach Tower.

Meg Munro, a singer and guitar player in Kiddie Pool, says their band was "really pumped" when FRS asked them to play the event.

"The best part about Rockin' the Commons is how it brings together the college community with the community of families and people who live in Fredonia," Munro said.

SUNY Fredonia's own a cappella groups the Guerillas and Some Like it Hot will also be featured, as well as local solo artist Jacob King.

Along with jamming out to indie and alternative-punk original music as well as a cappella, attendees will find numerous ways to donate to Roswell.

Jackson DiCarlo, FRS Station Manager, explains the event is "an important part of FRS and Fredonia as a whole. It's a lot of fun for everyone," he says.

Numerous raffle baskets and gift cards from local businesses will be available, including a Magic the Gathering-themed basket from Critical Gaming and Domus Fare gift card, as well as a 50/50 raffle.

Attendees can also donate by purchasing CDs and vinyl records from FRS's multi-genre archives collection.

When purchasing albums, donors will have their choice of a creatively-themed music surprise bag.

Prepackaged snacks and refreshments will also be available for purchase.

For those unable to attend the event, FRS will be broadcasting the live music on dial radio WCVF FM 88.9 "The Voice" and online via WDWL 89.5 "The Inferno" at fredoniaradio.com.

Additionally, SUNY Fredonia's student-run TV station, WNYF-TV, will be broadcasting the event on SUNY Fredonia's campus on Channel 8, off-campus on Channel 17 and YouTube on channel "WNYF Television."

Rockin' the Commons was created as a way to give back to the Western New York community. Roswell Park was selected as the charity of choice because, as Munro puts it, "most everyone has been impacted by cancer in some way or another."

In 2019 alone, Rockin' the Commons raised approximately \$1,400.

Rockin' the Commons will take place at Barker Commons in downtown Fredonia on Saturday, Sept. 18 from 11 a.m. to 7 p.m.

For more information, check out FRS's Instagram, @Fredonia\_Radio, email frs@fredonia.edu or visit the FRS radio station, located on the second floor of McEwen Hall, room 115.

The station is open for in-person queries Monday through Friday from 9 a.m. to 5 p.m.



# A FUNDRAISER FOR ROSWELL PARK



**FREDONIA RADIO SYSTEMS**  
**KIDDIE POOL THE BURKHARTS**  
**CHEAP PEACH BEACHTOWER**  
**JACOB KING GUERRILLAS**  
**SOME LIKE IT HOT**

**STREAMING ON STATIONS WDVL AND WCVF**

**SATURDAY SEPTEMBER 18TH**  
**11AM -7PM**  
**BARKERS COMMON FREDONIA**





# How Greek Life recruitment differs from last fall

**CARLY SUMMERSON**

Special to The Leader

With vaccines rolling out and mandates starting to slim down from past semesters, students can't help but wonder what this school year is going to truly be like.

Greek life at universities have been severely affected by COVID-19. However, since this semester offers far more in-person interaction, club activities appear to be returning to normal.

Due to the ongoing pandemic, sororities and fraternities had to continue their recruitments to an online-only format, leaving them to come up with their own ways to keep a personal touch with their potential new members, while not being face-to-face.

Are these organizations starting to go back to a somewhat of a normal fall semester recruitment?

The answer is yes.

The current president of Delta Phi Epsilon, Mikaela Mahaney, expressed her excitement about this fall.

"Everything for recruitment is in-person again, and it is so exciting to be able to meet everyone face-to-face and not just through a screen."

With recruitment designated online for all of last year, it made it hard for incoming students to hear about Greek life and want to join.

The Recruitment Chair of Kappa Sigma, Aidan Ceci, adds a similar explanation to Mahaney:

"We are still following CDC and local community guidelines with masks indoors. It is different because now we are able to meet potential new members face-to-face which is more exciting for everyone overall."

The set up of recruitment during 2020 was something Greek life never experienced before and had to fully adapt to for the entirety of the school year.

However, sisters and brothers of sororities and fraternities used what they could to keep that human touch, even if it was through a Zoom meeting.

"Sororities and fraternities can offer so much more this year as we are finally able to do the things that make our organiza-

tions unique again. We are going back to being active within our community, as we can host events again and really get the campus involved," said Mahaney.

Members of these organizations are hoping face-to-face interaction will allow even more students to become involved than before.

As far as the fraternities on campus go, there is "a social network available for students that couldn't experience the normal social opportunities from last year due to the COVID-19 restrictions," according to Ceci.

