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Issue 8

Volume CXXIX



THE FREDONIA LEADER

SUNY Fredonia's Student-Run Newspaper



Dunkirk Revitalization Initiative Detailed

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DUNKIRK HARBOR

BRAND NEW OPENING

Virtual Therapy at Counseling Center

Multiple Media Explored in 'Analog' Exhibit

FRS Hosts Valentine's Day Rock 'N' Skate

Lacrosse Team Recruits New Head Coach

Returning Players of Women's Basketball Team

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Front and back cover: Illustration of future Dunkirk shoreline after the benefits of the Downtown Revitalization Grant have cemented.

Illustration by DICE YANDOW | Special to The Leader.



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"One day, the mountain that is in front of you will be so far behind you, it will barely be visible in the distance." – Brianna West

E for Everyone: Equal Rights Amendment explained

MICHAEL WILLIAMS

Special to The Leader

As most Americans know, the battle for civil and political rights of minorities in America is a long-debated topic.

In the New York State Legislature, Albany has successfully passed the New York State Equal Rights Amendment with supermajorities two years in a row. The passage of this legislature means the Amendment will be on the ballot in 2024, giving New Yorkers the chance to enshrine equal rights, or equal opportunities for all.

This will make New York the 39th state to amend the Equal Rights Amendment (ERA) to the Constitution, and put New York State on par with Canada, most of Western Europe and countries like Japan, New Zealand and Australia.

I sat down with League of Women Voters volunteers and Fredonia professors Jeanette McVicker and Kara Christina to discuss the Amendment. The League of Women Voters of Chautauqua County recently set up a table outside of McEwen Hall on Feb. 14 to register students to vote and to provide information about the amendment. The amendment will be voted on by New Yorker's in November 2024.

The volunteers made the case that we need the Amendment to give equal rights for all.

"There are certain groups that are not [currently] protected, like people with disabilities, the LGBTQ+ community, women and undocumented immigrants," McVicker said. "It's really important to pass [Amendments such as the ERA] to protect gender identity and sexual orientation rights."

McVicker and Christina could not stress enough the importance for people who identify as transgender to have the same medical rights as cisgender individuals.

New York has most, if not all, of these protections already enshrined into law. When asked about the necessity of the Equal Rights Amendment in particular, McVicker said, "We have piecemeal legislation to protect those rights, but we don't have a comprehensive piece of legislation that protects all groups."

The volunteers and professors also expressed that the Equal Rights Amendment has a better chance of standing up against a potential national contraceptive ban if the Supreme Court case *Griswold v. Connecticut* is overturned. They also laid out concerns about the makeup of our county's politics. As McVicker said, "To think we're in a blue state and we're safe is a false notion,

especially in a red part of the state like Western New York."

They stated that the Amendment is "not just for women," and that "immigration status or disability status ... should [also] be protected," McVicker said. "There's an indirect economic protection for people in those protected categories."

While New York State has some of the highest minimum wages and union rates in America, it also has some of the highest poverty and homelessness rates. It's not just New York City and other big cities like Syracuse or Buffalo driving up this number. For example, Chautauqua County has a 17% poverty rate, higher than the state average.

The Equal Rights Amendment will be on the ballot in November for the 2024 election, which will be a big year for elections with people voting for President and Senate. If the Amendment passes, it will put New York on par with the rest of America and the developed world when it comes to protecting the rights of underprivileged communities in New York.

I contacted State Senator George Borello, and State Assembly member Andy Goddell for comment, who both voted against the Amendment. I received no response from either.



League of Women Voters volunteers Judi Lutz Wood and Pat Kirell speak to a Fredonia student about voting opportunities. Photo by DREW PALUCH | Photo Editor.

"To think we're in a blue state and we're safe is a false notion, especially in a red part of the state like Western New York."

**- Jeanette McVicker,
LWV volunteer and
Fredonia professor**

Detailing Dunkirk's \$10 million Downtown Revitalization plan



ALYSSA BUMP

Chief Copy & Design Editor

Blueprints, budgeting plans and business approvals are beginning to bring change to Dunkirk and Fredonia.

On Jan. 23, New York Governor Kathy Hochul visited Dunkirk, N.Y., to award the city a \$10 million Downtown Revitalization Grant.

The Economic Development Announcement, hosted at the Clarion Hotel Conference Center, awarded the success of Dunkirk's DRI Proposal. Dunkirk Mayor Willie Rosas regarded the news as "a very huge accomplishment" for the community, especially due to the city's small size of approximately 13,000 residents.

"This is a very competitive process. We competed against bigger cities across Western New York, and some of those include the City of Buffalo, Niagara Falls, Lackawanna," Rosas said. "So to know that we finished first with our plan is something for all of us to be proud of."

Dunkirk's DRI winning application proposed a variety of projects to bring vibrance to Dunkirk's waterfront. In fact, the city's optimal location by Lake Erie is an aspect of the

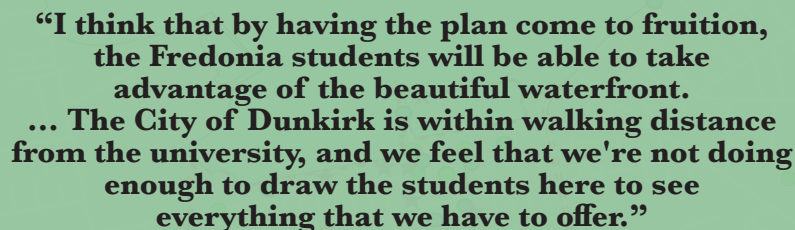
community that Rosas believes set Dunkirk apart from other competitors.

"We are one of the only communities that [applied that] has a real waterfront. For example, the City of Buffalo has that really nice Marina, but the City of Dunkirk has four beaches. The City of Buffalo has no beaches," Rosas said. "We have a very good opportunity to develop our waterfront area to a point where it can be a destination, and I'm talking about bringing in people from the states of Pennsylvania and Ohio."

In a YouTube video posted by the Chautauqua County Partnership for Economic Growth on Jan. 25, some potential DRI projects are illustrated.

The video was a part of Dunkirk's winning DRI application for the grant. The description of the video also disclosed that each individual project mentioned still needs approval to be part of the final DRI project. Some of these ideas include new housing developments, an indoor waterpark, a renovated pier and marina, downtown historic district building renovations, an Amtrak station and a new Jamestown Community College North County Campus site.

Rosas said the city's first priority, however, is the marina.



"I think that by having the plan come to fruition, the Fredonia students will be able to take advantage of the beautiful waterfront. ... The City of Dunkirk is within walking distance from the university, and we feel that we're not doing enough to draw the students here to see everything that we have to offer."

- Mayor of Dunkirk Willie Rosas

“The marina needs some really good work,” Rosas said. “We are working now with a different marina operator to come in and make some improvements. ... Everything's going to be redone there to make it very modern. We're also looking at bringing in a space there to sell upper-end boats and fishing supplies. So, there's a lot of excitement and demand for that right now, and we think that that's something that will draw more people here to our marina.”

Rosas and his team are also looking to install an Amphitheatre in Memorial Park. This permanent structure will provide a summer concert venue close to the waterfront.

The Clarion Hotel may also be rebranded into Steelbound, complete with a new indoor waterpark connected to the hotel.

“An indoor waterpark would draw people in, not only in the summer, but all year round,” Rosas said.

Rosas would like to support senior and affordable housing projects. The City also hopes to work with small businesses, and JCC is looking to establish a North County Campus site in downtown Dunkirk.

“One of the highlights of our plan was to bring in James-town Community College,” Rosas said. “We have [some space] right across from City Hall in downtown Dunkirk. ... [We are looking to work] with the owners of that building and provide incentive funding to them to reconstruct that host site and have a JCC complex right here in downtown Dunkirk.”

The process of bringing the DRI proposal to life will involve all departments in some way, but the DRI project plan is being led by Dunkirk's Planning and Development Department. Their responsibilities will include presenting projects to the planning committee.

“We've already started the process of moving the plan forward,” Rosas said. “One of the first initial elements of the process is that we established a local planning committee.”

In an article published by the Dunkirk Observer on Feb. 17, Planning and Development Director Vince DeJoy explained that the local planning committee is responsible for hearing project proposals and providing project recommendations.

The committee, which is made up of about 12 experienced professionals, will work with the Empire State Development staff to decide how the DRI grant money will be spent.

“I just want to make it clear that the city does not receive a check for \$10 million and then decide on how to spend it,” DeJoy told the Observer. “It's gonna be a process that will be established through consultants.”

The intensive DRI planning process is required to ensure the success of the projects funded by the grant money. Therefore, Rosas and his team do not expect construction to start for another year.

“If the plan gets approved, you will see construction happening ... a year from now. So, it seems like a long time, but it really isn't,” Rosas said. “There's a lot of work to be done behind the scenes in the engineering phase, the planning and design phases, including architectural renderings of these plans... So there's a lot of time with that part of the process. But once that piece is completed, then the construction will begin.”

Rosas and his team are hopeful that the City of Dunkirk's new amenities will benefit more than just the Dunkirk community.

“I think that by having the plan come to fruition, the Fredonia students will be able to take advantage of the beautiful waterfront,” Rosas said. “... The City of Dunkirk is within walking distance from the university, and we feel that we're not doing enough to draw the students here to see everything that we have to offer. And so this plan will give us the opportunity to have better activities for the students to take advantage of while they're here.”



Illustration and map of Dunkirk Downtown Revitalization Initiative area. Graphics retrieved from the "City of Dunkirk DRI Application" May 2019.

Photo by JAHOO CLOUSEAU | Pexels.

'A rising tide lifts all the boats'

How Dunkirk's DRI project can uplift Fredonia

ALYSSA BUMP

Chief Copy & Design Editor

The waves of economic development set to hit Dunkirk from the \$10 million Downtown Revitalization Grant is expected to impact more than just the lakeside village.

SUNY Fredonia President Dr. Stephen H. Kolison Jr. said he is “very thrilled” for the City of Dunkirk’s major accomplishment. Kolison was among the attendees at New York Governor Kathy Hochul’s Economic Development announcement at the Clarion Hotel on Jan. 23.

