

THE LEADER

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"If there's a heaven for me, I'm sure it has a beach attached." — Jimmy Buffett

As we bid Isaacson farewell, the search for new Police Chief comes to an end

ABIGAIL JACOBSONSpecial to the Leader

During the summer, most dorms were empty and left open for new students to move into in the fall. An office in Gregory Hall was also left empty.

Brent Isaacson, former University Police Chief retired Jun. 30 after being here since 2019.

"He was a really, really good chief," said Charles J. Holder. "I'm very sad to see him go."

Charles J. Holder is the emergency planning coordinator for SUNY Fredonia.

CARPENTER

He's been here for about five years.

Since Isaacson's retirement, SUNY Fredonia has been on the lookout for a new police chief.

Holder filled that position until a candidate was found.

"When Chief Isaacson retired, they asked me to step up and take over the position until the new chief has been brought in," Holder said

But now, the search is over.

Gordon Thomas Carpenter has been selected to be SUNY Fredonia's new police chief.

He will take office on Sept. 11.

The process of selecting a new chief can be a complex process. The search for the new police chief had certain requirements ranging from preferred requirements such as a Master's degree, being familiar with the SUNY Fredonia campus and knowledge of certified police departments.

The search can last several months. If a candidate isn't found by the end of the timeline, the process starts over.

"It [the process] has happened before on campus where they kind of start from scratch again," said Holder.

Before Carpenter was selected, several people have applied and have been offered to see the campus. Only a few followed through.

When arriving on campus, candidates meet with the university police officers and some student groups. They would have lunch with students and engage in conversation, and also meet with SUNY Fredonia President Stephen H. Kolison and Vice President David Starrett.

Once the day is over, it is then up to the president and vice president to make a decision.

Once Carpenter enters office on Sept. 11, Holder will return to his old position.

"I was a policeman before," said Holder. "So [it was] kind of fun to get back into the swing of things."



NICOLE THORSON | Art Director

"I would hope a new chief means having structure in terms of safety and [introduces] his own ideas of handling things on campus. I think it would also be cool to see UP interacting with people on campus, with students."

—PEDRO MARTINEZ

Junior Psychology Major, SUNY Fredonia

Many of us might be thinking, "what will the new police chief bring to Fredonia?"

Holder said the goal is "[To] improve community engagement with the student body."

He went on to comment about how many students have had poor relationships with police officers from where they are from.

"I want to break down that barrier," said Holder. "And I hope this new police chief does that."

Ricky Laurito, a University Police officer, gave his input on what he would want the new police chief to bring to SUNY Fredonia.

"To kind of bring more of a positive impact between the students and the faculty and staff as a whole," said Laurito.

Fredonia students have shared a similar sentiment.

"I would hope a new chief means having structure in terms of safety and [introduces] his own ideas of handling things on campus," said Pedro Martinez, a junior psychology major at SUNY Fredonia. "I think it would also be cool to see UP interacting with people on campus, with students."

We welcome new police chief Carpenter to SUNY Fredonia.

Have you seen the new address signs around Fredonia?

DOMINICK CORSI

Special to The Leader

If you're new to Fredonia, the tall, bold lettering that shows the names and addresses of each building around campus probably helped you become familiar with SUNY Fredonia's layout.

After almost 100 years, building address signs have been placed on fifty buildings around campus.

The signs are something to behold, as they've recently been put up over the summer due to fire code regulations that Fredonia would have been violating if this wasn't done.

The New York State Fire Code states that each public building on a college campus is required to have an E911 address affixed to the front of the building.

"There is even a requirement for how big the letters must be," said Charles Holder, interim chief of police and emergency planning coordinator.

Fredonia's campus isn't overly complicated or confusing, but anything that allows first responders the possibility of doing their job more efficiently should be taken with serious consideration.

"The signs are for first responders who are not familiar with our campus to be able to find our buildings easily," said Holder. "These addresses are being put into our dispatch calls for law enforcement, fire and EMS responders to find our buildings easier."

These E911 addresses should not be used for directing mail services; 280 Central Avenue is still the address for all U.S. Mail coming to SUNY Fredonia.

The purchasing and installation of the 50 signs around campus falls under the category of a safety and security project, meaning that the signs were paid for through Minor Critical Maintenance Funds. These funds are awarded to each SUNY campus and are not part of the campus's operating budget.

The entire project cost approximately \$19,000 for the signs and installation.

Safety and security are obviously non-negotiable for a college campus, and this project reinforces the idea that Fredonia makes that a priority for students.

"Preparation and planning are among the keys to maintaining a safe campus environment for everyone," said Jeffery Woodard, director of marketing & communications. "These signs give first responders a quick and clear indication of where they need to go in the event of an emergency."

While helping first responders, these signs will also prove useful for the campus community and visitors to easily navigate the area.

"New students and staff were certainly in our minds as we moved forward with this project. We have had numerous complaints on not getting exact address locations for our on-campus buildings through such apps as Google Maps."

Holder confirmed that eventually the addresses will slowly be migrated into Google Maps and other software programs. Addresses to parking lots and other areas where we may need EMS may also be added.

He explained that it was an extensive process to properly des-



KATHERINE HANLEY | Special to the Leader

"Preparation and planning are among the keys to maintaining a safe campus environment for everyone. These signs give first responders a quick and clear indication of where they need to go in the event of an emergency."

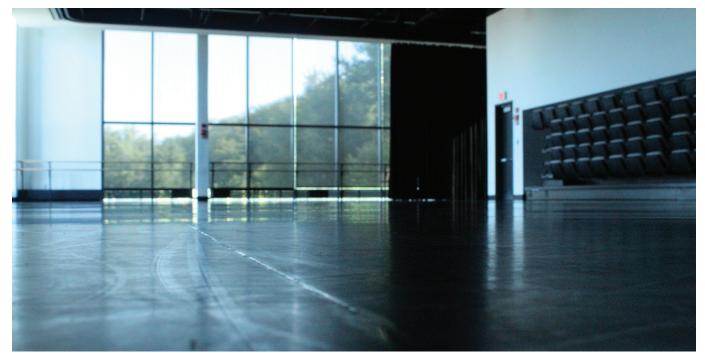
—JEFFERY WOODARD

Director of Marketing & Communications, SUNY Fredonia

ignate what the actual building numbers are for some of our on-campus buildings.

New students, faculty and staff get the luxury of having these signs during their first year at Fredonia, while upperclassmen might have had to go to the wrong building or get lost once or twice in order to learn campus layout.

If you haven't noticed the signs yet, make a special effort to find them on the buildings you walk past every day. They're pretty easy to catch.



CHANDLER COTTER | Special to the Leader

Position changes in dance excite students

MIA CIECHALSKI

Special to The Leader

Professor Sam Kenney was just recently promoted as the new dance area coordinator for SUNY Fredonia's dance department on Friday, Aug. 25.

A new change has been put in place not just for the faculty, but also for the students at SUNY Fredonia.

On Sunday, Aug. 27, anyone who is involved in the Theatre and Dance Department got an email from the head chair of these departments, stating that "our original head of the dance department, Professor Paula Peters, has decided to resign."

This then led to the news of finding out that Professor Sam Kenney will now be the new head of the dance department, and the Dance Area Coordinator.

Kenney said that she has served as chair of the Theatre and Dance Department in the past, and didn't think she would take on another administrative role.

"When I was offered the position I was very grateful, especially with everything that has been happening in the department recently with the old chair leaving," Kenney said. "I was ready to make many changes immediately once the school year officially started."

"I actually had a feeling that this might've happened, so I started making contingency plans last March," she said. "Once I found out on Friday, I was ready to bring it!"

Kenney said she couldn't give us many spoilers for what she has to offer for the new dance year because she still has many things to discuss with the other dance faculty members.

However, one change that she has already made is opening performances to everyone on campus and not just leaving them for the dance majors only.

Kenney thinks this new change "is a positive change for the dance program and for the whole performing arts department."

She has also brought on SUNY Fredonia alum Brianna Kelly to join their faculty, and to get her point of view with the department.

Kenney mainly looks forward to "making the dance majors feel that they are in a safe environment, are comfortable, and supported by their faculty."

Senior dance major Michael Aini explained that he "wasn't really surprised because at the end of last year there was so much drama with certain projects, with Peters leaving randomly for a certain amount of time out of nowhere, and now she did it again."

Since this change was very sudden and many factors were left in the air, Aini explained that he was not nervous about graduating on time, but was nervous about senior projects, which is a main factor in helping them graduate.

"We weren't given advisors, things to allow us to succeed for senior projects, the tools that we needed, or any mentors that we needed," he explained.

Aini said, "he doesn't dislike any of the new changes, and thinks everything is going in a much more positive direction."

He explained that he is now at a point where he feels happy to be here

"Before I didn't feel happy with Peters being here, or with any of the toxicity that was happening within the department," he said.

Aini said that he now feels like he is on top of the world.

After hearing these responses, it is very clear that the student body, faculty and Professor Sam Kenney is ready and excited for everything that is to come next.

BJ's brings jams to Fredonia

CHLOE KOWALYK

Editor in Chief

Late nights of dancing and moshing on the old wooden floors of Black Jack's bar in downtown Fredonia are back.

Seasoned Fredonia students and members of the scene remember their times entering through the bar's narrow door marked by a crooked red arrow signifying that you're now entering BJ's territory.

BJ's bar has been a distinctive part of the Fredonia music scene for quite some time, inviting artists to play shows for over a decade.

Shows at BJ's are organized through Last Call Entertainment, an entertainment company that works in the Fredonia and Buffalo music scenes.

This year, the bands are being booked by Jordan Budd, a senior double-majoring in journalism and music industry; Budd is acting as the bar's concert promoter.

The introduction of Budd as a new promoter brings several changes.

In previous years, shows at BJ's have been held on Wednesday nights, leading many students to choose to forget about class and their responsibilities for a few hours.

However, shows will now be held on Thursdays, with doors still opening at 9 p.m. and music starting at 10 p.m., as they did in the past.

Perhaps Thursdays are a better option for college students yearning to see a show, but fearing the sleepy consequences that come the morning after.

According to Budd, the time change was something new proposed by the bar this year.

Uniquely, BJ's allows scene-goers under the age of 21, with a minimum age of 18, to enter with a ticket price of \$5. For those ages 21 and older, ticket prices are \$2. Admission is paid at the door.