"We're doing that by holding more social events this year such as volleyball, kickball and Kappa Sigma's signature event which is 'Night of 1,000 Nuggets.'"

Fredonia's fall 2021 COVID-19 protocols give Greek life the opportunity to do what they are known for. Being able to host the Activities Night in-person this semester gave these organizations some perspective and excitement for what's to come this fall.

If you're wondering more about Greek life and the organizations Fredonia has to offer for students, there are three sororities — Delta Phi Epsilon, Sigma Kappa and Sigma Gamma Phi — and three fraternities — Delta Chi, Kappa Sigma and Sigma Phi Epsilon — on campus.

All of these organizations stay up to date on their recruitment season on their social media, mainly Instagram, which is the best place to keep in touch.

"Students should join Greek life because it is a way to not only make amazing friendships, but a way to network professionally."

Mahaney, Ceci and all members of Fredonia's Greek life hope to encourage more students to become involved and interested in what Greek life has to offer, especially since they are getting back to a new normal.

"I encourage my fellow students to join Greek life because it's a great support system, socially and also career wise. It can open a lot of doors for you down the road. It's also a family away from home for all of us."



Sigma Kappa at Activities Night. From @SigmaKappa\_FSU on Instagram.



Kappa Sigma at Activities Night. From @KappaSigFred on Instagram.





FredoniaLeader.org

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- Writing
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Contact via email  
[leader@fredonia.edu](mailto:leader@fredonia.edu)





# Fredonia's annual Farm Festival continues to bring community together



Fresh produce. All photographs by Alyssa Bump.

**ALYSSA BUMP**  
Editor in Chief

Under the sweltering August sun, the Fredonia Farm Festival brought locals, college students, volunteers, performers and vendors to the Chautauqua County Fairgrounds from Aug. 27 to Aug. 29.

Normally, the festival is held in Barker Commons, but due to construction, it was relocated to the fairgrounds.

Sharon Kaminski, the logistics chairperson on the Fredonia Farm Festival committee, has worked at the festival for the past five years.

According to Kaminski, "The nice thing about the park [Barker Commons] is walkability. But the other issue is there's not much parking... this location offers us lots of parking and we can spread people out a bit more."

Kaminski noted the traffic to the festival is about the same as previous years despite the change in location.

At the festival, there were 102 craft vendors, 24 food vendors and multiple musicians that performed between the main stage and the mini stage.

The festival did not charge a fee for admissions, so festival goers only had to

pay if they were purchasing items from craft or food vendors.

Judy Mortellaro was one of the many vendors at the festival. She stood barefoot under her tent, where she was selling her fabric art.

Mortellaro displayed handmade tote bags, yoga mat bags, small purses, meditation pillows and fabric wall hangings for sale.

Her table had a sign on it that read, "I am an artist creating with fabric. I design and sew with deep respect and awe that filters through me. I invite you to journey with me into the beauty and mystery of all that is."

Mortellaro was once a yoga instructor, and she draws much of her inspiration from astrological signs.

One of her wall hanging designs shows a blue whale, which she said came to her in a dream. The design also includes a lighthouse, the sun and a person standing with their arms up.

Much of her work focuses on transformation and mindfulness, which is evident through her designs.

Many of her items have butterflies, lotuses and yoga poses sewn on them.

This is Mortellaro's first time selling her products at the Farm Festival, and she recently started selling her work in February.

"I always liked to sew, and I did sew for friends and family. But I hadn't sewed in large numbers like this," said Mortellaro.

This is Mortellaro's third festival she has sold her work at, and she has sold around 20 items.

She doesn't currently have an Etsy, but Mortellaro is thinking about creating one for her art.

However, she said she prefers having contact with the people that purchase her items.

"I feel like part of what I'm doing is expressing my creativity but then also passing it along."

Between the other hundred craft vendors, festival goers could purchase items ranging from handmade soaps, tie dyed clothing, jewelry, plants, farm-fresh produce, and more.

As for the food vendors, hot dogs, pizza, smoothies, blooming onions, fresh-squeezed lemonade and shaved ice replenished festival goers under the hot sun.



Many people could be spotted finding shade underneath bleachers and trees or at picnic tables. One man even resorted to using a hose to cool off.

Nonetheless, all of the children, teens and adults seemed to be enjoying the festival, even if they were a little sweaty while doing so.

Christine Whitecar, a junior at SUNY Fredonia, said the Farm Festival “was a super fun way to spend a Saturday afternoon. I loved walking around and seeing all the different things that the vendors were selling, and it was awesome to see both students and the community coming together.”