“[The DRI project] will be very beneficial to SUNY Fredonia, as well as the village of Fredonia, even though the direct impact is in Dunkirk,” Kolison said.

One of the major components of the submitted DRI plan was the installation of a Jamestown Community College site in downtown Dunkirk. JCC plans to renovate the Graft building across from City Hall with the help of the City of Dunkirk and DRI funds.

One of The Leader’s staff members, Will Karr, spoke with Vincent DeJoy, Dunkirk’s Director of Planning and Development, back in October.

“We are working with Jamestown Community College on a building across the street to make this their North County Campus for both workforce development and their general education courses and certificates,” DeJoy said. “We’re really trying to change downtown Dunkirk to being a place where people live, work and go to school.”



Graphic by CHARLOTTE MAHAFFY | Special to The Leader.

JCC already has a location on Route 60 in Dunkirk. However, they want to open a new site downtown at a more central location. DeJoy believes that having a downtown site will make JCC’s services more accessible to people in the area.

Meanwhile, Kolison has been actively discussing potential collaborations with JCC President Daniel DeMarte.

“We’re looking at whether the students are interested in coming to SUNY Fredonia after they’re done with JCC,” Kolison said. “What are the things we can do to engage them in our campus community while they are still at JCC? ... Can they participate in some of our activities on campus? ... I’m not sure about all of these, but these are things that we’re looking at.”

Fredonia is the only four-year university in Chautauqua County, and Kolison regards Fredonia as “the leader” of higher education in this county.

“We do have the capacity to extend some of the things we do in different parts,” Kolison said.

Right now, Fredonia has a partnership with JCC to offer “the opportunity to earn both a two-year and four-year degree in select education and business programs without moving from one campus to the other,” according to Fredonia’s JCC+FRED: BOLD webpage.

Kolison explained the JCC+FRED: BOLD program “allows us to offer [some] classes on the campus of JCC in Jamestown. The intention is to help students who are unable to come to this campus to have access to what we provide.”

While future collaborations between JCC and Fredonia are still in the works, Kolison expressed his excitement to see the Dunkirk area develop as a whole to accommodate students’ needs.

“I’m always interested in places that our students can go to recreate,” Kolison said. “... I encourage all our students to explore everything as available in the area for them to use it, to enjoy themselves.”

Specifically, Kolison is excited for the new waterfront amenities and recreational opportunities.

“The waterpark — I think it’s gonna be fantastic. I like the improvement of the waterfront, even just to go on a Sunday afternoon, sit down and watch the boats come into the marina and things like that,” Kolison said. “Those are all beautiful things that our students and our faculty and our staff can actually take advantage of. So, I see a lot of benefit to us, as a campus community.”

Campus Counseling Center to offer a new option for virtual sessions

CHLOE KOWALYK

Managing Editor

SUNY Fredonia students just gained another opportunity to get virtual counseling sessions through the college's Counseling Center.

Fredonia's Counseling Center, based in LoGrasso Hall, has recently partnered with "BetterMynd," a startup company that works closely with colleges and universities to provide students with online therapy sessions through their website, <https://www.bettermynd.com/>.

Through this partnership, students will be able to access counselors for free on BetterMynd's website.

Julie Bezek, the prevention, advocacy and wellness coordinator at the Counseling Center provided several reasons BetterMynd can serve as a useful tool for students.

For instance, she said, "students [may] have really specific mental health concerns, and you may be able to have access to a practitioner who really specializes in that through BetterMynd."

While the counselors at the college Counseling Center are trained and licensed, BetterMynd offers therapists who specialize in specific mental health concerns, widening the amount of students the Counseling Center can help.

In addition, BetterMynd has a filtering tool that enables students to narrow down which type of counselor they would like to see. If a student wishes to speak to a female counselor, for example, that can be filtered through the website.

For students who are just trying out counseling services for the first time, Bezek believes that telehealth (or virtual counseling) can "be a really nice alternative" to in-person counseling. Attending therapy online may remove any discomfort or fear a student might face when coming to their first session.

BetterMynd also offers flexible hours for students who may have busy schedules, but still wish to attend counseling, including weekend and evening hours for some therapists.

"This is another service that allows us to expand our offerings and abilities to serve students," Bezek said.

Erin Harrison, an adjunct lecturer of psychology at SUNY Fredonia and a licensed mental health counselor, completes all of her sessions virtually. She believes students will benefit from having telehealth services available to them.

"Having telehealth services available means that students have one more way to connect with a counselor," Harrison said. "While some students may choose to still see counselors in person, this service allows students who live off campus or face transportation issues to still receive support."

Plus, she said with the COVID-19 pandemic still affecting the student population, having a virtual option can allow students in quarantine to continue counseling services.

Some may think that doing counseling sessions virtually may not be as good as attending sessions in person. However, Harrison said that while there may be some issues (such as internet connection), "the therapeutic relationship is the foundation of how counseling supports change and that can be formed over telehealth just as it can in person."

SUNY Fredonia's

Counseling Center was able to partner with BetterMynd by using some of their COVID-19 relief funds. Through their agreement with BetterMynd, the Counseling Center is using "credits" to use for each session.

On the BetterMynd site, credits are used to start each session. Once students sign up, they will be given three credits to use on BetterMynd. One credit translates into one session. The college has 300 credits total they can give out to students.

Students can sign up for BetterMynd by using the link sent out to their emails, through the Counseling Center's website at <https://www.fredonia.edu/student-life/counseling> or by calling the counseling center at 716-673-3424.

After doing one of the above options, students will be redirected to a Google Form. Students will also have a 10-15 minute phone consultation to find the services best suited for them.

Once it's time for a session, students simply log onto the BetterMynd website. Scheduling can also be done on the site.



ALINA MARSH | Staff Artist.

Students detail transformative Honduras medical brigade trip



DAVID HERRING
Special to The Leader

There is an indisputable fact about the healthcare and medication system in the United States: it exists. Whether this system is fair and accessible to everyone, is another matter entirely. Healthcare is something that everyone needs, but it is not a luxury that every individual has access to.

Over the 2023 J-term, Fredonia students traveled to Honduras to provide healthcare services to indigenous communities and see what, if any, healthcare system was in place in Honduras.

“I’m a 19-year-old college student, and I was their [source of] healthcare,” said Mia Piede, after reflecting on a severe pediatric epilepsy case that resulted in brain damage from extreme fevers. Piede observed the child while shadowing medical personnel of the Honduran-based Sociedad Amigos de los Niños (SAN) medical brigades.

Piede and 11 other science students discussed their experiences from the early-January medical brigade trip at the campus Science Center on Friday, Feb. 3. The students shared a range of experiences. They discussed the positive impact they had on the lives of at-risk youth, and acknowledged the harsh economic conditions so many Hondurans face with limited medicine and healthcare.

Data from the 2018 World Bank Poverty and Equity Brief indicates that 48%, or approximately 4.3 million, Hondurans

live below the poverty line. Roughly 17% of the population lives on less than \$1.90 per day. The latter statistic from the World Bank brief is the second worst in Latin America and the Caribbean.

The January 2023 trip was the first Fredonia medical brigade trip back to Honduras since 2020. Dr. Ted Lee started the study abroad program in Honduras for SUNY Fredonia students in 2019. Lee is a part of the Biology Department, and he earned the highest recognition the university bestows on faculty as a Distinguished Teaching Professor and the recipient of the 2014 President Award for Excellence.

Lee, who has chaired the SUNY Fredonia’s Health Professions Advising Committee for over 15 years, first experienced a medical brigade trip in 2017 when he accompanied another university’s medical brigade group. This initial trip was instrumental for Lee in advancing his vision of establishing a SUNY Fredonia study abroad opportunity in Central or South America with the purpose of allowing his students the opportunity to experience healthcare in another country.

“Each time we learn something new we can do better and get engaged with different things. So, the water work just started in the past year,” Lee said. “We’re always looking for different things to be able to do and to have a positive impact when we go down.”

The water project Lee referred to entails the installation of a water filtration system in the village of El Plan, one of the villages the group recently visited during their trip.

The nine-day J-Term trip to Honduras included Lee, 12 current students and three alumni. The group traveled to several rural regions of western Honduras, as far as nearly 200 miles from their host organization site to the village of El Plan.

This journey called for preparedness, regarding both the health and safety of the group. Prior to their departure, students took a two credit-hour class last Fall to learn about important health considerations such as CDC-recommended vaccines and malaria pills before traveling.

Though there are concerns about gang violence in Honduras, Lee has been proactive about the group's safety by having two retired police officers accompany the group throughout the trip. Lee was also advised by the Honduran ambassador to understand the region; he made sure no one left on their own during the trip and recognized the commitment SAN has for his group's safety.

Given this proactiveness, there have been no safety issues during these trips thus far.

"You can't explain this experience to its full potential to somebody else who didn't also experience it," Piede said.

Piede, a sophomore double-majoring in psychology and biology, shared, like so many of her classmates, how extraordinary and life-altering the medical brigade trip was.

Piede was in awe of how, despite poor living conditions, Hondurans would rally around one another, particularly upon hearing of health concerns about family and friends. Piede witnessed the kindness villagers expressed when one patient was recovering from surgery and the locals brought food to have a fiesta to raise the patient's spirits.

Piede shared her endearment and inspiration for Dr. Omar, a Honduran doctor she worked with who frequently said "mi amor" (my love) to his patients. "[Dr. Omar is] honestly the reason I want to go into medicine," Piede said.

Lee reads about the rewarding experiences his students have from journaling during the trip. "Most [students] in fact state they don't want to come back to the states because they're having such a good time," Lee said.



Lee recalled learning from a student that they weren't initially a "kid person" but that spending so much time with the children of SAN made the student reconsider. Lee shared the student's experiences to illustrate how students in education, sociology or psychology might find the Fredonia Honduras Medical Brigades study abroad program particularly exciting.

