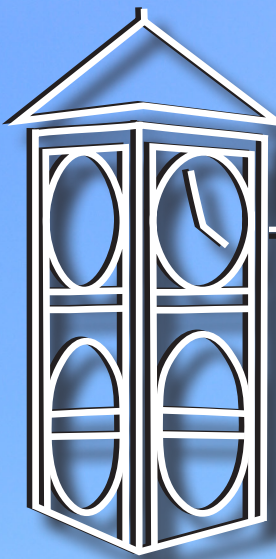


Summer 2023  
Orientation Issue  
Volume CXXX

# THE FREDONIA LEADER

SUNY Fredonia's Student-Run Newspaper



**Fun Around  
Fredonia!**

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**Reed Library Access and Resources**  
**Finding Food Options on Campus**  
**Wayne Seabolt: Always a Friendly Face in McEwen**  
**Kristin Kelemen Named Female Student AOTY**  
**Art in Italy: Contemporary and Historic**

[www.fredonialeader.org](http://www.fredonialeader.org)



@LeaderFredonia

# THE LEADER

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**Front and back cover: Freddy poses in front of the clock tower.** Photos provided by CHLOE KOWALYK | Editor in Chief.



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"Critics like to build you up, tear you down, and then, if you're lucky, build you up again." – Spike Lee

# FUN AROUND FREDONIA

## ALÉ HERREROS

Special to The Leader

New to campus? Looking for something fun to do after class? Check out this guide for fun around Fredonia!



### Local events in town:

Fredonia hosts a few festivals during the academic year that have booths that line the town square with local businesses, food vendors and musicians. It is a great way to spend the day with friends or to meet like-minded people. Look at the dates below and feel free to attend them.

For more information make sure to check out <https://festivalsfredonians.org/>

Fredonia Farm Festival, Aug. 25–27

Red, White, and Blue Festival, Sept. 8–9

Harvest Moon Festival and Tours, Oct. 20-21



### Events on campus:

Around campus, there are a few yearly events that are a perfect opportunity to meet other members of the FRED community, and maybe even make a few lifelong friends.

Down below are a few you should keep an eye out for.

Welcome Week hosted by Spectrum, Aug. 21–25

Rockin' the Commons hosted by Fredonia Radio Systems, Sept. 23

Terror in the Trees Hosted by Fredonia Immersive Theatre, dates to be determined.



### Want a sweet treat?

If you are craving a sweet treat, there are a few options to check out. Down below are some spots that Fredonia students recommend to grab a sweet treat for yourself and your friends.

Starbucks in University Commons (on campus)

Big Dipper Ice Cream Parlor (off campus)

Arctic Bites (off-campus in town)

Upper Crust Bake House (off-campus in town)

Om Nohm Bakery & Cafe (off-campus in town)

### Want to grab a bite?

If you're in need of a quick bite or even just want to sit down and eat with some friends, look no further. Down below are some places that local Fredonia students have recommended to get a bite.

Arctic Bites (Great place to get some bubble tea and sushi!)

Yokoso Japanese Steakhouse (Great fresh food with great lunch prices!)

DP Dough (Great calzones and has late hours for a late night bite!)

Fredonia Farmers Market 2022. Photos by CHLOE KOWALYK  
Editor in Chief.

# What is the Student Association?



Photo by DREW PALUCH | Photo Editor.

**DAN QUAGLIANA**  
Staff Writer

Every student, as part of their tuition bill, pays \$100 as part of the student activity fee. This is used to fund student-run clubs on campus. But who decides how much money each club receives?

That power falls to the Student Association (SA), the organization that is tasked with representing student interests.

Each class (freshman, sophomore, etc.) elects a class president, and then one class representative for every one hundred students in that class. For example, if there are 583 freshmen, the freshman class will elect one class president and five class representatives.

In order to run in an election, you must declare your candidacy. An email will be sent out by the Student Association at the end of August with instructions on how to do this. You can fill out a Google Form or sign your name in the declaration book in the Student Association office, located in room S226A-B in the Williams Center.

It is the duty of elected class presidents and representatives to attend the weekly SA meetings to vote on business that is brought up before the assembly. This can include bills, legislation or resolutions brought to SA by the campus community. These meetings are on Thursdays in McEwen G24 at 6 p.m., and all students, faculty and staff members are able to attend.

The four class presidents, as well as the SA president and vice president, also automatically become voting members of University Senate, the governing body on campus. This directly enables students to have a voice equal to that of professors and faculty members when dealing with matters of academic policy.

Student Association's main responsibility is coordinating and regulating the economic activity of student clubs. To more easily facilitate this, SA recognizes clubs in a tier system. In increasing order of responsibility, the tiers are: endorsed, provisional, acknowledged, chartered and constituted. When a new club is formed, it is automatically recognized as an "endorsed" club. To move up a tier, clubs must hold a certain number of campus events, and in return, they get more money to use.

At the end of every Spring semester, SA and constituted club representatives meet for GA Day, which is where the budget for constituted clubs for the upcoming academic year is decided. When a non-

constituted club needs money for a conference or event, they can request it from the appropriate financial account. SA representatives will then vote on whether to release the money or not. This must be done on a need-by-need basis — clubs can't request money just to hold on to it.

There is also a Student Association executive board, just like with every other club. You do not need to be a class representative to be on the E-board, although this is often the case. The E-board is tasked with running the meetings and making sure representatives are completing their obligations. Being a class representative does not automatically ensure you have a position on the E-board.

Aside from the E-board, there are also a number of committees that students can join. Again, you don't have to be a class representative to join these. The most important committees are the Budget and Rules committees, but there's other ones that deal with things from community relations to environmental sustainability.

Student Association also manages the campus and community shuttle bus. The bus stops at multiple points on campus, as well as points of interest around town, such as Walmart, the T.J. Maxx plaza and Fredonia High School. It reaches every destination roughly every hour, but it's best to consult the online schedule for specific times. You can also schedule specific pick-up and drop-off times and locations, but this requires coordination with the driver.

If you're looking to get more involved on campus, Student Association is the place to do it! It's the best opportunity to make a real difference and positively impact other students' experiences at Fredonia.

*Dan Quagliana, the author of this article, is currently the president of the Class of 2025.*

# Where can I eat on campus?

**CHLOE KOWALYK**

Editor in Chief

\*grumble grumble\*

It's been a long day of classes and activities, and your stomach starts rumbling; it's time for a snack.

But where can you eat on campus? What kinds of food can you get?

All dining halls and other eating facilities on campus are run by the Faculty Student Association, or "FSA" for short.

There are currently two major dining halls open, along with two cafes and a campus Starbucks location.

These eateries are available to all students, and have their own menu selections and open hours.

Additionally, they all accept student meal plans.

Here's a guide to what you can eat at SUNY Fredonia and where:

## Cranston Marché

One of the larger dining halls on Fredonia's campus is Cranston Marché.

This eatery is an all-you-can-eat dining hall that serves breakfast, lunch and dinner daily.

Students have several options to choose from for all their breakfast cravings, including made-to-order omelets, waffles, eggs, bacon, sausage and fruit.

For later in the day, students can find fresh salad, sandwich and pasta bars, as well as fresh meals from the grill, including chicken, veggies and fish as lunch and dinner options.

Cranston is famously known across Fredonia for "Burger Wednesdays" and "Cheesy Fridays," as well as having holiday celebrations with meals fitting the theme of the specific holiday.

In the past, Cranston has offered heart-shaped pizza on Valentine's Day, Mexican cheeseburgers, burritos, tacos and churros for Cinco de Mayo and succotash, cornbread and apple walnut bundt cake for Native American Heritage Month.

The dining hall has indoor seating and is located upstairs in the University Commons, making it a central location to many students.

## Willy C's

Willy C's, located in its namesake building "Williams Center," is a grab-and-go service that offers several selections.

Students use kiosks to customize and purchase their food, and then pick it up once their number, assigned with their order, is called.

Willy C's serves many food items such as burgers, fries, pizza, chicken wings, mozzarella sticks, pizza logs and soup.

The dining hall also has a deli option, where students can order completely customizable subs, sandwiches and wraps.

For a more unique option, Willy C's also serves sushi, fresh salads and all kinds of snacks, including chips, cookies, fruit, veggies, yogurt and muffins.

Willy C's also has a large seating area available to students, with televisions that can be controlled by the students located towards the back of the seating area. **Continued onto next page.**

# Meals & Points

## GUIDE



### Cranston Marché

Accepts meals and points!

Points pricing:

Breakfast: \$9.00  
Lunch: \$9.75  
Dinner: \$11.25

### Willy C's

Accepts meals and points!

Each meal is worth \$8.50 of food items

You can use points to cover what a meal doesn't, or use them for your whole purchase!





### Starbucks

Accepts meals and points!

Each meal covers \$6.00

Use points to finish your order after using a meal, to purchase your full order, or to purchase via instant coffee!

### Cafes

Accepts meals and points!

Meals at Mason and McEwen  
Cafe cover \$8.00

Great places to grab a snack and use up some extra points!





### C-Store

Accepts just points!

A great place to buy snacks for your room or simple grocery items!

Continued from previous page.

### Starbucks

Did you know that SUNY Fredonia has its own Starbucks? Just like Cranston Marche, Starbucks is located in University Commons, at the heart of campus.

The little coffee shop serves the same customer-favorite food and customizable drinks as other community Starbucks locations, such as strawberry acai refreshers, caramel macchiatos, Impossible breakfast sandwiches and all of your other favorites.

Fredonia is fortunate to hold the only Starbucks location in the area, making it a hot commodity among students and community members alike.

Those looking for a caffeine boost or a vivacious study space can find what they're looking for at the campus Starbucks.

### Convenience Store

Right next to the campus Starbucks is a convenience store stocked full of snacks, frozen dinners and necessary groceries.

The convenience store, also known as the C-Store, is a great place to spend your points or grab a quick snack on your way back from class.

Some options available at the C-Store include instant ramen, Ben & Jerry's ice cream, pre-made meals such as sandwiches and other snacks.

### Cafés Mason and McEwen

Besides Starbucks, SUNY Fredonia has two other cafés on campus.

One such eatery is Café Mason, located in Mason Hall, an academic building on campus. The other, Café McEwen, is located in McEwen Hall, another campus academic building.

These cafés offer brewed coffee, bubble tea, pastries, soups, sandwiches, salads and cookies.

Café Mason is located right in Mason Hall, an academic building on campus that holds mostly music-related classes. The café also offers a nice space for music students to study, converse and enjoy their snacks with one another.

Students can order similar café items at Café McEwen.