This semester, Budd is introducing an eccentric mix of artists and genres.

"I'm definitely trying to do as many genres as possible," Budd said. "I do have some fun mixed bill ideas where you're getting a hardcore band with a guy that used to mostly do rap, playing with a heavier rap group."

Budd explained that the Fredonia music scene is very rock and punk-centered, which leads to many shows featuring rock and punk groups.

However, Budd hopes to bring some new hip hop shows in — a genre that is not commonly performed at Fredonian venues.

BJ's several-year-long presence in the Fredonia music scene has made a lasting impact on both artists and students.

Playing BJ's is "a staple," Budd said, for many Buffalo and Fredonia artists.

This is especially true for bands with members who attended or are currently attending Fredonia.

"BJ's is just a well-known DIY music venue that I think a lot of bands [in the Fredonia and Buffalo area] know. Some even consider it their favorite place to play in the world," Budd said.

With the bar's close ties to the Fredonia and Buffalo music scenes, many bands from both areas will be performing at BJ's

this semester, including Fredonia alumni.

This year, Budd is also using a new avenue regarding poster creation — giving artists an opportunity to create posters. "If I have the opportunity to get an artist to do it, I'd rather do that than come up with my own graphics or something like that," Budd said.

The posters of the first two shows of the semester were created by the lead singer of each of the headlining bands.



Poster provided by JOHN TOOHILL

"BJ's is just a well-known DIY music venue that I think a lot of bands [in the Fredonia and Buffalo area] know. Some even consider it their favorite place to play in the world."

—JORDAN BUDD

Senior & Concert Promoter, B.J's

Upcoming BJ's show: September 14



Your next chance to join the sea of Fredonia students enjoying local music at BJ's is on Thursday, Sept. 14.

Doors open at 9 p.m. and music starts at 10 p.m. with admission prices remaining at \$5 for 18+ and \$2 for 21+.

Next Thursday's artists include Science Man, Besta Quadrada and Zero Again, three heavy punk artists from Buffalo.

Jordan Budd, the concert promoter and main person in charge of booking bands for BJ's, said that he expects this to be

Those looking for a mosh and punk music should find thema "wild night." selves pleased with next week's set.

The show will be unique, as it is a collaboration between Last Call Entertainment, which organizes shows at BJ's, and Swimming Faith, which is Science Man's label.

So what should you expect at a BJ's show?

Elena Fitzgerald, a junior music industry major, is helping put on shows at BJ's this semester along with Budd.

Fitzgerald said that shows at BJ's are often very busy and noisy. However, she also said, "in that crowdedness, you feel very close to the artist that is performing."

Next week's show will likely have a lot of moshing and many will have an opportunity to get close to the stage.

Plus, with a large crowd, Fitzgerald said that venues like BJ's are

"It's pretty tight knit," she said. "If you go to a show regularly, perfect for making friends. people are going to know that you go to the shows regularly be-

cause they'll recognize you." Budd explained that BJ's is a hub for underground music.

During last week's show, students supported student and alumni bands like Johnny and the Man Kids and The Ryan Terry Family Band by singing along to songs that originated right here

That tight knit community is bound together by the familiar in Fredonia.

melodies of members of the same scene. Fitzgerald said that BJ's itself has a big impact on many who

She explained that one member from the band Mimic even has play there.

"Performing there was so vital to his time in college here and his a tattoo of the BJ's logo on his leg. music career," Fitzgerald said.

At the next BJ's show, you can expect to find yourself a part of a secret scene, 50 miles away from Buffalo, tucked away in a small town — and it's one you'll never forget.

Life & Arts

Fredonia students and alumni to perform at Local Lo-Down concert

HUNTER HALTERMAN

Staff Writer

If you walk down the Fredonia streets at night, chances are you'll hear some music.

Maybe that music is coming from a bar, a house show or even just someone's speakers. Regardless, that's what Fredonia's about — music.

The Local Lo-Down is a radio show that encapsulates this very thing. As said in its mission statement at the start of every episode, the show aims to "promote and showcase the local music scene here in the Fredonia and Western New York area at large."

And now, the team is planning to host a third concert.

On Saturday, Sept. 9, at Mainstreet Studios, you can expect to hear some more music from the likings of Relentless Moisture, the Weather Might Say Otherwise and Del Paxton.

Jordan Budd, executive producer, A&R lead and co-host of the Local Lo-Down said, "for the last couple Local Lo-Down shows, it's been a bit more of a mixed bill ... this one might be the most reined in to one thing ... We've stuck to rock is the simplest way to say it."

Budd said, "what really makes it different is that it's at the start of the semester." The past two shows were placed at the end of the semester, the first one being on Nov. 12, and the second on May 6.

The change in time may be an attempt to capture an even larger audience.

Budd added, "If we could just do a little bit of the work over the summer and work as much as we can at the beginning of the semester, we'd have a better outcome."

The Weather Might Say Otherwise is excited to be performing in Fredonia again.

The three members of the band, Damian Brown, Zach Richardson and Tanor Morrison got their start in Fredonia in late 2018, playing their first show in early 2019.

Richardson, the drummer of the band, said, "I'm looking forward to being back in Fredonia, like our place of conception and birth." Richardson added, "it's kind of like a ritual almost, going back and showing where we've come from and how far we've gone and that we're still growing."

Brown, guitarist and singer of the band, shared a similar sentiment. He said, "we've grown a lot since we were playing in Fredonia regularly. When we come back we'll just feel a lot more mature than we did."

The local music scene is very special to Fredonia, with bands coming and performing nearly every week.

Morrison, the bassist and backing vocalist said, "[the local scene] never dies. People want what they want and they're in it for the music."

Richardson added, "Fredonia is a very special place, and anyone is lucky to play there."

The Local Lo-Down show will cost \$5 to enter. More information can be found on the show's Instagram page, @thelocallodown_.

The Local Lo-Down is a radio show produced through Fredonia Radio Systems. The writer of this article, Hunter Halterman, is the general manager of Fredonia Radio Systems.

Relentless Moisture: Artist Spotlight

JORDAN BUDD

Special to The Leader

Relentless Moisture's Instagram bio reads, "Fredonia's favorite experimental post-penis music psychedelic moistcore band."

What that means is entirely up for debate.

Since the release of their debut EP on Aug. 1, you can decide for yourself by listening to "Sniffe the Apothecary."

Songs on this project have been in the works since the band's inception in fall 2022. The four-piece consists of Jack Britt

(bass), Joe Dubya (vocals and guitar), Gordon Hall (vocals and guitar), and Andrew Springer (drums).

Since they first became a band, the "moistcore" group has steadily built a passionate fanbase in Fredonia, playing numerous shows both on and off campus.

Fan of the band Ian Shannon said, "They're probably the heaviest band in Fredonia currently and I think they've carved out a really cool grungy niche for themselves."

Blaise Przybyla, vocalist and guitarist for BP & the Oil Spills as well as owner of Buffalo-based booking company, Gulf of



Cover art for the 'Sniffe the Apothecary' EP

Mexico Productions, has worked with Relentless Moisture on many occasions.

Pryzbyla said, "The first time I booked them, they played to a sell out crowd at Stamps, and they had complete control of the audience. Maybe 30% of the people were there for them specifically, but you could tell everyone else was absolutely invested in their performance... pretty much every single person in that venue was glued to what was happening on stage, including myself. It's really impressive to be so talented that you can make people pay attention to you, and that's Relentless Moisture."

Both Shannon and Pryzbyla consider the new music to be a good representation of their live shows.

Shannon said, "They come off as tight and punchy and the energy is still there."

"I think what stands out the most to me about the EP is how impressive what they're doing [musically] is and as songwriters, and how little 'studio magic' I can detect in the recordings... I can't hear more than two guitars on the recordings or more than two vocal parts, but they make it sound just as full as bands that stack guitar and vocals endlessly," Pryzbyla said. "That's a testament to how meticulously they wrote their songs, but they don't use it to just shove noise in your face; there's a good balance between the heavy parts and face-melting solos and the quieter, more reserved parts."

On their debut EP, the inventive rock group blended styles ranging from heavy-hitting nu-metal to progressive art rock. They characterize these many sounds with a psychedelic cover art they refer to as "migraine-inducing." The lyrics focus on fantastical stories featuring kings, gremlins and magicians, alike.

Pryzbyla said, "On Twitter, I essentially compared them to Jethro Tull if they knew what metalcore was...with the slightly goofy medieval-themed lyrics, and just the song construction in general, and I stick by that."

With these songs, Relentless Moisture aims to stay away from reality, writing tunes that are entirely based in fiction.

When naming the project, the group ran through a bunch of whimsical hilarities. There was "Courting the Gorgon," "Appalachian Orgy," "Follicular Squashbuckle" and "Prophesizing Dongles," before they landed on the winner, "Sniffe the Apothecary."

The acute, archaic-like spelling of 'Sniffe' is just one piece of the peculiar world that Relentless Moisture invites their listeners into.

Dubya said that the EP's intro track, "Goblet of Piss,' was the first song [he] ever wrote explicitly for Moisture."

Fiery group vocals on this song can be compared to the band's avid fan base and local community behind them. A gaggle of Fredonia friends scream and sneer their way through the chorus.

Hall said, "We all piled into Studio C upstairs on the third floor, and we literally just called pretty much everyone. Yeah, everyone that was available."

Dubya added that they even picked up people on the way, saying "Hey, do you wanna come to the studio like right now?"

Don't worry, everyone's being paid appropriately for their efforts. Hall said jokingly, "They make 0.0000001 of every 0.002 we make."

A positive reaction and endorsement from the local music scene since their release has been key for the band. Dubya said, "[It] was really affirming that everything we've been working towards is something that people want to hear."

There was no comment from Hall, but the room seemed to fill with warmth as they just shook their head and smiled, surrounded by poster-cladded walls of classic rock bands in their house.

Dubya's experience with performing for an audience has developed over time. In high school, he played to entirely indifferent audiences, usually a few of his friends begrudgingly smiling along.

Nowadays, him and the fellow Moisture musicians have got excited audiences that will even mosh to the complex 1/18 time signature in their song "Magician."

The group is willing to experiment with their sound and leave things open-ended. Driven by their compulsion to make music, for the members, Relentless Moisture can be anything, and it's the ultimate form of expression for them.