However, Lee emphasized that students are not required to be pre-health science students to be eligible for this study abroad opportunity.

Lee is pleased for his students to have the opportunity to share their medical brigades experiences with the campus community. He appreciates the support from administration and faculty, and finds the work in Honduras very meaningful and rewarding which is easy to glean from the Honduras Medical Brigade site.



Photos of Fredonia's 2023 J-Term Honduras medical brigade trip. All photos provided by TED LEE | Professor of Biology.

Life & Arts

CELEBRATING

Black history with Fredonia's BSU

ALANA WINGATE
Staff Writer

It's that time of the year again when we recognize and honor the generations of African Americans who overcame immeasurable hardship to become full members of American society. In 1976, U.S. President Gerald Ford established that February would serve as the national month to celebrate African American culture in the United States. Throughout Black History Month, we acknowledge and celebrate those of African American descent that have paved the way for younger generations.

The events held this month by Fredonia's Black Student Union (BSU) make an effort to understand African American culture and welcome students and faculty from all ethnic backgrounds. Kicking off the month was the BSU's Opening Ceremony, held on Feb. 2 in the Williams Center. The event encouraged students to join in a game of Jeopardy as the first of many events to come.

"Students should definitely look forward to our events," said Shanty Figueroa, junior criminal justice major. "We know a lot of the BSU events are more historical and educational, so we wanted to add that, as well as some fun, in a way where everyone can join in and it's more inclusive for the entire campus."

Events hosted on campus by BSU raise awareness of the month, while also stressing inclusivity.

"We are a club that empowers the people that look like us, but that doesn't mean that we are ignorant to those who don't look like us. We actually welcome them," said Nyles Emile,

BSU Vice Event Chair, sophomore and English/acting major.

One group that has teamed up with the BSU to bring Fredonia this unique set of events is the Intercultural Center.

"Dr. Douglas L. Hoston, Jr., will present on John Henryism, the art and science of successful academic success, for marginalized students," said David M. White, Fredonia's Educational Development Director.

This year marks BSU's 47th annual salute to Black History Month.

The union plans to use the events to not only celebrate black culture but educate others on the matter.

"It's important for not only Fredonia students, but also faculty and staff, to see African American scholars," White said.

"Being able to bring them on campus, I think, is really meaningful to our African

American students [because] the entire

campus community needs to see more scholars of color, and get a chance to meet and greet visiting lecturers on campus."

Houston, a professor of Urban Education at SUNY Buffalo State University, will present "John Henryism: Strategies to Develop Healthy Hard Work Study Habits" on Feb. 21.

As many of us know, racism is unfortunately still alive and well in America, thus giving the BSU even more reason to use Black History Month and these events to educate and make change.

"I feel like it'll be beneficial because we're not offering ignorance back. We're not looking to make anyone else more uncomfortable. This is going to be a good space ... a comfortable space," Figueroa said. "It's going to be a space [where] even if you are ignorant, if you come, you're still going to be educated on Black history, and anything that's a Black celebration at the moment. I feel like it's kind of like killing it



with kindness, not in a way that ignores the [negative] energy, but [instead] puts that energy into something else ... You get better [because] of it.”

When it comes to dealing with ignorance in America, White shares that there is only one way to help bring an end to it.

“The way to combat ignorance is with knowledge and awareness, and I think the BSU’s mission statement is just that: to promote peace and establish understanding. That’s what it’s about,” White said. “It’s unfortunate that we tend to only concentrate on it during Black History month, but it should be done throughout the year.”

Even though the events will attempt to educate attendees, BSU prioritizes providing an environment of excitement and energy with their events.

“It’s been 50 years of hip hop. I was like, ‘You know what, let’s incorporate that to start off the week.’ For Tuesday, I’m doing ‘Rap Your Flag,’ for everyone to rap where they’re from,” Emile said.

Some of the events will be catered by Buffalo vendors, providing food that is in keeping with the African American culture.

“Soul food is our culture,” Emile said. “I found caterers from all over Buffalo that catered soul food. I was calling people, and ‘Classic Soul’ really was the right place.”

BSU has also teamed up with other clubs under the Intercultural Center, including the EnFusion Dance Team, Sister Circle, Divine Sound, the Fredonia Feminists and Pride Alliance at Fredonia.

Considering the effect the pandemic had on so many of us, the BSU recognizes event attendance is not what it used to be. They are pulling out all the stops to encourage everyone to come out and show their support.

“It’s definitely much harder these days to have an event just because, you know, COVID happened and people got so accustomed to being in their own spaces,” Figueroa said. “We try to draw as much attention as we can and it may not seem like it does much, but it does so much.”

The BSU Solidarity Week begins on Feb. 19. The BSU will host several African American-inspired events throughout Solidarity Week, before it ends on Feb. 25. The final event of the week will be their Closing Ceremony on Feb. 25, in the Williams Center Multi Purpose Room from 6 to 10 p.m.

Those looking for more information about the Black Student Union and their upcoming events can reach out to them via their Instagram page @BSUFredonia, where they will be posting further information regarding events.

Find a friend: International Buddy Program returns

EJ JACOBS
Staff Writer

Being the new kid at school can be a challenge in itself. But, being from a foreign country can make adapting even harder. Fredonia’s International Buddy Program is here to help.

The International Buddy Program is a program that connects a SUNY Fredonia student with an international student. When the students get paired up, they have the opportunity to connect with each other. The Fredonia student is able to be a guide for the international student and also answer questions the student might have.

The international students involved in the program are able to have a one-on-one guide who can help them acclimate to Fredonia and the U.S. The program is mainly about building connections.

The program first started in Fall 2015. But during COVID-19, the program had a hard time running due to travel restrictions, preventing international students from coming to campus.

“The goal of the program is to connect an international student with a non-international student for the duration of a semester,” said Jacob Czelusta, assistant director of international student services.

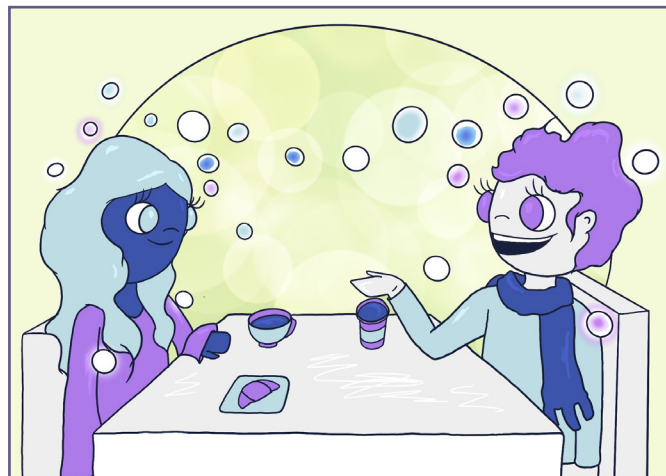
This program is an amazing opportunity for both parties to expand their cultural understanding and their worldly knowledge.

Any Fredonia student is eligible to work with an international student. But, in previous years, Czelusta said that students who have previously studied abroad are the main source of the student body to get involved.

A large benefit for a mentor is that they have the opportunity to practice leadership skills and get more engaged in the campus community.

“International students can really benefit from having that extra contact person to help acclimate them to Fredonia and life in America,” Czelusta said.

If you are interested, please fill out an application. The International Education Office (ISS) will then reach out to you to confirm your participation. The program will begin with a “Meet and Greet” event on Thursday, Feb. 23 at 6 p.m. in the Williams Center.



Graphic by DICE YANDOW | Special to The Leader.

TADA presents: 'EENIE, MEENIE, MINEY, MIMIE!'

ALANA WINGATE

Staff Writer

The Department of Theatre and Dance will enter the realm of mime by presenting the kid-friendly production "Eenie, Meenie, Miney, Mime!" It will be their third 2022-2023 Walter Gloor Mainstage of the Series performance.

"This is a show that is designed for families and even though our focus is our youth, we want parents to be entertained also so adults and youth can enjoy the show equally," said Néstor Bravo Goldsmith, professor of theatre studies and production director.

Although performing live is nothing new to these Fredonia students, the alternative performance style will be a new challenge that they will undertake.

"I guess performing live as performers is nothing new to us, but this particular show where there are no lines, there is really no script," said Christina-Andrea Ramsey, senior early childhood education and theatre performing arts major. "Everything is being told through the physical instrument. And also having children actually participate in the show as well is something that's very out of [our] comfort zone."

The unusual performance style will also involve audience participation, with actors inviting kids onto the stage. The student performers believe it will be an experience they will need in the long run.

"I think it's a good opportunity to kind of explore that because I feel very often we can kind of be like, 'this kid's just being tough on the stage, get 'em off,' but I think in some aspects that could be a formative experience for that kid," said Aiden Addesa, sophomore theatre arts major and music minor.

When it comes to working with children, Ramsey believes there is always something to be thankful for.

"Working with children is a blessing in disguise because there's things that they will say or create, and it will amaze you," Ramsey said. "Every day when we're working with children ... it's gonna be different."

Due to the performance's special qualities, it appeals to a wide spectrum of people, allowing those who might not be able to appreciate a regular theatrical production to do so here.

"We are using a universal language that everybody can understand, miming in this case," Goldsmith said. "It transcends the language barrier so that members in the audience with, for example, a hearing disability, still can enjoy the show."

Precision and technique, however, are said to be the secret to a good presentation by the director because the show depends on the actors' physical statement during the performance.

"In this case, the show ... is based on techniques: mime techniques, clown techniques and theater objects," Goldsmith said. "It's a novelty. Usually, we produce a theater that is spoken here at Fredonia, but this is physical theater from the beginning to the end."

The actors had undergone extensive training that they believe wasn't always easy due to the physical demands of this performance.

"A lot of our training has to do with our knees, our feet and being really grounded," Ramsey said. "It is just a physical task, but I would have to say a lot of our lower body and head movement go into it."

When it comes to working with a cast in a play that undergoes as much training as these actors do, the actors say trust is essential.

