

THE

LEADER

SUNY FREDONIA'S
STUDENT-RUN NEWSPAPER

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**Pride Alliance
Drag Show**
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Anti-Hazing Lecturer Returns To Campus

Professor Patrick Foran's Art Exhibit

Basketball Brotherhood Trancends Boundaries

Build Credit At Campus Credit Union

Funk Fever Results In Flunking Finals

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THE LEADER

S206 Williams Center, Fredonia, NY 14063

www.fredonialeader.org

Email: leader@fredonia.edu

Twitter: @LeaderFredonia

Instagram: @leaderfredonia

Facebook: The Leader - SUNY Fredonia

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Managing Editor
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News Editor
Will Karr (Open)

Asst. News Editor
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Front cover: Regina Gorg serves attitude as she flips her hair during Pride Alliance drag show.

Back cover: Fredonia alum and host Juliette Stark struts down the Williams Center runway. Photographs by Drew Paluch.



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"The universe is infinite. And just as the universe is infinite, you are infinite and can embody the totality of the universe." - Mikael Owunna

Kathleen Wiant encourages campus to combat hazing with courage

ABIGAIL MILLER

Asst. News Editor

Hazing can occur anywhere. People see it on the news, hear about it through a friend or even witness it firsthand.

Kathleen Wiant, the mother of a hazing victim, knows this all too well.

On Nov. 15, Wiant delivered a presentation at SUNY Fredonia about the dangers of hazing, the forms it occurs in and what can be done to stop it.

Wiant lost her 18-year-old son Collin in November 2018 to a hazing incident in which he inhaled nitrous oxide as a part of an Ohio University fraternity's pledging process.

Following the tragic event, Wiant decided that it was her mission to prevent accidents like it from repeating. She has dedicated her life to educating students at universities across the country, as well as promoting legislative change both nationally and in the form of Collin's Law against hazing in Ohio.



Kathleen Wiant addresses SUNY Fredonia community during hazing presentation. Photographs by Lori Deemer of Marketing and Communications.

Of students that experience hazing, 74% belong to athletics.

Additionally, 73% of students that experience hazing are involved with Greek life.

Wiant said Collin's passing "motivated me to learn about hazing, which led to speaking and teaching others about [it]."

She is also a board member of the Collin Wiant Foundation, whose mission is to "bring more kindness and courage to the world."

This was the second presentation Wiant has given at SUNY Fredonia, with the first having taken place in February of 2020, where she was nominated by several students to do her own TED Talk.

During November's presentation, Wiant disclosed that hazing is most prevalent in athletic teams. Seventy-four percent of students that experience hazing belong to varsity athletics, and 73% of students that experience hazing are involved in Greek life. Students who are not members of athletic teams or fraternities and sororities are also affected by hazing. More than half of students who have been hazed belong to performing arts clubs or club sports, and over a fifth of students who have been hazed belong to academic clubs or honor societies.

Hazing is a phenomenon that occurs worldwide, in both high schools as well as universities. Despite its widespread nature, Wiant revealed that "hazing is only reported 5% of the time."

What prevents students from reaching out for help when they are being hazed? According to Wiant, students are hesitant to report hazing in part because of the nature in which it progresses. She stated that hazing starts with a "small, harmless act" and then "builds so slowly [that] you're unaware it's even happening."

With the line between what seems to be harmless acts and dangerous rituals blurred, students who are being hazed may not be equipped to differentiate the two.

"When new members are separated out from existing members and asked to do things differently in a way that [they] wouldn't otherwise choose, that's the minute hazing's begun," Wiant said. "That's the minute you leave."

A questionnaire was presented to students before and after the presentation to measure the knowledge gained on the hazing topic. Results showed significant increases in the correct answers to the questions following the presentation, exemplifying a greater understanding of hazing and reaffirming the reasons why presentations such as Wiant's are crucial to the community.

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Campus community attends Wiant's hazing presentation.

After attending the presentation, which was mandatory for all members of SUNY Fredonia's fraternities and sororities, many students were left wondering how the issue of hazing impacts Fredonia specifically.

Mark Suida, director of Campus Life, and an anonymous member of a SUNY Fredonia sorority provided answers to this inquiry.

SUNY Fredonia's Policy on Hazing defines hazing as "engaging in any action or creating a situation intentionally or unintentionally designed to produce mental or physical discomfort, harassment, fatigue, intoxication or excessive ridicule in the course of another person's initiation into or affiliation with any organization."

As mentioned in the policy itself, these obligations apply to all student organizations, and any student that is found responsible for hazing risks a permanent transcript notation.

When asked if there was any hazing that he knows of that takes place within SUNY Fredonia, Suida said, "Sadly, hazing takes place on all college campuses," but that "hazing incidents are rare."

An anonymous sorority member stated that she has never been a firsthand witness to any hazing by the sororities or frats on campus, including her own. However, she did admit to having heard of "some things that have made me ... question if it's hazing."

Suida argued that a critical way to decrease the prevalence of hazing is through education. He declared that Wiant's presentation was arranged as a part of "Campus Life's goal ... to shine the light on this dangerous activity and offer many resources to educate and support students."

With a widespread educational approach, Suida believes that students will gain the courage to stop hazing when they see it.

"Oftentimes it is usually just a few folks wanting to engage in these activities in a group and others need to stand up and say no," Suida said.

Part of this educational process is guaranteeing that students understand where they can report a hazing incident once it occurs.

According to Suida, "there are multiple offices to report any instance of hazing to, [including] ... the Office of Diversity, Equity and Inclusion, Campus Life, University Police, Student Conduct and Student Engagement and Inclusion."

A related issue stems from whether witnesses of hazing will take advantage of these resources. An anonymous sorority sister hesitated, responding, "I would like to say that I would 100% contact [University Police] if I saw hazing, but unfortunately I don't think I could certainly do it. If I for sure felt like something horrible was happening, I would probably ask someone else to do it for me [because reporting] makes me anxious."

The sorority member asserted that she and her sorority "take the anti-hazing policy seriously and ... try to make everyone feel like they are in a safe place where they can choose what they do or do not want to do."

Suida and the anonymous source both noted the shared responsibility between every organization on campus to end hazing, affirming the fact that hazing does not occur solely as a part of Greek Life.

There are many activities that Greek Life and athletic organizations can do to build their individual communities and unite their members in place of hazing. Suida pointed to "group trips, meals [and] game night[s]." An anonymous sorority member endorsed group outings, specifically stating, "My sorority has made the best memories by choosing fun places to go where we can come together and bond."

Altogether, it seems that students and faculty alike can learn something from Wiant's story. Throughout her journey coming to terms with the tragedy of her son's passing, Wiant said, "I discovered a critical remedy for hazing: courage."

On-campus electric car chargers fuel Fredonian vehicles

CHLOE KOWALYK
Managing Editor

ALEX ERWIN
Staff Writer

HUNTER HALTERMAN
Special to The Leader

HEATHER OCCHINO
Special to The Leader

SUNY Fredonia is taking another step towards green energy and sustainability. The college has recently installed electric vehicle charging stations onto campus.

The chargers were installed in three different parking lots around campus: between Fenton and Thompson Halls, near Dods Hall, and by Gregory Hall and University Commons.

The chargers are open for use for anyone who drives an electric vehicle, including those in the community.

The new chargers were implemented by the Faculty Student Association (FSA).

FSA worked with a company called Chargepoint, allowing users to operate the charging stations directly through an app.

FSA director Darin Schulz believes some campus and community members will get use out of the chargers.

“As electric vehicles become more prevalent across the country,” he said. “We do expect some students and some faculty and staff to more readily utilize an electric vehicle to get to work, whether it's a plug-in hybrid or whether it's a full-electric.”

The campus electric vehicle chargers operate as a level two station, which means it typically takes a few hours to get a hybrid electric vehicle fully charged.

While waiting for vehicles to charge, Schulz hopes people will come into our campus Starbucks, bringing money into the campus.

Not only do the chargers help bring community members onto campus, the chargers also help serve SUNY Fredonia's sustainability efforts.

“It's just part of the overall solution to trying to reduce emissions and carbon footprint, while being able to provide services to students and faculty as well,” Schulz said.

Although FSA has high hopes for the use of the new chargers, some students were skeptical, citing the expensive prices of purchasing an electric vehicle, and the unlikelihood that many students would own an electric vehicle.

Lee Pye, a sophomore English major, was a little unsure how often the chargers would actually be used.

“I don't think it's worth it. I don't think there's going to be as many cars [as] you think that are going to be electric on campus,” they said.

The chargers are now in full operation.



Campus electric ChargePoint car chargers. Photograph by Derek Raymond.

Life & Arts

Rockefeller's 'North Pole Nonsense' production spreads Christmas spirit



ALANA WINGATE

Staff Writer

With the holiday season just around the corner, SUNY Fredonia's Rockefeller Arts Center presented NYC-based performing arts company Cirque-Tacular's "North Pole Nonsense," a children's Christmas show, in the Marvel Theatre this past weekend.