Hall's personal favorite, the final song, "Sir Pimpin," is a dynamic ear-grabber that combines heavy-hitting verses with a brighter chorus.

The group said that conceptually, "Sir Pimpin" comes before "Goblet of Piss," but they decided to release it in this order instead.

In the future, they hope to release a bigger, more conceptual project that includes these songs as well as some more intricate ones.

Shannon said, "I think they're great songwriters and musicians and I would love to see what a full release would look like."

Outside of a potential album on the horizon, the group has a couple other plans up their sleeve.

A cassette release of "Sniffe the Apothecary" is on the way with Merch Gremlin Records, a new imprint run by Fredonia alumni, Alex Erwin.

Furthermore, audiences will get a chance to see the band play at The Local Lo-Down Concert on Saturday, Sept. 9, at Main Street Studios. The group will play alongside Del Paxton and The Weather Might Say Otherwise.

ACTIVITIES NIGHT

What clubs are on campus?

Fredonia has an Irish dance club?!

SAMANTHA GLORIOSO

Special to The Leader

There are many different clubs on campus surrounding a variety of topics and themes. However, there is one club that often goes unnoticed: Rince Irish Dance Club.

What is Rince Irish Dance?

Rince was the first and only Irish dance club created on campus. According to the club's president. Sarah Warren, "Rince is a

According to the club's president, Sarah Warren, "Rince is a club meant for learning about Irish culture and Irish dancing, gaining friendships and most importantly, for fun."

But for many, Irish Dance is a new skill. This leaves many wondering if they needed prior experience to join.

"No! Rince is meant for anyone and everyone," Warren said. "You can have any type of dance experience or no dance experience at all and become a member. We teach you everything you need to know and take it step by step!"



The club was founded within the last ten years, meaning it is relatively new to Fredonia.

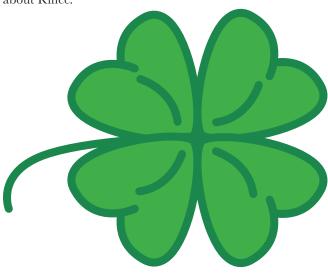
Rince is currently in the process of figuring out their weekly meeting time and location.

They usually get their list of interested students at Activities Night and send out a poll the next day to find a time that works for everyone.

According to Warren, current members describe the meetings as fun, low commitment and something to look forward to. Dance can be an outlet for many during college and new members often find that in Rince.

Rince club member Mary Catherine Aivalotis said, "I love that I am able to dance with my friends and connect with a part of my heritage."

Aivalotis had Irish danced in middle school and decided to get back into it when she came to Fredonia and found out about Rince.



Rince does many performances throughout each semester. In March 2022, the club got to perform at Heenan's Irish Pub for its St. Patrick's Day celebration, which was a huge accomplishment for Warren and her fellow club members.

It got the community involved, making them aware that there is an Irish dance club at Fredonia that can help spread Irish culture.





Photo by CHLOE KOWALYK | Editor in Chief

A cappella group Some Like it Hot to kick off the new semester strong

ABIGAIL NEWMAN

Special to The Leader

One of Fredonia's two female-identifying a cappella groups, "Some Like it Hot," said they are beyond excited to kick off the new semester with their new repertoire.

SUNY Fredonia's campus is the home of a variety of different a cappella groups.

A few of these groups include "Some Like it Hot" (SLIH), "Much More Chill" (MMC), "The Guerrillas," "The Riveters" and "Dynamic Intonation."

SLIH is known to be Fredonia's first and oldest all-female a cappella group, founded in 2001 with the original name "Out of the Blue."

In 2002, the organization updated their name to "Some Like it Hot," featuring music styles of pop, hip hop and rock.

The club now explores singing in all genres of music, featuring their members' vocal instrumentation and vocal percussion. SLIH members Alyssa Marley and Katie Schaefer are excited for the upcoming semester's new members to join, replacing those who graduated in May.

"I have made my very best friends in this group, and I'm so excited to continue making great friends," said Schaefer.

An aspect that makes SLIH stand out from the other vocal

groups on campus is its use of social media to promote their organization.

In February of 2022, SLIH launched its Tik Tok page under the username of @slihacappella.

The group's most popular video features a popular trend of "Guess the Soloist" and it has over 166,000 views.

In this video, the club stands together while one soloist sings and the other members mouth the words to the song. Watchers can comment on the video who they believe is singing. SLIH posted a video revealing the identity of the soloist just a few days after its original upload.

Marley described what makes "Some Like it Hot" stand out from the other a cappella groups within the Fredonia campus: "I feel like our group just has a great connection with one another. We all love singing, that's like our main purpose of it. So I think it's a great collaboration, no doubt."

When asked what she was most excited to perform this semester, Marley said, "I know that we're trying to get in the works to do a Halloween show with another a cappella group. And I think we're going to try and arrange 'Calling All The Monsters,' so I'm excited about that."

Aside from the Halloween show that is in the works, SLIH has an annual fall show. The date for this event will be announced in the upcoming weeks.

Taking STEPS in the right direction toward positive student sexuality

EJ JACOBS

Life & Arts Editor

Do you want to start the semester by taking a "step" in the right direction?

The STEPS club on campus is all about staying informed and being proactive.

STEPS stands for "Students Teaching Equals Positive Sexuality."

The club's goals, as stated by President Bowie Rivera are to "give our peers information to help people form the best choices for themselves. That's the most important thing — we aren't telling anyone what to do, the only correct decision is the one you make."

Rivera goes on to say, "We teach on eight topics: safe partying/alcohol awareness, STDs/STIs, HIV/AIDS, unhealthy/healthy relationships, cannabis safety, sexual assault, gender & sexuality and safe sex."

STEPS' goals are to benefit the university and those who attend Fredonia.

Rivera said, "STEPS has a role on campus to educate. We want to bring awareness to these topics that we teach because it is so incredibly important, especially for college students."

When discussing the process of joining the club and how it sparked an interest for the current members, senior music therapy major, Megan Kidby stated, "I first saw them at Activities Night; they were the table right across from us and I saw the sense of camaraderie." Kidby continues, "I signed up not thinking that I would, you know, fully go through with it ... I did a little bit of research on STEPS, and I was like, 'Oh, this is actually a very important thing that we need on this campus.'"

STEPS offers a wide range of presentations that they can hold for any club or organization.

STEPS is holding "Get to Know You" events on Sept. 7 and 8 from 5 p.m. – 7 p.m. in the Williams Center Room 204ABC.



KELLY NGUYEN | Special to The Leader

This allows the club to get to know new members, and members can get to know the group.

STEPS will feature games and activities at these meetings to help new members see what the club involves.

The club will be holding interviews for new members on Sept. 9.

You can find them @fredsteps on Instagram.

A deep dive into Music Industry Club

ARIN RUSSELL

Special to The Leader

Music Industry Club (MIC) is looking to make changes in the heart of Fredonia's vibrant music scene and to the club itself.

MIC is a business-oriented music club. They handle the behind-the-scenes of music events such as promotions, marketing, event coordination and money management for contracts.

But what new does MIC have to offer Fredonia this upcoming school year?

Club President Jazmine Torres has been a part of MIC since her freshman year. She worked in promotions for a year and was the secretary before moving up to become the president. As the new president of MIC, she has been making many changes in the club since starting her presidency.

When asked what she intends to bring to MIC, Torres said, "We're bringing a lot more local artists this year. We're starting to branch out into different genres. In the past, we've been indie, very rock. We're trying to expand on that and bring in more rap artists, DJ sets, etc."

Olivia Castiglione joined MIC during her freshman year and was on the promotions committee. As the Vice President, Castiglione is eager to make major positive and necessary changes in the club. She spoke about starting to focus more on their promotions this year, complimenting the club's marketing and promotions team (Hailey LaMacchia and Matthew Knapp) on freshening up the Instagram page. "Our Instagram last year versus this year is already changing. It looks a lot more cohesive."

Castiglione also teased future events, saying, "In the spring – I can't say much yet. But stay tuned; we've got a big, big, big event happening."

The pair voiced pride that their club had a diverse E-board in a primarily male-dominated industry.

The club expressed its openness to anyone passionate and cu-

rious to learn the inner workings of the music industry to join.

Current events they have coming up are as follows:

"Amp It Up" on Sept. 15.

"Battle of the New Bands" is currently being planned for the first Friday of Dec.

These events are completely free for anyone interested to attend

Please check out their socials for updates and any other news regarding the club.

Instagram: @micfredonia, TikTok: @micfredonia, Facebook: @micfredonia, Twitter: @MICFredonia

A closer look at the arts within Fredonia's clubs

NYELA RENNIE

Special to The Leader

ARIN RUSSELL

Special to The Leader

On August 31, SUNY Fredonia held their biannual Activities Night located at Dod's Grove. Activities Night gives students the chance to learn about all of the astounding, diverse clubs on campus.

The types of clubs at Activities Night range from academic, athletic, performing arts and social. And, with over 150 student organizations at Fredonia, students are bound to find a club that they connect with.

SUNY Fredonia is known for its dedication to the arts, and the clubs mentioned in this article uphold that statement.

Percussion Guild

Percussion Guild is an interactive club for students that are interested in the world of percussion. "Anybody can join it, not just percussionists," said Co-President Joey Fiumano. "We just spread the love of percussion, and we've heard back from past members who weren't music majors and they still continue to play to this day."

Fiumano has been a part of Percussion Guild since his sophomore year where he was the events coordinator. Now a senior, Fiumano is grateful that he has had the opportunity to make such a benevolent impact on Fredonia's percussion community.

In stagram: @fred on ia per cussion guild

YouTube: @sunyfredoniapercussionguil7534

Sound Services

Sound Services is a hands-on club that provides lighting and sound reinforcement for events all around the Fredonia area. "When there's a need for lights for a show, we are the ones who make it happen," said Vice President Dylan Tanyi. Tanyi has been a part of Sound Services for three years.

For this upcoming semester, Tanyi plans on making the club's meetings more informative and instructional for its members.

He expressed his gratitude for the vast amounts of knowl-

edge that he has acquired throughout his time in Sound Services, and hopes to create a lasting impact on future members to come.

Instagram: @soundservices___

Music Industry Club

Music Industry Club (MIC) is a business-oriented club working on the behind-the-scenes events of music acts. This year, they plan on focusing more on bringing in local artists to work with.