These cafés allow students to purchase food items without leaving the building they have classes in, making study sessions much easier.

Many of the above options offer vegan and vegetarian options.

Students can pick up a "Dining Vegan/Vegetarian at Fredonia" pamphlet in any of the dining halls to further understand how to accommodate dietary restrictions.

Students can also contact FSA or ask the employees for allergen advice and safe food options.

## Everything that Reed Library has to offer

**DAN QUAGLIANA**  
Staff Writer

Reed Library, named for former United States Congressman Daniel A. Reed, is one of the quietest buildings on Fredonia's campus. But that's not to say that there isn't anything happening there.

"One thing we want students to be aware of is that our library offers much more than just books," said Research and Information Literacy Services Librarian Christina Hilburger.

When doing research for a class, it's often required that students go beyond the short answers that Google spits out after a search. Reed Library offers students free access to academic and peer-reviewed online databases to use, available through the library's website, [fredonia.edu/library](http://fredonia.edu/library).

Librarians are also available to help with research appointments. During business hours, which are 8:30 p.m. to 4 p.m. on weekdays, students can make appointments to sit down with a research librarian and receive information and feedback about their work.

"We can help students with so many aspects of their research, [such as] identifying appropriate databases, search strategies and keywords. We have so many tips and tricks to make finding information easier!" Hilburger said. "We can even assist students preparing for presentations."

If students need a librarian's assistance outside of normal business hours, there's a 24/7 "chat with a librarian" feature on the website.

"Additionally, we can assist students in citation formatting

such as APA, MLA, Chicago, etc., and provide guidance on creating in-text citations and formatting reference lists," Hilburger said.

In addition, a citation guide is also available on the library's website.

None of that is to say that Reed Library doesn't offer plain old books, like any other library.

"Reed Library collects new materials, both in print and electronic formats, from a variety of vendors to support courses and curricula," said Associate Library Director Scott Richmond. "[We also have] a variety of specialized collec-



Photo by DREW PALUCH | Photo Editor



Photo by DREW PALUCH | Photo Editor.

tions, such as the Graphic Novel Collection and the Super Quick Skills Collection.”

The books in the library’s collection span every genre you can imagine, from nonfiction books covering almost every subject to epic fantasy and science fiction novels. If you can think of it, the library probably has it.

If the library does not have the book you’re looking for, or if it’s checked out by another patron, you can request it from another library. This process is called interlibrary loan, and while it’s not exactly a quick process, it can be incredibly useful.

Students can request books, articles, DVDs and pretty much anything in between (for free!) from not only other SUNY libraries, but from public libraries across the country.

“Students can also apply for a Chautauqua-Cattaraugus Library Card, and take advantage of the local public libraries in the Village of Fredonia and City of Dunkirk,” Richmond noted.

If you’re looking to do this, the closest public library is the Darwin R. Barker Library, located at 7 Day St. in the village, just south of campus.

The music library, located above the main floor to the left of the circulation desk, has a similarly extensive collection. “We have a ton of books, scores, and recordings based in jazz, folk music, musical theatre and popular music such as rock, hip-hop and R&B. We also provide online access to books, scores, sound/video recordings, articles, and more!” said Interim Music Librarian Katelynn Telford.

For vinyl lovers, there are over 7,000 vinyl records in the music collection, all of which are available to check out or listen to in the library.

“Reed Library is dedicated to representing diverse facets of the field of music,” Telford said. “We make an effort to acquire materials by, for, and about underrepresented groups.”

The music staff also hosts Reed Recitals, where music students can perform in the library and showcase their talents.

If you’re merely looking for a quiet place to study, the library has plenty of those as well. On the main floor, there are three study rooms against the back wall, bordering the Carnahan-Jackson Center, which sits at the rear of the library. In the music library, there’s a larger study room for group study sessions.

Speaking of the Carnahan-Jackson Center, there’s a wealth of resources available there as well.

Special Collections & Archives, located on the first floor, has some of the most interesting artifacts available on campus in its collection. Some of the Signature Collections in the archives are the papers of Austrian writer Stefan Zweig and world-renowned saxophonist Sigurd Raschèr.

Aside from the Signature Collections, the University Collections provide a glimpse of SUNY Fredonia’s history and development, beginning with the Fredonia Academy in 1826. The Local & Regional History collections show both the development of this area of Western N.Y. and “slice of life” perspectives from people living in the area over the past three centuries.

“We also house a really excellent art collection and an assortment of rare music volumes,” said Coordinator of Special Collections & Archives Mandi Shepp. “We are happy to help you explore the wacky world of specialized primary source research during your time at Fredonia.”

On the fourth floor of the Carnahan-Jackson Center lies the Tutoring Services and the Academic Advising Services. If you’re having trouble with a class or subject, student tutors specializing in almost every subject are available every weekday to help you learn the material. Academic advisors are available for both drop-in and scheduled appointments, not only to help students select their classes for upcoming semesters but also to help guide career advancement and the development of educational plans, according to their website.

If you’re not looking to learn something at any given time, Reed Library is also just a fun place to hang out with your friends. There’s a board game collection that’s available to anyone who wants to use it, if you need to unwind.

The library also has its own resident therapy dog, Clover. Every few weeks, Clover will make a pre-announced appearance in the library, where she’ll walk around, visit and interact with patrons and generally just be adorable.

If you want to get more involved in the goings-on at the library, there are a few options. Students can apply for a job there, although these positions are usually filled very quickly. When the library is hiring, there will be a notice on the website and flyers will be placed around campus. Don’t hold your breath on this, though — the hiring process starts at the end of the semester.

The library also has an Advisory Council for students to join, which serves as a “channel for communication between students and the library,” according to Hilburger. “The Council’s goal is to extend opportunities for students to engage with the library, provide feedback on improving services, spaces, and collections and offer a channel for discussing issues in the library that have an impact on students.”

While Reed Library might not be one of the loudest or most exciting buildings on campus, it’s certainly one of the most useful ones.

“We believe that libraries are the beating heart of campuses, and ours is no exception,” Hilburger said. “Library anxiety is something that a lot of students struggle with, especially new students. However, I want to emphasize that the Reed Library is a space for YOU. We want you to feel welcome entering the library, utilizing the study spaces, exploring the stacks, and asking questions. We invite you to explore all that our library has to offer and make it your own. We are here to support you throughout your academic journey.”

# Life & Arts

## Things to think about for move-in day

**ISABELLA INZINNA**

Special to the Leader

Bedding, check!

Toothbrush, check!

Batteries, che— wait those were left at home.

It's easy to forget some essential items when moving into your dorm room. However, we're here to make sure that doesn't happen. With a complete packing list provided by a mother of four, we have a fairly extensive list of everything you need for college.

Let's start with toiletries.

Think, things you would keep in the bathroom such as shampoo and conditioner. Basically anything you'd need to shower or brush your teeth. This would also include deodorant, perfume/cologne and Q-Tips.

Since you'll be in a dorm bathroom, you'll need a few extra things. A toothbrush cover is helpful if you're moving between your room and bathroom. A shower caddy can help transport all needed toiletries to the bathroom. Shower flip flops are recommended since all showers are shared.

The aforementioned mother of four, Theresa Merlini, recommends bringing at least five towels and 10 washcloths.

For the ladies, don't forget to bring any feminine hygiene products you might need. I promise it's easier to have some in your dorm than to run to Walmart.

If you wear makeup, you may also want to bring makeup wipes. For those with piercings, don't forget your cleaning solution. If you wear contacts, this is your reminder to make sure you have enough lenses to last you until you go home again.

Next we have first-aid items. Band-Aids are always good to have on hand along with some Neosporin. Definitely consider bringing a thermometer just in case you feel sick. This way, you can check if you have a fever. Decongestants and Tylenol also saved my life freshman year. Don't forget to bring your insurance card as well, just in case you need it.

There are also school supplies; this will differ based on your major and professor. Be sure to check every syllabus to see what supplies are required. However, it never hurts to bring pens, Post-Its, highlighters and at least one notebook.

Cleaning supplies are also important for keeping your dorm cozy and fresh. This can be as simple as a vacuum or a broom and dustpan.

Next up is bedding. Dorm beds aren't the comfiest, but adding a mattress pad can fix that. Other than a mattress pad, these are some items you use to make your bed: sheets, pillows, pillow cases, etc. Also, winter in Fredonia can be cold, so bringing a nice fuzzy blanket definitely wouldn't hurt.

Aside from that, bring two sets of sheets. This way you can change your sheets without stressing about washing them the very same day.

Speaking of laundry, a good recommendation is to use laundry pods. It's a lot easier to bring a detergent pod to the laundry room rather than a bottle of detergent. You don't want to forget to bring hangers either so your clean clothes can go right in your closet. If you wear a lot of delicate clothes, a foldable drying rack is a must-have.

Moving on to electronics, there are a few fire safety rules to keep in mind. Rule number one is no extension cords, but fear not: power strips are allowed. It is recommended to find a power strip with a longer wire. On another note, batteries are always good to have on-hand.

Finally, don't forget your laptop. Laptops are essential to most college courses.

For those who cannot afford a laptop, Fredonia offers a Laptop Program that allows students to use financial aid to purchase a school laptop or rent one through the college.

More information regarding this program can be found on the college's website, fredonia.edu through ITS services.

Let's not forget the miscellaneous items. The first few weeks of the semester, it is boiling hot, so bring a fan! You'll also want a mini-fridge to keep cold waters and refrigerable food.

It's always nice to have a microwave as well. Some other things you don't want to forget are a flashlight and umbrella.

If your phone is dead and you need some light, having a flashlight can be helpful.

Lastly, the fun part of move-in: decorating! You'll want to bring some decorations from home to make your dorm room feel like your own. To hang these decorations bring command hooks/strips.

We hope this move-in guide can take some of the stress out of move-in day. Good luck!

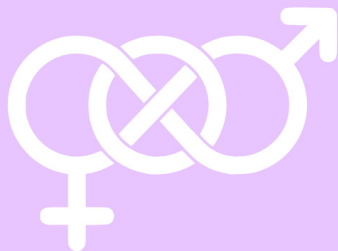


Graphic by NICOLE THORSON | Art Director.



# Gender-neutral bathrooms on campus: a comprehensive guide

## Restrooms



## Available

Graphic by CHLOE KOWALYK | Editor in Chief.

**JACE JACOBS**

Asst. Scallion Editor

At SUNY Fredonia, an expansive number of academic buildings proudly boast gender-neutral restrooms, serving as a source of safety and comfort for transgender, gender nonconforming and disabled individuals, alongside the entire student body.