The Dragonfly Productions performers brought their holiday spirit to the Fredonia community on Friday, Dec. 2 at 7 p.m.

In an attempt to keep everyone's holiday cheer alive, show director and cast member Emily Season felt that even with all the issues in the world, the holiday season always brings out the joy in everyone.

"The magic behind this time of year as everyone comes together for joy and happiness [is comforting]. There is a lot going on in the world that isn't so great right now," Season said. "[But] this time of year, everybody has love and joy in their hearts and in their minds, and that is the best part of the Christmas season."

The goal of the performance was to maintain the crowd's holiday spirit. The show featured acrobatic tricks, a huge polar bear, glowing light-bugs and a dancing snowman.

The audience was full of laughter from kids and their parents.

"The show involves the 'Bahumbugs,' and the Bahumbugs are small, furry round creatures that steal your Christmas spirit," Season said. "Our jobs as elves is that we have to keep Christmas spirits very high, so we don't catch a case of the Bahumbugs and get cranky."

With funding from the Kaleidoscope Family, the Rockefeller Arts Center was able to put on the production. The Dunkirk Observer and Jamestown Post Journal were both sponsors of the performance.

The six-member cast, using their many talents, provided an evening that, in their words, could bring back fond memories of a traditional Christmas.

One family that got in on the Christmas cheer was the Noel family. Father John Noel, and his wife and two kids shared that they felt it was a joy filled performance.

"[We] loved it. It was really high energy, and it was great," Noel said. "The kids loved it, too, and they were so excited."

John's son, the youngest member of the Noel family, had never seen a live performance, since he was born at the start of the COVID-19 pandemic. For him and the rest of the Noel family, the show was even more meaningful and memorable.

The end the production gave kids and their parents a special experience, with a performance full of creative tricks and a visit from the one and only Santa Claus himself. Claus filled the theatre with laughs from every child, and memories for all that attended.

Children and adults alike can enjoy the entertainment offered by Dragonfly Productions performers. The

Production has many performers in the area and are situated in the center of New York City. Clowns, stilt walkers, face painters, balloon sculptors, unicyclists, belly dancers, fire dancers, aerialists, jugglers, magicians and a wide range of other performers are among the many forms of entertainment they offer. The performers customize and tailor each of their party and event entertainment packages to meet any unique requirements or desires. Anyone interested can always count on receiving what they



'North Pole Nonsense' publicity photograph provided by Douglas Osborne-Coy.

SPONSORED CONTENT

If you are looking for off-campus housing next semester, you do not have to travel very far — only to the edge of campus to be exact. Campus Edge, which is located directly across from SUNY Fredonia’s athletic fields on Brigham Road, currently has open housing availability for the Spring 2023 semester.

Campus Edge is within walking, biking and driving distance from SUNY Fredonia’s campus. The apartment complex offers two different affordable and pet-friendly housing options to students: apartments and townhomes with private outdoor entrances.

Campus Edge is currently offering their 90 Brigham townhomes — 2-bedroom, 1-2 bathroom 700-square foot spaces priced at a rate of \$1,150 per month. In addition, the space also includes a carpeted living room, a dual kitchen/dining room, closets and a private balcony with sliding glass doors.

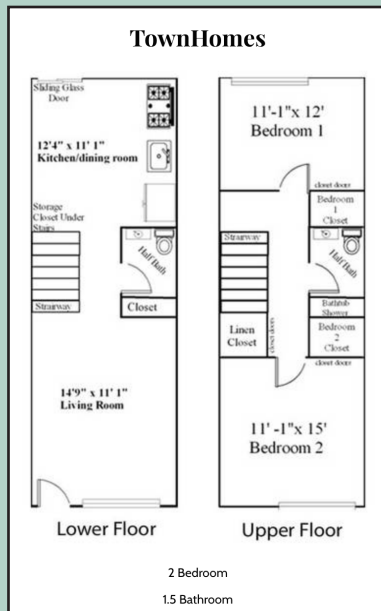
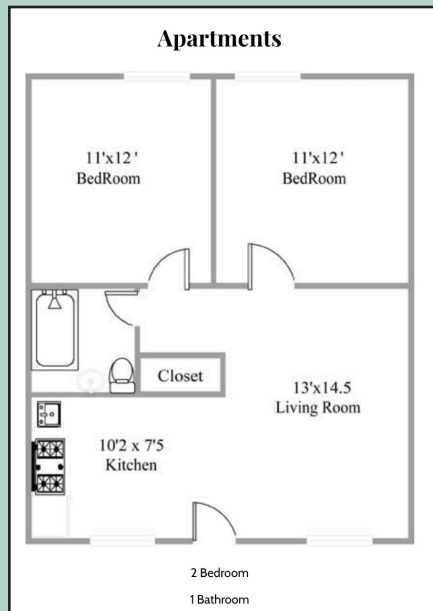
Since Campus Edge does not charge a flat-rate fee for each individual student, students can easily split the cost of the space with a roommate or a friend. The rent price includes water, gas, sewage treatment and garbage removal. The townhouses also have washer and dryer amenities.

In addition to their townhomes, Campus Edge is also offering their 100 Brigham apartments — 2-bedroom, 1-bath, 500-square foot apartment spaces priced at a lower cost of \$1,025 per month. The apartment includes many of the same features and amenities as the townhouse, plus electric as well.



Both the townhomes and the apartments provide standard cable services and wireless internet access to residents. The term for a lease is one full year. Campus Edge also offers 24-hour emergency maintenance service to help ease students stress if any problems do arise.

If you are interested in applying for housing or touring Campus Edge’s offerings, you can head over to their website at www.campusedgeatbrigham.com or you can call them directly for more information at 716-672-2485.



View their website by scanning the QR code.

Sashay down the runway



Regina Gorg



Queue Queer



Stormy Sky



L-S-D

Pride Alliance at Fredonia hosts annual drag show

CHLOE KOWALYK
Managing Editor

Queer culture was in the spotlight this past November, as the annual drag show was held once again by the Pride Alliance at Fredonia.

Four different drag queens strutted the stage on Saturday, Nov. 13 in the Williams Center multi-purpose room.

L-S-D, Stormy Sky, Regina Gorg and Queue Queer are all students at SUNY Fredonia by day, but at night, they take on new identities, inspiring prospective queens and other students to try drag, and advocating for queer and transgender rights.

The queens displayed several outfits, lip-synced to popular songs and danced in front of a raving audience.

The show was hosted by SUNY Fredonia alum and drag queen Juliette Stark, who introduced each of the queens and interviewed them about their interests.

In addition, the drag show featured a student DJ, who goes by “DJ Majik,” and live sound was provided by Sound Services.

Stark believes that drag is important to have at Fredonia. She said, “It’s sometimes just like a base ground for a future drag career. ... I started on this very stage six years ago, I [am now] able to [perform] in Buffalo, ... Rochester, Syracuse [and] all over New York state.”

According to Stark, starting small on a stage like the one in Fredonia can help aspiring drag queens get on their feet and start getting experience in performance. Stark attributes her success as a drag queen to her experience at the drag shows held at SUNY Fredonia.

“[I’ve been able to] make an actual career out of an art form that I absolutely love and enjoy,” she said.

Not only does the annual drag show provide upcoming queens with opportunities to perform, but also the show provides a glimpse into queer culture. At small universities like Fredonia, it’s

often difficult to portray diversity and the different identities that make up the student population.

One fan and student, Olivia Frazer, said she enjoys coming to drag shows because of their prominence in queer culture.

“I think drag is really important anywhere. It’s a means of self expression. It’s an entire cultural, historical thing. ... It’s a celebration of queerness,” she said. “It’s light-hearted; it’s jovial. And I think overall, it’s just something that’s a celebration of the queer community.”

The four performing drag queens offered their own advice to those interested in trying out drag. They all agreed on one solid piece of advice: “If you’re interested, just go for it.”

The show concluded with roaring applause and cheers from a supportive audience, and an opportunity to meet and get photos with the queens.

The Pride Alliance at Fredonia can be found on Instagram at @prideatfredonia.



Fredonia alum and drag queen Juliette Stark hosting the Fall 2022 Pride Alliance drag show. All photographs by Drew Paluch.



A zeitgeist of crisis:



Patrick Foran studies social issues in 'Exploded View'

NERON SIMPSON
Special to The Leader

How does one respond to a crisis? With the onslaught of the COVID-19 pandemic, increasing racial tensions and scientific skepticism, controversy has continued to evolve in recent years.

Patrick Foran, a SUNY Fredonia visual arts and new media professor, responded to some of these developments in a thought-provoking series of paintings.



"Riot Act" (2020). Photograph by Drew Paluch.

"Exploded View" offers glimpses into various events and controversies that have been highlighted over the years within the media. In his acrylic painting "The Hollow Men" (2020), Foran depicts the defacement and tearing-down of confederate statues. Confederate monuments were built during the Jim Crow era to honor soldiers of the confederacy. However, they have been criticized for upholding white supremacist ideologies and ziegessit as well as contributing to racial violence and segregation, specifically in regards to African-American communities.