Jazmine Torres, president of MIC, has been making a lot of changes in the club since the beginning of her presidency. When asked what she plans to bring to MIC, she said, "We're starting to branch out into different genres. In the past we've been indie, very rock. We're trying to expand on that and bring in more rap artists, DJ sets, etc." Torres expressed pride over the club's shift to a more diverse board in a predominantly male field.

Upcoming MIC events include: Amp It Up — Sept. 15, Battle of the New Bands — Dec. 1. These events are free to attend.

Instagram: @micfredonia TikTok: @micfredonia Facebook: @micfredonia Twitter: @MICFredonia

NoteWorthy

NoteWorthy is SUNY Fredonia's only show choir. Their focus is on the theatrics of music, putting on performances such as a preview show and full showcase. "We try to emphasize the performance aspect. That's what really sets us aside," music director Simon Sysentgyorgi said. Szentgyorgyi further went on to say, "We don't stick to only musical theater. We welcome all genres [and] styles — whatever you have to bring to the table."

Szentgyorgi has been a part of NoteWorthy for four semesters and has been an active E-board member for three of those semesters. They expressed wanting to bring more awareness to the arts of theater and make a larger impact on campus.

Instagram: @noteworthyfredonia

Tiktok: @noteworthyfsu

Fredonia Farm Festival celebrates community spirit amid uncertain future

MEGAN KIDBY

Scallion Editor

The tranquil town of Fredonia comes alive with vibrant colors, joyous laughter and the unmistakable scent of freshly-harvested produce during the annual Farm Festival held from Aug. 25 through the 27.

Now in its 54th year, this much-anticipated event showcased the heart and soul of the town's agriculture while bringing together residents and college-goers in a delightful display of community spirit.

At the heart of this festival is the dedicated individual who was the driving force behind its success: Mark Mackey. Mackey is the residential technology coordinator at SUNY Fredonia and was the festival chairman of the event. When talking about the festival, he expressed both pride and concern about the event's future. "The biggest highlight for me is seeing the thousands of festival-goers enjoying themselves," Mackey stated. "We do this festival for them. Every festival, all we hear is how much everyone loves it."

Mackey highlighted the challenges faced in organizing the event, particularly the village board of trustees. "Every year I have to fight with them about something. There hasn't been one year that there wasn't a conflict with them. They just don't

understand everything that the festival brings to the village."

Mackey also acknowledged that the Fredonia Farm Festival may not happen next year. "I decided to resign from doing the festival because I'm tired of fighting with the village. As of right now, no one is stepping up to take it over. The reason is, they know how much work it is...it's a huge ask for someone to take over. So I'm not sure if there will be another one next year or not."

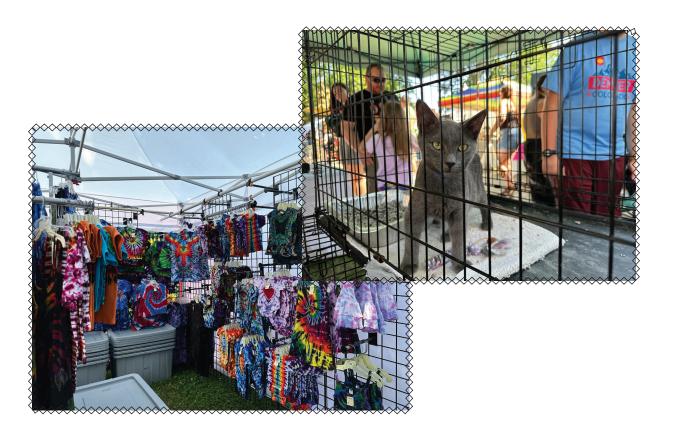
To hear this news is sad, considering the amount of positive reception the festival received from students.

One student, Emily Colledge, a transfer music therapy major, spoke about the experience emphatically. "I would definitely go to the festival again...the music and getting to be outside was great fun," she said.

Another student, Morgan Brown, a freshman music education major, commented about the experience by saying, "Everyone was so friendly, I loved the booths that had the wheels you could spin!"

As Fredonia looks towards the future, the fate of the beloved Farm Festival hangs in the balance.

The possibility of the Farm Festival not happening undoubtedly weighs heavily on the hearts of the townspeople, as they contemplate the possibility of a year without the celebration that has bound their community for over half a century.





IZZIE INZINNA | Special to the Leader

'Folk Song Killer' - T.T.T.T.

JORDAN BUDD

Special to The Leader

In the past few years of the Fredonia music scene, no project has had a more open-ended meaning than T.T.T.T.

This mysterious title is the work of Jacob King, a Fredonia alumni student-artist who has become synonymous with the scene for his involvement in multiple projects. He played in indie folk outfit Hal & Pals, as well as planned shows and cassette releases with Foxhead Record Company.

On Aug. 24, T.T.T.T. released "Folk Song Killer," a streaming release that also included the B-side, titled, "Dolly Castle."

T.T.T. has had different meanings over the years, even representing an acronym at one point. Nevertheless, King said "My go-to answer is that it doesn't stand for anything."

One fan, Connor Bessey-Nolan, also known for being the manager of Beach Tower, mentioned how the name T.T.T.T. "feels like a fun mystery to [him]; it feels like it invites you to fill in the blanks and make up a name."

While King reflects on his early years as a music fan, he mentions that there was a specific strain of reverb-soaked psychedelic garage rock that stuck out to him as a teen.

While referring to the new fast and loud T.T.T. songs, King said, "It's a really comfortable place for me. It feels like home in a weird way."

The songs were released in conjunction with Foxhead Record Company's first music event of the semester on Aug. 26.

T.T.T. played alongside Lobotomite, a Fredonia alternative-metal band, and Torture Agenda, a sludgy crust punk band from Buffalo-based record label Swimming Faith.

When played live, "Folk Song Killer" and "Dolly Castle" fit right in with the heavier bands.

Along with King, the current band lineup includes Cam Bunch on drums and Meg Munro on bass. These members are also two-fifths of another Fredonia alumni band, Tsunami Tsurprise.

Bessey-Nolan said, "For me, I know Jake's going to put on a great show regardless of what name he's under, but I do love the fast and frantic energy channeled through T.T.T."

Similar to much of King's music, the songs were recorded on a 4-track cassette deck. His releases have a signature scratchy DIY sound.

One thing even more loft than normal is the vocals, this time recorded through an old landline telephone-turned-microphone that King rewired.

King said, "My voice cut through the mix in a weird way. It's very grimy, scratchy." He compared the sound to an old intercom system on a rollercoaster where the high frequencies are so loud the words can become muffled.

King said the B-side, "Dolly Castle," originally had more of a glam-rock feel as it was highly inspired by a Donovan song called "The Mountain."

As many of his tunes developed over time, he eventually found "Dolly Castle" hit better when performed in a similar vein to "Folk Song Killer."

The title of the short EP, and intro track, has to do with King's interest in a killer persona that is often found in Amer-



'Folk Song Killer' album cover by T.T.T.T.

ican outlaw culture. The idea of a killer and grim narratives in general have long been explored throughout our country's musical timeline. King mentions the 60s rock standard, "Hey Joe," as well as the ominous songwriting of the Doors frontman Jim Morrison.

Similarly inspired by the past, the cover features a cartoon-ish speech bubble above King's figure that reads "Eat your hair." King had the Mother of Inventions album cover and music for "Freak Out" in mind. He likens the absurd phrase "Eat your hair" to the work of Frank Zappa and Captain Beefheart.

In terms of the future, King has another two-song T.T.T.T. release scheduled for Oct. 4, "Pig," and "Eat Tomatoes or Eat Shit."

This upcoming release will be available on lathe cut 7" records, the first time King's music will be on vinyl.

"My voice cut through the mix in a weird way. It's very grimy, scratchy." He compared the sound to an old intercom system on a roller-coaster where the high frequencies are so loud the words can become muffled.

—JACOB KING

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We have open positions! Check our masthead on page 2 to find something you may be interested in.

Our office is \$206 in the Williams Center, come visit us or say hello!

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SPORTS

Old faces in new places: Former athletes return as assistants

MATT VOLZ

Sports Editor

For many Fredonia student-athletes, graduation means goodbye. But for two former Blue Devils, it meant the start of a new journey.

Nick Abdo and Brinn Shaughnessy have begun their new journey as assistant coaches.

Shaughnessy, who graduated in 2022 with a degree in child-hood inclusive education, will be assisting Head Coach Geoff Braun on Fredonia's volleyball staff.

She played three seasons as a member of the Blue Devils, with the 2020 season not played due to the COVID-19 pandemic.

Shaughnessy said she stepped into the role after the team's prior Assistant Coach, Rebecca Allen, was unable to do so for the 2023 season.

"I just really liked the atmosphere," Shaughnessy said of her return to Fredonia.

She is currently in her second year of graduate school, pursuing a Master's Degree in Inclusive Education Curriculum/ Development and Applied Behavior Analysis.

Shaughnessy attributed her eye for coaching to her high school coach, who taught her athletes to coach each other through her toughness.

"I think that helped me to constantly have my eyes moving, noticing everything," she said. "That made me think that I had the ability to coach. I think she played a big role in that."

Abdo also said he was inspired to pursue coaching by his high school coach.

"He just dealt with things in a way that I really respected," Abdo said. "He always dealt with adversity from his athletes, and I always respected how he dealt with situations, how he held people accountable."

Abdo, who graduated in 2023 with a degree in business, says he didn't originally plan on going to college at all.

"When I was a senior [in high school], I used to race motocross pretty heavily, and I ended up getting hurt pretty bad," he said. "So I started running track ... Now it's something that I'm really passionate about. It worked out."

Shaughnessy also dealt with injuries throughout her playing career, and she partly attributes that to her coaching abilities.

"I wish I could have played more [in college], but I couldn't because of some injuries," she said. "So it was kind of, 'What way can I transfer my knowledge of volleyball, my love for volleyball?' And coaching was the best way."

However, Shaughnessy says she didn't envision stepping into a coaching position this soon.





ABDO

SHAUGHNESSY

"It's always been something I've been interested in and that I thought of as a possibility, but I never thought it would be while I was still in grad school," she said. "I think I'm pretty lucky because I always thought of coaching as a more distant plan. It's kind of exciting to just be thrown into it and given the opportunity."

Abdo also followed a path to coaching that he didn't originally imagine.