While these amenities are widely available, certain spaces prove more accommodating for use than others. This article serves to guide readers through a tour of the bathrooms which have been personally utilized, categorized by their locations.

### **Mason Hall:**

This building functions as the main hub of the School of Music and has recently incorporated a gender-neutral restroom into its amenities. The aforementioned restroom is situated on the first floor of what students call “New Mason,” adjacent to the percussion practice rooms. It boasts wheelchair accessibility and is quite spacious. Albeit lacking a hook for storage of student backpacks, the facility is equipped with handrails and provides a very private experience.

### **McEwen Hall:**

McEwen serves as the location of SUNY Fredonia's library and communication department, equipped with two gender-neutral restrooms situated on the first floor, another on the third floor and an additional one on the ground floor.

I have personally used only one of these restrooms and am unaware of the precise locations of the others, which highlights a major flaw in the locations of many restrooms; if students are unable to find them, they are not truly accessible.

The restroom I have utilized is directly opposite the library and is situated next to a pair of vending machines, accounting for the high volume of daily traffic of both students and visitors and thus resulting in limited availability of the restroom.

This predicament is heightened if students are hoping to

use the facility during the brief period that separates their classes.

Additionally, as it is frequently employed, the restroom may not always be well-maintained. There are also no hooks present for students to hang their belongings. Although this restroom in McEwen is relatively small compared to others on campus, it has the same features and provisions for easy access.

### **Rockefeller Arts Center:**

This academic building features eight gender-neutral lavatories, in addition to various performance venues.

One restroom is situated on the ground floor, two are on the second level, and five are on the plaza floor of the building. I have used five of these restrooms, but as for the remaining three, I am unaware of their whereabouts.

The ground-floor restroom is located near the administrative office in the “basement” of Rockefeller, as many students designate it. Due to its secluded position in a hallway, it may elude new students. Furthermore, the doorstep is often left down, impeding accessibility. Nevertheless, it is spacious and furnished with toilet handrails as well as a hook for backpacks.

On the plaza floor, which is generally regarded as the “first-level” by most students, I have frequented three lavatories. One is the gender-neutral restroom that students in Rockefeller are most familiar with, situated between two sculpture exhibits. This facility is often used and rightly so, as it is spacious, equipped with standard handrails next to the toilet and outfitted with a hook for personal items. Although it may be slightly neglected at times, it is generally well-maintained.

Another restroom can be found in the lobby of King Concert Hall, tucked in a corner close to the coat check. This lavatory is seldom used, which means it is typically very clean.

The door to the lavatory remains shut unless the handicap button outside is pressed, which automatically opens it.

Despite this convenience, when inside, the door must still be locked, confusing many first-time users. This lavatory is unique in that it has central heating, small drinking cups, and a vent that pipes in sounds from the recital hall.

Although it does not provide a hook for belongings, it is spacious and includes standard handrails next to the toilet.

Lastly, another restroom can be found in the lobby of the Marvel Theatre, hidden behind a wall adjacent to the ticketing desk, which makes it challenging for many patrons to locate.

This lavatory is also spacious, outfitted with typical handrails, but no bag hook.

The gender-neutral bathroom I have utilized on the second floor of Rockefeller is another facility frequented by multiple students. Situated across from the costume shop, it is smaller than the others in the building. It still includes standard handrails and a bag hook.

Although it is often occupied, it typically remains very hygienic.

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### **LoGrasso Hall:**

LoGrasso Hall, which houses both the Student Health Center and Student Counseling Center, features three gender-neutral bathrooms on its first floor. I have utilized one of these bathrooms, specifically in the Counseling Center lobby.

While this particular restroom is conveniently located near the offices of each individual counselor, it lacks a hook for students to place their belongings on and often experiences shortages of soap and paper towels.

Furthermore, the limited size of this restroom may pose challenges for wheelchair users, despite its technical compliance with accessibility standards.

### **The Williams Center:**

The Williams Center features a pair of gender-neutral bathrooms on its first floor. Of these two restrooms, the one that is situated near the Welcome Center is frequently occupied throughout the day. This particular bathroom is significantly well-known on campus because of its central location and accessibility. This spacious restroom includes a bag hook on the back of the door, as well as handrails next to the toilet. It should be noted that despite its popularity, the restroom is usually kept quite clean, although at times it may appear slightly untidy.

### **Residence Halls:**

Each residential building is equipped with at least one gender-neutral bathroom situated on its first floor. Within corridor-style structures, such as Nixon Hall, said facilities can be

found adjacent to the RA desk, a common area or in the lobby area. Similarly, suite-style buildings, like Kasling Hall, often house gender-neutral bathrooms in their communal kitchens or within a hallway near the RA office. It is common for many of these buildings to offer gender-neutral facilities within their basements, particularly if the space has been designated for activities. One example of this is the gender-neutral bathroom near the gym located below Schulz Hall.

### **Other gender-neutral restrooms:**

As a transgender individual, I have had the opportunity to utilize a significant proportion of the gender-neutral restrooms available on campus. However, I acknowledge that my personal encounters are not all-encompassing, and there exist additional gender-neutral restroom provisions across various other buildings.

The list below includes every gender-neutral restroom on campus not mentioned above:

Carnahan Jackson Center: Fourth floor  
 Fenton Hall: Second floor  
 Houghton Hall: First floor  
 Thompson Hall: First and third floor  
 Alumni House: First and second floor  
 Butler Building: First floor  
 Childrens' Center: First floor  
 Erie Hall: First floor  
 Incubator: Second floor  
 Maytum Hall: Ground and fourth floor  
 Services Complex: First floor  
 University Stadium: First floor

## **McEwen Hall's kind-hearted custodian**

### **JORDAN BUDD**

Special to The Leader

Wayne Seabolt, a custodian at SUNY Fredonia, had walked 10,000 steps or more for 695 consecutive days. That's almost two years straight of stepping more than three times the amount of an average American.

This fine streak came to an end when Seabolt took a medical leave at the start of the Spring 2023. He has since returned to his work, inspired to start a lofty, new stretch of steps.

The custodian, who has moved around a lot within his 22 years of work at Fredonia, originally came to McEwen Hall looking for a change in scenery.

Seabolt quickly found fresh faces and different people to interact with. After a few years of McEwen experience under his belt, the custodian finds it to be one of the friendlier environments he's worked in.

Seabolt said, "As far as students and staff go, everybody's kind, courteous to one another, easy to talk to [and] easy to approach."

The feelings are mutual from the communication department faculty, whose offices are located in McEwen.

Julie O'Connor, the department's secretary, said "Wayne's great," describing the custodian as someone who is "awesome to work with."

Angela McGowan-Kirsch, an associate professor in the de-

partment, finds Seabolt to be more than helpful when it comes to locating office equipment and furniture.

Throughout his routine, Seabolt goes out of his way to help those around him. McGowan appreciates how the friendly colleague has tended to Room 201, a space she often teaches in. Seabolt updates the desks, turns the heat and lights on in the morning and always makes sure that the room is ready for students to use.

Cleaning the room beforehand isn't a part of his job, but that doesn't stop Seabolt from taking the extra step forward.

Professor Mike Igoe sees Seabolt as someone who has made his mark on the department, describing the hard worker as consistent, accessible, congenial and respectful.

"If you have a need, not only is he willing to do it for you, he takes care of it right away," Igoe said. "He's always pleasant to talk to. He always says hi to you ... and spends a few minutes chatting with you."

McGowan said Seabolt often wraps up their conversations saying, "I hope I didn't talk your ear off," even though she certainly doesn't mind making conversation with the good-hearted man.

Seabolt appreciates his move to McEwen, admitting that it's a lot easier to get his work done in a positive environment. In this way, his motivation stems from the simple fact that he enjoys coming to work.

His ambitious stride only increases when he gets off of work,



Photo by DREW PALUCH | Photo Editor.

as he takes the same Merrell hiking boots he wears in McEwen to the trails. He exercises these daily 10,000-step efforts while exploring local trails with his fellow adventurer and wife, Kim Seabolt.

The two have taken a liking to nature blog, Outside Chronicles' WNY Hiking Challenge, a coordinated effort to provide the tools, education and motivation to get people on the trails.

The blog has raised over \$235,000 for local environmental projects. The Seabolt couple are a part of that worthy endeavor.

The rhythm of Seabolt's steps isn't the only beat that keeps him going.

Nine Inch Nails, Spoon, Queen, Slipknot, Cage the Elephant, Beck, Aerosmith, Bob Seeger, Rob Zombie, Keith Urban and Billy Idol are only a fraction of the artists Seabolt has seen live in concert.

He's excited to talk about his seemingly never-ending list of concert experiences. Seabolt centers on alternative rock, but likes all types of music.

His love for music is often expressed when his sanitation route meets the campus radio station.

While working at the station over the summer, Halle Cook, a senior education major, was lonely in the McEwen-turned-ghost-town.

She says that Seabolt "was a very kind man and he kept [her] company during those dull three months."

She always looked forward to his visits during the summer

and made plenty of conversations with the custodian. They talked about the history of Fredonia, his holiday blow-mold collection, plastic decorations that went out of style in the inflatable era, his travels and, of course, the WNY Hiking Challenge.

The two hikers connected. Hearing all about the local trails from Seabolt, Cook was interested in the challenge.

She said, "Instead of telling me to register and buy the map, he comes into the station the next day with a big fat stack of papers. All of them were maps for trails ... Wayne copied his whole packet just for me."

Cook describes how special the packet is, as it includes "hidden treasure trails" — ones you would only know about with the map in hand.

She really appreciates this act, as she's already working her way through some of the paths.

Thinking back on these experiences, she couldn't help but smile. Thanks to Seabolt, there was always someone checking in on her, making sure the station was okay and that she wasn't too lonesome.

Cook said, "He [tended] to say during our conversations, 'I'm talking your ear off aren't I?' and then start to get up. He had no idea how much I looked forward to having a friend come and visit me."

If you're lucky like Cook and happen to strike up a conversation with Seabolt, you'll likely get a sense of his devotion to family.

Cook says that Wayne "loves his family and you can tell when you talk to him. He loves talking about his kids and his wife. They are good people, you can just tell."

The custodian, a family man at heart, originally came to work at SUNY Fredonia in order to spend more time with his three kids.

In particular, he and his daughter bond over their shared love for music. They take turns seeing each other's favorite bands live.

They've got a good thing going, Guns N' Roses for her, Red Hot Chili Peppers for him and Slipknot's Knotfest for the both of them.