Kaminski also feels the festival is a great way for the community to come together.

She said, “We are right in the middle. We have the city of Dunkirk, the village of Fredonia and the university very close to us. It’s been wonderful to have a mix of these communities.”

This year marks the 52nd Farm Festival, and Kaminski said “it’s really grown over the years... we’ve really come a long way in 52 years.”

The festival started out much smaller than it is now, and most of its growth has depended on the volunteers.

“I want to stress the volunteers — it’s so important that people are willing to volunteer and help out,” said Kaminski.

About 40 to 60 people decided to volunteer for this year’s festival, spanning between high schoolers, college students and even seniors.

The 53rd Farm Festival will be held next Aug. 26 to Aug. 28, and those interested in volunteering can check out the Fredonia Farm Festival’s Facebook page.



Above: Judy Mortellaro of Fabric Art by Judy.

Below: Festival goers waiting in line for Funnel Cake.



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# SPORTS

## Buffalo Bills season preview

**ANTHONY GETTINO**  
Sports Editor

This season is starting out unlike most for the Buffalo Bills — they're actually expected to do well.

I'm kidding, but only partly. For the better part of the last two decades, the Bills have gone from terrible to mediocre. They were a team stuck in purgatory with no way out.

Things have finally changed.

They have Josh Allen, who broke out last season and became the guy the front office was hoping for when they selected him in the top 10 of the 2018 NFL Draft.

They have Stefon Diggs, a top five receiver in the league, along with Emmanuel Sanders, Cole Beasley and Gabe Davis catching passes as well.

The team also has a solid defense to support its high powered offense.

Buffalo is in win-now mode, which feels weird to write out. This team will only go as far as the offense takes them, however.



That sounds crazy since they have one of, if not the best offense in the NFL, but they still need to get past the Chiefs.

Kansas City is what is standing in the Bills way to a Super Bowl berth for the first time this century. You know that you aren't going to be able to stop that offense with all of its weapons and superhuman Pat Mahomes under center.

So that means Josh Allen and the offense have to be better than that.

The team, while mostly the same, has made some large changes, like switching out John Brown for Emmanuel Sanders as a pass catcher.

They also drafted two defensive edge players with their first two picks this year.

Can the Bills finally get to the promised land? It remains to be seen. What is known is they have the talent to make a push toward a Lombardi trophy right now.

Illustration by Jessica Bennett.



# Fredonia sports update



## UNIVERSITY STADIUM

Photograph by Derek Raymond.

### ANTHONY GETTINO

Sports Editor

This past week saw a return to action for our Blue Devils participating in fall sports. After the lengthy time off due to COVID-19, this is the first time these teams have competed since 2019.

Men and women's soccer, women's volleyball, women's tennis, and men and women's cross country each had competition begin.

For the men's soccer team, they split their two games with each having the score of 1-0.

In the first game, it was Kevin Loftus with a penalty kick in overtime to start the season out with a win over Penn State Behrend.

In their Saturday showing, Fredonia traveled to Case Western, where the team lost 0-1 in double overtime.

The Blue Devils will be host to the Blue Devil Classic this Friday and Saturday at University Stadium and play Mount Saint Mary College as well as Houghton.

As for the women's soccer team, they have still not lost a game.

They began the season with a 2-2 tie with Alfred at home, with goals by Katie Sellers and Brianna Grazen. The team then traveled to the Herb Lauffer Memorial Tournament, where they defeated Wooster in 1-0 fashion behind Gabrielle Alston's first half goal.

This week also sees these Blue Devils as hosts of the Blue Devil Classic where they will play Pitt-Bradford and Utica College.

Women's volleyball also got the job done this past week at the Cortland Red Dragon Classic, taking two of the three games they played over the weekend.

In the first game of the season, the Blue Devils defeated Utica three sets to one with Emily Jones and Christine Ackendorf leading the way in kills in the match.

The second game of the night resulted in a close loss to Arcadia. The team won the first two sets of the match, but were unable to keep the momentum going, falling 2-3.

The team was able to regroup Saturday, beating St. Lawrence 3-1.

The volleyball team will have four matches this weekend, facing off against

Westminster, Baldwin Wallace, Bluffton and John Carroll at the Penn State Behrend Invitational.

Women's tennis had just one match this past week, where the team fell 2-7 to D'Youville College.

Scoring for the Blue Devils were Emma Nortey and Dominique Martello in the doubles and Martello again in a singles match.