One part of the painting that stands out is the covering of the faces. One soldier is wearing a large hat, another is covered in black spray paint and the last one is covered by a drape.

One of the other poignant pieces in the exhibition is his acrylic painting "Community Spread" (2020), which depicts people salvaging the last groceries available in a store with empty shelves. The bottom right corner shows a group of people wearing hazmat suits, while placing caskets in a gravesite. This was one of the unfortunate realities of the pandemic for many people, disproportionately affecting those without a next-of-kin and families who were unable to afford a proper burial.

The exhibit also features standalone portraits of engaging subjects, such as a shopping cart engulfed in flames, an overturned car and a pair of medical professionals staring aimlessly in opposite directions.

In the exhibit, Foran challenged the notion of crisis. His creative process allowed him to explore our complex reality.

In an Q+A with The Leader, Foran discusses his artistic advice, inspirations and process.

1. You were inspired by real-world events in the news for your "Exploded View" exhibit. Was there a specific event or turning point that made you decide you wanted to pick up a brush and say something about it?

“Even before the various upheavals of the past two years, my work was concerned with the way individuals experience crises on a collective level, and how we respond to them from a distance. This often led me to consider how events are relayed and consumed through social media, broadcast news and other networks of information transmission. In 2020, there was a cascade of events, seemingly one after another, unfolding and overlapping in real time. [Each event] felt directly related to the ideas that were already defining my work.

From the global pandemic, to protests and riots, demands for social justice, the proliferation of conspiracy theories, political polarization and distrust of government, crises were emerging at the speed of a virus — spreading and replicating through the social body of the country and the world. The work I’ve been doing during this period is more or less an attempt at responding to these events — trying to find a way to process the many simultaneous streams of information, emotion, conflict and concern that emerge on a daily cycle.”

2. What motivated you to become an artist?

“I don’t know if I made a conscious decision to ‘become an artist’ at any specific point. I think of it more as the logical destination at the end of a pathway I’ve always been moving along. I’ve always had a strong desire to take the things that are in my head and make them exist in the world. Creating art, which I generally think of as a way of opening a space for thought or discussion, made sense as a way to engage with the things that interest me most: images, visual communication, social discourse, the exchange of ideas. All of my passions — art, teaching, writing — are ways of exploring those fundamental ideas, the things that have always been driving me.”

3. How has your teaching style evolved since the pandemic?

“Teaching in the era of COVID-19 has been a huge challenge for everyone. At various points, I’ve tried to adapt my teaching to every mode available: asynchronous remote with pre-recorded lectures, remote through Zoom with ‘live’ meetings, distanced face to face, outdoors, etc. I’ve tried to be flexible, and I think it’s helped me hone in on the most fundamental material in each course.



Mix of work from Foran’s collections "Exploded View," "State of Exception" and "Noble/Savage." Photograph by Drew Paluch.

When you’re limited in terms of physical space and proximity, you become forced to be more selective and direct. I really enjoyed running my Foundations in Drawing class outdoors in the fall, but of course in Fredonia that modality had a limited time frame. Once the freezing rain started in October, we had to cut our losses and move indoors. But, I would teach on the quad or in the woods every day if I could.”

4. What advice would you give to an aspiring artist?

“Draw, paint, sculpt, print, doodle, graffiti or stipple something every day. Try working in a medium that you’re bad at. Make assemblages out of sticks and pine cones in the woods that no one else will ever see. Draw your cat while it’s sleeping, and then keep drawing after it stretches and walks away. Invent your own origami design. Keep a sketchbook, and don’t be too precious about it. Put lots of things in it, and expect those things to mostly be failures or ideas that never go anywhere. Write down all of your dreams, especially the fragments. Record your thoughts because they never stay in one place for very long and no one else will do it for you. The important thing is to keep your mind in motion; eventually, it will find a good place to land.”

“Exploded View” was on display from Oct. 31 through Nov. 10 in the Emmitt Christian Gallery in the Rockefeller Arts Center. You can still view the full exhibition on Foran’s website: www.patrickforan.info.



'The Local Lo-Down' podcast hosts live concert in collaboration with Foxhead Record Company



CHLOE KOWALYK
Managing Editor

The Local Lo-Down, a podcast at Fredonia Radio Systems, recently set the stage in a new way.

Instead of holding interviews with local artists and giving them an opportunity to play a live set on the radio like they usually do, The Local Lo-Down crew hosted a concert in collaboration with Foxhead Record Company.

Foxhead Record Company is a group of three SUNY Fredonia students: Felix Kellogg-Williams, Jacob King and Liam Powers. Together, the students work together to host local bands and artists at Main Street Studios, a rentable entertainment space in downtown Fredonia. They have held several shows this semester.

But for The Local Lo-Down, planning a live concert at a venue was totally new.

And, according to the crew, the concert planning was an extensive process, especially considering the fact that The Local Lo-Down typically works on the journalistic aspect of the music scene.

Mel Fajardo, the show's executive producer and promotions lead, said, "Although it was not something that we always had in the books, as we entered the fall semester, we realized we had closer opportunities and networks to make [a concert] happen."

She added, "Considering the whole point of our show is to promote local talent, why wouldn't it be something [to] consider?"

The planning process began back in September.

"Our main thing with The Local Lo-Down was essentially raising money for the concert and getting an artist's list and setlist together," said Alex Erwin, the show's technical director.

Foxhead was responsible for the venue itself and providing the live sound services.

To fundraise, The Local Lo-Down crew sold beanies, pins, stickers, masks, cassettes with tapings of their live episodes, painted records and posters. The crew made the pins, masks and cassettes themselves, and the poster was designed by another student, Angelo Petrilli.

The day of the concert, numerous students showed their support by wearing the beanies to class and the show that evening.

Not only did the crew fundraise by selling merch, but they also held two different video game competitions.

Students could sign up to play in a MarioKart tournament one week, and a Super Smash Bros tournament the next. Both tournaments were held at the Blue Devil Game Room in the Williams Center. There was an entry fee, but the winners won gift cards as a grand prize.

At the same time as their fundraising efforts, The Local Lo-Down team was also responsible for choosing which artists they'd like to feature in the show.

The group decided on Garden Closet, Second Suitor and P.S.You'reDead. All three bands are local and hadn't appeared on The Local Lo-Down podcast yet. Additionally, each of the bands was a different genre.

"I was excited to have a mixed bill, and one that included pretty different types of rock music," said Jordan Budd, the team's artists and repertoire (A&R) lead. He is also responsible for finding different artists to feature on the podcast.

"I always find it cool to see people supporting a range of music within one night, rather than just one sound," Budd said.



P.S.You'reDead performs at The Local Lo-Down X Foxhead Record Co. concert. Photograph by Chloe Kowalyk.

“When the lineup was coming together that was one of my fav parts because it was one I could really get behind.”

The show itself was extremely popular, with tons of students coming in and out of Main Street Studios. Garden Closet started off by getting the crowd excited for the night, playing a set that got everyone moving.

Second Suitor changed the game, starting a large mosh and dance circle. Every concert-goer was moving, and the crowd came alive.

The show closed with a unique set from P.S.You'reDead. The bandmates jumped out into the crowd, swinging their guitars around and dancing with the crowd.

“My favorite part was bringing different genres of music to the venue,” Erwin said. “... It was a huge success. I'd say that the overwhelming majority of people liked the smattering of

genres that we had at the show, and it was just a lot of fun to see people react differently to each band.”

The entire Local Lo-Down crew was excited to have had a successful show.

“My favorite part about putting together the concert was being able to plan it with my team,” Fajardo said. “It was amazing being able to have the rest of our Local Lo-Down team help plan it together, from coming up with merch, fundraising and promotion ideas. I am very happy with how it turned out.”

Elena Fitzgerald is a member of the promotions team for The Local Lo-Down. She went to the concert, and said, “It was a great time with friends, and I got to hear a lot of new bands that I wouldn't have heard before.”



Cosmic Pearl performs at Battle of the New Bands.
Photograph by Nicolas Harding.

JAINA BERARDI
Special to The Leader

The annual Battle of the New Bands competition was held by SUNY Fredonia's Music Industry Club and Sound Services in the Williams Center's Multi-Purpose Room on Friday, Dec. 2.

Each year, the competition begins as a mixer, where musicians gather to hear the rules of the competition and meet one another to form a new band with an accompanying manager. Each artist must not have collectively performed as the entity they auditioned as prior to the competition.

Once a band is formed and a manager is chosen, they are separately judged. Managers compete to create the best public image for their bands, through the creation of social media and physical promotion. The bands are judged on their live performance quality, uniqueness of sound and songwriting, as well as stage presence and professionalism.

This year's judges were Fredonia's music industry professor, Ed Croft; the frontman of Edewood Creek and the runner up for the 2021 Battle of the New Bands, Hunter Lares; and Fredonia-based drag queen, Queue Queer.

Auditions for this year's battle were held on Nov. 11, and the three bands to make it to the final round were Asteroid Day, Amphobia and Cosmic Pearl.