He often listens to music at work as well, shuffling through a broad variety of genres on Pandora. Who knows what tunes he'll get into on a day-to-day basis?

If you're up early at McEwen with a stroke of good fortune, you'll cross the likable Seabolt.

There's no telling what help he'll be providing, coasting around on the floor cleaner, carefully handling the wastebaskets or maybe even brewing up a fresh cup of joe in his basement-located office.

One thing is for sure: his pleasant greetings, easygoing conversations and dedicated efforts are diligently ready to brighten your day.

If he bids you farewell saying that he "talked your ear off," be sure to let him know how you really feel, as we could all learn a little from Seabolt's kind personality.

Don't be afraid to "talk his ear off" as well, as multiple sources mention positive experiences in their impromptu conversations.

If we follow in his goodwill-filled footsteps, the campus would change for the better.

Thanks, Wayne.

# How to join **The Leader**, SUNY Fredonia's student-run newspaper

**CHLOE KOWALYK**

Editor in Chief

**ABBIE MILLER**

Managing Editor

Enjoying this informational guide about Fredonia?

The news magazine you are currently reading is created by a group of students in a club called "The Leader."

The Leader is SUNY Fredonia's student-run, award-winning newspaper. We create several papers each semester that highlight campus news, events and fun things happening around campus.

We are always looking for more students to join, so if this seems interesting to you, keep reading to learn more about what we do!



Photo by DREW PALUCH | Photo Editor.

## What experience is required to join The Leader?

You do not need to be a specific major to submit work or join The Leader. All students, no matter what class level they are in, are welcome to join as well! No prior experience is needed at all.

Students can be involved as much or as little as they please, but we greatly appreciate regular contributors, as they are likely to move up to an e-board position in the future.

The Leader hopes to teach students about journalism, photography, art and other related skills within our college environment.

The skills you learn at The Leader look great on a resume, no matter what field or career you hope to go into in the future.

## Writing for The Leader

The Leader has five different sections students can write for: News, Life & Arts, Sports, Opinion and The Scallion, our satire section.

News focuses on important and time-sensitive articles that pertain to current events happening around campus and the

community. While not officially voted into his position just yet, the upcoming editor of the News section is Dan Quagliana. If you're interested in writing news stories, reach out to our Editor in Chief, Chloe Kowalyk, via email at [ckowalyk@fredonia.edu](mailto:ckowalyk@fredonia.edu).

Life & Arts features all the fun events, campus activities and student life articles our contributors write. In the past, we have covered the campus drag shows, local music scene shows, popular club events and different things happening around campus. Life & Arts is a great place to start, as just about anything you write can fit into this section.

Our Life & Arts Editor is EJ Jacobs. If you're interested in contributing to this section, you can email her at [erjacobs@fredonia.edu](mailto:erjacobs@fredonia.edu).

The Leader's Sports section covers exactly what the name implies: sports. We feature both varsity and club sports, athlete profiles and stunning sports photography. If you like athletics, and you'd like to try your hand at covering local games and other sporting events and news at Fredonia, contact our Sports Editor Matt Volz at [mvolz@fredonia.edu](mailto:mvolz@fredonia.edu).

Our opinion section is your place to speak your mind. We frequently have students submit their own opinion pieces, highlighting things they love or things they wish could be changed around campus. We also feature student-run columns, such as an art column by student Jimmy Keller and an anonymous love and relationship advice column.

For the first time in quite some time, The Leader is going to have an Opinion Editor. While she is not officially elected into her position just yet, Marissa Burr will be filling in!

If you've got something on your mind, reach out to Kowalyk, as stated above, for more information.

Finally, if you're feeling silly, The Scallion, a play on popular satire site The Onion, is your place to be. The Scallion features parody and satire content that jokes around about Fredonia and the life of college students.

The Scallion typically features comedic articles, a horoscope with every issue and even student-made comics. If this sounds fun to you, reach out to our Scallion Editor, Megan Kidby, at [mkidby@fredonia.edu](mailto:mkidby@fredonia.edu).



Photo of The Leader's "Flyers" at the FRS Field Day | Spring 2023.

### Photography

The Leader takes pride in the impressive photography our photographers submit to each issue.

If you like taking photos, The Leader often accepts galleries of campus events and happenings. We also need photos for many of our articles.

While we do not require all photographers to use professional-grade cameras, good quality and unique shots are a necessity.

Taking photos for The Leader is a great way to experience local events and even get your work published in a real publication.

Our Photo Editor is Drew Paluch. If you're interested in getting some sharp shots for our paper, contact Paluch at [dpaluch@fredonia.edu](mailto:dpaluch@fredonia.edu).

### Graphics and art

Just like with photography, The Leader loves to feature unique art and graphics created by students.

With many of our articles, we feature corresponding graphics and other art pieces such as infographics and timelines.

Additionally, those interested in making comics or other art-related features can find their home at The Leader's art department.

Our current Art Director is Nicole Thorson. If creating art and getting it published is interesting to you, contact Thorson at [nthorson@fredonia.edu](mailto:nthorson@fredonia.edu).

### Design

The design and layout of the pages you are currently looking at were also created by fellow Fredonia students!

For graphic design lovers, The Leader has its own design department.

The Leader carefully puts together each issue through Adobe InDesign. Each page spread, photo placement and color scheme is decided by the Design Editor.

Designers can gain experience using Adobe software and have the opportunity to publish work to call their own.

The Leader's current Design Editor is Henry Domst. If you're interested in helping put the paper together, reach out to him at [hdomst@fredonia.edu](mailto:hdomst@fredonia.edu).

### Business and advertising

If writing and art aren't quite your thing, The Leader also has opportunities available in business and advertising.

The Leader hopes to garner ads for each issue we release, which helps us form relationships with local businesses and earn money for the club.

Business managers are responsible for filling out paperwork and creating the budget for the paper.

Both the Business Manager and Advertising Sales Manager positions are open. If you're interested in pursuing this resume-building opportunity, contact Kowalyk at [ckowalyk@fredonia.edu](mailto:ckowalyk@fredonia.edu).

### Social media

Social media is one of the most fun, yet important aspects of The Leader.

Currently, we post mostly on Instagram (@leaderfredonia) and Facebook (@leaderfredonia), as well as Twitter (@leader-

fredonia).

Our social media team creates stories, posts and even Reels to advertise upcoming issues and articles.

The Leader's current Social Media Manager is Audrey Erickson. If you're interested in working in social media and creating unique posts, email Erickson at [aerickson@fredonia.edu](mailto:aerickson@fredonia.edu).

### Other opportunities

The Leader offers so many more opportunities.

For instance, those interested in web design can help update our website and post articles and other content on our website, [fredonialeader.org](http://fredonialeader.org).

Those interested in copy editing articles can contact our Chief Copy Editor, Sierra Mills, at [snmills@fredonia.edu](mailto:snmills@fredonia.edu) to help us edit our content.

There are also opportunities within event planning and public relations. Email Netasha McIntosh, our Public Relations Director, at [nmcintosh@fredonia.edu](mailto:nmcintosh@fredonia.edu) for more information.

In addition, all of the above positions are always accepting assistants and more help!

If you're interested in joining The Leader in general but do not know where to start, contact Editor in Chief Chloe Kowalyk at [ckowalyk@fredonia.edu](mailto:ckowalyk@fredonia.edu) or Managing Editor Abbie Miller at [abmiller@fredonia.edu](mailto:abmiller@fredonia.edu) for more information.



Photo of The Leader at Lakeshore Humane Society | Spring 2023

### Final thoughts

The Leader is a fun, hardworking club on campus that is open to everyone. The representation of every student is a staple within this newspaper, as its writers acknowledge the thoughts and beliefs of members of the student body.

Members of The Leader can take pride in the contributions they make both on and off of Fredonia's campus. The Leader is a way for students to permanently leave their mark at Fredonia while also making connections and gaining experience they will carry with them for the rest of their lives.

The Leader provides an outlet for its members to get a break from their coursework by embracing their creativity and voicing the ideas that they find important.

Students are often told to take advantage of every opportunity that they are given. The Leader presents each and every student with the chance to immerse themselves in the campus community, making unforgettable memories and getting the most out of their college experience along the way.

# SPORTS

## Kristin Kelemen named female student athlete of the year

**CHLOE KOWALYK**

Editor in Chief

Finding a balance between athletics and the academic course load of a college student can be quite challenging.

But Kristin Kelemen, a recent graduate of SUNY Fredonia, has mastered the craft.

Fredonia Athletics has recently given Kelemen the honor of Female Student Athlete of the Year.

Kelemen graduated this past May with both a Bachelor of Arts and a master's degree in English adolescent education in just four years at SUNY Fredonia.

Kelemen was heavily involved while attending Fredonia. She worked as an English/writing tutor at the college's Learning Center and was a member of Sigma Tau Delta, the International English Honor Society.

On top of her academic work in the college of education and as a peer tutor, Kelemen was also a college athlete.

She said that she was "a three-season student athlete, running cross country, indoor track and outdoor track. I was also captain of [both of] the women's teams."

Kelemen's dedication to both athletics and academics and her success within both is what earned her the Female Student Athlete of the Year dedication.

"I was truly honored to receive this award," Kelemen said. "Not only was I honored to receive such a distinction, but it was really special to be recognized for two facets of my life that have defined me for quite some time: athletics and academics."

For Kelemen, being a student athlete heavily impacted her time at Fredonia.

"I think it allowed me to form connections with people from a variety of backgrounds, be pushed outside of my comfort zone and partake in experiences that I wouldn't have been able to if it were not for being a student athlete," she said.

Plus, being a student athlete allowed Kelemen to make

unique memories she'll take with her throughout the rest of her life.

Kelemen said her favorite athletic memory at Fredonia was getting to compete at the SUNYACs last year.

"Not only was I surrounded by some of my best friends, I was able to compete at a high level and make memories that I frequently think about," she said.

Academically, Kelemen said she really enjoyed her experienced student teaching.

Getting involved in athletics at Fredonia is something Kelemen would recommend to all incoming and current students.

"The lifelong connections and memories they'll make can't be recreated anywhere else than with your teammates hanging out, on a long bus ride to a far away competition or during a grueling practice," she said.

While being a student athlete is a fun and rewarding experience, it does come with some challenges.

Many student athletes find it difficult to balance their sport with class.

"Although it sounds cliché, my number one piece of advice for student athletes would be to manage your time and, specifically, make time for athletics and academics," Kelemen said.

Kelemen explained that "compartmentalizing" is key to success as a student athlete.

Students can compartmentalize by focusing only on athletics while at practice or competing, and only on academics while in class or doing homework.