The team will face off against Oswego on Friday and Cortland on Saturday, with both matches being played at home.

Finally, both the men's and the women's cross country teams competed in the Fredonia State Invitational.

Both teams placed third overall in their races.

For the men, Anthony Ruiz placed seventh overall in the race and Josh Walters 15th.

On the women's side, Ally Battaglia placed fifth in the race, Netasha McIntosh seventh and Vanessa Ryhal 12th, respectively.

Both teams have this week off before the travel to the Yellow Jacket Invitational in Rochester.

# OPINION

## So, you're confused about pronouns?

**JULES HOEPTING**

Managing Editor

You grew up in a small town. The town formed around a canal or a railroad, but now is reduced to fields. The most exciting thing in the town is whatever the high school is doing. There are a few families who have been there forever, seemingly, and have their say in just about everything.

Maybe it wasn't a small town. Maybe you were in a huge city but surrounded by people with concrete binary definitions of gender. You were in a place where the acceptance of new ideas was limited, and often mocked.

Now you're at Fredonia and you're asked to introduce yourself with your pronouns.

Pronouns? You've never been told you shouldn't assume someone's gender identity. The concept seems odd, but that is just because you haven't heard of it before: it's new to you. Remember, "new" is not a synonym for "weird" or "wrong."

Then you hear that not everyone identifies as a male or a female: some people identify somewhere between male and female or their identity fluctuates between male and female. This identification is known as being genderqueer or gender fluid.

The concept of gender identification being on a spectrum is nothing new — the difference is we now have the vocabulary to describe these identifications. Thus, people can now put into terms how they have been identifying their

whole lives. As more people openly identify as genderqueer, the identification will continue to become normalized. And you won't give the identification a second thought!

Perhaps you have always identified with the gender genetically assigned to you at birth — this identity is known as being cisgender. Being cisgender is total-

because it is a new concept to you. You may even think using "they" as a singular pronoun is grammatically incorrect. But it is not.

In fact, you are already more familiar with hearing singular "they" than you realize. For example, "A student can choose what classes they want to take next semester."

Interestingly enough, there is already a pronoun in English that doubles as a singular and plural pronoun. The pronouns "thee/thou/thy" used to take the place of singular "you." Now, we use "you" to refer to a single person or a group of people. You can figure out how many "yous" are being spoken to by context.

If you're still confused, I'll put it this way: You probably went to school with someone who commonly went by a different name than what their birth certificate said. I went to school with a student named "Brianna" that everyone lovingly called "Beetle." Did I call the student "Brianna?" Of course not! Their name was "Beetle."

It's really quite simple: call

people by their preferred names and use their correct pronouns when talking about them.

In an effort to respect students, Fredonia has created a Chosen Name program which allows students to change their first name as it appears on class rosters, OnCourse, Fredonia email, FredCards and in the student directory. For more information on the program and guides on how to ask for people's pronouns, visit the "Chosen Name Initiative" page under the Office of Diversity and Inclusion.



Illustration by Lydia Turcios.

ly fine and normal. Being genderqueer is also totally fine and normal.

Every person's life is made up of unique experiences. The best thing you can do is treat other people with respect — which means calling someone by the pronouns they identify with. It means asking people what their pronouns are when you meet them instead of assuming their gender identification.

When people are genderqueer or gender fluid they often identify with the pronouns of singular "they/them." Initially, using "they" as a singular pronoun may seem odd to you, but, again, that is just



# How the **cafe closures** are affecting students

**LYDIA TURCIOS**

Art Director

Adjusting back to campus life has been a trial for many students. You might find yourself feeling as if you are stuck in limbo — almost, but not quite back to normal.

The dining situation certainly has not helped.

In a past article on the subject, “Fredonia Cafe Closure for Dummies,” Director Darin Schulz said the state of the cafe’s would be assessed based on student needs and adapted accordingly.

But, for those of us sans a kitchen, you might have noticed the remains of on-campus dining is not the most accessible. While we wait for further commentary, here is the question: do students feel that their needs are met?

That’s up in the air, especially with the unexplained gutting of the Sprout Cafe, Fredonia’s only dedicated vegan option on campus.

Justina Eodice, a junior, was understandably concerned due to being vegetarian herself.

“It’s just ridiculous because there are also people with food allergies and religious reasons that now are not able to get proper nutrition,” Eodice said.