"That chemistry is definitely important just to be able to kind of know what your cast-mates are doing, and kind of their thought process again with a sort of reader and response," Addesa said. "I think that's the biggest and most important thing is that we've all just been having a laugh and enjoying it."

Despite the difficulty of adjusting to a new style of dancing and learning to perform using only their bodies rather than their mouths, the director is happy with his actors' development.

"The discipline of physical theory is difficult to do, and it requires training, precision and special orientation," Goldsmith said. "The use of masks is also complicated because we remove the eyes from the acting. Therefore, the actor needs to express an emotional state through the rest of the body."

As a result of their extensive preparation, learning and formation of a production company, the performers express their excitement about showcasing all of their efforts.

"I hate to be that guy, but I'm excited about everything about it. There's just so much about this show to be excited about," Addesa said. "How each night is gonna be a different audience and how that show will turn out and just being able to show the collaborative effort that we have made over the course of this past almost year."

Tickets for the event cost \$20 a person. Performances are scheduled for March 2, 3, 4, and 5 from 7 p.m. to 9 p.m. in the Bartlett Theatre. For more information, visit the Department of Theatre and Dance's Instagram page @tadafredonia.



Lovercolumn



“THE PLUMBER”

Executive Producer of Lovercall

“THE ELECTRICIAN”

Lovercall Producer

Date idea of the week

We hope to provide our fellow students with a fun and unique date idea in every column. For this week’s issue, we recommend building a LEGO set is a great way to build your relationship!

Spending an afternoon building a LEGO set and listening to music is a fantastic way to bond with your partner. Working together helps communication and creates a goal both of you can work towards together.

Nowadays, LEGO produces tasteful and beautiful sets that are more appropriate for a college audience. Sets like this include their Ideas series, Architecture series and Art series. These sets provide a fun theme while still being aesthetically pleasing. The sets can be displayed as decor afterward!

If you’re looking for a recommendation, “The Plumber” recommends anything in the Botanical sets. These sets are usually under \$50 and are beautiful as decor. He recently made the Bonsai Tree set with his partner, and gives it a roaring thumbs up!

Lovercallers

We call those who reach out to us “Lovercallers.”

This week, we got a lot of responses from those looking for advice. We utilized Yik Yak, a distance-based anonymous messaging forum, to gather our responses.

One user asked, “How are you supposed to express concern about relationships you know are toxic? Last time I tried it, it didn't go well.”

We at Lovercolumn, specifically our host “Bunny,” recommend that if your friend isn’t listening to your concerns, it might be better to simply be there for them as a concerned friend, rather than trying to make that change yourself.

Another user said, “Almost all of the guys I have kissed or hooked up with have said they didn’t want to enter a relationship, but then entered one shortly after. Am I the problem?”

We feel that the behavior expressed by those you have kissed is less a sign of you being an issue, and more a sign of indecision on their part.

Be less hard on yourself, and try looking for partners who are looking for something more serious.

Our final commenter asked, “Is it an issue if I’ve hooked up with identical twins at separate times?”

This isn’t an issue, though we recommend either not telling about it, or confirming that they are in fact two different people.

One of our guests, “Tripod,” said, “maybe keep this one in the vault.”

Reach out!

Do you want to ask the authors of Lovercolumn a question? Do you need advice? Fill out the form by using this QR code.

Interested in being a guest on Lovercall? Email frs@fredonia.edu or visit Fredonia Radio Systems, located in McEwen Hall 115 and open Monday through Friday from 9 a.m. to 5 p.m.



“The Plumber” and “The Electrician” are members of Fredonia Radio Systems and are involved in the production of Lovercall.

NERON SIMPSON

Special to The Leader

Fit for everyone: Aerobics Center reopens

In light of low COVID-19 transmission rates, Hemingway Hall’s Aerobic Center was finally reopened last month on Jan. 30, just in time for students returning to campus.

When most students are looking to engage in physical fitness activities, the Blue Devil Fitness Center is the common choice. However, Dods can sometimes be crowded and limited in their offerings. While students are free to exercise how they would like in Dods, classes in the Aerobic Center are guided.

According to ClevelandClinic.org, the term “aerobic” means “with oxygen,” the goal of aerobic exercise is to train and condition the cardiovascular system. Health benefits of aerobic exercise include lower blood pressure, decreased risk of heart disease and improved lung function.

Most classes in the Aerobic Center are taught by students, which can help to make it feel personal and less intimidating. All

body types are welcomed and instructors are patient and supportive.

Class offerings include:

Hip Hop - Beginner class open to anyone; paired with fun combos and upbeat music.

Just Abs! - A half-hour of ab work and targeting core muscles.

Stretch & Tone - Basic ballet work while strengthening muscles and stretching.

Stop & Stretch - Improve flexibility and mobility with stretching exercises.

Martial Arts Fun & Fitness - A martial arts class designed for everyone.

Yoga - Open to people of all experiences and flexibilities.

Aerobic Center classes are located in the Hemingway Hall basement, and are free to all registered Fredonia students. Students can attend as many classes as they like. Classes are recurring throughout the semester, and offerings may change with each new semester.



Graphic by ALINA MARSH | Staff Artist.

Student artists depict physical realities in Emmitt Christian 'Analog' exhibit

WILL KARR
Editor in Chief

Fredonia art students are stepping outside of their digital art majors for the "Analog" exhibition at the Emmitt Christian Gallery. The "Analog" exhibit, located in Rockefeller Arts Center, room 217, displays student artists' exploration of several forms of media.

"Analog" features work from 12 student artists, who created their pieces for Professor Nick Borelli's Life Drawing and Painting and Drawing I and II courses. The exhibit, which was curated by Borelli, features a wide range of work including portraits, paintings and drawings. The exhibit will be on display through March 2.

In a world influenced by digitalization, the exhibit strives to focus on non-digital art pieces created by the students.

"'Analog' is an antonym to digital — the students spend a lot of time, not just creating the art but throughout their day, in the virtual world, while I want them to engage with physical reality when they are drawing and painting," Borelli said. "'Analog' can also mean something that is similar to something else ... painting and drawings can be thought of as analogous to our own reality."

Ben Evans, a sophomore animation and illustration major, whose oil painted self-portrait on a panel is being featured in the exhibition, discusses the duality of art. The portrait was created for an assignment in Borelli's Drawing and Painting class. Art can not only make sense of current realities, but it can also create new realities, worlds and alternate universes.

"I always thought that I would get annoyed with the side of art that is trying to create things that already exist because I want to think of things that don't already exist," Evans said.



Julia Whitney's "Rachel" and "Steve" charcoal on paper portraits.
Photo by AMARI McNAIR | Special to The Leader.

"But, you have to learn how to draw real things first and there is so much joy that comes from drawing real things."

Evans said that both his digital and analog works have been heavily influenced by his physical surroundings and outdoor experiences. Growing up, nature provided him with a sense of escape from his reality, providing an outlet for his imagination to flourish.

"[As a child], I would go into the woods and pretend that it went on forever. ... I would just walk out there for hours and dream up little fantasy worlds and stories," Evans said. "... As I got older, I realized how artists and writers could shape their stories, and they could take their imaginations and share them with other people."

Evans' self-titled self portrait was inspired by his experiences as an instructor at a summer camp, where campers practiced theater reenactments. Evans was playing King Duncan in a scene from Macbeth wearing a crown when a student took the photo of him that inspired the self-portrait.

"That Drawing and Painting self-portrait was a completely different experience than drawing one for Life Drawing, where I was in control of the camera," Evans said. "With the [one in the exhibit], I was putting on an act and inhabiting a character, but I didn't see myself until I saw that picture. I can recognize parts of myself in that portrait, but the subject is also a stranger because I am pretending to be someone else."

The portrait juxtaposes realism with fantasy, challenging the idea of what ultimately constitutes a self-portrait. Evans said that he enjoys how the portrait evokes images of royal portraits, which have been created throughout history to express discontent with royal rulers.

"I like that I can make a half-satirical portrait, while acknowledging the other side of wanting to see myself look powerful and strong, whether it's a part of my actual presence or not," Evans said.

Evans explained how he believes drawing a self-portrait is different from drawing a portrait of someone else.

"In some ways, a self-portrait is scary because I am putting a representation of myself up there for everybody to see. In other ways, I think it's a lot more freeing than doing a portrait of someone else," Evans said. "It's also a weird experience of examining yourself in a different way than you normally do ... you have to go beyond what you think your face looks like and who you think you are presenting to the world."

Julia Whitney, a senior graphic design major, whose charcoal portraits titled "Rachael" and "Steve" are being featured in the exhibit, expressed similar sentiments. Whitney enjoys drawing and painting, but said that she ultimately chose to major in graphic design because she thinks it will be easier to find a career in. Whitney said that her pieces in the exhibit are different from the graphic design based work that she usually creates.

Whitney has loved painting ever since she was little. In the third grade, she dressed up as an artist for her school's career day. Whitney explained how going into a self-portrait, an

"[After Fredonia], I want to continue doing what I want to do. As artists, we have to sort of make our own path. But making your own path is a plus because it means you have options."

- Jimmy Keller, junior sculpture major



Ben Evans' oil on panel self-portrait.
Photo by WILL KARR | Editor in Chief.



Jimmy Keller's "Decomposing" oil on panel.
Photo by WILL KARR | Editor in Chief.

individual already has preconceived notions of how they look as opposed to drawing a portrait of someone else who is a complete stranger.

"I find it a lot easier to do other people than yourself because when you have been looking at yourself in the mirror for so many years, you have this idea of what you look like in your head," Whitney said. "Self-portraits are much harder because when you are looking at someone else you can be more objective about it."

Whitney's portraits of Rachael and Steve were created for Borelli's Fall 2022 Life Drawing class. The two live nude models would come into the classroom for hours at a time on alternate days.

"I don't remember how I reacted the first time, but it is definitely something that you have to get used to. I think at first you maybe don't know what you are getting yourself into. All of a sudden, someone walks on stage with a robe and then they get completely naked," Whitney said. "But it's nice to have the same two models through the course because you learn much more about each person's body, the ins and outs."