"I know this is easier said than done, but I found that this approach helped me to be successful both athletically and academically," Kelemen said.

Now, as Kelemen leaves Fredonia as a successful student athlete, she'll be entering the world in a career she loves.

Kelemen said she recently accepted a job teaching English at a high school in Western N.Y.

"With that being said, I am going to spend the summer traveling and setting up my classroom before starting school in September," she said.



Photo by ETHAN YANNIE  
Special to The Leader.

# Exploring your consciousness through yoga with Monica deMello-Paterson

**EJ JACOBS**

Life & Arts Editor

Before you really start this article, take a second to breathe, look at your surroundings and be conscious of how you feel on both the inside and out.

In Monica deMello-Paterson's PHED 127 yoga class, students are taught to look both inward and outward.

When students come to the mat, they all bring something different. They all have a different set of skills, as well as a path of how they got to where they are today, both metaphorically and physically.

In the classroom, she prefers to go just by Monica.

DeMello-Paterson is a woman of average height. She has salt and pepper-colored hair. You can always catch her wearing a lot of layers.

One way she presents her individuality is with a toe ring and a few smaller tattoos.

DeMello-Paterson's story of how she got to the mat is unique, as is everyone's story.

She has called many different places home throughout her lifetime.

However, she does not consider herself to be from any particular place; rather, she is from Earth.

"I really don't feel like I'm from one particular place," she said. "I spent a good deal of time in various places; that has definitely shaped me."

DeMello-Paterson was born in Rio de Janeiro, Brazil in the 1960s. When she was six months old, she moved to Philadelphia for a short period of time, and then to Alaska.

After spending time in Alaska, she moved back to Philadelphia for a year. She then moved to Germany, where she lived on an Army air base for four years. Because her dad was in the Army, the family moved around a lot.

"That really shaped a lot of my sensibilities about the world and people," deMello-Paterson said. "Army air bases are a great place to observe the smorgasbord of various cultures."

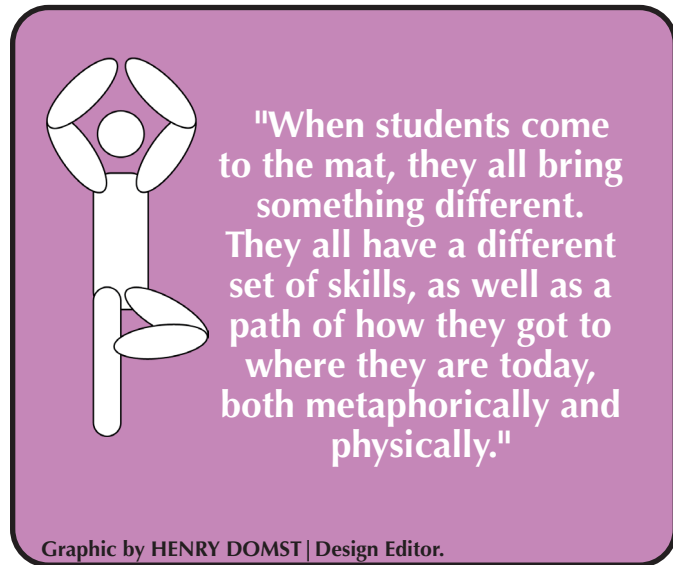
Her story of becoming a yoga teacher started when she joined a class in order to have a calming break from her stressful job as a caseworker. During her first yoga class, she felt uncomfortable and out of place.

From that, she had an on-and-off relationship with yoga. For her, the real change in her relationship with yoga came when she found a teacher that she was "on the same wavelength with."

Over the years, deMello-Paterson slowly realized how much yoga affected her day-to-day life. In later years, this became a mind-blowing experience for her and changed her trajectory in her yoga education.

She became a teacher when she moved to Fredonia. When she first came here, there were no yoga classes. The closest classes at the time were in Erie and Buffalo.

With a young son, she couldn't travel such a distance. When leaving her old studio, she brought this up to her teacher and



her teacher said, "Don't worry about it, you're ready to teach."

At the time, she did not see herself becoming a yoga teacher, even though she had been a student for more than a decade.

A statement her teacher said that really resonated with her was that deMello-Paterson knew more about yoga than her teacher knew when she first started teaching. She was also reassured that she would learn as she went.

In Fredonia, she started to talk to the people in the community and eventually put a class together.

After growing up in the community, she went to Fredonia's physical education and wellness department head at the time. She asked if he was looking for a yoga instructor and he said yes. Collectively they put together PHED 127.

Although it became her job, she still kept it as a hobby. To this day, she has her own personal practice.

Her practice does not intertwine with her class, but they can be connected to one another. For example, what she's reading at a given moment might come into discussion in her classroom. DeMello-Paterson is also currently taking a sound healing course.

Her students on campus also seem to be loving the practice of yoga.

"I think the most important thing I have learned so far is the importance of openness and an open mind," said Allyson Youngs, a recently-graduated public relations major. "If you come into the class closed off with preconceived notions, you won't get anything out of it."

Yoga is taught in the gym on Mondays for a hands-on experience and then on Wednesdays in a lecture hall so that the class can have discussions and learn about things differently.

PHED 127 is a two-credit class. It is offered every semester and is a great addition to having a calm moment in a hectic college schedule.

# Blue Devils 2022-2023 Sports Season Roundup

**MATT VOLZ**  
Sports Editor

## FALL SPORTS



Photo by KAYLA WELSH | Sports Photographer.

### WOMEN'S SOCCER

The women's soccer team's overall record was 2-9-5, with wins over Utica University and Allegheny College.

Their final conference record was 0-7-2.

Junior forward Bri Grazen led the team in goals with three and in total points with 11.

Senior goalkeeper Sabrina Suriani had a 1.62 goals against average and an .828 save percentage.

Her .828 save percentage ranked fifth among SUNYAC goalkeepers.



Photo by KAYLA WELSH | Sports Photographer.

### MEN'S SOCCER

The men's soccer team's final record was 4-9-3, which included a win over Alfred University in the final game of the season.

Their conference record was 2-5-2.

Sophomore forward Kaleb Steward led the team in goals

with six and in total points with 16.

Goalkeeping duties were split between senior William Richardson and sophomore Tanner Stutzman, as Richardson was injured late in the season.

Richardson's .759 save percentage ranked fourth among SUNYAC goalkeepers.

### MEN'S CROSS COUNTRY

The men's cross country team competed in five regular season meets in the fall with two top-five finishes, including an overall win in the Kara Hall Memorial Invite at the beginning of the season.

The team finished fourth in the SUNYAC Championships, and they placed 11th out of 24 teams in the Division III Regional Championships in Rochester, N.Y.

Junior Sembel Koshi was the team's top finisher in most races, but graduate student Kyle Campbell and junior Josh Walters each took home first on the team in one race.

### WOMEN'S CROSS COUNTRY

Although the women's cross country team did not have the necessary five finishers to score as a team in two meets, they were able to finish in the top ten in each of the other three which included two top-five finishes.

They placed seventh out of 10 teams at the SUNYAC Championships and 18th out of 24 teams at the Division III Regional Championships.

All five finishers placed in the top 50 at the SUNYAC Championships.

Sophomore Alexandra Battaglia was the team's top finisher all season, and she notched an overall win at the Rowan Inter-regional Border Battle in October.

### WOMEN'S TENNIS

The women's tennis team finished the season 0-12 in matches with an 0-6 conference record.

Freshman Brianna Gentile was the most successful Blue Devil, coming away with two singles victories on the season.

Junior Caitlin Snyder, freshman Violet Hess and freshman Sierra Allen each took home one singles victory.

The doubles team of Snyder and senior Bella Surma took home one victory.

### WOMEN'S VOLLEYBALL

The Blue Devils volleyball team finished the regular season 4-20 overall and 2-7 in SUNYAC play.

The non-conference wins came against Mount Aloysius College and Hilbert College, while the conference wins were against Potsdam and Plattsburgh.

Freshman Gabrielle Sordetto led the team in kills with 199, which ranked 15th among SUNYAC athletes.

Senior Kourtney Krchniak recorded a team-leading 598 assists, which was fourth among SUNYAC athletes.

Junior Elora Sherman recorded 278 digs, which ranked first on the team and eighth in the conference.

### WINTER SPORTS

#### WOMEN'S SWIMMING AND DIVING

In head coach Bill Bradley's first season, the Blue Devils saw numerous personal bests and wins throughout the season.



Junior Kayla Hagen took home several first-place finishes, including the 50-yard freestyle five times and the 100-yard freestyle four times.

Hagen also won the 100-yard backstroke three times and the 200-yard backstroke twice.

Senior Rachael Mayou won the 200-yard freestyle four times, and she won each of the 500-yard and 1,000-yard freestyle twice.

Freshman Isabelle Price took home three diving victories, and Blue Devil relay teams tallied eleven wins on the season.

At the SUNYAC Championships, the team finished sixth – an improvement from their seventh-place finish the year before.

### **MEN'S SWIMMING AND DIVING**

Much of the talk about the men's swimming and diving team centered around sophomore Patrick McCrone, who took home a team-leading 19 total victories.

McCrone took home each of the 100-yard and 200-yard backstroke five times and the 500-yard freestyle three times, among others.

Sophomore Tyler Conti and freshman Lucas Weiner each took home five total victories.

Sophomore Noah Wisniewski won each of the 100-yard and 200-yard breaststroke twice.

Four relay teams took home wins over the course of the season.

At the SUNYAC Championships, the team placed eighth.

### **MEN'S INDOOR TRACK AND FIELD**

The men's indoor track and field team competed in seven regular season meets from December to February.

One of their main contributors was senior Nick Abdo, who consistently placed in the top five and took home an overall win in the 300-meter event of the first meet of the season.

Other key contributors included senior Toby Onuoha, junior Josh Walters and sophomore Patrick Klinger, each of whom consistently placed in the top five of their events.

The team finished sixth at the SUNYAC Championships.



Photo by KAYLA WELSH | Sports Photographer.

### **WOMEN'S INDOOR TRACK AND FIELD**

Throughout the women's indoor track and field season, freshman Cara Pellechia consistently made her mark in the pole vault event, taking home the win in the first meet of the season and placing in the top five on several occasions.

Other significant contributors included sophomore Alexandra Battaglia, who finished in the top five or top ten in the 5,000-meter run on several occasions, senior thrower Marisa Stravino and junior sprinter Evelyn Smith.

### **WOMEN'S BASKETBALL**

The women's basketball team finished with an overall record of 5-18 and a conference record of 2-16.

The team won three of its first four games, beating Hiram College, William Smith College and Hilbert College.