This could lead to less eating, and “less eating means less energy and motivation which leads to a decline in stamina for their coarse loads. It can also lead to a decline of mental health, which can lead to endless possibilities whether that be depression, self harm, eating disorders and suicidal tendencies,” Eodice said.

Notably, there are no plans to supplement the absence of the Sprout Cafe’s menu on campus as far as we are aware.

Besides the logistical issues behind removing the Sprout Cafe, the emotional attachment some students have to the campus must also be taken into account.

As the Sprout Cafe was removed with little notice, Matthew Spencer, a senior, was surprised by its sudden absence from Fenton Hall. He had met and spent most of his time with Fun and Logic clubmates at the Sprout Cafe when he first started as a freshman in 2018. The cafes are where he spent most of his time doing his work and meeting new people.

“With the event of the closures,”



McEwen cafe closed. Photograph by Jules Hoeping.

Spencer says. “The incoming freshman don’t have the same luxury or opportunity. The lack of convenient public spaces will only drive freshmen to hate it here.”

The Sprout Cafe may be the only gutted cafe, but it is not the only one to close.

Of the five cafes that were previously on campus, only two are operational. The only cafes currently open are Cafe Mason and FredExpress, both with limited hours.

Why these were chosen over the others is a matter of speculation. FredExpress may make sense for being a quick C-store like stop, but Cafe Mason is out of the way for many students who have no reason to enter the music building.

Cafe McEwen is more likely to cross the average student’s path and would be much more convenient due to being located right next to Reed Library, where students are likely to need a quick recharge. Yet, it remains closed for the semester.

Between the closing of the cafes, the limited dining hours of all dining establishments and the still-controversial state of Willy C’s, eating just isn’t as convenient anymore. The overcrowding isn’t a surprise when there are less places for the student body to choose from. This reduction of dining areas may seem counterintuitive to some, in particular an anonymous student who says that it’s laughable how the Willy C’s faculty tries to enforce social distancing on the overcrowded line when they don’t even open all the kiosks.

“Why limit where we can eat if you want students to social distance?” the anonymous student said. “Starbucks, Cranston and especially Willy C’s are

always so crowded no one can stay six feet apart. You’re standing in-line with a bunch of people as close as can be because the line already goes out the door and there’s so many people sitting inside around you with their masks off eating. There’s no way for someone to follow the rules and be safe and get food at the same time.”

Whatever reasons the administration has for the state of the cafe’s, it’s difficult to say the new policies are fair to students. There is very little convenience involved, and for many it may seem more sensible to simply get delivery or cook your own food.

Unfortunately, this is a college campus and not everyone has a piggy bank quite big enough to pay for grocery shopping and a meal plan.

So, what do you do when your meal plan is the same price as two years ago, but half as accessible?

Dawn Jessica Payne got tired of the mental gymnastics of figuring out when dining was open quickly, and when everything was closed after her evening classes she resorted to just skipping meals.

“Basically this all boils down to the fact that we pay so much to be here but we’re getting more and more taken away from us as students. I remember when we had multiple food options, when things were open later and we had more choices.” She says, “The vending machines are even being taken out of class halls and our prices are still the same as before COVID-19.”

How the student body adapts to the current dining situation remains to be seen. But, hey, we’re college students. We can probably survive off of chips and monsters if we really have to.

# Mind over body: An eating disorder



“grab” by Christy Mckenna is licensed with CC BY-SA 2.0.

## ANONYMOUS

**Trigger Warning:** The following article discusses eating disorders. If you or someone you know is struggling, please reach out to the Counseling Center at (716) 673-3424 or visit [fredonia.edu/student-life/counseling](http://fredonia.edu/student-life/counseling) for more information.

I’ve always been fascinated by drastic weight loss and weight gain.

I remember waiting in the check-out line at the grocery store with my mom, looking at the sensationalized magazines shaming celebrities over unflattering pictures in bikinis. I remember reading headlines with celebrities’ weights in the title — as if they had stepped on a scale in front of swarming paparazzi.

I remember seeing so many thin, thin women glorified. When I was little it didn’t matter so much to me — people were just people. It took me a while to realize the people in the movies were more attractive than the people in the real world. I mean, sure, I wanted to have blonde hair and blue eyes like Barbie, but I figured I could just dye my hair and wear contacts when I got older.

When I got older, I became self-conscious about my body. I got a bit chubby before my freshman year from too much food and not enough exercise. Then I joined the swim team and the track team and that took care of that.