Before each of the bands' sets, DJ Majik kept the music going with a playlist of their respective inspirations to get the audience ready for the vibe of the next performance.

The first to perform was shoegaze band, Asteroid Day. Managed by Ava Sargente, Asteroid Day is fronted by vocalist

2022 BATTLE OF THE NEW BANDS

Highlights from one of Fredonia's biggest annual music events

and rhythm guitarist Zachary Carter, with Sterling Brownell on lead guitar, Parker Walters on bass and Sebastian Spisak on drums. Their set consisted of several original songs, including “Maple Ave,” which memorialized the culture associated with the now-closed local music venue, North Pole Strip Club. They also covered Bruno Mars' “Runaway Baby.”

Next up was the amphibian themed band, Amphobia. This punk band, managed by Tobias Buechler, blends hard-hitting guitar riffs with infectious keys played by the two vocalists, Jayden Campbell and Sydney Feinsilver. Amphobia also consists of Liam Ebers playing bass and Andrew Springer on drums. For their covers, they performed Turnstile's “Blue by You” and “Out of Rage” back-to-back.

The last performance of the night was Cosmic Pearl, managed by Olivia Castiglione. The frontman, Kemuel Cuffy took the audience through a futuristic story for the duration of their set with neo-soul rhythms and vibes, providing smooth and warm vocal runs while backed by Evan Donnelly on guitar, Brian Shin on bass, Felixander Kellogg-Williams on drums and Brandon McCallum on keyboard and synthesizer.

Over the course of the night, audience members had the opportunity to cast one vote for their choice on which band should win the competition. After the three bands performed, the crowd votes were added to the points for each band on the judges' score sheets.

The winner for best manager was voted on by Music Industry Club's executive board and was presented by the club's president to Olivia Castiglione, the manager of Cosmic Pearl. Queue Queer then took the stage to announce the overall winning band — Amphobia.

Castiglione was given a \$50 gift card, and Amphobia was granted a spot on the lineup for the next BJ's show, which will take place on Wednesday, Dec. 7.

Jaina Berardi, the author of this article, serves as the Events Coordinator of Music Industry Club.

SPORTS

Swimming, studying and social life:

Sitting down with Fredonia's women's swim team

"I walk into the [Natatorium], and every issue I have on a given day, everything that's stressing me out, is gone."

- Cleo McDermott

JAINA BERARDI

Special to The Leader

This year launched a new wave for SUNY Fredonia's women's swim team as they dove into the 2022-2023 athletic season with a new head coach.

Dunkirk native Bill Bradley became head coach of the Fredonia swim team this past fall. Bradley is no stranger to Fredonia's waters, as he graduated from Fredonia in 2018 and was a former member of the men's swim and dive team. Now, Bradley is returning to the pool to help the next generation of Fredonia swimmers.

Every college experience is different, but student athletes seem to have experiences that are both relatable and unique to their lives. From waking up early to sticking to a rigorous schedule, the athletes on the women's team share in many of the same struggles as any other college student.

Team member Megan Orrange, who is a sophomore communications sciences and disorders major, explained how being on a collegiate swim team is overall different from being on a high school level team, as Fredonia swimmers participate in two, two and a half hour practices a day. Orrange started swimming at a young age through summer programs and continued on doing so through grade school.

"Last year was really hard for me coming in here and swimming. In high school, our season was three months long,"

Orrange said. "... So coming in here having to do multiple practices a day and having it be a seven month season was very mentally taxing for me at first. But, I had the support of my teammates, which was really amazing. Bill has been really understanding about my mental health and being a student athlete because it isn't the same as being a student athlete in high school ... but this season has been so much better."

Team member and junior adolescent education major, Anna Burt expressed similar sentiments.

Burt and sophomore member Lilly Baer transferred to SUNY Fredonia from Jamestown Community College this past fall, where they had both competed on the school's swim team. They first met when they were on the same club team when they were 11-years-old.

When asked about managing her responsibilities as a student athlete, Burt explained that it has been really hard for her to catch up on sleep after practice and to balance her schoolwork, the swim team and a social life at the same time.

Because swimming is a physically draining sport, many swimmers on the team leave nightly practices in a state of exhaustion, so they must find ways to motivate each other to get homework done.

Another member, Kaylee Constantino, who is an early childhood education major, also weighed in on the matter.

"It's just about creating that balance, learning time management and literally going by the hour for what you have to do



A brotherhood that transcends boundaries



Alon Haimovitz.



Alon Kremerman. Photographs by Ethan Yannic.

"After I had committed to Fredonia, I told [Haimovitz] that he probably wasn't going into the [Israeli] military and [that he should] come with me to the U.S. to play basketball. The same day, I sent his film to the coach who recruited him as well."
- #34 Alon Kremerman

WILL KARR
Life & Arts Editor

This summer, SUNY Fredonia international student Alon Haimovitz was preparing for the 2022-2023 basketball season. But, a couple years ago, Haimovitz was gearing up for something much different, nearly 6000 miles away back home in Israel, until his agent got one game-changing phone call.

"I've had this motto ever since that one phone call can change your life," Haimovitz said.

The unanticipated call came from men's basketball team head coach and former NCAA Division I basketball player Sean Smiley, inquiring if Haimovitz would be interested in possibly playing basketball for Fredonia's team.

"I was about to join the Israeli military, and one week before, [my agent] got the phone call from coach [Smiley]. ... I was not even thinking about [college] at the time. I had just graduated high school, and it was 2020 — COVID year, obviously. I didn't know what to expect about the possibility of coming to America," Haimovitz said. "... The only thing I was actually expecting was to not speak Hebrew."

Haimovitz said that it took him a matter of only 20 minutes to decide that he wanted to come to America. For years, he said that he had wanted to do something different.

"My nickname back home is now 'The American.' It is funny to me because people here don't see me as American, but people back home see me as American. So, I have just lost my identity," Haimovitz said. "... People back home now see me as this successful guy that is chasing his dreams and has a clear vision of what he wants to do, but I'm just a guy in college."

At the same time he received the call from Smiley, one of his friends back home, Alon Kremerman, was simultaneously in the process of being recruited to play for Fredonia's basketball team after serving six years in the Israeli military. Kremerman, #34 on the team, is currently a junior applied mathematics major, and Haimovitz, #35, is a junior criminal justice major. Kremerman serves as one of the team's captains alongside #13 Jacob Hougan.

Kremerman came to Fredonia because he wanted to play basketball while attaining a college degree. Kremerman and Haimovitz played together in a youth organization, club and semi-pro league while back in Israel.

Kremerman went to school with Haimovitz's older sister, and Haimovitz's mother and Kremerman's father worked together in the Israeli Securities and Exchange Commission (SEC) back in the 1980s before the pair were born.

From red solo-cups to boisterous celebrations, Haimovitz explained how most of his perceptions of American culture and society ultimately came from the American media.

Continued onto next page.

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“For American people, I think it is easier to see the college experience and to see how there are a lot of options ... you can be an athlete, focus on school, go to parties, be in [a] frat and do all those kinds of things,” Haimovitz said. “But coming from a place like Israel, if you actually want to go to college, your average age would probably be 26.”

In Israel, after a person graduates from high school and turns 18 years old, they are legally and constitutionally required to serve in the Israeli military, which makes it difficult for the country's youth to continue to pursue their athletic and personal aspirations as they enter into adulthood.

In Israel, there are five different clubs and leagues: a major league, a secondary league, a third league and then two other leagues which are considered to be semi-pro.

The clubs can draft players from the different respective youth groups. However, it has become increasingly uncommon due to mandatory military service for up and coming players.

“I figured out how the youth organization structure ultimately prevents people from improving because at the end of the day, it creates some type of shell that you have until the age of 18 ... but then after that you go out into the real world,” Kremerman said. “... About 40 to 50% of Israeli people get drafted. They have a process where they evaluate you, see if you are in a place to be able to go into the army and if they want to use you ... it's not your decision — you essentially hang on to their decision.”

Haimovitz explained how there are different categories for athletes in the Israeli military: active athlete, first-year athlete and elite athlete. Haimovitz said that he was supposed to be a first-year athlete, which would have allowed him to continue to play basketball, while serving at a surrounding military base as a truck driver. However, due to COVID-19, Haimovitz said that they ended up cutting the budget for the first-year program.

Meanwhile, Kremerman was drafted into the military at the age of 18. However, he was given athlete status. He continued to play semi-pro while he was in the army. During his first year in the military, he served in a central intelligence unit, where he was allowed to continue to go to practices sporadically at the beginning.

“Only if you have a contract in one of the pro leagues are you able to get a [service] waiver from the army,” Kremerman said. “However, it's not really a waiver because you're still a soldier, but you are considered to be an ‘athlete soldier,’ [which] essentially gives you better conditions — less time in the army and more time to go to practices and games.”

However, as Kremerman's duties started preventing him from pursuing basketball, he transitioned into a new role as a fitness combat guide, which provided him with the ability to join a club team.

Kremerman knew that coming to America would offer him the ability to dedicate more time to basketball. Two years after Haimovitz and Kremerman played on the semi-pro team together and Kremerman finished his military service, they met in an Israeli park after a 3-on-3 basketball tournament.