Conference victories came over Plattsburgh and Buffalo State.

Junior guard Renee Park led the team in points, averaging 11 per game.

Junior forward Caitlin Snyder was the team's leader in rebounds, averaging 5 per game.

Sophomore forward Alena Wright recorded a team-leading 34 blocks, which ranked third in the conference.



Photo by KAYLA WELSH | Sports Photographer.

### **MEN'S BASKETBALL**

The men's basketball team went 2-23 overall and 2-16 in SUNYAC play, with both wins coming over Buffalo State.

Junior guard AJ Knight led the team in scoring with 17 points per game, which ranked fifth in the conference.

Knight and senior forward Jacob Hougan led the team in rebounds with 4.8 per game.

Junior guard DeAndre Hayes recorded a team-leading 77 assists, which ranked ninth in the conference.

Continued onto next page.



Photo by KAYLA WELSH | Sports Photographer.

Continued from previous page.

### **MEN'S ICE HOCKEY**

The men's ice hockey team was the lone winter team to reach the conference playoffs, clinching the conference's sixth and final seed with a 7-17 regular season record and a 5-11 SUNYAC record.

The team fell to Geneseo in their first-round matchup, 3-0.

Sophomore forward Ryan Bailey led the team in scoring with 11 goals and 17 points.

Senior defenseman Craig McCabe recorded 50 penalty minutes, the most on the team and the second-most in the conference.

### **SPRING SPORTS**

#### **CHEERLEADING**

The cheerleading squad competed at the National Cheerleaders Association (NCA) Nationals in Daytona Beach, Fla. in April.

They finished ninth in the Intermediate All Girls Division III division with a final score of 86.8635, an improvement upon their 13th-place finish in 2022.

The team also had the opportunity to meet several cheerleaders from the hit Netflix series "Cheer" when they were in Daytona.

#### **WOMEN'S LACROSSE**

In head coach Tori Poffenberger's first season, the women's lacrosse team had its winningest season since 2016 with a 6-11 overall record and a 1-8 conference record.

Their win over Potsdam marked their first conference win since 2021.

Senior Erin Woods led the team with 48 goals and 64 points, ranking sixth in the conference in each category.

Senior goalkeeper Emily Carr led the conference with 178 saves. Her .460 save percentage was fourth-best in the conference.

#### **MEN'S TRACK AND FIELD**

The men's track and field team competed in five regular season meets between late March and late April.

Many athletes from the cross country and indoor track and field seasons carried over to track and field in the spring, including Abdo, Walters, Onuoha, Klinger and others.

Throughout the season, many runners achieved career personal bests, including Abdo, who recorded performances in the 100-meter and 200-meter runs that ranked in the top ten all-time in Blue Devils history.

Other athletes who achieved personal bests included seniors Sam Cottrell and Vincent Mendez, Klinger and graduate student Kyle Campbell.

#### **WOMEN'S TRACK AND FIELD**

The women's track and field team competed in four regular season meets in late March and April, and Pellechia was invited to compete in the pole vault at a meet hosted by Bucknell University. Pellechia consistently finished in the top five in the pole vault throughout the season.

Other Blue Devils achieved personal bests throughout the season, including junior distance runner Holly Rohrbach and freshman jumpers Kira Davidson and Hayley Mercer.

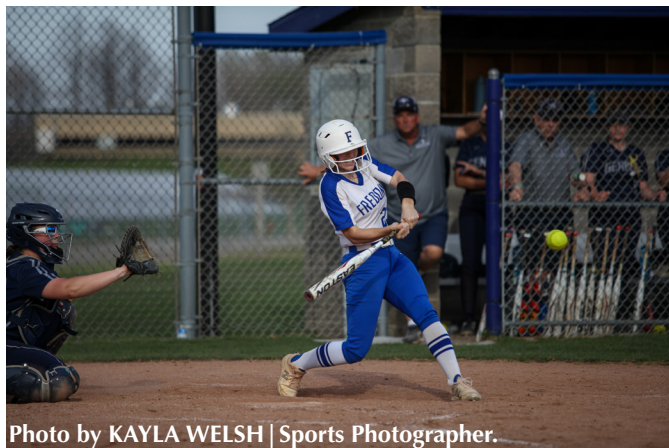


Photo by KAYLA WELSH | Sports Photographer.

#### **SOFTBALL**

The softball team finished the regular season with an overall record of 6-32 and a conference record of 5-13.

Sophomore infielder Allie Wandell led the team with a .351 batting average, and her 40 hits and 16 RBIs also led the team.

Senior infielder Victoria Pauwels was the lone Blue Devil with multiple home runs, and junior infielder Alexis Wulf led the team in stolen bases with 12.

Senior Emily Chelius was the team's primary pitcher, and her 82 strikeouts ranked sixth among SUNYAC pitchers.



Photo by KAYLA WELSH | Sports Photographer.

#### **BASEBALL**

The baseball finished the regular season at 6-28. They were 1-17 in conference play, with the lone SUNYAC win coming over New Paltz.

Sophomore outfielder Tyler Curtis batted a team-best .330, and his .474 slugging percentage was also the best of any Blue Devil.

Freshman outfielder and third baseman Garrett Stuckey led the team in hits with 38 and in RBIs with 30.

Freshman Nick Syposs was the team's top starting pitcher, allowing 42 runs across 34 innings with a 7.94 earned run average (ERA).

# Did you know the Buffalo Bills held training camps in Fredonia?

**DOMINICK CORSI**  
Special to The Leader

If you ever take Fredonia's athletic facilities for granted, you might be intrigued to find out that the Buffalo Bills used our beloved campus to prepare for the season for 19 consecutive years.

From 1981 to 1999, members of the Buffalo Bills would spend a few weeks out of their summers on our playing fields, as well as in Dodds Hall, Steele Hall and our very own Williams Center, among others.

Players including Jim Kelly, Thurman Thomas, Andre Reed and Bruce Smith would all stay in the dorms that students stay in now.

Sometimes, contract holdouts would cause some Bills to skip training camp, such as Thurman Thomas in 1993 and Bruce Smith in 1997.

Nevertheless, Fredonia was the place where Buffalo turned into a competitor in the '90s. The Bills made the playoffs in 10 out of the 19 years in which they held training camp in Fredonia. Fans and locals were able to watch the practices and scrimmages against other teams. The players utilized campus facilities and built camaraderie by being in a college-type environment.

They also were able to connect and establish relationships with the fanbase, before it was known as "Bills Mafia."

A downtown Fredonia business owner, who wishes to be uncredited, recalls the Bills being in and around Fredonia in the '90s.

"They were almost larger than life. You could see someone you'd only recognize on TV or on the news in Fredonia and it's something special. And the Bills were really good back then. They had the K-Gun offense, you know."

The "K-Gun" offense was conceptualized and perfected in our very own Fredonia, N.Y.

The Bills were the first team to truly have an extremely high-tempo offense.

The "K-Gun" offense is supposedly named after tight end Keith McKeller, who was a crucial part of the team's offense in the early '90s. The offense heavily featured Thurman Thomas, Andre Reed and James Lofton in a no-huddle-focused attack that didn't allow for defenses to make proper adjustments.

Even with their revolutionary offensive philosophy, the Bills had playoff shortcomings during the '90s, losing the Super Bowl four straight times.

Despite this, Bills fans remained loyal to their team and still came out to support the team during training camp.

As someone who went to Bills training camps annually, the Fredonia business owner said the experience was surreal. People would gather outside the residence halls to have a chance to meet their idols and favorite players.

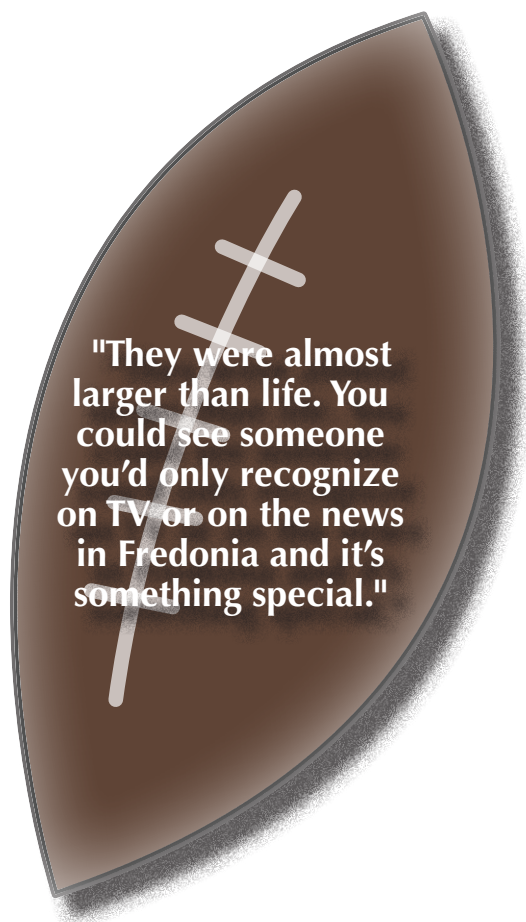
"[The Bills] were right in our backyard. I wish they would come down this way again. It brought a lot of excitement to the Fredonia area."

Since 2000, the Bills have held training camps at St. John

Fisher University in Rochester, N.Y. While it may be unlikely that the Bills return to Fredonia, fans could still hold out a little bit of hope that Josh Allen and company would be spending time here.

Believe it or not, there are actual contractual negotiations when it comes to who will host the Bills for training camp. The Bills have yet to agree on a long-term contract with St. John Fisher University to host future training camps.

Since COVID-19, the two parties have agreed on one-year contracts to keep them in Rochester during the summer.



With that being said, if you get a chance to talk to someone about what the '90s were like in Fredonia, do it.

With the Bills' recent success, they are universally coined as the heart and soul of Western New York. Part of that derives from the team culture that is regularly praised and encouraged by head coach Sean McDermott and general manager Brandon Beane.

Another massive part of that stems from the electric fan base that is the "Bills Mafia." If you're not from Western New York, you might not get it. And that's okay.

But beware, come football season, tables will be smashed and the Bills will be on all of our minds when we should probably be studying.

The opinions voiced by writers and artists in the Opinion section of The Leader reflect those individuals' opinions, not those of The Leader as a whole.

# OPINION

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

## ART-icle - Art in Italy: Contemporary and Historic

**JIMMY KELLER**  
Special to The Leader

As I am writing this, I and 14 other students are in Florence, Italy. During a two-week art history class, we saw everything from the statue of David to Ghiberti's bronze baptistry doors. We climbed up and down 926 steps to the top of the Duomo designed by Brunelleschi. Just the other day, we visited a mosaic studio that has been around since the 1500s, still using the same technique and tools as they did hundreds of years ago.