There are many different career paths that an artist can take. After graduating from Fredonia this spring, Whitney hopes to become an art teacher. Jimmy Keller, a junior sculpture major whose work is also being featured in the exhibit, wants to be an art professor.

"[After Fredonia], I want to continue doing what I want to do. As artists, we have to sort of make our own path," Keller said. "But, making your own path is a plus because it means you have options."

In his wood panel oil painting "Decomposing," Keller references the intersectionality between humanity and nature. Keller paints plants on top of an architectural and manufactured surface.

"[Through the piece], I wanted to show the difference between the live, growing and thriving plant with the more human form of the pot — juxtaposing the inorganic with the organic," Keller said.

Keller said that he specifically chose the name "Decomposing," to reference not the plants in his piece breaking down, but instead how the pot is being reduced to its "simplest form": a blueprint.

Growing up, Keller said that he was always outdoors. At the age of 15, he started making wood chainsaw carvings.

"That is when I began professionally making a living as an artist and selling my pieces doing costume work," Keller said. "Since then, I entered into sculpture and then have expanded upon that. A lot of my pieces now are inspired by nature."

Similarly to Keller, Patch Parsons, a senior animation and illustration major, also has a wood panel oil painting in the exhibit. Their "Still Life" oil painting is different from the animated, digital and comic based work they tend to create.

"The painting in the exhibit was the quickest painting from that 'Still Life' series we were doing that I did," Parsons said. "[Borelli] really liked it because he thought that working quickly made it more impressionistic."

Overall, the exhibition brings together a wide range of student work.

"I think that the common thread in the exhibition is just these students showing both an understanding of the technical aspects of drawing and painting, and using their skills to do something unexpected," Borelli said. "Everything in the show displays a really impressive technical ability, or is an image I haven't seen anything like before, or both."

You can find the following artists on Instagram:
Jimmy Keller, @jimmykellerdesign; Ben Evans,
@royalbevans and Patch Parsons, @sequ0iart.

CAREER DEVELOPMENT OFFICE

Job & Internship Expo

March 1 from 1-4:00 p.m.
Williams Center - MPR



All class-years & majors invited!

80+ ORGANIZATIONS REGISTERED
800+ OPPORTUNITIES AVAILABLE

Positions posted: on-campus, Fredonia/Dunkirk,
Western NY, Downstate NY & across the country

Detailed list of registered employers
& position titles @ fredonia.edu/cdo



Event funding provided by grants from FSA. Additional support provided by:
Fredonia Technology Incubator United Way of Northern Chautauqua County The Capacity Lab Project

**PREPARE QUESTIONS TO ASK, WHETHER YOU ARE
LOOKING FOR JOB, INTERNSHIP OR NETWORKING
OPPORTUNITIES FOR FUTURE POSITIONS.**

PAID positions—careers & summer jobs
EXPERIENCE—internships & volunteer
NETWORK—immediate & future opportunities

FREE—popcorn & refreshments
PRIZES—multiple participation raffles
Seniors—graduation cap/gown & diploma frame
All—\$100 Visa gift card & wireless earbuds

Individual departments or programs may offer additional participation incentives!

BONUS EVENT:

Volunteer Service Fair!

Williams Center - Blue Lounge



Network to setup volunteer opportunities for individuals and groups/clubs!

**INCUBATOR SHOWCASE
& OPEN HOUSE**

4:30-6:30 p.m. @ 214 Central Avenue

Transportation for students available after the Expo

RSVP for transportation, refreshments & networking with current interns, business owners & more!

Learn more about...

The Innovation Design Studio
The Student Business Competition
The Summer Entrepreneurial Program



Skating to the rhythm of love: Fredonia Radio Systems hosts romantic Rock 'n' Skate

ALANA WINGATE
Staff Writer

Fredonia Radio System's annual Rock 'n' Skate event made its reappearance for the Fredonia community to appreciate.

However, many changes were made for this year's Rock 'n' Skate fundraiser.

Rock 'n' Skate is an annual ice skating event held by FRS to raise money for future events and club equipment. This year's event took place on Feb. 19 from 8 to 10 p.m. at the Steele Hall Ice Rink.

"It is going to our [radio] station for our future events such as Rockin' the Commons, [which] is our big annual event that [fundraises for] Roswell Park, or for our other events, [or] for our general radio purposes," Hunter Halterman, junior communications audio radio major and co-head of Rock 'n' Skate explained.

The ice rink was lit up with colorful lights and love-themed music filled the room. Sound and lighting were provided by the club Sound Services.

It was enjoyable to celebrate Valentine's Day and spend the evening with loved ones, friends or just by yourself at the Valentine's Day themed Rock 'n' Skate.

"It's a great event to get the kids out here skating around a little extra practice. ...I've got three. I got an 8-year-old, a 7-year-old and a 3-year-old," said Kevin Salemi, a parent who took his kids to the event.

In line with the Valentine's Day theme, FRS' very own "Lovercall" MC'd the event, gaining attention for their show in the process. Lovercall is a late night anonymous advice radio show about love, relationships and college romances.

"I think this is going to garner a lot more people interested in our show and listening to it," said Chloe Kowalyk, junior journalism and psychology major, and producer of Lovercall.



Gabby Gance and Jordan Budd skate together across the Steele Hall Rink.



"I think that's great because it sends out a really positive message about healthy relationships and really what that college hookup culture, college dating [scene] looks like."

With the theme of love, the ice rink was decorated with red, pink and white tablecloths and heart-shaped balloons.

"I honestly am having a great time, and I love the decorations. It's very nice and fun and warm and I like it a lot," said Haley Fenik, a freshman childhood inclusive education major.

Several people were delighted to indulge in the cotton candy and heart-shaped pastries baked by Halterman and Kowalyk, as well as other treats that were sold at the skating rink.

"I love that they have a cotton candy machine," Fenik said. "... It's so fun to see it being made and it makes the room smell so fast."

"I'm happy that there's so many people that came, although I am also a little bit entitled to say that the heart-shaped cookies are my favorite because Chloe and I spent like the past three days making them," said Halterman.

A raffle was also held where winners received various FRS memorabilia. Fenik shared, "I always just love raffles, and I think they're just like a great idea in general."

The FRS event went off without a hitch, and the club was pleasantly delighted by the large number of attendees.

"I'm really happy about the outcome and everything, but I also want to look forward and see what else I can do," said Dan Granados, sophomore communications audio radio production major, and cohead of the event.

Granados believes that other clubs will see their work and be inspired, which is what he claims will be the influence FRS hopes to have.

"Hopefully other clubs see this and are inspired to make some sort of event in the future like this," Granados said.



"... If we had more club events designated like this, this would be great."

Furthermore, Granados expressed his gratitude to individuals who consistently lend a hand in the organization of FRS events.

"All of the radio events cannot be done with the help of Sound Services. They are truly one of the biggest help that we get throughout all of our events as such," Granados explained.

In the end Rock 'n' Skate had something for everyone, creating an enjoyable experience whether you were 6-years-old or in your 60s.

"I think it's been a great fun time for everyone," Halterman said. "I've seen children of all ages. I've seen elders come along, and I think it's just helping people have a little bit of fun with the Valentine's theme."

In the end, nearly 300 people attended the event.

To listen to Fredonia Radio, visit <https://www.fredoniaradio.com/> or tune into WCVF 88.9. You can also follow their instagram page for updates on future events @fredonia_radio.



FRS members Destiny Hernandez and Chloe Kowalyk smile on the ice.



Hunter Halterman stands with Alex Erwin as he holds a homemade heart-shaped cookie.

SPORTS

Flying into LAX: A new coach on board for women's lacrosse



Women's lacrosse seniors pose for Sports Information Office's Media Day. From left to right: Sadie Brown, Makayalla Farino, Erin Woods, Molly McGowan, Isabella DeCola, Julie Culver and Emily Carr. Photo by KAYLA WELSH | Staff Photographer.

JACOB VALLAS

Special to The Leader

The Fredonia women's lacrosse team was faced with adversity during the 2022 season and finished bottom of the standings. The growing uncertainty of even playing a season was pressing for the Devils. In recent years, the program has failed to retain a supportive coach. After finishing 1-15 last year, the lacrosse team is in desperate need of leadership and new management heading into the 2023 season.

The new head coach, Tori Poffenberger, is aiming to be the supportive coach the players need. Originally from Maryland, Poffenberger was a walk-on at St. Mary's College for her freshman year. She was elected captain by her sophomore year and went on to become an All American Division I Athlete. After an incredible career, she went on to teach and coach at Boonsboro high school in Maryland for five years before pursuing her passion of being a college lacrosse coach.

"I actually ended up quitting my teaching job before I finalized my job here," Poffenberger said. "I really took a leap of faith, but I was just so excited to start this. I think that coaching college lacrosse is it for me."

The eager and enthusiastic coach is ready to lay the foundations for years to come.

"What I really wanted to build with this team was a trust and kind of a family-like atmosphere that I don't think has been here before," Poffenberger said.

Along with her positive attitude, Poffenberger has also brought new equipment and programs to Fredonia. The women's lacrosse team is now equipped with new sticks, goggles and clothing, which they did not have access to in years prior.

"I think that there's a lot of space inside this program and money to find in order to be able to give the girls the greatest equipment that they can possibly have in order to perform," Poffenberger said.

Poffenberger also introduced programs such as study hall and "breakfast club" designed to help the girls excel on and off the field. Emily Carr, a senior goalie, has played for several coaches during her athletic career here at Fredonia. As a four-year starter, Carr is taking on responsibilities to get the team ready to perform under new management.

"All the seniors are trying to show what needs to be done this season," Carr said.

There is plenty of talent around this year's Devils squad, and the seniors are helping to build the team's culture and atmosphere. Carr also has given her stamp of approval for her new coach and appreciates the emotional and coaching connection she feels she has with Poffenberger.

When referring to past coaches Carr said, “They just didn’t connect with the team as well as Tori does.” This seems to be a recurring theme when talking to the women on the lacrosse team about their coach to athlete relationship over the past few years.