“After I had committed to Fredonia, I told [Haimovitz] that he probably wasn't going into the military and to just come with me to the U.S. to play basketball,” Kremerman said. “The same day, I sent his film to the coach who recruited him as well.”



From left to right: Jacob Hougan, #13, Alon Haimovitz, #35, and Alon Kremerman, #34. Photograph by Ethan Yannic.

Haimovitz and Kremerman both first came to America during the COVID-19 pandemic, which made it significantly difficult for them both to adjust to life in a new environment.

“[During] COVID, people had much more social defenses because they were kind of cautious about getting to know new people and being social. ... So, we didn't really get to know anyone on campus,” Kremerman said. “... Only since last year have we been able to have a sort of regular life.”

Haimovitz also expressed similar sentiments about coming to America.

“My GPA freshman year was 1.1 because I didn't know the language and everything was on Zoom. I was just waking up in my room frustrated because I didn't have any basketball practice and didn't have a lot of friends,” Haimovitz said. “... But the year after COVID ended, I started making a lot of friends, and the basketball team's chemistry developed. We started having practice and a season again — everything just changed like that.”

During his first few months on Fredonia's campus, Haimovitz explained how he would have to translate everything that his professors were saying as he did not have a lot of other campus resources to rely on. However, Haimovitz explained that he has since become more proficient in speaking English.

Team captain Hougan explained how being a college athlete at a Division III school is different in terms of academics at the other levels. Hougan is from Chardon, Ohio and is a senior business management major. He transferred to Fredonia from Jamestown Community College in Fall 2021.

“[At D3 schools], you have to focus on your academics,” Hougan said. “If you're at a Division I level and your team is on tv and ESPN everyday, it is a business deal for them. You are going to have personal tutors and classes catered towards your schedule, so it is basically set up for you not to fail. But here at a D3 level, you really have to take care of yourself. Like [Haimovitz] said, he didn't have any help besides the help he gave himself.”

Haimovitz and Hougan both explained how the basketball team is working to overall strengthen their chemistry, camaraderie and brotherhood off the boundaries of the court this season, which they are hoping will translate back onto the court.

“In basketball, teamwork is everything, there are always five people on the court,” Hougan said. “It isn't swimming, golf or boxing, where there is one person and it is all on them. It is a team sport, so you have to work with every single person on the team.”

Haimovitz went on to say how there is no “I” in the team, showing how players must work together as a collective unit instead of as lone individuals.

“We win or lose together regardless. There's no ‘I won today.’ Instead, it's ‘we won,’” Hougan said. “If there were five guys on the court and ten guys on the bench, we won.”

Kremerman explained how the basketball team is overall striving to find its identity this season.

“We as a team for the past two years have never had any doubt about the potential that we have to be a very great team and the potential we have as individuals to be successful basketball players,” Kremerman said. “... But we need to figure out what we need to do as a team and how we need to play to be the most successful ... Hopefully we will be able to figure that out as soon as possible and get to the playoffs this year.”

Winter sports roundup

MATT VOLZ

Staff Writer

Men's basketball still searching for first win

The Blue Devils' men's basketball team fell to 0-9 on the season with two losses this past weekend.

On Friday, Dec. 2, the Blue Devils kept it close with SUNY Cortland but ultimately fell by a final score of 70-64. Junior guard AJ Knight led the team with 20 points, while senior forward Jacob Hougan brought down a team-high six rebounds and blocked two shots.

Then on Saturday, Dec. 3, Fredonia State traveled to Geneseo and suffered a 77-68 loss despite a 48-point second half. Sophomore guard Aaron Collins led the team with 19 points, while AJ Knight recorded six steals and junior forward Alon Kremerman pulled down a team-leading eight rebounds.

Next up for the Blue Devils is a Tuesday evening tilt with SUNY Brockport which tips off at 7:30 p.m. in the Dods Hall Gymnasium. This game will begin a four-game homestand that also includes a Wednesday night matchup against Penn State Behrend (7 p.m. tip-off), a Friday night contest against SUNY New Paltz (7:30 p.m. tip-off) and a Saturday matinee against SUNY Oneonta (4 p.m. tip-off). All games will take place in the Dods Hall Gym.

Women's basketball drops two weekend tilts

Fredonia State's women's basketball team lost two weekend contests bringing their overall season record to 3-5.

On Friday, SUNY Cortland came to town and took home a 102-45 win. For the Blue Devils, freshman guard Kyla Smith scored a team-high eight points while sophomore forward Alena Wright pulled down four rebounds.

On Saturday, the Blue Devils traveled to Geneseo and fell by a final score of 63-56. Freshman forward Laurell Brown and junior guard Renee Park were the team leaders in scoring with 11 points each, while Brown recorded three steals and junior Caitlin Snyder led the team in rebounds with nine.

Next up on the Blue Devils' schedule is a Tuesday night home matchup with SUNY Brockport beginning at 5:30 p.m. This will begin a three-game homestand that also includes a Friday night contest against SUNY New Paltz (5:30 p.m. tip-off) and a Saturday afternoon showdown against SUNY Oneonta (2 p.m. tip-off). All games will take place in the Dods Hall Gym.



SUNY Fredonia men's basketball coach Sean Smiley directs team during time out against SUNY Cortland on Dec. 2. Photograph by Justin Carrington.

Continued from pg. 14.

for the day," Constantino said. "You want to have enough rest, sleep and [nutrition], and keep your sanity, too."

Participating in sports can be used as an outlet for stress relief. Some swimmers like Baer take the time in the pool to think about all their other responsibilities.

"I am a distance swimmer. When you get those distance sets, you are just swimming for a long time," Baer said. "A lot goes on in your mind during that time and you can almost plan out what homework you are going to do after ... but then still focus on swimming at the same time — it is a really good balance for me."

On the contrary to Baer, other swimmers on the team prefer to leave their concerns at the door of the Natatorium. Cleo McDermott, a teammate, explained how swimming takes her mind off of life's stressors.

"Swimming is the only place where my mind is completely off," McDermott said. "I don't think about anything outside of swimming when I'm swimming. I walk into the pool room and every issue I have on a given day, everything that's stressing me out, is gone. The only thing I have to worry about is whatever [challenging] set Bill is gonna throw at us."

Women's swim and dive has strong showing in Cortland

The women's swimming and diving team participated in a two-day invitational at SUNY Cortland this past Friday and Saturday. Out of seven competing teams, Fredonia State finished in fourth place with a team score of 447.5 through 40 events.

The Blue Devils A relay took home first place in the 200-yard medley relay and the 200-yard freestyle relay, while senior Rachael Mayou finished second in the 500-yard freestyle, the 200-yard freestyle and the 1650-yard freestyle. Junior Kayla Hagen also made a name for herself finishing first in the 50-yard freestyle and the 100-yard freestyle, while also finishing second in the 100-yard backstroke.

Fredonia State will be back in action on Saturday, Jan. 28 at 1 p.m. when they travel to Brockport to take on SUNY Brockport and Alfred State. The next home meet will take place on Saturday, Feb. 4 at 1 p.m. when the Blue Devils host SUNY Cortland.

Men's swim and dive takes fourth in Cortland

Also traveling to Cortland for the Cortland Snowflake Invitational, Fredonia State's men's swimming and diving team claimed fourth out of seven teams with a team score of 310.

Sophomore Patrick McCrone took home first place in both the 100-yard backstroke and the 200-yard backstroke. Sophomore Noah Wisniewski claimed fifth in the 200-yard breaststroke with a time of 2:31.45, while sophomore Tyler Conti

claimed fifth in the 200-yard butterfly with a time of 2:11.05 and freshman Aaron Burkett finished third in the 1650-yard freestyle with a time of 20:30.33.

The Blue Devils will return to action on Saturday, Jan. 28 at 1 p.m. against SUNY Brockport and Alfred State in Brockport. The next home meet will take place on Saturday, Feb. 4 at 1 p.m. against SUNY Cortland.

Hockey splits weekend contests

On Friday night, the Blue Devils hockey team claimed a 1-0 win over conference rival SUNY Brockport in Steele Hall Arena.

Sophomore forward and Alaska native Ryan Bailey scored the game's only goal with just under nine minutes to play in regulation, while junior goaltender Logan Dyck stopped all 39 opposing shots for his first shutout of the 2022-23 season.

However, the Blue Devils were not as fortunate on Saturday, falling 4-0 to conference rival SUNY Geneseo in a road contest. Dyck made 46 saves on 50 shots, but it wasn't enough as Knights goaltender Matt Petizian stopped all 27 of Fredonia State's shots. The weekend split brought the Blue Devils' season record to 2-7 and their conference record to 2-4.

The Blue Devils will see two home games this weekend before heading on mid-semester break, with those games being a Friday night tilt with SUNY Cortland (7 p.m. puck drop) and a Saturday night showdown with the Lakers of SUNY Oswego (7 p.m. puck drop). Both games will take place at Steele Hall Arena.