The most extraordinary part of Florence though is just that. The entire city is a period of the past sculpted for us to experience today. A place to experience the art, the wealth and the architecture. We also couldn't leave out the authentic Italian restaurant owner Zio Gigi who fed us well and sang enthusiastically almost the entire meal.

While experiencing all of this history, art and culture, it almost puts you back in time. You begin to imagine the labor that went into the enormous frescos and hear the hammering "ping" of a chisel. Through the experience, you can't help but also imagine the levels of exhaustion, the labor you cannot escape and the tension from those in power.

The art we create today is built upon the art created hundreds of years ago. You can't build the future without experiencing the past. If we put ourselves in Michelangelo's shoes, we can feel our arms sore from the repetitive hammering, our eyes red from marble dust, our stomachs empty as the product of dedication to finish.

So why go on?

The process for artists then is more similar than different to us artists today. We have similar struggles and stress. We find ourselves exhausted and frustrated. We are constantly seeking a balance between creation and life.

Michelangelo continued for the same reason many of us push through. Art is our passion and has become a very integral part of our lives. The journey has waves of agony and ecstasy but in the end, what matters is the joy and pride from the act of creating.

Lorenzo Galligani is a contemporary sculpture artist just outside of Florence. He began sculpting at 16 and studied under some of the best current sculpture artists and restorers. His studio, just outside of Florence, was located across an abandoned stone quarry and filled with blocks of marble, traditional tools and incredible finished pieces. It was as if he was born in the Renaissance and then traveled to the present to create contemporary masterpieces.

After spending part of the day with Galligani, we didn't just get knowledge on the process of sculpture, but also invaluable wisdom from a humble creator.

His advice can very much be adapted to any artist. For him,

Galligani explained how the pleasure comes from the process, but mostly from the challenge. He spoke on the importance of growth and taking what you did previously, and seeing how it can be done better in the projects that follow. This he explained as a constant discussion with himself: "I spend too much time with Lorenzo, it is constantly me against myself." The personal battle is fought within but it is something every artist experiences. This inner discussion helps drive growth.

It is also important to be open to all teachers and masters. "Even if you're not being taught, still observe because you may find yourself using that information later on," Galligani said.

The best advice Galligani gave actually wasn't about technique or growth, but ironically when to quit. As art students, we have deadlines, get unavoidably stressed and sometimes lose enthusiasm as a result. He explained that when you feel good about your piece, that is when to stop for the day. It is not after you work until midnight so you end in frustration. If you end your work with a positive mindset, you will feel energized to revisit it the day after, again with a positive mentality.

Additionally, to keep a positive artistic work ethic, he emphasized that he makes art that he wants to create, not what the market wants.

The current marble carving he was producing was of his young son. His son had a concentrated expression as he sewed together a sail. That piece is significant to him because it was a part of his story.

Everyone has a story. If the artist tells theirs through art, that also inspires motivation and energizes passion. Then, the market will follow because your story is unique. Your art will not blend in with everyone else's.

While traveling across the world to experience artworks and studios, the connection through time is a path that is unique to very few places. Lorenzo and many of the other people and places we experienced throughout Italy was something every artist should experience. The main part of this art column is to share as much about the art world inside and outside of Fredonia. There is much more beyond the classroom that needs to be discovered and shared.





Photos courtesy of PETER TUCKER | Course Instructor.



This trip is run as a summer study abroad course through SUNY Fredonia. To learn more visit <https://artsofitaly.weebly.com/> or talk to Peter Tucker, [peter.tucker@fredonia.edu](mailto:peter.tucker@fredonia.edu) This year's instructors were Peter Tucker and David Kinkela.



Photos courtesy of PETER TUCKER | Course Instructor.





Photos courtesy of PETER TUCKER | Course Instructor.



# Lovercolumn:



## Establishing Relationships

Graphic by ALEX ERWIN | Staff Writer.

### THE ELECTRICIAN

Executive Producer and Host of Lovercall

### THE ARCHITECT

Lovercall Producer

Hello!

We are The Electrician and The Architect: two producers of the radio show Lovercall right here at SUNY Fredonia. Lovercall is an anonymous late-night talk show about love, relationships and more. Students who come on the show use a codename to protect their identities when discussing potentially personal topics, hence the codenames of the writers of this column.

“The Electrician” is a 20-year-old cisgender female student who goes by she/her pronouns and is a senior at SUNY Fredonia.

“The Architect” is a 20-year-old cisgender male student who goes by he/him pronouns and is a senior at SUNY Fredonia.

On each episode, the hosts and guests of Lovercall participate in a variety of segments. The cast discusses a relevant news story, a date idea, a wacky game and finally a main topic for the episode.

Listeners also write into the show, either via Fredonia Radio’s Instagram, @fredonia\_radio, on Yik Yak, or through the QR code provided in this column.

We typically answer the questions asked right here in this column, so be sure to look out for student stories and questions in future columns.

The show is streamed weekly on Thursdays from 10 p.m. to 12 a.m. on WDWL 89.5 on [www.fredoniaradio.com](http://www.fredoniaradio.com).

This column runs in conjunction with Lovercall and can be found both in print and online at [fredonialeader.org](http://fredonialeader.org).

### Date idea of the week

We also hope to provide our fellow students with a fun and unique date idea in every column. These “date” ideas aren’t just for romantic partners — you could go with your friends, your classmates or you can even go solo for a fun activity right here in Fredonia.

This week, we here at Lovercall recommend you go to Point Gratiot Park in Dunkirk!

Only six minutes from the college, Point Gratiot is a park on the Lake Erie waterfront containing picnic areas, a playground, a network of trails and a beach. And even better, there’s no admission or parking fees so this date could cost you next to nothing.

Some of the best dates can happen at Point Gratiot. For example, you and your significant other can bring a blanket and some food and have a picnic. You can even lay right on the beach to watch the sunset.

For a cute candid moment, teach your date how to skip rocks, and maybe even turn it into a competition.

We also recommend taking a nice long walk through the park with your date. Going during the fall can be especially gorgeous, with the changing leaves, chirping birds and beautiful scenery.

Point Gratiot is open from 7 a.m. to 10 p.m. every day.

### Establishing relationships

Starting new relationships and making friends can be difficult or daunting when going to college for the first time.

It’s a new environment with completely new people.

That’s why we here at Lovercall hope to help ease the transition into a new space with some advice for making friends and establishing relationships.

Our first piece of advice for making new friends at college is to join clubs. Joining on-campus clubs can be a great way to interact with people who share your interests.

“I made some of my closest friends from clubs like Fredonia Radio Systems and The Leader,” The Electrician said.

Some of the different clubs on campus range anywhere from the Animation and Illustration Club, Black Student Union, Dungeons and Dragons Fellowship, Fashion Club and Writers Ring.

For a full list of clubs, visit <https://www.fredonia.edu/student-life/clubs-organizations>.

These clubs often hold events and club meetings where you can interact with other Fredonia students, and even do something fun after classes.

Another way to meet new people at college is to get involved in the local Fredonia and Buffalo music scenes. Typically, these shows are popular with Fredonia students and are a great way to mingle with other students outside of an academic setting.

The Architect says another way to make new friends at college is to “simply create a conversation with your dorm neighbors! They’re in the same situation as you and you will have a lot to talk about.”

Talking to people who live around you or even your classmates is a great way to meet people in your major and those who have at least one thing in common with you.

No matter what avenue you choose to make friends, remember that it takes time.

Don’t be afraid to put yourself out there, as you’ll likely meet your best friends and even your partner at Fredonia.

### 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](mailto: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 Electrician” and “The Architect” are members of Fredonia Radio Systems and are involved in the production of Lovercall. <https://forms.gle/pFHcFzJ7Qc9fcsLP9>



# What I wish I would have known as a freshman

**ANNA SMITH**

Special to The Leader

Ohhhhhh boy, where do I even begin? Even as a soon-to-be senior, I feel like I've only scratched the surface of my college experience, and then some.

That said, there are still irreplaceable, at times uncomfortable, memories I've made from the things I have experienced during my time here at SUNY Fredonia, and from those memories I've gleaned invaluable lessons along the way.

So, from someone who's been in your shoes as an incoming freshman, yet unaccustomed to the absolute art of college living (it's actually not that sophisticated, nor complicated, but there is a particular and special "je ne sais quoi" to it all), I'd like to share with you some of the most important lessons I've learned from my three-and-a-half years of experience.

Don't be afraid to put yourself out there.

I know, all of the "what you need to know as a college freshman" articles start out by saying this, and for some, it might be obvious, but I cannot stress this point enough. To me, college is all about growing into the person you were always meant to be, and more than half of that growth happens as a result of the people you meet in college. Whether it be the person you sit behind in your mass media and society class or the treasurer of Fred Grows, never be afraid to stick your hand out for a friendly handshake or fist bump and say, "Hi, my name's \_\_\_\_\_. It's nice to meet you!" because you never know when such a simple (and admittedly terrifying) gesture will lead to the start of an amazing, lifelong friendship.

Know the resources available to you in times of need.

At any point in your college career, especially in your freshman year, running into struggles with your mental or emotional well-being is inevitable. That's why it's not only imperative to make looking after your well-being a top priority, but also to be aware of the many mental and emotional health resources available to you on campus in times of need or distress.

The first resource that comes to mind is the Counseling Center, which is located in LoGrasso Hall. The Counseling Center provides personalized, one-on-one counseling for anyone who seeks support for either themselves or a friend in need from any one of the center's professional, personable counselors. You have the option of attending either an in-person or virtual session with an available counselor, and sessions are provided free-of-charge on an as-needed basis to interested students. To learn more, visit the Counseling Center's webpage at [fredonia.edu/student-life/counseling](http://fredonia.edu/student-life/counseling), or call the center at 716-673-3424 to schedule an appointment.

Another great wellness resource available to all students is PAWS, which stands for Prevention, Advocacy and Wellness Services. PAWS provides students with a wide variety of interpersonal and educational support in the areas of drug and



**Photo by ANNA SMITH | Special to The Leader.** A multimedia piece I made the week before the fall semester of my freshman year, symbolic of how excited I was to hone my skills as a video production major here at SUNY Fredonia.

alcohol use, sexual health, sexual assault, relationship issues and stalking and harassment cases. Support from this program comes in the form of coordinating initiatives, providing training, advocacy and intervention services, as well as direct help to survivors of interpersonal violence. Any enrolled student interested in learning more about this resource can either access the official webpage by going to [fredonia.edu/student-life/prevention-advocacy-wellness](http://fredonia.edu/student-life/prevention-advocacy-wellness) or by calling 716-673-3424 to schedule an appointment through the Counseling Center.