Noelle Mendez, a freshman on the lacrosse team, has brought her talents all the way from Minisink, N.Y. When asked about Poffenberger, Noelle had this to say, “She’s constantly in the works. We’ll ask her about random things, And she’s like, ‘Oh, I already have that in the works.’” Having a coach that advocates for the team and will fight for the team is something that the team hasn’t had in quite some time.

The team is being held to a different standard this year. With film sessions and lifting sessions twice a week, practices six days a week and countless hours of fitness and stickwork, the Devil’s want to get rid of any imperfections now. Creating a new level of accountability seems to be the fire that the Devils needed for the 2023 season.

Their preseason schedule started in mid-January and will end on Feb. 22, when the team travels to Grove City to take on the Wolverines. Between Feb. 22 and March 8, the Devils will play all their non-conference games facing off against Grove City, Thiel, Alfred University, Alleghany and Keuka.

“Those first five games before we head into spring break are important,” Poffenberger said. “I think we can take at least three of those games, if not more.”

Around a month after the season opener, the lacrosse team will start their SUNYAC conference play. The Devils are aiming to dominate in the stretch from March 25 to April 26 in order to make a playoff appearance and run. Coaches and players agree that Cortland, Brockport and Geneseo are some of the most hardworking and talented teams in the SUNYAC. The Devils cannot afford to lose out on points from all of these three opponents during the season.

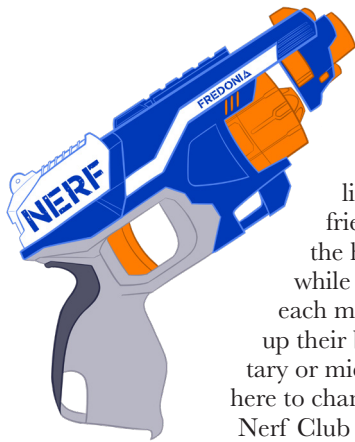
“It’s those middle teams like New Paltz, Oswego and Oneonta that are going to be the ones that we need to get in order to get us into that fifth or sixth round spot for playoffs,” Poffenberger said.

The Devils have a lot going for them and are very eager to get on the field. With a group that is finally all on the same page, and a coach that is determined to prove herself, the Devils are hoping for excellence this year. Only time will tell where the Blue Devils stack up against their opponents this year, but the community and program are betting on themselves.

Nerf graphic by RYAN LUDU |
Special to The Leader.

Dart into action with Nerf Club

ISABELLA INZINNA
Special to The Leader



Everyone has been in at least one all-out Nerf war in their lifetime. Chasing your friends or siblings around the house with Nerf guns while strategically planning each move. Most people hung up their blasters back in elementary or middle school. Nerf Club is here to change that.

Nerf Club President Mark Hoffman explains how he runs club meetings and how you could join in on the fun.

During colder months, Nerf Club meets on Sundays from 4 p.m. to 6 p.m. in the Steele Hall Fieldhouse. When the weather warms up, they meet on the field between the quads and the Williams Center. Regardless of meeting location, here’s the rundown of how a typical Nerf Club meeting would go:

Hoffman explains that to start, the e-board grabs all necessary supplies and heads to the fieldhouse.

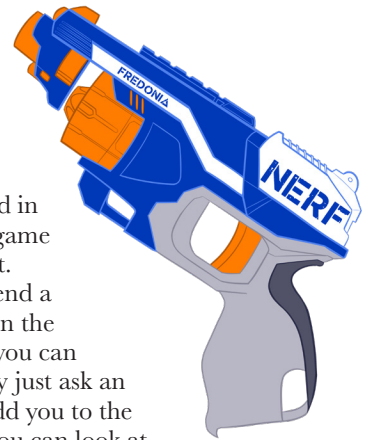
There, they lay out their assortment of blasters for members to pick which one they’d like to use. The first game of each meeting begins with a free-for-all. In this game, members try to tag each other out using their blasters until one person remains.

In between each game, all darts are picked up in preparation for a new round. Then the club is pulled in order to decide what game they’d like to play next.

If you decide to attend a meeting and are not on the email list, here’s how you can stay up to date. Simply just ask an e-board member to add you to the list and you’re in, or you can look at their instagram @fredonianerfclub.

Nerf Club is really just about having fun. Hoffman said he hopes attendees “have a good time and get some light exercise in, as well as just being able to run around and have fun with [their] friends.”

From its creation almost fifteen years ago, to its rebranding in 2018, Nerf Club has been a way for students to let out their energy and act like kids again for a few hours. Students can get so stressed with the pressures of college and becoming a part of adult society. This club is a nostalgic way to remind yourself that even though you’re an adult, you can still have fun.



Sports Roundup: Winter sports seasons conclude



Fredonia men's ice hockey seniors after their Senior Night game against SUNY Geneseo on Feb. 11. The team clinched the sixth-and-final SUNYAC playoff spot. From left to right: Craig McCabe, Bryce Whitman, Anders Johnson, Dalton Jerzak, Antonio Demacopoulos, Ethan Kirbis and Gregg Lee. Photo by KAYLA WELSH | Staff Photographer.

MATT VOLZ

Asst. Sports Editor

MEN'S BASKETBALL

The Fredonia men's basketball concluded their season this past weekend with two home games.

On Friday, Feb. 17, the Blue Devils hosted the SUNY Geneseo Knights and held a one-point lead at halftime before ultimately falling 80-64.

Junior guard My'Kell Kaigler led the team in scoring with 13 points, as AJ Knight and Malik Jemison also found themselves in double digits with 11 points each.

Knight led the team in rebounds with seven, while Jacob Hougan and Elian Dominguez each added five. Knight also recorded a team high in assists with six while he and Aaron Collins each recorded two steals.

Hougan led the way in blocks with two, but found himself in a somewhat limited role after picking up four fouls in the game.

On Saturday, Feb. 18, the Blue Devils hosted the SUNY Oswego Lakers, and after trailing by just four at the half, the Lakers pulled away and won 85-70.

Collins starred offensively for Fredonia State, leading the team with 23 points. Knight also added 14 points and came away with two steals.

Matt Aebersold recorded the only blocked shot for the Blue Devils in the game, while Hougan led the team with six total rebounds. Malik Jemison was the team's assists leader with five.

The Blue Devils finished their season with a record of 2-23 overall and 2-16 in conference play, with both wins coming over the Buffalo State Bengals.

WOMEN'S BASKETBALL

Fredonia State's women's basketball team also capped off their season this past weekend.

On Friday, Feb. 17, the Blue Devils hosted the SUNY Geneseo Knights and fell by a score of 77-47.

Leading the way in scoring for Fredonia State was Laurell Brown with 14 points, while Mary Culeton and Caitlin Snyder each added four rebounds, with Culeton and Brown each blocking a shot.

Kyla Smith and Allie Wandell each recorded three assists, while five Blue Devils came away with one steal each.

On Saturday, Feb. 18, the Blue Devils concluded their season with a 65-51 loss to the SUNY Oswego Lakers in a game that was tied at the end of the first quarter.

Brown again led the way in scoring for Fredonia State with 14 points, while Wandell recorded eight rebounds and Alena Wright blocked two shots.

Culeton, Amber Louis and Sarah Seaman each recorded two assists in the game while Culeton, Brown and Renee Park each had two steals.

The Blue Devils finished their season with a record of 5-18 overall and 2-16 in conference play, with four of their five wins coming at home.

MEN'S SWIMMING AND DIVING

Fredonia State's men's swimming and diving team concluded its season this past week with the SUNYAC Championships at Erie Community College in Buffalo.

The championships started on Wednesday, Feb. 15, and the Blue Devils competed in two relays that night. In the 200 medley relay, a team of Patrick McCrone, Tyler Conti, Noah Wisniewski and Aaron Burkett came in seventh with a time of 1:41.05.

Continued on page 25.

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Squaring up for senior season with the women's basketball team

MITCHELL HORUCY

Special to The Leader

Usually this late in the season, Fredonia's women's basketball team would be gearing up for a senior night to celebrate the players getting ready to take the next step in their lives. But this year, things look a little different with no seniors on the team.

Fredonia was led by junior Renee Park who averaged 11 PPG, 4 RPG and 2 APG, along with about one steal per game. Freshman Laurrell Brown had a strong first season with 8 PPG, 4 RPG and 1 APG. Fellow freshman Amber Louis also had an impressive start with 8 PPG, 2 RPG and an assist this season. Despite having a record of 5-17, the team competed in almost every game they played.

Being led by four juniors, leading scorer Renee Park spoke about taking on the leadership roles on the team.

"It's definitely been challenging because we really don't have any more experience on the court than the sophomores do because we didn't have a season our freshman year," Park said. "It's been more challenging but we all go at it together and try to show them the right way to do things."

Park is a part of the class that came into college during the COVID-19 pandemic, causing them to miss their entire freshman season in 2020.

Fellow junior Caitlin Snyder added that this season they have emphasized holding their teammates accountable.

"We've had issues with cheering, not being loud enough," Snyder said. "We just try our hardest to lead by example."

Snyder added that former Blue Devil, Katie Smith, did a great job setting an example for her and her teammates on what a good leader looks like. They spoke about how Smith was always the last one on the court at practice, cheered for everyone and held everyone accountable.

With being a student athlete, it can sometimes be difficult to balance both school and sport responsibilities. Junior Hannah Potter explained how she balances between the two.

"I feel like once you start, you have a set routine of how much time you have in between," Potter said.

Park added that despite the extra stress you may have, it's nice to have basketball to be able to get the stress off your mind. Park, Potter and Snyder were all named to the Commissioner's List last season. This means they finished with a GPA of 3.3 or better.

Caitlin Snyder had an increased role this year for the Blue Devils. Snyder started ten games and averaged about 19 minutes per game. This was a big step up from her sophomore



Women's basketball juniors pose for Sports Information Office's Media Day. Back row of photo from left to right: Renee Park, Nagely Vazquez and Caitlyn Snyder. Front: Hannah Potter. Photo by KAYLA WELSH | Staff Photographer.

campaign where she did not start in any games and only averaged about ten minutes per game.