He began his student-athlete career at the University at Buffalo (UB) in 2019, but due to circumstances surrounding the coaching staff, he decided to transfer to Buffalo State when COVID-19 hit in March 2020.

"I told the coach, 'Look, in my head, this is a perfect time to make a change," he said. "So, I decided to make a change."

He says he chose Buffalo State because he was friends with some members of the team, a team which received multiple All-Conference awards in 2021.

However, after their coach left for maternity leave, the new coach was described by Abdo as "less than ideal", resulting in him and several others deciding to transfer.

Abdo says he sent letters to three SUNYAC schools: Brockport, Cortland and Fredonia.

Whoever called him first would get him.

"It wasn't even ten minutes, and Tom [Wilson] was on the phone with me," Abdo said. "The reason I came here was just that he called me first."

Funny how things happen sometimes.

Despite his injury history, Abdo says that if he could coach any other sport, it would be motocross due to his familiarity with it. "I think that's something I would fit in with really well ... It's a pretty intense sport," he said. "And something I've had to dial back personally is the intensity of which I do things because not everybody is intense."

Shaughnessy says she also carries a level of intensity to coaching, something that comes from being a supportive teammate.

"When I'm the loudest one in the gym, jumping up and down, giving them high fives ... It feels good because, you know, not all coaches do that," she said.

She also believes in the importance of motivating rather than putting down as a coach.

"I think it's important to be their number one supporter," she said. "I want all my players to know that I believe in them and

I see the work they're putting in."

If she could coach any other sport, she says it would be football, as she grew up a loyal Penn State Nittany Lions fan.

"I think I would like to coach football just so I could be a conditioning coach," she said. "If I was at Penn State. Nowhere else."

Despite her love for Penn State, Shaughnessy considers Fredonia to be home.

"We're not these large towers, these large, extravagant buildings, but it's just a place that feels like home," she said.

For her and Abdo, a return to campus is like a return back home after going away.

Welcome home, Blue Devils.

Women's rugby is back, returning with new leadership

MAISIE STRADER

Special to The Leader

The Fredonia women's rugby team was canceled for a short period of time last year after a personal team dispute.

However, they have come back with their minds solely on the field.

"I really don't know how to feel about it being my last year," said President Taylor White, a senior. "I mean, I am so proud of how far I've come so I have this sense of accomplishment but I'm also not ready to leave."

After a semester without a coach, teammates grouped together to find one as soon as possible.

For no money and no notice, Ashley Nice, a nearby Hamburg, N.Y. resident, immediately jumped to fill the position.

"Our coach Ashley is truly incredible, I think she really helped a lot of girls find their passion for the sport again," White stated.

Thrilled by the opportunity to show her coaching skills, Nice has supported and trained her players respectfully and healthily, knowing that not all of them have an athletic background.

One such player is sophomore and Treasurer Kim Wilk, who hasn't touched a ball since middle school.

Wilk joined her freshman year not knowing what lay behind the dirt and mud, just thinking it was a good way to meet friends.

Now, she has been able to raise money for the group, in hopes to take the team to a whole different level.

After being canceled last year, the girls understood what that meant for their team – loss of players and loss of funding.

"I am actually in the process of planning many more fundraisers that students may like; there's gonna be a Harry Potter trivia night, a thrift sale and more bake sales," Wilk said.

On Saturday, Sept. 9, the women's rugby thrift sale will have all sorts of books, shoes and clothes that people can buy to support the team's efforts, along with photo booths and a changing area.

So watch out for the chance to buy a new shirt, take some



NICOLE THORSON | Art Director

pictures with friends and even get your very own Harry Potter basket full of treats, while also supporting the team.

What can we actually expect from the rugby team this season?

"Expect a lot of passion and resilience from the girls team this year," White said. "We all have fought so hard to come back and save this program ... We are more determined than ever to prove that we are worth having at Fredonia."

These players aren't afraid to get their hands dirty on game day, and encourage others to join.

"I always [tell] people who want to join to just try it, because you'll never know until you do so ... Rugby truly is a sport for everyone, [and] we will find a spot for anyone," White said.

Buffalo Bills season returns this fall: How to watch games on campus

MITCHELL HORUCY

Staff Writer

With summer winding down and leaves starting to fall, it means we're back in store for another season of Buffalo Bills football.

The season kicks off on Sept. 11 at 8 p.m. as the Bills travel downstate to visit Metlife Stadium and take on the division rival New York Jets in a Monday Night Football game.

Buffalo's 2022 season came to a disappointing end with a 27-10 home playoff loss to the Cincinnati Bengals.

In 2023, the team will look to build off of that loss and continue to contend for the first Super Bowl win in franchise history.

The team is returning seven of 11 starters on offense, including a rejuvenated offensive line, which resolves an issue that hurt the team down the stretch and into the playoffs.

The team added veteran Connor McGovern and rookie O'Cyrus Torrence to fill out the left and right guard positions, respectively.

To fill out the other two starters, offseason acquisition Deonte Harty will take over the starting slot receiver role, and second year running back James Cook will take over the starting duties at his respective position.

The story of the offseason has been the addition of rookie tight end Dalton Kincaid out of the University of Utah. He's a dynamic pass catcher that the Bills hope can bring a spark to an offense that, according to some, didn't live up to expectations in 2022.

On the defensive side of the ball, the team only lost one starter, however it was a significant loss. Linebacker Tremaine Edmunds left the team in free agency and joined the Chicago Bears, which leaves a hole at the position needing to be filled.

Coming off of a first team All-Pro nod, linebacker Matt Milano will have to step up big and run the defense without Edmunds.

Similar to the offense, the defensive line made several key additions such as Poona Ford and Leonard Floyd to help solidify their depth.

Looking to catch some games while at college?

FSA plans to show every Bills primetime game at Willy C's along with providing complimentary popcorn.

Willy C's also has NFL Sunday Ticket on their televisions, which allows fans to watch any live game despite the availability.

Willy C's doesn't open until 3 p.m. on Sundays, but will be open for the end of the early slate and all of the late afternoon slate of games.

Special Programs Manager Katie Thies said she is "very excited for this season" and also plans to decorate Willy C's on game days.

The following games will have popcorn provided: Sept. 11 against the Jets, Oct. 15 against the Giants, Nov. 5 against the Bengals and Nov. 13 against the Broncos.

All games kickoff at 8:15 p.m.

"It's an electric time of the year," said sophomore Alex Gombos, a Hamburg, N.Y. native. "It brings everyone together more



ISA RIZZO | Special to the Leader

"It's an electric time of the year. It brings everyone together more than any time of the year."

—ALEX GOMBOS

Sophomore, SUNY Fredonia

than any time of the year."

With expectations near an all time high, we look to be in store for another great season of Buffalo football.

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

Race to 2024: Who is Vivek Ramaswamy?

MICHAEL WILLIAMS

Staff Writer

Vivek Ramaswamy is now polling 2nd in the Republican Presidential primary only behind Donald Trump, and his run has come as a surprise to many.

Vivek is the only candidate running for the party nominee without having any prior experience in elective office. He also would be the second person ever if elected to have held no prior elected office (the first being Donald Trump).

Vivek Ramaswamy was born in 1985 to Hindu Indian immigrants in Cincinnati, Ohio and later ended up attending Harvard for his Bachelor's degree and Yale Law School for his Juris Doctor. Vivek is a strong speaker and great debater, as he was on the Harvard and Yale debate teams. After graduation, Vivek founded biotech and financial firms—most notably Novient sciences—and has a net worth of 950 billion.

Vivek's campaign has been a total copycat of Trump's 2016 run, railing against the establishment class of Washington D.C. and the "Woke Bureaucrats" of the federal government.

Along with this, he is also denouncing the anti-racist rhetoric and affirmative action that probably got him a spot in the most prestigious halls of Harvard and Yale Law.

If elected, Vivek has said he would pardon Trump, abolish the Environmental Protection Agency (the main agency that is helping us fix climate change) and stop funding Ukraine, leaving the country of freedom fighters in the hands of Putin's dictatorship.

Vivek is not the disease, but rather a symptom of Trump's playbook that has shaped the Republican party since 2016.

Vivek Ramaswamy would be the first candidate to be elected from the millennial generation, and the first Indian American president.

His pitch that his generation is losing its moral character because of a loss of religion and sense of purpose which is resonating with the same voters who supported Trump in 2020.

However, America has actually been growing more secular since the 60s, and studies have shown that areligious people can be just as moral, if not more moral than their religious counterparts as shown through acceptance of members of the LGBTQ+ community.

The studies also show that people not connected with a religion are more likely to vote for social welfare spending to uplift the lower end of society.

While I disagree with his run and vision for America, Vivek Ramaswamy's positions on race relations, Ukraine and the shrinking of the federal government aligns with the playbook for the 2024 Republican party. Behind as it is, it tries to execute its goals in state legislatures instead of in Congress.

Vivek has positioned himself to be Trump's number two



Photo via Vivek Ramaswamy's X (formerly Twitter) account

"Faith patriotism and hard work have disappeared, only to be replaced by new secular religions like COVID-ism, climate-ism and gender ideology."

(Via Ramaswamy's campaign announcement)

—VIVEK RAMASWAMY

Republican Party Contender, 2024 U.S. Presidential Election

pick, or a viable first choice if Trump becomes convicted or can no longer run because of age.

Vivek has the chance to realign the country with the "anti-woke" vs the "woke," and the battle of free markets vs regulation of climate change, healthcare and the cost of college.



Sophie Barbasch's 'Make Up at the Drive Thru' featured in 'Not Gay' | Image courtesy of Marion Art Gallery | Special to The Leader

'Not Gay' exhibits in Marion Art Gallery

LAUREN JENKINS

Special to The Leader

I visited Marion Art Gallery this week with the express purpose of covering "Not Gay" for this story, and I was pleasantly surprised by what the exhibition had to offer. As I walked through the dimly lit room, a group of small black-and-white photographs called out to me from one of the beams blacked towards the center of the room. The scrawled handwriting on the matting created a halo around the photos, telling the story of each image.

These photos are the work of artist Amos Badertscher, who documented many of the alternative lifestyles of people in Washington, D.C., and Baltimore, Maryland.

Jonathan D. Katz, associate professor of practice, history of art and gender, and sexuality and women's studies at the University of Pennsylvania, curated the exhibit.