Grades aren't everything.

This may sound strange coming from someone who made it her goal to get straight As in every class she took during high school, but one of the things I've come to realize during my time here is that getting good grades is simply not as important as actually learning something in each of your respective courses. Now, if you'd like to earn bragging rights for scoring As throughout the entirety of your college career, far be it from me to stop you — it is your college experience after all — but to me, the knowledge you glean from these efforts is what truly matters in the long run.

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After all, it's what prepares you for your future career, it's what expands your outlook on this ever-changing, intricate world and it's another source of your intellectual and personal growth in college. The bottom line is, always try to put forth your best efforts towards your classes, but don't break your back or sacrifice your well-being in the process.

Take advantage of the opportunities that come your way.

Every college student, at some point or another, will be presented with an opportunity, whether it be academic, occupational, extracurricular or personal, that may allow them access to experience and/or knowledge outside of the classroom in their chosen field of study. It may come in the form of an exciting internship, a fun club on campus or even a networking event. Regardless of what this ends up being for you, always be open to anything and everything that comes your way, because you never know if it'll be just the head-start you need for your future career.

Savor the moment.

This is another cliché notion you may have heard once or a thousand times over, but it is something that has become resoundingly true to me throughout my 22 years of tomfoolery, loss and learning on this planet, and it's something that I think I've earned the right to say as a rising senior simultaneously

amazed and devastated by the incredible speed with which my three years in college have passed.

Another cliché coming your way, but you are only young once. You only get one chance to sneak into a frat party you'll (definitely) regret going to later on, you only get one chance to pull an all-nighter cramming for an exam in that one class that bores you to tears and you only get one chance to go stargazing on Three Man Hill with some of the best friends you'll ever make. At least, you only get one chance to do all these things before the bills need to be paid, your boss needs you to stay behind an extra hour or you need to get the car fixed on your own dime (good luck with that, pal). So, while it's still here, savor the present moment as much as you possibly can, my friend.

And so, thus concludes my sappy ramblings on the most important lessons I've learned during my time in college. Sappy as they may be, these are all things I sincerely wish someone told me as an incoming freshman, things that helped me see past the chaos and appreciate the true splendor of freshman year. Class dismissed, and I wish you a freshman year filled with exciting firsts, wonderful memories and invaluable lessons of your own to learn and pass along.

*Your ad could go here!  
Your ad could go here!  
Your ad could go here!*

**Contact The Leader  
to purchase an ad**

*Email [leader@fredonia.edu](mailto:leader@fredonia.edu) to reserve an  
ad for our first issue of the semester.  
Set to release in August!*

# Packing my heart into another moving box: what I wish I would've known as a transfer

**MARISSA BURR**

Special to The Leader

For many high school students, May 1 is known as “Decision Day,” where they let the world know what path they’ve decided to follow once they’re given that diploma. At 18, you think you know the direction in which your life is going, and it’s all thanks to that college, university or job that is displayed across the shirt you’re wearing.

Three years ago — from the comfort of my own home due to the pandemic, of course — I was dead set on earning an early childhood education degree from Canisius College. It seemed a guarantee that by the spring of 2024 I would be crossing that stage in Buffalo and heading into my own classroom by the fall.

With that in mind, I packed up my prom photos, colored pencils and heart and headed on the way.

Well, as a current writing major at SUNY Fredonia, one can read between the lines and guess that those plans didn’t work out.

It took a dorm room, three apartments, some roommates so evil they’ve come straight out of a crime show and a lot of minimum wage jobs, but I finally knew it was time to leave Buffalo.

I decided to transfer back to my hometown college back in January, and that was not an easy choice — something that isn’t always the case for my fellow transfer students. I wasn’t unhappy with the school or the people I’d met, quite the opposite actually as the staff of the newspaper there was like my little family. The campus community I was a part of was caring and supportive, and the thought of not necessarily having that at a new institution was terrifying.

In the end, my main reason for transferring was a bit cliché but all too real of an issue for college students everywhere: money. I needed to attend a school that wouldn’t bankrupt me before I could even rent a car. So back to the streets of my childhood I went.

I’d never looked into any state schools when applying for colleges, so I had no idea what to expect from Fredonia. I knew the campus well enough on the outside from growing up here, but the inner workings of the campus culture was a mystery to me and that was very intimidating.

Luckily enough for future transfers, the staff at the university was extremely helpful. Within just a couple of emails, I was able to get a meeting scheduled with my future academic advisor to get a full rundown of the curriculum. I received a lot of information about financial aid and the whole transfer process from other people as well, which was a relief because it can be really overwhelming to just take it all in by yourself.

I’m a planner, and if my life isn’t color-coded and annotated, it could send me into a spiral. I was able to access the information necessary in order to have my schedule planned out before registration was even open, thanks to the prompt and in-depth responses I got from every department I contacted.

If you’re ever overwhelmed with the transfer process to Fre-



Graphic by NICOLE THORSON | Art Director

donia, I highly suggest reaching out to ask questions, and don’t be afraid to do so. It is the staff’s job to answer them and help out. They’d rather students begin their schooling at Fredonia confident than lost.

Ignoring the difficulties that come with financial forms, transcripts and transferring national grid accounts from one apartment to another, transfers are forced to leave everything they know behind in hopes of continuing their education.

I’m lucky enough to be comfortable in the town I’m moving to, yet I could’ve sworn three years ago I would never live here again. Even a year ago I even would’ve bet money that nothing could happen to bring me back.

Leaving my friends at “The Griffin,” Canisius’ student newspaper — hi guys! If you’re reading this, thanks for your continued support — was such a hard decision and I was worried that joining new campus organizations would be too uncomfortable. But, I was lucky enough to reach out to the staff of The Leader and be met with unending support.

When classes start in August, I’m walking in with friends and a built-in support group and all because I took the brave step to reach out.

So to all of my transfer students, current and future, that are reading this: find your group. The college we’re starting at has 3,000 people trying to find their way too.

It’s human nature to find your niche, and it’s only possible once you step outside of your comfort zone. As a sappy quote found on Google says, “strangers are friends you haven’t met.” Go out and make some beautiful new friends.

Don’t be afraid to break away from everything you know. Think back to the bright-eyed senior that walked the stage to get their high school diploma. Their future was so different from the reality you’re living now, and no one could’ve predicted it. You’ve been at a crossroads before, and it’s all ended up okay. Life has handed you this opportunity to start a new chapter. Take the pen, and start writing.

# THE SCALLION

Satire for Fredonia



**MEGAN KIDBY**  
Scallion Editor

Dear Witty Wordsmiths and Hilarious Humans,

Greetings from the Headquarters of The Scallion, the renowned newspaper section that tickles funny bones and stimulates chuckles on a daily basis! We hope this letter finds you in a state of mischief.

We are reaching out to you, yes, **YOU!** This special section of The Leader yearns for your hilarious musings, clever anecdotes and side splitting stories. We believe that comedy is a universal language, and we want to create a space where readers can escape the mundane.

Whether you're an expert pun aficionado, a master of wit or just a regular human who makes others snort with laughter, we want to hear from you! We're on the hunt for fresh, original content that will leave our readers clutching their sides and frantically searching for their missing breath.

Perhaps you have a tale of a misadventure involving a flock of wild geese, a giant inflatable unicorn and an unfortunate mix-up at a birthday party. Maybe you have a collection of Dad jokes that could rival even the punniest of fathers. Or perhaps you're a political person who has decided that maybe the government needs a bit of a funny flair. We're here to help you get your comedy out into the world!

To submit your comedic creations, you can embrace the wonders of the digital age and email your ideas. We're open to all styles of comedy, from slapstick to satire.

Rest assured, only the creme de la comedy will make the cut! For those lucky enough to have their work published, we offer not only the fame and adoration of countless readers but also a lifetime supply of rubber chickens and a secret initiation ceremony involving silly hats.

So, my fellow jokesters, seize this opportunity to spread laughter across the land! Unleash your creative wackiness, your absurdity and your pun-tastic prowess. Join us on a mission to brighten mornings, lighten hearts and leave a trail of giggles in your wake.

We eagerly await your submissions, armed with anticipation, a ticklish sense of humor and an emergency stash of whoopee cushions.

Yours hilariously,  
Megan Kidby

**FRS' 20th  
Annual**

**Rockin'  
the  
Commons**

**A Fundraiser For Roswell Park**

**September 23rd**

**11 am - 7pm**

**Barker Commons**

**Live music**

**Food and raffles**

# HOROSCOPES

**JACE JACOBS**  
Asst. Scallion Editor

**HELLO NEW FREDONIANS!!! The stars and I are here to offer predictions and advice for the Fall semester. Pay attention!**



## Aries

After trying and hating literally everything on campus, you're going to start a new club: Rave Club. Because nothing beats jamming to great music with strangers and strobe lights!



## Taurus

Bull to bull, you're going to be thrown for a loop. Adjusting to college life is so much harder than it seems, but if you make your bed the comfiest place in the world, everything will be okay.



## Gemini

You're going to absolutely own one of your professors in class. Exploit their weaknesses. Rule the school.



## Cancer

My little crab! You're really going to come into your own! Finding friends who are emotionally independent is so much easier when you're surrounded by other young adults.



## Leo

You should totally enroll in an acting class. You would absolutely steal the show. Chase your dreams shawty.



## Virgo

Just so you know, it's totally okay to do what you want to. College is a really good chance to spread your wings and stop caring about everyone else's opinions.



## Libra

Please convince the school to start a major in fashion design. You know you want to. Do it. For me. Please. You'd slay it.



## Scorpio

You're either going to make a million friends or none at all. Completely understandable, it's all about how much you put yourself out there.



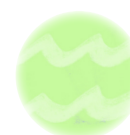
## Sagittarius

You're going to do so well in your academics! Please don't forget to have fun! Throw a karaoke party for you and your friends!



## Capricorn

Your RAs are not your friends. You are not an RA just because they are nice to you. Chillax and let yourself decompress while you adjust to life.



## Aquarius

This semester isn't going to go how you wanted it to, but you're going to be so chill about it that the universe will reward you with an awesome spring! Keep on keepin' on!



## Pisces

You need to keep a dream journal and then enroll in a creative writing class. The world needs to hear the weird things going on in your subconscious mind.

# NICOLE THORSON: MoMA