Every summer I’d gain a bit of weight. And I was never happy about it. Come the dawn of my junior summer, I decided I wasn’t going to let that happen. I limited what I ate. I went to bed hungry, staring at the ceiling until I fell asleep. Then I’d wake up in the middle of the night because of hunger and eat something so I could fall back asleep. Then I’d wake up in the morning and squish my abdomen to see if there was more or less fat, examining myself in the mirror, my eyes more critical than any comment I’d ever heard.

I started going on really long walks. Started running more stairs. Began to memorize the amount of calories in different foods and ate lots of vegetables — because vegetables make you feel full without giving you fat. I started chewing food and spitting it out, just so I could get the taste of the food without the fat.

I could convince myself and others I was doing it in the name of health. But I wasn’t.

I was excited when my shorts began to get loose. I wasn’t excited when people mentioned I



was thinner. Because I knew it wasn't healthy.

It wasn't healthy to lose your period for over a year. It wasn't healthy to feel light headed so often. It wasn't healthy to be afraid of any event with food — which is most events and all holidays. The idea of eating around other people. Of observing how much food they were putting on their plates. Of purposely not eating so I could muster enough hunger and eat something like a normal meal around others. Then all the food would get clogged in my lower right digestive track for hours. At least it felt like it did. It was as if I had shrunk my stomach and couldn't eat as much in one sitting as I used to be able to.

It was fascinating, who would say something to me. My grandparents noticed; they grew up during WWII and couldn't fathom the notion of purposely starving yourself; they learned to appreciate every bit of food available. My phys ed teacher noticed, because she had also dealt with an eating disorder. Told me her post-pregnancy body had triggered her eating disorder thoughts, and how her disorder hadn't disappeared entirely.

Many didn't notice. Or worse, noticed and pretended not to. Because talking about someone's body weight in front of them is not polite.

My mother didn't notice until others pointed it out to her. Part of it was because she saw me everyday and couldn't notice my thinning frame. Part of it because she was busy with work. Busy with work, because she was appreciated at work and had chosen her spouse poorly. I was angry with her for staying in an emotionally-depleting relationship. Except I don't get angry — it's not my personality. I couldn't control her marriage, but I could control my body.

The mind's a powerful thing. Especially when your thoughts start to eat away at your life and you realize you've got an eating disorder.

I told very few people. It was difficult to come to terms with it — I didn't have bulimia, wasn't anorexic. I just limited my food intake and exercised because I was terrified of gaining weight. I looked skinny, but so did other girls who's natural body mass was much lower than my healthy body mass. A healthy weight for me is between 125 and 130. Throughout the two years of my eating disorder, I weighed 120 lbs, excluding the end of a summer spent hiking mountain ranges where I got down to 113. That summer was the best summer of my life, inarguably. Yet, I was thinking about food, struggling internally, all the time.

I remember working as a cashier, my head throbbing in hunger, waiting for my break so

I could eat a small salad. Or not. If you wait long enough, the burn of hunger subdues. Temporarily.

I didn't tell people because people didn't know how to react. My grandmother was so worried, and I hated hearing the concern in her voice. My stepdad was the worst, telling me I didn't look good and to just eat more. My mom tried to understand. Put me in therapy — which is where I realized how my displayed anger played into it all.

People my own age were better at taking the news. Some could cite other friends who had similar experiences. I blame the brightened spotlight on mental health for the generational difference.

At some point in my college junior year I just started eating more and caring less and got back to a healthy weight. And then a little over, because a pandemic was storming the world and food could be of comfort. And I didn't want to feel the dreaded lightheadedness. Then I lost some weight. I fluctuated.

I still don't have the best relationship with food. I usually eat alone because I feel self-conscious eating in front of others. I still play mind games: eating food out of a bag rather than on a plate, because seeing how much I am eating still scares me.

I still judge my body too harshly. But that's normal.

Mainstream culture has a main role in the problem: how women are often displayed in sexy outfits nibbling on doughnuts, the juxtaposition message of we should be thin and fit on a junk food diet. Why can't kale be sexy? Why aren't tomatoes cool? During high school, why couldn't I go to a restaurant with the team without hearing underhanded remarks and seeing odd glances about me choosing the healthy option?

But mainstream culture isn't streaming away anytime soon. Popular opinion has to be eroded by particles — little pieces of opinions.

This article is anonymous because I'm not ready to pick up a megaphone and announce I struggle with food. But I felt the need to write about it, to share my experience as empathy or enlightenment to a reader.

Hopefully, I did just that. I've always been fascinated by words and their impact.