Katz called Amos, "A photographer of a dying culture," and his inclusion in "Not Gay" is only the third time his art has ever been put on display, with this exhibition opening just over a month after he died at the age of 86.

Even for someone like me with little to no art-viewing experience, the exhibition offered an interesting and in-depth view of trans and queer art without overwhelming the viewer.

I remember reading one of the placards next to Laura Aguilar's piece entitled "Clothed / Unclothed 24" that read, "I wouldn't know what to do with the perfect body. Can we get comfortable with the imperfections?" From that description, I suddenly felt more relaxed in the exhibition, as if it had told me

that it was ok to just exist in the gallery instead of worrying about if I was doing this whole "art patron" thing correctly.

"Not Gay" is the first gallery installation in SUNY Fredonia's Marion Art Gallery for the 2023-2024 academic year.

The exhibition was curated by Katz, in collaboration with Ryan Krueger of Light Work photography center in Syracuse.

The exhibition focuses on the work of transgender and nonbinary artists, specifically about their experiences with gender and sexuality.

The gallery is proud to feature pieces from artists from all over the world, including works from well-known artists such as Del LaGrace Volcano.

When asked what he wanted visitors to think about while visiting the gallery, Katz said, "The key here is actually to look and feel, and hopefully, if I've done my job correctly, those two will be intertwined automatically." In Katz's words, one of the main goals of the exhibition is to "explore the history and contemporary production of trans art."

Katz will be visiting Fredonia on Friday, Sept. 8 to offer a lecture on his life as a queer art writer and curator. The lecture will be held in McEwen 209 at 4 p.m.

Additionally, Barbara Proud will also be on campus on Saturday, Sept. 9 at 11 a.m. to give a gallery talk on her series "Transcending Transgender Love," some of which is featured in the exhibition.

The gallery's hours, as well as more information about this year's exhibition, can be found on the Fredonia website. The exhibition will be on display until Nov. 12.

Admission to the gallery and the related events is free to all.

To eat or not to eat: a review of Fredonia's dining options

MARISSA BURR

Opinion Editor

Transferring colleges is hard enough, between having to learn a different campus, make more friends and join new clubs.

Adding in the fact that your school is in a town you're totally unfamiliar with can increase that feeling of isolation many students fear come the start of a new semester.

I am lucky enough to be transferring to my hometown, with my childhood home a mere half mile from campus.

I've spent the majority of my life in Fredonia, and while there's not an exorbitant amount of things to do around town when you're bored, there's a decent array of food options.

There's not much variety in cuisine, but certainly enough individual businesses that it can be hard to decide where to get dinner from.

Plus, taste doesn't vary too much between locations of chain restaurants, so this list is specifically locally-owned businesses. So, as someone who had nothing to do in her teenage years—and the academic breaks that she spent in the area as well—I have taken the liberty of compiling a list of local restaurants near campus, and have given my opinion on why you should, or should not, go there.

Upper Crust Bake House - 27 E Main Street, Fredonia

This is a fan favorite around the area. It has very aesthetic cafe vibes, and the food's taste matches the cool atmosphere.

Looking for the freshest sandwiches, salads and soups? You'll wanna head down to the little storefront right across from Barker Commons in the center of town.

It's a great place to study, catch up with friends or just relax on a rainy day. It tends to be a little expensive, so living on the lavish side may only be in the budget once a month or so, but I still highly recommend Upper Crust.

Their pastries are to die for—which happens to be pretty accurate for people with nut allergies like myself, because while they offer a lot of healthy and fresh options, many of their products include nut products.

This is a more recent change to their menu that has caused me to not be able to eat there anymore, but my friends still rave about how good the food is and how I'm missing out.

Trust me, I know.

Their double chocolate chip cookies were a family favorite for the first seventeen years of my life. So, if this review sends you in their door, do me a favor and order a few to go with a "Wally Sandwich."

Ellicottville Brewing Company Fredonia (EBC West) - 34 W Main Street, Fredonia

Just down the road from Upper Crust and the M&T Bank is the corner restaurant, EBC West.

Now, my parents have raved about this place before and said that it's always been good when they go out with their friends after work.

I don't know if it was because I went on a Wednesday evening or if something in the kitchen changed, but my most recent trip there was abysmal. It's not a large restaurant, with maybe a dozen seats at the bar and the same amount of tables close by, so it's semi-understandable why they'd only have one person working the bar as well as the floor.

Nonetheless, all aspects of our service took forever.

This would've been easy to put aside if my best friend and I's food didn't taste like garbage.

The "truffle fries" on their menu were just cold, flavorless fries covered up in old parmesan cheese—definitely not worth the eight bucks.

The chicken wings weren't cooked all the way and their sauce that should've been similar to a parmesan garlic was not actually a sauce, more of a dry rub of that same cheese and a few bits of garlic.

My chicken club had a few shriveled pieces of bacon and two of the most dry and unappetizing chicken tenders I'd ever seen.

It was so bad I had to send it back after choking down two bites. I'll give them credit though, they took the sandwich off of my bill and were very apologetic but the whole experience just left a sour taste in my mouth.

Save your money and go spend fifty dollars on a meal for two elsewhere—hopefully someplace a little less mediocre.

Lena's Pizza - 18 Canadaway Street, Fredonia

Now, between the Fredonia and Dunkirk area, you've got your choice of about thirty different restaurants that sell pizza, wings, chicken fingers and breadsticks.

Every Fredonia native has their favorite, and I'm sure I'll get messages on Facebook after this is published but Lena's has always been my favorite.

Their wings are always cooked really well and served with just enough sauce. Their mild, medium and hot sauces are all a standard heat scale for the Buffalo area, meaning their medium isn't what I would normally consider less hot than a mild.

You're getting what you're ordering, and I like that because with so many places—even just in this area, it's hard to know. Their pizza is also really good, with a nice sweet sauce and plenty of cheese.

It's everything I want from a pizza place, and they get my business every time. Reasonable prices, friendly service and delicious food are necessities when you're in such a competitive area like ours, and I can say confidently that Lena's won't let you down.

Big Dipper Ice Cream Parlor - 950 Central Ave,

Like Upper Crust, this is another staple in the community where everyone goes during the summer when they want something sweet.

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Big Dipper has a ton of flavors, cone options, sundaes and toppings. They're always adding something new onto the menu, whether it's ice cream, cookies, cakes, cake pops and so much more.

I've been to ice cream shops almost everywhere I have traveled and it is still one of my favorite places. They recently underwent a remodel that added more doors, tables and space overall to accommodate their booming clientele. It's got the hometown feeling of a local, vintage ice cream parlor that brings joy to everyone who walks in and sees the pastel colors.

They're also pet friendly with a lot of picnic tables outside that you can eat at with your dog while they enjoy a "pup cup" dog-safe edible bowl filled with vanilla ice cream.

My brother's dog, Buddy, tears one of those apart in seconds and highly suggests that you hit up Big Dipper next time instead of running to a gas station for a pint of Ben & Jerry's.

DP Dough - 13 E Main Street, Fredonia

This business has changed hands—and names—many times since it first opened its storefront.

I remember it being called "Zonies" and then "Calios" only to settle on D.P. Dough for the past few years.

Unfortunately, the names aren't the only things that have changed, the service and food quality has severely deteriorated.

The menu features calzones, wings, breadsticks and other fried confections. They're all a pretty reasonable price, and the fact that they're open late into the night is ideal for college students.

We all get a craving for something salty at 2:00 a.m sometimes, and luckily they're still serving at that time.

A piece of advice though, they're on DoorDash but they do not ever check it. They'll receive the orders, make them, and then they will never get delivered. If you do pickup, they won't update the pickup time on the app when it's done so it's up to you to call and check for it. If you're gonna order from them, just call the store directly and figure it out from there.

While I used to love their garlic knots and fried oreos, the last few times I've gotten them they've been dry and disappointing.

I'd suggest not bothering with D.P Dough at all unless it's early in the morning and nothing else is open.

64 On The Rocks - 64 W Main Street, Fredonia

This is one of the newer restaurants in the area, and because of their limited hours, I have only been there a few times. They aren't open Monday, Tuesday or Wednesday, but during the weekends it is a hotspot. The modern design is appealing to a younger crowd, as is their extensive alcohol selection.

If you're going to get a drink here, be sure it's one that you know that you love, because cocktails and other alcoholic beverages are way too expensive here for you to not enjoy them.

As for the food, it's hit or miss.

Like the drinks, you're not going to get away without spending an arm and a leg, but the portion sizes tend to compensate for that

Sandwiches are at least \$16.00, which is a lot for most college students to spend on a weekly basis, but it can be worth it to head over when parents or friends come to town.

Based on what my friends and I have tried, the fries are average at best, the grilled chicken sandwich is good as long as you



NICOLE THORSON | Art Director

like that charred grill taste that is usually reserved for burgers or hot dogs.

The chicken wings are really tasty but not all their sauces are actually saucy and they're closer to dry rubs—which is not specified on the menu so definitely have your server clarify—but they're worth ordering.

My favorite item on the menu is "The Cowboy," which is smoked turkey, bacon, greens, tomato and chipotle bacon ranch; it was a pretty large sandwich which I loved because I wanted like three of them after taking the first bite.

Overall, it's a cool atmosphere, but walk in knowing that they're up-charging you for that "experience." They also have a location by the lake called 64 On The Pier, which follows the same formula as their original location.

They'll also advertise live bands that will play, but that tends to be a rare occurrence, as made clear by their spring schedule of events having only three events on it.

If you're looking for advice, I'd say try it once on someone else's dime and experience it so you can form your own opinion without losing much in the process.

Sullivan's Charbroil - 3590 E Main Street, Fredonia

Even though the address says it is on the same street as many of these restaurants, it is a little farther out past the traffic circle, but it is definitely worth the drive, bike ride or walk.

This is the best place to eat during the warm weather, with the perfectly greasy and crispy grilled food always hitting the spot.

They've got burgers, chicken sandwiches, curly fries, hot dogs and even grilled cheese. The portions are large, which is good because it is a little on the expensive side, but again the food makes it all worth it.

If you're new to the Western New York area, they've got regional staples like beef on weck sandwiches and their own version of a "garbage plate."

They also have many flavors of ice cream, slushies and milk-shakes that are great on those hot August days that none of us want to spend in a dorm.

Indoor and outdoor seating is plentiful, and their new remodel has added a lot of new amenities to the already-great business

If there's one place I would recommend in the Fredonia area, it is Sullivan's Charbroil.