When asked what she did to prepare for this increased role, she talked about how she would spend more time in the gym shooting and working by herself.

"I definitely did shoot around a lot more than I did in previous years. I actually stayed in Fredonia over the summer," Snyder said. "I would shoot in the gym by myself which was hard for me sometimes because I'm not a person that likes to do things alone but I knew I had to do it."

With another year under her belt, she plans to do the same thing this off-season to prepare for possibly an even bigger role for her senior season.

When asked about what made this year's team special, Park, Potter and Snyder were all quick to point to the close bond that the team has. They all spoke on how important team bonding is for their team.

The team would often have team dinners, they had a pumpkin carving night and a Secret Santa celebration. Over the summer when the team might not be together physically, they

make sure to stay in touch over social media. With the team being so young, it makes team bonding even more important knowing that the core will be together for years to come.

Playing a sport can also help an athlete learn valuable life lessons. A big lesson that Park, Potter and Snyder all spoke about learning this year was how to handle adversity.

“We’ve definitely just had to face a lot of adversity this year. And, just learning even though maybe we’re not the most successful team, you still have to work hard and yourself to put your best foot forward. No matter how tough it may be,” Snyder said. “You have to show up every day and do what you got to do.”

Potter added that she learned no matter what, you’ll always have people around you supporting you.

Continued from page 22.

In the 800 medley relay that night, the same relay team again finished seventh, recording a time of 7:27.45. The Blue Devils earned 24 points for each seventh-place finish.

On Thursday, Feb. 16, Conti competed in the 500 freestyle, finishing in 11th with a time of 4:54.41 and picking up six points.

In the overall standings, SUNY Geneseo captured their ninth straight conference title with a total of 1,058 points, beating out SUNY Cortland (691 points) and SUNY New Paltz (455 points). SUNY Fredonia came in eighth place with 170 points, ahead of Buffalo State who had 33.

WOMEN’S SWIMMING AND DIVING

Fredonia State’s women’s swimming and diving team finished its season this past week at the SUNYAC Championships at Erie Community College in Buffalo.

On Wednesday, Feb. 15, the Blue Devils relay team of Rachael Mayou, Kaylee Constantino, Mindy Doktor and Megan Orrange competed in the 200 medley relay and finished in sixth place with a time of 1:53.25.

Mayou, Orrange, Lilly Baer and Cleo McDermott also competed in the 800 freestyle relay, finishing in seventh place with a time of 8:40.90.

On Thursday, Feb. 16, Mayou competed in the 500 freestyle, coming in seventh with a time of 5:26.60 and picking up 12 points.

Kayla Hagen qualified for the A final in the 50 freestyle, finishing sixth in that final with a time of 24.93. Doktor competed in the B final and finished fourth (12th overall) with a time of 25.56.

Overall, SUNY Geneseo took home the championship with 1,017 points, marking fifteen consecutive conference titles for the Knights. SUNY Cortland came in second with 573 points while SUNY Brockport placed third with 457 points. Fredonia State finished sixth out of nine teams with 237 points.

Be sure to tune into Big Blue Sports Podcast from 3 to 4 p.m. each and every Wednesday! Each week, Matt Volz dives into what’s going on with each of our Blue Devil teams, as well as professional sports. The podcast provides insights and opinions, with the addition of fun tidbits and tangents related to all things sports! You can listen live on WCVF 88.9 FM or stream live on fredoniaradio.com.

Despite not having the best season record wise, the team has reason to be optimistic about next season. As previously mentioned, the team has no seniors meaning that everyone will return. Park mentioned that it’s important that they are all returning. Adding another year of chemistry under their belt can only lead to more team bonding during the next season.

Park, Potter and Snyder were all in agreement that their favorite game of the season was their first SUNYAC win which came against Plattsburg at home. They mentioned that the crowd was into it, the game was very competitive, but in the end they were able to walk away with a big win over a conference opponent.

Despite the season not going their way this year, there’s a lot to be optimistic about as this season comes to a close and the team looks towards the future.

HOCKEY

The Blue Devils hockey team wrapped up its regular season this past weekend with two road matchups.

On Friday, Feb. 17, Fredonia traveled to SUNY Cortland and fell to the Red Dragons by a final score of 8-1.

Junior forward David Sudbrink scored the only goal of the game for the Blue Devils. Defenseman Johnny Aonso recorded the lone assist.

Fredonia goalie Logan Dyck was pulled midway through the second period after surrendering five goals on 20 shots. Senior Dalton Jerzak played the rest of the game, stopping 14 of 17 shots.

Red Dragons goalie Luca Durante stopped 21 of 22 shots in the win.

On Saturday, Feb. 18, the Blue Devils finished their regular season with a 9-0 loss to the SUNY Oswego Lakers in Oswego, a game that saw three different Fredonia goalies.

Dyck was pulled at the end of the first period after allowing four goals on 17 shots. Freshman Charles-Anthony Barbeau stopped 17 of 20 shots in the second period before being lifted. Jerzak played the third period, making 16 saves on 18 shots.

Lakers goalie Cal Schell stopped all 20 Fredonia shots for the shutout win.

The Blue Devils finish their regular season with an overall record of 7-17 and a 5-11 conference record.

Fredonia State enters the SUNYAC playoffs as the sixth seed, and they will travel to SUNY Geneseo to play the third-seeded Knights in their first round matchup.

Puck drop is slated for 7 p.m. on Wednesday, Feb. 22.



President Kolison kicks off semester with Super Bowl shindig

WILL KARR
Editor in Chief

Watching sports is about more than just merely the game; it's about the sense of community that develops from it. This year, SUNY Fredonia President Stephen H. Kolison Jr. hosted a Super Bowl Party, bringing students, staff and community together for a Sunday evening in the Williams Center. The event featured game day foods, trivia and raffles.

"I am always interested in being committed to bringing faculty, students and staff together, including celebrating, eating and solving problems – building community," Kolison said. "... The Super Bowl became a top candidate for my goal of trying to build community."

Kolison is glad to see many events returning to campus as the pandemic prevented them from occurring for an extended period of time. He recently attended the Fredonia men's ice hockey team's Pink the Rink game at the beginning of this month, which he described as "tremendous."

Kolison hopes that the Super Bowl Party will become an annual tradition at Fredonia.

"[Campus] should be a home away from home for those that come from far away," Kolison said. "I don't want people on this campus to ever feel lonely, not connected or homesick to the point where they feel like they have to drive 50 to 60 miles away home."

Kolison then added, "We want to bring things here so this is the destination. ... This is all a part of making the campus the place of destination for students, faculty and staff, so you have to provide different opportunities for people to interact and connect. We want a vibrant community."



Attendees watch the big game, socialize and grab snacks at Kolison's Super Bowl party. All photos by DREW PALUCH | Photo Editor.

ON AND OFF THE FIELD

'King of Clubs' Sam Jackson balances three club sports

MATT VOLZ
Asst. Sports Editor

Whether it be Bo Jackson playing in both the NFL's Pro Bowl and the MLB's All-Star Game or Deion Sanders playing in an NFL game and a World Series game on the same day, we've seen athletes shine in multiple sports before.

But at Fredonia State, Sam Jackson may be one of a kind. He certainly is one-of-a-kind to each of the club teams he's on.

Jackson, a freshman from Rochester, N.Y., is currently a member of three different club sports: rugby, Ultimate Frisbee and soccer. How's that for keeping yourself busy?

"It's pretty hectic, actually," Jackson said. "It's just for fun, it keeps me in motion."

As a former high school football player, Jackson says it would have been weird to be at college and not compete in sports.

"I'm just a natural-born athlete. ... I like to compete," he said.

Jackson says that his days sometimes differ in how busy they are.

"I have days where I have classes starting at 11:00 a.m. and I don't get out until 8:30 p.m., and then I'm going straight to practice," he said.

On Thursdays, however, Jackson says he doesn't have classes, so he takes the day as a rest day to recover his body from playing three sports.

Bouncing back and forth and making enough time for all sports is sometimes a balancing act, as Jackson says he will sometimes have multiple practices on the same day.

"On Thursdays, we have rugby from 8-10 and I also have frisbee from 7-9, so I usually try to get to frisbee for a good hour or hour and a half and then show up to rugby for the rest of the time."

That's a sentiment echoed by Brandon Jeanotte, the captain of Fredonia's ultimate Frisbee club team.

"I've never seen anyone like Sam," Jeanotte said. "He is like an engine. He does like three practices in one day, and he'll be packing up in the last five minutes of our practice to get ready for rugby practice."

Jeanotte said that from the first time he met Jackson, he knew the importance of having him on the team.

"He immediately came in and everyone saw his athleticism, and it was just crazy because he said he was a part of rugby and rugby used to be a rival club of ultimate frisbee," Jeanotte said.

Jeanotte also speaks to the level of confidence that Jackson routinely carries himself with.

Jackson on the rugby field. GABE ROGERS | Special to The Leader.



Jeanotte said that Jackson has the same level of confidence on the field as he does off of it.

"I'd say he's this confident person on the field, and in his day-to-day life he's pretty confident too," Jeanotte said. "He's always smiling. ... Even when our team is losing a game, he's never putting his head down at all — he's rising to the challenge."

As the so-called 'King,' Jackson once wore a blanket in the style of a cape during a game in the cold and hail, Jeanotte said. Contrary to what the nickname might suggest, Jackson carries himself with humbleness, according to rugby teammate Isiah Goodrich.

"He possesses a modest opinion of his self image and importance while understanding he is not 'too good' for others," Goodrich said.

Goodrich also talks about Jackson's work ethic and how that applies not only to his sports, but his studies.

"For him to balance so much activity on his plate effectively showcases his ambition to succeed in every aspect," Goodrich said.

Goodrich sums up Jackson's personality by saying, "The passion and compassion he has for sports and those surrounding him is truly unmatched and helps portray all characteristics you would wish to have within your community, club or school."