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OPINION

Only stories clearly marked as Editorials reflect the opinion of The Leader's executive staff.

A toolkit and proposal for cultivating better mental health at SUNY Fredonia

DAVID HERRING

Special to The Leader

Do you know why the Kauli tribe of New Guinea are so happy? Daniel, a junior here at SUNY Fredonia, thinks he might know. "I think it's because they get a lot of vitamin C."

Daniel isn't talking about the vitamin you get from supplements or food like oranges. Daniel means vitamin C as in social "connection." He views connections with his peers and community members as a key component of his mental health treatment. Though Daniel has made progress opening up about his mental health issues, he preferred to remain anonymous for this interview.

"I learned you have to get outside of your own head, leave the house once in a while and talk to people," he said. "Yes, I struggle and suffer, but so does everyone else. I could, for instance, have a neighboring country trying to take out my people."

Unfortunately, Daniel is part of a growing majority. A Healthy Minds Study using the 2020-2021 academic year, revealed that 60% of college students met criteria for at least one mental health problem. COVID-19 contributed to this high percentage, but the trend was already rising over the last decade.

But Daniel hasn't always sought out support from peers. He says he used to suffer in silence even among his closest friends. He didn't want anyone to know he struggled with mental health issues because he was afraid of being looked at differently. But it's 2022, not 1950. Is mental health stigmatism still a key issue for college students?

Recent research strongly indicates that mental health stigma is still relevant and even worsens the impact of stress on mental health and suicide in college students, according to a 2017 article published in the journal *Stigma and Health*.

Perceived stigma isn't the only barrier students face when contemplating mental health services.

Fear unrelated to stigmatization can create uncertainty about asking for help as well.

Dr. Tracy Stenger, director of Student Wellness and Support services and Interim Vice President for Student Affairs, notes a variety of reasons why students might

not seek help for mental health issues. Stenger, a seasoned, licensed counseling psychologist, cites concerns regarding fear of disclosing personal information and vulnerability that may follow, the prospect of change and having to hold oneself accountable.

60%
of college students
meet the criteria for at
least one mental health
problem

So, the initiation process itself can be the Mount Everest of barriers for some students. That's where having someone on a mental health team besides counselors come into play. A facilitator — someone like Julie Bezek.

When Bezek talks about her role here at SUNY Fredonia, her face lights up as though she's reliving a cherished memory of one of her children. Paul Ekman, the psychologist who made his name studying facial muscles and the associated emotions, would be quick to point out the "crow's feet" in the corner of Bezek's eyes. For Ekman, that's a sign of genuine positive emotion. Like compassion, for instance.

Bezek wears many hats, but her primary role is being the care coordinator for students. A large portion of Bezek's duties involve co-chairing the Student of Concerns committee. This multidisciplinary team collaborates on how best to respond when reports are submitted by anyone at SUNY Fredonia or beyond. Bezek then follows-up with the person



who submitted a student concern report to understand the student's situation better and to determine potential recommended courses of action.

Bezek sees herself as a coach or facilitator for students.

"For some who have uncertainty about counseling or assistance, I often can be that facilitator to help show them [that] help doesn't have to be scary," she said. "It allows them to dip their toes into the water of assistance."

Bezek noted the critical support Resident Assistants (RAs) also provide in facilitating mental health services for students.

"Other students sometimes feel more comfortable talking with RAs because they're someone students can identify with," Bezek said. "You can see that maybe they've gone through similar things."

One such RA is Justin Carrington. Better known by his peers at Nixon Hall as RA Poppas.

Carrington emphasizes fear as a barrier to reaching out for help, too. He's seen a number of students equate reaching out for help as a sign that failure is imminent.

But there's another part of the barrier to reaching out for help: unbeknownst ignorance. "I just don't think students are aware of all the options they have here," Carrington said.

Carrington and his fellow RAs "preach" mental health services regularly. He tells his peers to let him know what they look like when they're not themselves. Unfortunately, very few of his peers take him up on this.

Carrington might be onto something. The peer-to-peer mental health group Active Minds performed a large-scale, multi-university survey in 2020. One of the key statistics uncovered from this study was that over 55% of the students surveyed did not know what to do for immediate mental health assistance. Hence, lack of knowledge about mental health isn't a problem specific to SUNY Fredonia.

Still, it's troubling to think there may be a substantial number of students here at SUNY Fredonia not able to navigate the many services available to them. After all, the university puts several safeguards in place to make sure students are clear on what resources are at their disposal.

During first-year orientation, the Counseling Center provides information and resources for new students. The Counseling Center staff visit most freshman seminars and often do "meet and greets" with individual departments. Resident Hall and Counseling Center staff ensure RAs are trained rigorously and well prepared for the front line on campus.

Because every student should be knowledgeable about what tools are in their mental health toolbox, here are some (but not all) of the key SUNY Fredonia sites packed full of mental health nuggets. Review these sites, which will lead you to other useful ones.

You likely don't need reminding, but finals are around the corner and knowing what resources are available will go a long way for you now and down the road, should you need some help.

And do this regardless of whether you think you're already knowledgeable about mental health resources at this campus. A refresher won't kill you. Tell your friends to do it, too.

KEY MENTAL HEALTH SUNY SITES TO KNOW



To view these site links,
scan the QR code below.

CRISIS & EMERGENT SERVICES INFORMATION

- What's a crisis?
- Crisis Phone Numbers (remember 988)
- Local Urgent & Emergent Care
- Student Counseling Center Crisis Slots
(Only available during working hours
8:00 a.m. to 4:30 p.m.)

GETTING STARTED: STUDENT WELLNESS & SUPPORT SITES

- Student Counseling Center
- Student Health Center
- Prevention, Advocacy, and Wellness Services (PAWS)

DIP DEEPER: KNOW THE SIGNS AND LEARN ABOUT SOME RESOURCES AVAILABLE

- Indications of need and warning signs
- Consider QPR training
- Read about and utilize self-help resources

INITIAL STEPS

- Attend FREDwell events
- Swing by the Williams Center on a Wednesday or Zoom for "Let's Talk"



Continued from previous page.

Now that you're more familiar with SUNY Fredonia's mental health resources, what's next? Here's three exciting opportunities that demonstrate both SUNY Fredonia's and our students' commitment to supporting mental health:

1. A systematic assessment of mental health service needs

Much of the focus on college campuses, (SUNY Fredonia being no exception) has historically been intervention-service driven. That is, what can mental health professionals do for students when they need urgent or crisis services? (As noted in the infographic, the Counseling Center does reserve time slots for students needing a walk-in crisis session.)

SUNY Fredonia's Counseling Center typically provides services for 8-13% of students, Janicki notes. This demand for student counseling services is par for the course for a campus the size of SUNY Fredonia, according to the Association for University and College Counseling Center Directors 2021 Annual Survey.

Despite serving a typical percentage of students for counseling services, a brute force approach is a reactive strategy. Reacting to the demand of student mental health needs now is a given for mental health providers. That's the intervention component of services.

But being mostly reactive to mental health demands is a precarious position. Not the position a community wants to be in when, say, a pandemic strikes. Stenger and her administrative colleagues know this.

What's needed is a more proactive strategy. "What can we do before students get here that helps them be prepared for this experience and that supports them?" Stenger asked.

As such, SUNY Fredonia will be working with the JED Foundation, a nonprofit suicide prevention organization named after the son of Donna and Phil Satow. Over a four year period, SUNY Fredonia professionals will work with JED to take a more systematic approach to understanding the unique needs of their students.

2. Novel approaches for services after working hours

Availability outside of university working hours is a concern some students express. Janicki and colleagues are aware of this concern and are considering novel ways to expand service offerings.

In the Counseling Center's defense, they offer 140 hours of counseling services per week. The amount of service hours SUNY Fredonia offers are well above average, according to the Association for University and College Counseling Center Directors 2021 Annual Survey.

Janicki mentioned the Counseling Center has narrowed in on an online peer support organization. Janicki and colleagues hope to share more details with the campus community soon.

3. Megadosing vitamin C with a peer-to-peer mental health chapter

The following call to action doesn't imply the university has an issue with open discussions about mental health. It also doesn't imply that there haven't been adequate peer-to-peer opportunities available.

Instead, the proposal of a peer-to-peer mental health chapter keeps the campus' spirit of resisting complacency and being more proactive about mental health.

You're probably wondering why you should take more time out of your already busy schedule to make another commitment to something you likely don't have time for. The answer is because the mental health of our campus community matters, is a priority, and having a peer-to-peer chapter devoted to mental health predicts important outcomes.

For example, students at universities with peer-to-peer mental health chapters are significantly more knowledgeable and hold less negative beliefs about peers living with mental health problems, according to a 2018 study published in the "Journal of the American Academy of Child and Adolescent Psychiatry."

These researchers also found that students' involvement in peer-to-peer mental health chapters helped peers more often by providing emotional support or helping a peer seek assistance from a mental health professional.

If engagement in a mental health chapter that promotes greater awareness and destigmatization of mental health issues interests you, then please keep an eye out for advertising next semester for an initial interest meeting. Please also enter your name and email in this form to receive a reminder email about this initial event once the event details are determined.