Lovercolumn:

Establishing College Relationships

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 21-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 now being streamed weekly on Wednesdays nights from 10 p.m. to 12 a.m. on WDVL 89.5 on www.fredoniaradio.com.

This column runs in conjunction with Lovercall and can be found both in print and online at *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 getting some slushies and hanging out at the pier!

It doesn't matter where you get the slushies, but get your favorite flavor and roll on down to the pier. Put on your favorite playlist, gaze out to the water and drink up.

If you are going with someone, make sure you know them well first. We advise you don't get into a car with someone you don't know. That's stranger danger and that's not cool.

And if you don't have a car, just grab your favorite drink from Starbucks, Willy C's or anywhere else on campus and head on over to Three Man Hill to catch the sunset.

We at Lovercall know how stressful the start of the year can

be when you're trying to get everything together. So whatever you do, this date idea is a relaxing way to simply talk about or do nothing for a little while.

Lovercallers

We call those who reach out to us with stories about love, sex and relationships "Lovercallers."

This week, we turned to Yik Yak to anonymously reach out to Fredonia students.

One question asked, "what is your opinion on [polyamorous] relationships instead of monoamorous?"

This question led to a thoughtful discussion among our guests.

A polyamorous relationship features more than one exclusive partner, whereas a monoamorous relationship refers to having only one exclusive partner.

Tractor, one of last week's guests, expressed how while a polyamorous relationship isn't necessarily for her, she still supports those who choose polyamory.

The producers and guests unanimously agreed with Tractor.

It was important to us at Lovercall that if choosing to enter a polyamorous relationship, all members involved should consent to and agree with the decision.

We determined that it is extremely important to have a conversation about boundaries that everyone agrees to.

This way, no one feels undervalued or uncomfortable in the relationship.

If you or your partner are interested in entering a polyamorous relationship, be sure to talk it out and ensure you are on the same page.

Establishing college relationships

The main topic for our episode this week was how to establish college relationships. We are often asked how to start a relationship with someone for the first time.

Truthfully, beginning a relationship with someone, romantically or platonically, can be pretty difficult.

We at Lovercall believe that the best way to interact with others on campus is simply just to reach out.

The producers and guests all agree that us SUNY Fredonia students are all in the same boat. Even just remembering that we are all students of the same college is one thing all of us have in common

Just leaving your room door open or knocking on the door of your neighbors is a great way to talk to those who live right in your building.

Groundskeeper, one of the guests, explained how he has made most of his friends through student clubs. If you join a club on campus you're interested in, there's a pretty good chance that you'll find someone with similar interests as you.

We agreed that there's no harm in going up to someone and talking to them.

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Mongoose, another guest, told a light-hearted story about how a new student sat down next to them in the Blue Lounge. After gaining the courage to talk to each other, the two hit it off.

Now, mongoose and the new student have a tradition of meeting up in the Blue Lounge and catching up every week.

You never know what friendships might form just by talking to someone new.

Reach out!

Do you want to ask the authors of Lovercolumn a question?

Do you need advice? Fill out the form by using this QR code. Interested in being a guest on Lovercall? Email frs@fredonia. edu or visit Fredonia Radio Systems, located in McEwen Hall 115 and open Monday through Friday from 9 a.m. to 5 p.m.

"The Electrician" and "The Architect" are members of Fredonia Radio Systems and are involved in the production of Lovercall.

https://forms.gle/pFHcFz77Qc9fcsLP9

Graphic by ALEX ERWIN | Staff Writer



A playlist for every mood: Not all it's cracked up to be

MARISSA BURR

Opinion Editor

It seems like for the first 18 years of our lives, we can't wait to grow up.

All we can think about is how long until we can drive, go to college, earn our own money and live in our own apartments.

Yet, once the time actually comes for us to be dropped off by our parents outside the dorms, room filled to the brim with everything we need for living on our own, we feel woefully unprepared for the life ahead of us. In teen movies the end of our teens and early twenties seems like such an amazing time — and it can be, don't get me wrong — but what these cheesy flicks fail to highlight are all the messed up moments in between. Luckily, what's gotten me through the past three years has been listening to my favorite artists write songs about those real, down-and-dirty moments that honestly define the college experience.

"Hot Mess" by Zoe Clark

This is one of the most relatable songs I have come across in the past few years. The chorus sums up the life of being a struggling girl attempting to put makeup on in the car on the way to college just to look a little less like a zombie. Clark's "If I'm a mess might as well be a hot one" is the catchphrase I always have running through my head in the morning.

This song became a staple on my playlist that I'd bop to on my twenty minute drive to therapy once a week, and this is also something she mentions multiple times in her song. I whole-heartedly support openly talking about mental health issues as well as going to counseling to help with them, and for any other reason. The more it is normalized, the less of a stigma it will have. That might be why I love the lyrics "I'm a blessed one, stressed one, a little bit depressed one" that all comes back around to "I swear to God I'm alright."

Making light of my daily struggles with anxiety and depression is almost as common as eating breakfast. Remarkably, Clark also covers the contradiction in a lot of college student's lives that is our "bank account begging [us] to treat her better" yet we're also constantly spending our money on coffee, take-



JOHN LEAHY | Special to the Leader

out, and other not-so-healthy substances. Overall, this song's relatability matches its catchiness and makes it a great song to have on any playlist.

"Numb Little Bug" by Em Beihold

I found this song around the same time as the former, which made for another great addition to the songs I played on my way to therapy. The brutal honesty in all of these songs prepared me to be more open in my sessions.

Em Beihold comes right out of the gate with this brash and candid attitude when she says "I don't feel a single thing, have the pills done too much?" Anyone who has ever been on mood stabilizers, antidepressants, anxiety medication, and other things prescribed to help with daily functions that our brains don't otherwise allow for, knows the feeling of bottoming-out of a medicine. I know I do, and so the second I heard that line I was captivated.

This only continued with the seemingly simple chorus line of "you're hanging by a thread but you've gotta survive, cause you've gotta survive." It's essentially circular reasoning, but it is so relatable. She even explains what she really means earlier in the chorus by saying "do you ever get a little bit tired of life, like you're not really happy but you don't want to die." I can confidently say this is something that myself and my friends have felt many times. When the stresses of school, work, and just life in general weigh down, it's hard to be happy or find a reason to keep going, but you know you have to.

So many songs memorialize that moment when you've made it over the hump of every struggle you've faced, but sometimes you just need to hear one about the trenches you waded through. This is definitely one of those songs.

"She's So Overrated" by Madilyn Bailey

Originally sung on America's Got Talent, Bailey's lyrics for this song are a compilation of hate comments on her Youtube page. With this in mind, it is easier to understand some of the off-hand phrases said including "ear murder" and "if it doesn't work out you could always try porn."

Now obviously, if this song is on the list, you can assume she isn't nearly as bad as these commenters made her out to be. This song is the perfect example of the negative energy that we as a social media generation face every day. For every positive comment our friends or family make, there are probably ten people who look at our post and think it's ridiculous—and of course there are the people out there who feel the need to voice this unwanted opinion. It's impossible to filter every piece of hate from our profiles, despite each blocking and unfollowing feature, and it shouldn't be up to us to walk away from something that makes us happy just because someone else chooses to be negative. That would be like asking Katy Perry to get off the stage at a concert and not tour anymore because a fan started yelling obscenities at her.

The change needs to be on the person with malicious intent. By having the chorus end with "sorry I just unsubscribed" because this is what people would comment when they hated her, as if this would be something that would really hurt Madilyn Bailey—yet it's contributing to making her platform a more positive place. She makes these really nasty words into an upbeat and jammable tune that ended up gaining her more fans—that's justice.

"Alone" by Nico Collins

I have had this song in my Spotify repertoire since I got the app back in 2019 and it was my typical "teenage angst" song that I would blast through my speakers and contemplate everything that was happening in my life.

An amazing lyrical story that reads similar to many of Eminem's songs, "Alone" speaks to anybody who is at a point in their life where they're trying to find themself and come into their own. This song describes the pressures that teenagers and young adults face every day, with the most powerful lyric "he does all that he should, why is he misunderstood?"

With the second verse, we see the character growing from this kid who hated going to school where he didn't learn anything and playing sports just to make his father happy into a teenager who gets into trouble trying to numb the pain that swirls in his head. It's at this point he comes to the realization that he is in control of his own life and that "don't you know nobody will ever understand, the person that you are learn to hold your own hand." He knows he is on his own in life and needs to find his own way. By the bridge he's 21 — which is about where all of us are right now — and he's questioning whether he made

the right choices, and if this is where he's meant to be.

Things aren't perfect, and his problems haven't gone away, but he's still going to keep going because that's how he's made it through. None of us have had a perfect life that has been without obstacles, but it's how we deal with them and emerge from the ashes that makes us who we are.

"Quarter Life Crisis" by Taylor Bickett

The title of this playlist was almost the same as this song, so it's only right that this is the finale. I discovered this song on TikTok when it was the background sound to a trend about growing up too fast — I haven't stopped listening to it since. Every word in Bickett's masterpiece cuts me and lifts me up all at the same time and that is what makes a great song.

Starting with the first verse, the writer in me relates so much to "say that I read for fun, but haven't read in months" because I also go through dry spells like that with both reading and writing; life just gets in the way sometimes.

Moving onto the second verse, "I'm constantly symptomatic, Mom says it's psychosomatic" is the story of my life. My anxiety has always manifested itself into sickness and ailments as a way to avoid dealing with stressful situations. It's taken me years to get over, and some days I still fail. Which makes her next lyrics, "where's all the talent that I had last decade, another gifted kid that burned out in the tenth grade" hit even harder.

Once my anxiety started manifesting in high school, I became less able to focus on the things I was naturally good at and instead was only dwelling on my pitfalls. I have discussed this at length with my friends and we all feel that burnout. The bridge is unbelievably powerful, and will only become more relatable as the years continue. Bickett talks about how people she went to high school with are getting married and having families, while others are dead. The way that so many people who were once on the same track are in hundreds of different points right now is hard to grapple with.

Even as a college student, we never know the stages of life that our peers are at, and it's almost impossible not to compare. She says, "it feels like I'm falling behind," and that hits home for me. After taking a year off, I'm seeing people graduate and start their careers while I'm still finishing up gen-ed courses and going to orientation.