With all the responsibilities Jackson takes on, it wouldn't necessarily be surprising to see three club sports be too much of a hassle. In this case, however, it appears to be the opposite.

Both Jackson and Jeanotte believe that the freshman's involvement has provided somewhat of a break from all the stresses and hardships of being a college student.

"He posts on his Snapchat all the work he's dealing with, so I feel like club sports for him and people in general is like an escape from all this workload," Jeanotte said. "Some people are always thinking about how competitive it is, how you have to put your mind to it. For him, it's like a mental escape. ... It's where he can be himself."

Jackson also believes that club sports have provided him with the motivation he needs to keep moving forward at times.

"I caught the flu last semester, and I just wanted to go home. But it was worth it being here with all the sports. ... I didn't feel like I was here not doing anything," Jackson said.

Many college athletes may be able to relate to Jackson in the sense that he uses sports as his main outlet to get through the stressors of college life. Most of them probably don't play three different sports, though.

"He just brings so much confidence to not only himself, but everyone around him," he said. "He got the nickname 'King' for a reason."

THE SCALLION

Satire for Fredonia



An open letter to students who are feeling a little silly

MEGAN KIDBY

Special to The Leader

Dear SUNY Fredonia,

My name is Megan Kidby and for those who do not know me I am the person who owns the laundry you put on top of the dryer because I took too long to grab it. I'm sorry; I'm just really really busy.

Today I am writing this letter to ask the great people of SUNY Fredonia to do me a solid. Please ... PLEASE just do something a little silly and stupid. The Scallion is running out of things to make fun of.

You all have to step up your game because we need content. The only thing we could possibly make fun of is the dog poop lying around in Alumni Hall and that's not really that funny it's just gross.

I know you Fredonia, and I know you've got some silly stupid cells running through your veins. You all cannot deny it. I see the Yik Yaks you post. What happened to the people setting fires? Where's the energy that the people who took the letters off of Mason Hall had? I haven't heard any fireworks being set off on campus either. COME ON EVERYONE!! We need the FREDFest spirit every week.

I really don't want to have to resort to clickbait article titles but I will. So unless you want to see "LOCAL COLLEGE STUDENTS BREATHE ON FOOD RESULTS ARE SHOCKING" across the Scallion pages, you have to bring your A-Game silly shenanigans. Clown around, and act as looney as you can. It doesn't even need to be a crime, it can just be something totally stupid. Just please do not harass anybody.

Love,
Megan Kidby <3

(p.s. The Leader and The Scallion do not condone crimes being done on campus. Being in an article published by The Leader article is not worth the possible jail time or fines.)



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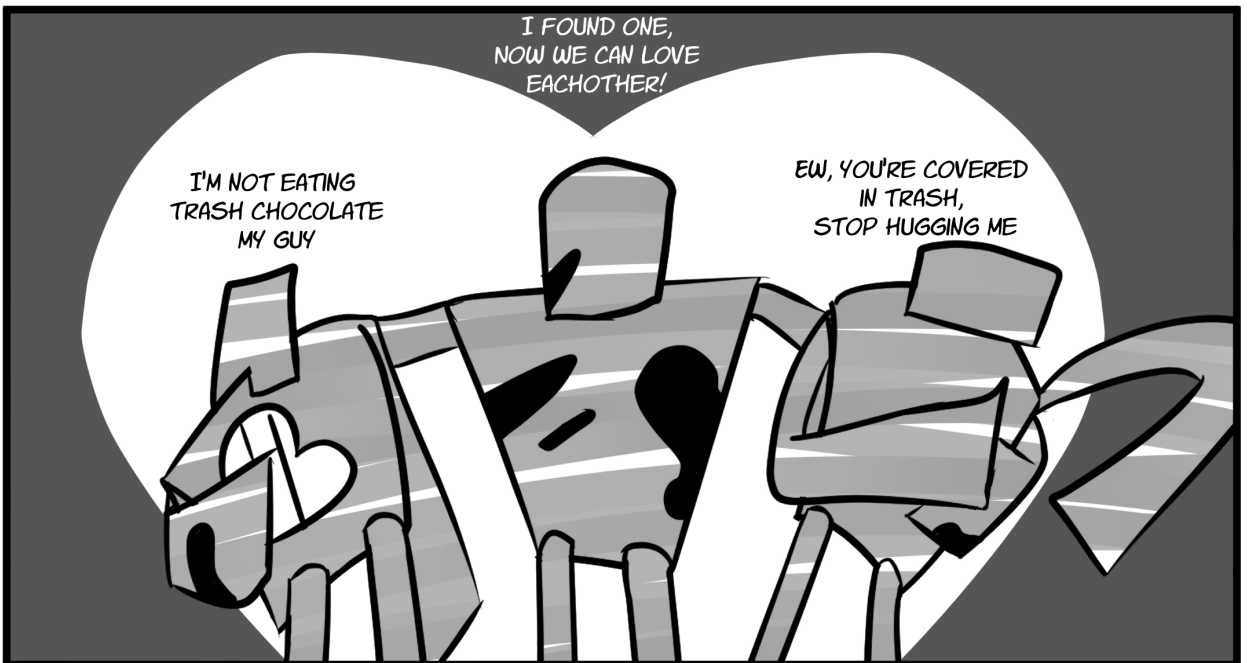
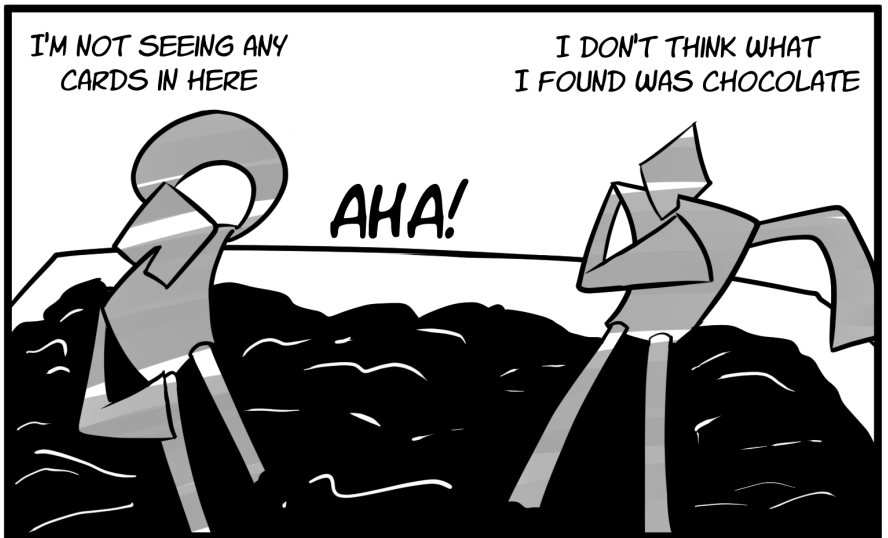
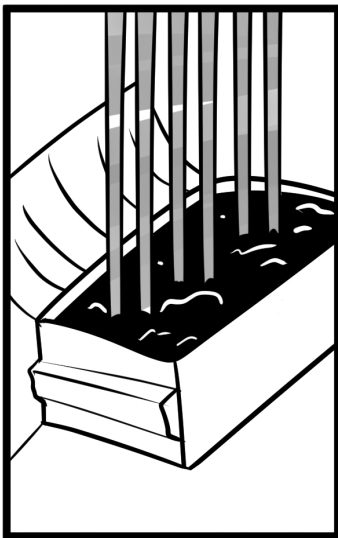
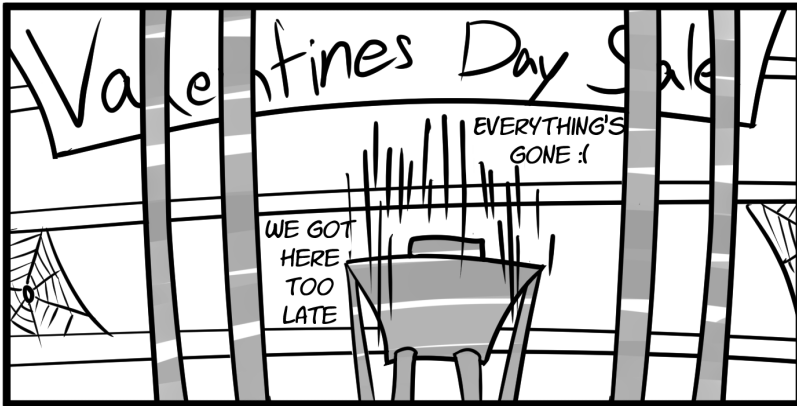
If you are a Junior (by credits), or first semester Senior (by academic acceleration) and you have made outstanding non-academic contributions to SUNY Fredonia, you are eligible to apply for induction into the Society.

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HOROSCOPES

JAY BYRON
Staff Scallywag

I'm back and you're happy about it!

This week, I'm telling you what article of clothing you are and why.



Aries

Jeans. There's so many different types of jeans. Some people hate you, some people love you. Either way, they're glad to have you in their wardrobe just in case they need you.



Taurus

Work boots. You're strong but also very stubborn. I don't know, it just makes sense.



Gemini

Jorts. You're jorts. Jean shorts. Not the booty short kind but the dad kind. You're just that kind of person.



Cancer

A choker! Self explanatory.



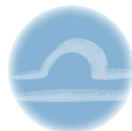
Leo

A ball gown.
You're just the life of the party.



Virgo

Booty shorts. You're ready to have it all hangin' out. As you should, bestie!



Libra

A plain T-shirt. You're the most reliable of them all. Very accessible. Very good.



Scorpio

A bangle bracelet. Oooh, how timely!
Interesting, even. Unique, possibly.
You work well with some and horribly with others. Find your neutral bangle spotlight!



Sagittarius

How do you keep your pants up? Belt.



Capricorn

Dress pants. You love looking like you're put together even though you definitely are not.



Aquarius

A scarf. You're a hipster from 2012.



Pisces

You're a hat. Any kind of hat, of course. You complete the fit.