In the meantime, see the Active Minds and U Bring Change 2 Mind sites to learn more about student-led mental health chapters.

Forming a student-led chapter focused on raising awareness and diminishing negative beliefs about mental health ultimately leads to a more inclusive and supportive culture.

What do we have to lose by improving upon the already fantastic resources the administration and mental health professionals provide?

Swiping in on ways to build credit with the campus credit union

ERIN MOSHER

Special to The Leader

If you are ready to embark on the journey of building credit, the SUNY Fredonia Federal Credit Union is here to help you.

The on-campus credit union can help you apply for savings and checking accounts, wire transfers, automotive loans, mortgage loans, personal and student loans. They even offer loans for the holidays if you need some extra cash for the holiday season.

The credit union also offers scholarships that range from \$500- \$1,000. If you are looking to open a credit card, you can go to the credit union and they can help you decide which card is best for you and how you can build a good standing credit score.

They provided steps on their website on improving your credit score, which includes “reviewing your credit report for errors, stop applying for new credit cards, pay bills in time, pay off judgements, liens and collections, mountain oldest accounts, don’t close them, and don’t max out your credit cards.”

Laura Proffitt, manager at the campus credit union, said, “An easy [way] to build your credit is to open an overdraft line of credit. The overdraft is attached to your checking account, and it’s a line of credit there to help you in case you overdraft a check that you wrote or ... your account.”



Graphic by
Alina Marsh.

To find the perfect card for you, you can also look at Credit Karma and use the filters to find the best fit for you. NerdWallet also offers a comparison chart for different types of cards that offer different incentives, fees, rewards and your chance of approval for the card.

“If you want to open up a credit card we recommend [starting with] a gas card,” Proffitt said. “Or if you shop at stores like Old Navy, you can open a store card and get a small balance and a small line of credit.”

The best way to have good credit is to pay attention to your accounts. When you make purchases on your credit cards, the balance on your card decreases, so make sure you are paying off your balance on time.

“You should set money aside so when a bill comes, you can pay it off right away and so you know you are managing your budget,” Proffitt said.

Credit card holder should check their credit score often. Credit scores reveal if you are in a good and safe credit standing. Credit Karma will show you your score without damaging it, and the tool will even offer tips on how you can improve your score.

Proffitt explained how creating an electronic calendar can help an individual keep track of their bills and payments.

“I have an electronic calendar, and I use it to keep track of my bills,” Proffitt said. “That way when [the bills] are due and when my paycheck comes in, I can pay my cards off immediately.”

If you feel that you are not ready to have your own credit card, you can instead become an authorizer on your parent’s credit card. With this option, you can still build your credit since it will be attached to your social security. If you do this, just make sure that the person you are joining has already good standing credit.

The SUNY FFCU can also assist students with getting car insurance. The union has plans to help individuals get home insurance as well. Tellers in the office can help you invest money to build your retirement fund.

There are three tellers available Monday through Friday at the campus credit union.

“You don’t have to make an appointment, and you can pop in between classes,” Proffitt said.

The SUNY Fredonia Federal Credit Union is located in the Williams Center G139. Their hours are listed below:

Monday: 9 a.m. - 4:00 p.m.
Tuesday: 9 a.m. - 2:00 p.m.
Wednesday: 9 a.m. - 2 p.m.
Thursday: 9 a.m. - 4 p.m.
Friday: 9 a.m. - 4 p.m.

The credit union is open and ready to help students manage their money. They have multiple resources to help you manage money and savings.

Scan the QR code to view Erin Mosher’s blog titled, “Keep the Moola,” for more college savings advice.



Fash Forward

NYC native Henry Wang talks street-style fashion

DAKOTA RICHTER

Community Engagement Coordinator

WILL KARR

Life & Arts Editor

Fredonia student Henry Wang grew up shopping at Macy's with his mother. His mom would pick out outfits for him, cultivating his passion for fashion in the process.

"My mom has always been my main and biggest supporter," Wang said.

Wang is from Bay Ridge, Brooklyn. He grew up wearing mainstream clothing brands like Hollister. However, he eventually started wearing more niche brands as he began to develop his fashion identity. He explained how growing up in the city has overall influenced his personal sense of style and fashion.

"Living in New York City ... everyone is so well dressed," Wang said. "I saw other people and was like, 'I gotta start dressing up.'"

Wang experimented with fashion during his sophomore year of high school, but it wasn't until he entered college when his interest fully developed. He went on to explain how it can be difficult to find good quality clothes for a low price while being a college student who isn't making a six figure salary.

Wang is a senior psychology major at Fredonia and is the social media manager for Kappa Sigma. He expressed that when he first became interested in fashion, he was hesitant because he was busy and didn't know if he could manage it.

"My friend was like, 'Everyone [is] saying you look good and dress well; why don't you start something?' I was doing a lot with school so I hesitated," Wang said. "But I started making a logo, and one day, I just made an Instagram page."

Wang has since created a personal styling Instagram page (@styled.by.henry), purchased a camera and started shooting and posting portraits of his friends' fashion. He now takes portraits of people on a regular basis.

Given that both Wang and his audience are college students, he explained that good fashion doesn't need to be expensive.

"I believe in affordable fashion. I believe [buying] designer [brands] at any college age [is] very unrealistic," Wang said. "For me, it's more about putting stuff together, so if it looks good, that's more important."

There are cheaper and more sustainable options college students find for their fashion needs. For example, thrifting costs significantly less money than buying new clothes, and also prevents clothes from going into landfills.



Henry Wang at Mulberry Street. All photographs provided by Wang.

However, Wang said he often finds difficulty thrifting because most of the clothing sizes he finds are larger, so he has had to seek out alternative ways to find clothes at a good price. While many college students are already familiar with fast-fashion brands like SHEIN, Boohoo and Fashion Nova, Wang recommended checking out a few other alternative fashion brands such as his personal favorites Zara, Minimal LA and Maniere De Voir.

"I've gotten a lot from Minimal LA recently and they are always on TikTok. Their jeans are actually really cheap," Wang said. "You can get a pair of cool jeans for only thirty dollars."

When you see Wang walking around campus, he is often dressed in a street-style inspired outfit. He described his personal style at the moment as street and business casual.

He likes to layer collared shirts under crewnecks and t-shirts under oversized cardigans, radiating, what Wang calls, “preppy school boy vibes” in the process.

He often wears minimalistic white and black t-shirts, while incorporating hints of artistic designs into his clothing. Recently, he has found himself experimenting with more “poppy” and vibrant colors.

“An easy tip [that I would recommend] is having the [bulk] of your wardrobe be base colors and then layer[ing color] on top of that,” Wang said. “White, black and gray are the colors that match with most things. ... For me, it’s all about putting stuff together and layering on top of that with jewelry.”

By putting artistic patches on his denim, Wang started out expressing himself. He has recently grown to start sewing fabric on his jeans and designing tote bags.

Wang loves layering with not only clothing, but accessories as well.

“I really think jewelry can amp up any outfit like in every shape and form — earrings, watches, rings, bracelets and chains,” Wang said. “If you are wearing a tank top [with] a choker chain, ... I think that is awesome; it’s all in the little details.”

For Wang, fashion is a way to let his creativity flow through self-presentation. He explained how people on campus would comment on his choice of styling and how they would say how nice it looks. This led Wang to develop a passion and repertoire for personally styling people on campus.

“My goal right now is to make [more] content, which right now is on pause because I’m a senior and going to grad school for psychology,” Wang said.



Wang walks in NYC park with letterman jacket, denim jeans and Nike AF1s.

Henry's Fash Forward Tip is to layer pops of color

“An easy tip is have your wardrobe mostly be the base colors and then layer color on top of that. So for me, white, black and gray are the colors that I wear that match with most things.”

If you are interested in receiving fashion advice from Wang, you can directly message him on Instagram, @styled.by.henry, or email us with any inquiries at leader@fredonia.edu.

From the desk of Derek Raymond, Photo Editor: 'The Study of Shape'



My work within photography first began in first grade on my family farm in Brushton, N.Y. I received a Canon Powershot as a gift and instantly fell in love; my first photograph was of my family's lawnmower through the screen of our window.

I was not interested in photography before this, but the technology of a camera instantly mesmerized me. I loved how I could see details with the camera that I could not with the naked eye. I have always paid attention to the smallest details since that day.

This series, "The Study of Shape," consists of macro product photography. This means the products shown, are viewed in a macro, or extremely close, viewpoint.

These images represent the idea of how representational forms become ethereal and abstract when seen from different angles, in this case, it is very close.

The details captured from my now Canon R6 (Canon fanboy here), are incredibly hard to see with the naked eye, or simply do not have the same impact as they do in this form. The forms of the products became ethereal due to the extreme depth of field. This married my love of abstraction and my preferred photographic category: product photography.

My configuration for my macro photos was a very rudimentary one. I cannot afford a macro lens, so I purchased a \$10 extension tube. I lose autofocus, so no caffeine to keep a steady hand. My field of focus is so small that breathing takes me out of focus. This method may be very time consuming, but I saved hundreds of dollars.