# How do students feel about **campus life** returning **back to normal** after **COVID-19**?

**CHLOE KOWALYK**

News Editor

Since the rise of the COVID-19 pandemic in March 2020, SUNY Fredonia along with many other colleges across the country have faced online education, Zoom classes and a disconnect from peers.

Classes at SUNY Fredonia had been moved either entirely online, to a hybrid of online learning and in-person instruction or to a socially distanced face-to-face setup where all students were required to wear masks.



**Student approval of Activities Night. Photograph by Derek Raymond.**

Masks were required both indoors and outdoors, and special signage was created to encourage social distancing when waiting in lines at the dining halls and campus services.

Clubs and Activities Night were moved online, and intervisitation within residence halls was strictly forbidden.

Students had to participate in weekly pool testing to monitor COVID-19 cases on campus.

Now, as we slowly move out to a new stage of the pandemic with the Pfizer vaccine gaining FDA approval, SUNY Fredonia students are facing a new set of changes.

At the end of the spring 2021 semester, SUNY Fredonia stated fall 2021 will be shifting to a “new normal.”

As the new semester begins, students are seeing this “new normal” start to take place.

Nearly all classes at SUNY Fredonia have taken an in-person, face-to-face format.

While masks are still required for ev-

eryone on campus when indoors, social distancing has been removed from classrooms and desks are no longer spaced several feet apart.

Upon arriving on campus, fully vaccinated students had to submit a “proof of vaccination” to the health center. These students are required to attend pool testing once a month.

Students who are not vaccinated still need to participate in weekly testing, and with the recent FDA approval of the Pfizer vaccine, must be fully vaccinated by Sept. 27, with the exception of those receiving medical or religious

exemptions.

Intervisitation is also allowed again on campus, and students are allowed to have up to three students in their dorm rooms.

Guests must either be manually signed in or, if they are also a student, simply have to scan their FREDcards to sign in if coming into the dorms after 9 p.m.

The social distancing queues for dining halls have been removed, and students only need to wear masks while indoors.

With the various changes set into place, some students are very excited to get back into the swing of things.

One student, Brianna Howard, is happy to be back in person.

“I’m excited to have club activities in person again,” says Howard. “I only have so little time left on this campus and I want to be able to experience college while I still can.”

Personally, I feel the same way.

As a sophomore here at Fredonia, I came into college right in the middle of

the pandemic.

I had yet to experience the “college life” that they show in the movies, and instead, found myself spending hours alone in my dorm room, sitting in Zoom meetings.

Social distancing and masks added to the difficulty of making friends, and we missed out on many “normal” college clubs and activities.

The few activities that were in person were severely limited.

However, starting this new semester at Fredonia has made me feel like a freshman all over again.

From attending my first Activities Night to having in-person club meetings, to doing my classes in an actual lecture hall and not a digital meeting, everything is new for me.

The experiences of navigating college online and in-person are entirely different.

These new changes seemed overwhelming at first, and I spent my summer wondering what the fall 2021 semester could possibly look like.

Now, as I continue to learn the ropes of this “new normal” SUNY Fredonia has suggested, I find myself loving college more and more.

In our interview, Howard brought up a fantastic point.

When asking her about the updated guidelines on campus, she said, “Outside I can take my mask off and smell the air! It makes me so happy, the little things we take for granted.”

I absolutely agree with her.

It’s the smaller, unnoticeable aspects of college life that make it enjoyable.

Whether that’s waiting in a long line at Starbucks for an iced coffee, watching the sunset at Three Man Hill or listening to your favorite music while walking to class on a Wednesday afternoon, we shouldn’t take it for granted.

One thing I’ve learned from the pandemic is that life is short.

We don’t know what tomorrow or the next will bring.

I say, we should all look at where we are in life, and, amidst all the chaos and uncertainty in our lives, find the small, positive things that make life worth living.



# Jules Hoepting: Mushrooms in the woods





# THE SCALLION

Satire for Fredonia



## TOTALLY TRUE SOURCE OF THE DOG FOOD SMELL ON CAMPUS

**CHLOE KOWALYK**

News Editor

Ah yes, the weather is warming up and we can finally go outside.

Fredonia students fill the campus, laying out picnic blankets and going on walks with their friends.

The semester is more than halfway through, and everything is looking up.

That is until...

*\*\*Sniff Sniff\*\**

“EW! What’s that smell?”

Most Fredonia students and staff will tell you that the awful smell is simply the dog food factory in town, whipping up some of the best puppy chow for our pups back home.