Starting over as a transfer has made me feel as though I'm in crisis and not where I'm supposed to be, but here's the truth: There's no "place" where you need to be. If it feels right and works for you, then everything will turn out alright.

For a full list of the songs that inspired the series "A Playlist for Every Mood" follow @gummymnb's playlist of the same name on Spotify!



Some poems to inspire...

ANNA SMITH

Special to the Leader

To Those for Whom I Am Enough

Thank you for listening when no one else will.

I try my best,
genuinely,
to laugh and play along
with everyone else,
to blend with the status quo seamlessly
when others don't even need to try.

But even when I try,
I can see the look
on someone's face
when I blurt out
A nonsensical one-liner
or an "Anna" joke
and it barely even registers
because they subconsciously see
that I'm not
like them.

Even so,
I still
lower my voice when asked,
sweeten my voice when expected,
deepen my voice
when needed.

In some ways, this is what it is to be "me."

But to those rare few to whom I give the key into the unwavering parts of Me

They see that I am not so quick to change:

Never so quick to addle

Never so quick to subdue

Never so quick to want to entertain—

I simply am a sitting frog stuck to a calm, floating rock.

And to some, that is boring. But to those who actually listen, and get me, that is enough.

So too is it enough for me.

ANNA SMITH

Special to the Leader

The Luxury of Knowing

There is a certain strength in knowing that things will never be the same.

You see,
there was a time
when I was a
"sweet summer child,"
yet unscathed by injustices dealt to me over the years
and having to face the many, many imperfections of my
own character.

There was also a time when I mourned the loss of this uncut, untarnished and unaligned version of myself.

But I am now 22, and to retain that innocence would be to undo how I've gotten here.

You and I are fallen creatures taking residence on a rugged crater that bears an uncertain tomorrow for us a tomorrow that is sometimes unpromised, and sometimes unbearable.

> But such is the way of being: Things can be broken. Things can be ugly. Things can be unfair.

But such is also the way of being:
Things can be fixed.
Things can be beautiful.
Things can be made just.

It all comes with the luxury of knowing, the one gift that's afforded you with age.

It's the luxury of knowing that things have happened to you, sometimes terrible things, sometimes strange things, and that things may never be the same, but that thankfully, things will never have to be the same.



Satire for Fredonia

QUIZ: Does Your Crush Like You Back?

MEGAN KIDBY

Scallion Editor

In my humble editor's opinion, you really shouldn't date in college because college people are icky, but if you REALLY want to know if your crush likes you, I suggest taking this quiz!

Question #1: What is your ideal date?

- A. Walking around campus
- B. Picking out a book at the Next Chapter Bookstore
- C. (LEGALLY) smoking and watching a movie
- D. Singing duets in Mason Hall
- E. None of these interest me

Question #2: Pick a song from my September playlist!

- A. "Cruel Summer" Taylor Swift
- B. "Zero" The Smashing Pumpkins
- C. "Rush"- Troye Sivan
- D. "I'm Just Ken" Ryan Gosling
- E. None of these are good songs Megan

Question #3: What's your favorite physical trait in a person?

- A. Eyes
- B. Smile
- C. Collarbones
- D. Hand veins
- E Wow Megan you're so vain physical traits don't matter

Question #4: What's your favorite personality trait in a person?

- A. Kindness
- B. Intelligence
- C. Sense of humor
- D. Creativity
- E. Only physical traits matter Megan

Question #5: If you were stranded on an island what one thing/person would you want with you?

- A. My crush
- B. My phone
- C. A book
- D. A musical instrument
- E. That would never happen Megan

Question #6: What was your favorite subject in high school?

- A. Math
- B. Science
- C. History
- D. English
- E. None of the above

Question #7: Pick you favorite social media site/app

- A. TikTok
- B. Instagram
- C. Snapchat
- D. X (RIP Twitter)
- E. I'm not on any social media

IF YOU GOT...

Mostly As: Your Crush absolutely hates you

Oh...um this is embarrassing. Your crush actually despises you. I don't know how you managed to do that. I really cannot help you with this one. Try harder?

Mostly Bs: YOUR CRUSH LOVES YOU!!

Congrats bestie!! Your crush is actually madly in love with you. Maybe...too in love with you. Make sure to lock your doors and windows. Please take advantage of the blue buttons on campus and purchase a knife.

Mostly Cs: You're in the friend zone

I'm sorry hon he just thinks of you as a friend. That's still something though! Maybe keep talking and see where things lead. Maybe they'll take off your literal or figurative glasses and find out your true inner beauty.

Mostly Ds: Your crush likes you back

You did it!! Your crush likes you back. Maybe you should text them and ask them to hang out. I did give you some good date ideas just saying...

Mostly Es: You're a party pooper

Seriously?? You picked mostly Es? That's party pooper behavior. You won't get anyone to date you if you're this much of a downer.

KENERGY: A Retrospective

JACE JACOBS

Assistant Scallion Editor

Since the release of the "Barbie" movie, a new phenomenon has been sweeping the nation: Kenergy.

Unfortunately, this movement has been misconstrued and overtaken by what I call Fens (fake Kens).

Kenergy isn't for every man, and some men don't get that. Kenergy is for guys like me who have complex emotions, a complicated relationship with most women and conflicting feelings about what role horses play in society.

Also, Kenergy isn't just for men. It's for guys. Guys are Kens, Kens are Guys, that's just how it works. Men gatekeep too many things, and I will NOT let Kenergy be added to the list.

Now, you may ask yourself how we find true Kenergy in the wild.

And to that I say, thank you for the excellent question. If you see a man? Not Kenergy.

But if you look below the surface and know he's just a guy?

There's some potential Kenergy.

If he really likes the song Push by Matchbox Twenty but doesn't know it's by Matchbox Twenty, that's a good sign.

If he calls his dorm or apartment his Mojo Dojo Casa House, that's Kenergy.

But goofy references to "Barbie" aren't the only way to weed out Kenergy.

If he cries at Pixar movies, definitely Kenergy.

Most guys in acapella groups have Kenergy (not band or choir guys, specifically a capella guys), and so does every guy who plays the guitar.

If he dresses well? There's at least a little Kenergy there.

If his karaoke song of choice is anything music theatre-adjacent (think: Man or a Muppet and similar vibes), if he is convinced he could befriend a bear if the opportunity presented itself, if he can stay awake for an entire ASMR video, you have definitely found a guy with severe Kenergy.

Anyways. Let's talk about the effects we see in society due to Kenergy.

Now more than ever, we are seeing guys being guys. These guys are realizing that life isn't about the Mojo Dojo Casa House they build, but is instead about the Mojo Dojo Casa House within.

Looking in the mirror and saying, "Ken...is...me!" is becoming a new sort of daily affirmation for these guys (I can confirm I do this every day before I leave the house).

Some of us (AKA me) have made entire playlists dedicated to the concept of Kenergy and listen to said playlists at least once a day (on a semi-unrelated note, this is one of the best playlists I've ever made).

The message of "I'm just Ken, and so am I" brings these guys closer than ever and makes it easier for them to make friends.

I would like to reiterate that Kenergy doesn't only apply to men.

"Guys" is a broader term that includes women and gender-expansive people.

Anyone fitting the criteria above absolutely qualifies to have Kenergy!

This is not an exhaustive list, but I can assure you that identifying Kenergy is a unique and beneficial skill.

If you see these guys out in the wild, please befriend them. They need it.

Guys with Kenergy feel safest with Barbie-coded people and are more likely to form herds with other guys with Kenergy.

Now that you have all of my tips and tricks on identifying Kenergy, I leave you with these parting words: I'LL SEE YOU ON THE MALIBU BEACH!!!



JACE JACOBS

Asst. Scallion Editor

Welcome back FredHeads! If you're like me, you've accepted the reality that campus food simply is not it. I for one spend far too much money on DoorDash each semester, so please look below to find how much your sign will spend on DoorDash and my recommendation for what food you should try!



Aries

Girl, good luck. You've gotta save some money for essentials, but I won't judge you if you spend an entire paycheck on some good food! My partner is an Aries and they can't get enough of Arctic Bites!



Cancer

I respect you so much for fighting through the campus food situation, but once you break, you're never going back. Give the restaurant Taqo a try for some elevated nachos and tacos!



Libra

If you're going to eat off-campus, you're going to make a day of it. I recommend heading out to the Sakura Buffet in Jamestown — it's all you can eat AND you can bring home leftovers!



Capricorn

I feel like you're going to vibe a lot with campus food. There are some weird combos you're definitely going to be into (mac and cheese pizza, my beloved), but when you want "real food", you're looking for something specific. I believe in my heart that you love Subway, and if you've never had it, now's the time to give it a try!



Taurus

Hello fellow bull!!! Fun fact, the editor of the Scallion and I are both Tauruses (Tauri?) and we love ordering DP Dough and watching Degrassi together every weekend. Honestly, you're probably gonna spend a couple hundred bucks on takeout (me too though, so don't worry).



Leo

You seem more like you'll spend a lot of money at the vending machines around campus, because any time is a good time for a snack. If you do decide to splurge on DoorDash, try ordering from a local grocery store! That way you can have your favorite snacks around all the time!



Scorpio

Similar to Libra and Gemini, you seem like someone who would make a special trip off-campus to eat out, and you would bring a group of friends with you. Try Domus Fare in the village for brunch!



Aquarius

Sometimes campus food can be boring, and ordering takeout is a great way to break the cycle of bland food! Ordering out once or twice a week is not a crime, so don't be afraid to treat yourself! I highly recommend Buddy Brewster's, especially for their alehouse mac and cheese!



Gemini

You seem like someone who would buy food for their entire friend group but not know what to get for yourself. Try doing KFC and Taco Bell for a group dinner-The good part is that they're in the same building so you can have a little of both!



Virgo

You're not going to spend as much on DoorDash as the people around you, and that's okay! Mooch off of your friends when they order! But if you ever do go off campus to eat or get takeout, hit up Upper Crust in the village! It's definitely bougie enough to fit your taste.



Sagittarius

You're definitely gonna spend at least \$100 (if not more) on DoorDash this semester. I recommend giving the local Applebee's a shot, it's one of the best I've ever been to!



Pisces

You're absolutely a comfort food kind of person! Although campus food provides a lot of options and can scratch the itch for comfort food, sometimes a small McDonald's run can prove to provide some sort of comfort!