Most of my process when I created these images was simply spur of the moment as well. I planned a general idea, such as the subjects and what color scheme I want to focus on, but I usually ended up with one image I liked from the idea.

This led me to go with the random stream of consciousness my brain follows, and this has left me with some of my best work, especially with abstract work. I do not see the object as a bottle, for example. I see the shape it makes, and the interaction that shape has with the others on the table, with the background, and within itself.

I focused on the line, texture, form and light these products made and really expressed that. This view has created some of my best work. This abstract view reminds me of Edward Weston's "Cabbage Leaf." "Cabbage Leaf" shows a seemingly mundane object in a beautiful soft light, highlighting all the

crevices within the leaf. The form of the cabbage also becomes anthropomorphic. The cabbage looks like human hair; it takes an “uncanny valley” route. I wanted my image to be interpreted in multiple ways. The “Cabbage Leaf” also being black and white allows the form to be seen without the distracting color. This is exactly what I wanted to convey with my work.

Since I enjoy all the little details in all my, and others’, photographs, it is no surprise I am heavily inspired by, and admire, Peter McKinnon’s work.

Throughout McKinnon’s YouTube videos showing him working, texture is a key component in the process. His coffee photography is what really pushed me in the direction of product photography. His coffee photography shows the incredible texture within the beans, and the product being used in a practical, yet beautiful way. The series of photos he creates have incredible storytelling that I admire — not to mention the coffee tastes amazing.

These images are in a toned black and white, as color can enhance qualities, but also distract. Black and white allows the form of the shape to be seen alone. I wanted a warm tone with these images because true black and white seemed very cold and harsh. I wanted the warm tone to make the imaged inviting. Full color overwhelmed the image and me just viewing it. So a warm-toned black and white color grade was chosen.

This series shows how the world is not simple. It is incredibly complicated, and not everything is as it seems. My work, inspired by McKinnon and Weston, explore how light and shape takes many forms. The time I spent on this series taught me how to be patient, and it tested if I really knew what I was doing between pre-production, during photographing, editing and printing. I find the collection to be a testament to my time at SUNY Fredonia.



THE SCALLION

Satire for Fredonia



Funk Fever flashes into Fredonia: Flunking finals due to fancy footwork

MATTHEW BAUM

Scallion Editor

The fall semester is coming to a close, and a typical indicator of the season is the image of stressed students trudging from one class to the next, their thoughts full of bursting with half-forgotten class subjects and project deadlines. Oddly enough, however, a new phenomenon has started to take hold of the student body of SUNY Fredonia.

Students can be seen dancing out of classrooms and into the harsh December sunshine, shaking and shimmying shamelessly. All through the footpaths and sidewalks of the campus, one can hear music playing faintly from every direction, full of syncopated rhythms and innovative basslines. Stranger than all of this, though, is the collective mindset the university population has started to accept — an unbreakable sense of chill, unwavering in the face of upcoming stressors.

They're calling it Funk Fever: a collection of symptoms that, though seemingly harmless, come together to form a disco-centric apathy that threatens the median GPA of the student body. As the infected begin to show signs of infection, they begin to drop some of the immense pressure that is placed upon them,

and this results in lower grades caused by fewer assignments turned in on time. The best estimates for this outbreak of Funk Fever have been chalked up to airborne precautions being brought down over the past several months; with COVID numbers trickling down, it seems as though the boogie-bug has been creeping up under our noses.

This isn't the first time Funk Fever has landed in SUNY Fredonia. Sources show that the class of 1963 had one of the highest infection rates in the entire state their senior year, with a whopping 19% of the class qualifying for graduation that spring.

When asked about potential ripples that may derive from this recent surge, Dr. Ignacio Laurencio Ipps of the New York Committee for Infectious Diseases said that the best solution is to "funk it out," and that there is no medicine on the market that can "stomp out the heat of the beat." It should be noted that Dr. I.L. Ipps was wearing bell-bottom jeans and a silky purple lab coat during the interview, and refused to answer any other questions, stating, "My body is my captain. I'm a private, and these vibes are rockin' the boat!"

As far as advice goes, there's nothing to do except let the urges pass, and stay aware of the coming end of the semester. Until next semester, we at The Leader invite those reading to keep calm and funk it out.



File graphic by SuDi Wang.

My Roommate is a SKELETON



By: Nicole Thorson



Oh boy I do love the Holidays! What about you Skelly?

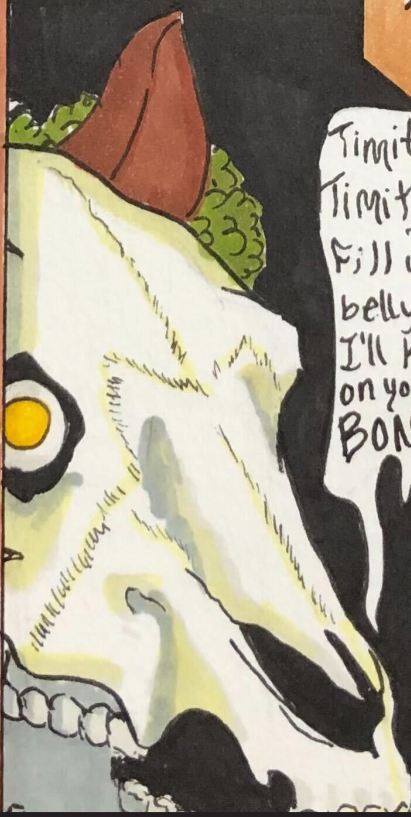


Why are you nailing the door shut?



Mari Lwyd! The Christmas horse will come to terrorize us for our food. We must-

CRACK



Knock Knock

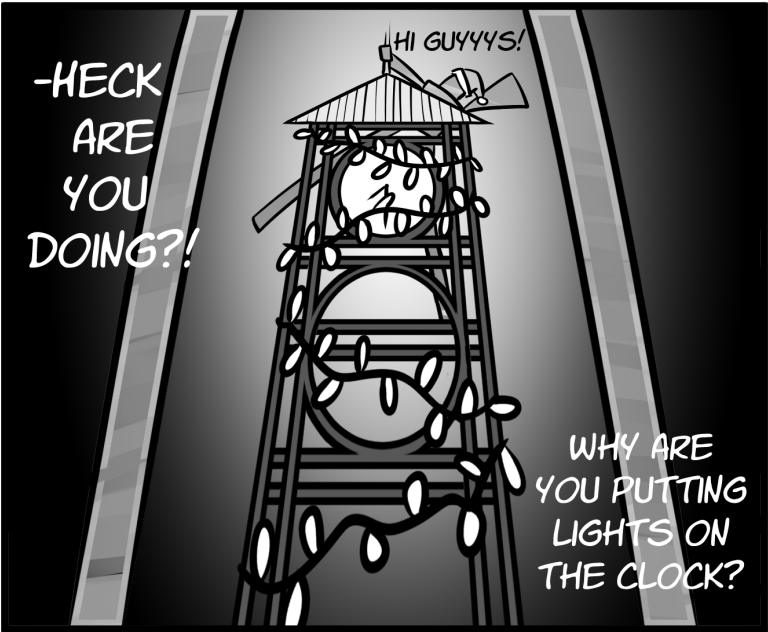
Tinny-tay
Timity-Joe
Fill up my belly, or
I'll know
on your BONES.

OK!

Who wants Figgy Pudding



RYAN LUDU: FREE MAN HILL HOLIDAY FESTIVITIES



HOROSCOPES

JAY BYRON
Staff Scallywag

Hello all! You've made it to the end of your semester, eh? Very good!
Here is what I think you should do to bask in your achievement.



Aries

Book a private Seance Session with me, and share your successes with the wandering spirit of Teddy Roosevelt!



Taurus

Buy yourself a sword! I refuse to elaborate; that's all you should need.



Gemini

Look yourself in the mirror and start passionately kissing the glass. That's what I call self-love.



Cancer

Skip the rest of your classes! There's, like, two days left of the semester! Be free!



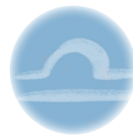
Leo

Climb up to the highest roof you can find and let off an air horn! Nobody will mind, I'm sure.



Virgo

Go to a friend's house to celebrate the end of the semester with your pals! I wouldn't recommend bringing your chicken wing dip, though.



Libra

Buy yourself a lavender tea and a lovely blueberry scone. It can only be blueberry, or it all will have been for nothing.



Scorpio

Throw you and your friends a little end-of-the-year party! It'll be fun! And everyone's gonna like your chicken wing dip more than Angela's, so you've got that going for you, too.



Sagittarius

What are you celebrating? You're on some pretty thin ice, aren't you? Nose to the grindstone!



Capricorn

Steal every traffic sign in a two-block radius of your house!



Aquarius

Get wild! Get disruptive! Leave some of your dishes just lying around after you're done with them, you free spirit, you.



Pisces

You know what? Do what Taurus is doing! Your Taurus friend would never lead you astray!