“Everyone smells dog food here,” says Hunter Halterman, a SUNY Fredonia student. “We just don’t talk about it.”

Unfortunately for Halterman and the rest of the SUNY Fredonia students, the school is lying to them all.

Here’s the truth: SUNY Fredonia made up this lie that there’s a dog food company nearby.

It may come as a surprise, but the Nestle Purina manufacturing building in Dunkirk, NY is actually fake.

In fact, if you walk too far around the building, you’ll see the back of the cardboard, and the stack of old textbooks that hold it up.

Don’t believe me? Check out the Nestle Purina reviews on Google.

Yep, you’re seeing that right. They have an average rating of 2 stars. Why

do you think that is?

Well, I’ll tell you.

Most of the complaints are about the staff, which makes sense.

Since the company is fake, there’s no actual staff.



“2009-10-23 - Green Vegan Dog Food - 0001”  
by smiteme is licensed with CC BY-NC 2.0.

To compensate for the off-chance that someone may actually show up to this cardboard cutout building, the college sent some of their professors over to the factory to act as Nestle Purina staff.

The professors, grumpy that they are no longer teaching students and are now dog food factory workers, are disgruntled.

The doggy dinner dish smell is actually coming from none other than the campus itself.

Let me explain: Have you been to Cranston Marche recently?

Did you maybe get some grub after class one evening, and feel that something was a little bit off?

That uncomfy feeling is because

Cranston is serving food that would be better suited to our furry friends to the students.

Another student, Alex Erwin, wonders, “Was burger Wednesday a lie all along? It tasted okay, but now? Blegh.”

You might be wondering, “How did we figure this all out?”

One day, one of our lead reporters went to get some dinner after a long day of Zoom classes.

She pulled her mask down for a moment to take a sip of her Venti blonde iced coffee with seven pumps of vanilla, four pumps of caramel double blended and three teaspoons of oat milk, when she smelled an

awful stench.

The smell of dog food filled her nose, and it was disgusting.

Curious, the reporter looked into the kitchen, and to her surprise, she didn’t find dog food at all.

The food was just gross, and absolutely reeked.

As it turns out, the food at Cranston Marche is the type only a dog could love.

There is no Nestle Purina factory: only a façade to hide the gross dining hall food on campus.



# TOTALLY TRUE STORY OF THE “FRED” SIGN



Progression of “FRED” sign throughout the summer. All photographs by Jules Hoepting. “FRED” title illustration by Lydia Turcios.



Blue paint inside of second floor William’s Center women’s bathroom stall.

## JULES HOEPTING

Managing Editor

This is the satire section of the paper, but everything I am about to tell you is totally true — not exaggerated at all. Really. As one of the head editors, I deemed this topic too comical to put in any other section.

All summer, I gave campus tours, showcasing a shell of a campus with lots of obstructive construction.

On June 18, I noticed four huge grey capital sans-serif letters spelling the word “FRED” in front of the William’s Center.

“Spiffy,” I thought to myself.

The following week, I led prospective students through the ghost town university and came back to find the sign was blue. Additionally, support beams had been added to the back of the letters.

“Pop of color. Nice,” I thought to myself.

Then they had to repaint the letters because the blue wasn’t dark enough, or something like that.

At one point in the painting process, the letters were all scratched up because they placed the letters on bumpy concrete while the paint was drying.

At one point there were a bunch of bugs stuck on the paint. You know, because it’s summer, and insects are ubiquitous.

At one point a painter came up to me and asked me where he could access water in the William’s Center — if there was some sort of hose or something. Something to do with washing paint. If you look closely, there is blue paint on one of the William’s Center bathroom stalls.\*

Then the bubbles started to emerge on the surface of the letters, looking like the skin of a spokesperson for Proactive before faceted photos. Everytime I passed those letters I felt inclined to pop the bubbles. A few weeks passed and I passed an employee living out my fantasy. The bubbles later reemerged.

Then the students came, scaring away locals who walk their dogs on campus in the summer. The students climbed up those letters and posed all cute and took pictures and posted those pictures online. Now the whole world can know they were at “FRED”: an inelegant abbreviation for “Fredonia” which reads odd out of context.

*You went to Fred? You climbed on top of Fred? Why have I never met this Fred?*

To be frank, I don’t dislike the sign. It was created as a part of a promotional campaign for the college and I think the sign really encompasses Fredonia’s essence. Take that as you will.

\*There is no evidence the blue paint on the bathroom stall is from the sign.



