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THE
FREDONIA LEADER

SUNY Fredonia's Student-Run Newspaper

**Kara Grace Hall
Memorial Run**

See page 24

**Five Below opens in Dunkirk
Latinos Unidos hosts Latin Night
Fredonia's Pedro Pastall
Kara Grace Hall Memorial Run
Lovercolumn: Conflict Management
Horoscopes**

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THE LEADER

S206 Williams Center, Fredonia, NY 14063

www.fredonialeader.org

Email: leader@fredonia.edu

Twitter: @LeaderFredonia

Instagram: @leaderfredonia

Facebook: The Leader - SUNY Fredonia

Editor in Chief
Chloe Kowalyk

Managing Editor
Abbie Miller

News Editor
Dan Quagliana

Asst. News Editor
Abigail Jacobson

Life & Arts Editor
EJ Jacobs

Asst. Life & Arts Editor
Open

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Asst. Sports Editor
Open

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Scallion Editor
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What's in this issue?

News – 3

- News & World Report
- Program Health Data
- National Student Transfer
- Five Below Opens

Life & Arts – 7

- Ethos Club Spotlight
- Fitzgerald Profile
- Summer Flicks & Pics
- Rockin' the Commons
- Next Chapter Bookstore
- Latin Night Recap
- El Negocio
- Silly Squirrels
- Pedro Pastall

Sports – 20

- Sports Roundup
- Niccola Profile
- Women's Volleyball

- Kara Hall Invitational
- Intramural Sports

Opinion – 28

- Workplace Habits
- The Race to 2024
- The Arrival of Autumn
- Playlist for Every Mood
- Lovercolumnn
- Fish Out of Water
- Short Story
- Freedom Poem

Scallion – 40

- 100 Meter Dash
- The Wizard
- Horoscopes
- Thorson Comic
- Dan vs. Dan
- Lauren Boebert

Front and back cover: Students run in Kara Hall Invitational. Photos by ALEXANDRA GILES | Asst. Photo Editor



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"Git-R-Done" - Larry the Cable Guy.

SUNY Fredonia ranks well in U.S. News & World Report

CHLOE KOWALYK
Editor in Chief

SUNY Fredonia recently received some great news.

The university is remaining among the top colleges and universities across the Northeast for attributes such as quality, value and social mobility.

The U.S. News & World Report states that Fredonia has ranked 23rd for “Best University in the North.”

The college has held this title for the past 34 years.

Despite Fredonia’s small size, the university has also just moved up to the 69th spot for “Best Regional University.”

Fredonia also moved up to 55th for “Best Value Universities

in the North.” Among the other SUNY schools listed, Fredonia ranked as one of the highest.

The curriculum of the university itself has also ranked well. Undergraduate psychology, business and computer science programs have all received special recognition.

The social mobility category was designed to measure the amount of student graduates that entered college with a low-income socioeconomic status.

The university’s dedication to ensuring the success of all students has earned it the 47th spot in “Top Performers on Social Mobility.”

This ranking is 21 spots higher than in previous years.

SUNY Fredonia’s Rankings

23

**Best University
in the North**

69

**Best Value
Universities in
the North**

55

**Best Regional
University**

47

**Top Performers
on Social
Mobility**

U.S. News & World Report

CHLOE KOWALYK | Editor in Chief

Academic Program Health data shared with campus departments

DAN QUAGLIANA
News Editor

Everyone knows that some departments and majors on campus are in better places than others.

But before now, it was impossible to accurately determine how well each department was doing.

On Sept. 15, Academic Affairs released updated Academic Program Health data scores, as agreed upon by University Senate.

University Senate, the governing body on campus, is composed “of faculty representatives from every academic department and area and professional staff/management representatives from each of the four university divisions on campus,” according to their website.

Last semester, they created a joint task force with the goal of developing an algorithm to determine the “health” of the different departments on campus as well as the majors within these departments.

History and social studies adolescent education, for example, are both majors within the history department.

Dr. Mary Beth Sievens, a history professor and co-chair of the Joint Task Force on Academic Program Health (JTFAPH), detailed the specific purpose behind the data collection.

Sievens said that, “The point of the data is to encourage departments to evaluate the various programs that they are responsible for, and to see if there are any ways that they can work to improve these programs.”

“This is essentially a program review of our overall curriculum,” Executive Vice President and Provost Dr. David Starrett specified. “The task force, which was faculty-led, was a joint initiative between faculty and administration to accomplish this periodic review of our academic program array.”

The word “health” is not being used to talk about how many students are enrolled in any given major, but rather the ability of the major to retain and graduate students.

If a student starts out as a social studies adolescent ed. major, for example, but then switches to political science halfway through their first year, the history department will get credit for retaining that student, but the political science department will get credit for graduating them.

“The committee [JTFAPH] began by reading a rather small body of literature on how to assess program health, as opposed to the rather large body of work on how to assess program quality,” Sievens said. “After having read that, we really thought and had many conversations about ‘What are the factors? What are the dates? What is the data we want to look at to determine program health?’ And that’s really where we spent most of our time.”

The task force reviewed different types of data, such as enrollment averages, retention rates, graduation rates and faculty-to-student ratios.

“The point of the data is to encourage departments to evaluate the various programs that they are responsible for, and to see if there are any ways that they can work to improve these programs.”

—DR. MARY BETH SIEVENS
Co-Chair of JTFAPH
SUNY Fredonia

In terms of financial health, the task force developed a revenue-to-cost ratio in terms of faculty salaries and student credit — the university’s main revenue generator.

“We routinely reported back to [University] Senate about the status of our discussions and talked about...the major points we [are] considering and including in this formula,” Sievens added. “Because people were saying ‘Well, let’s include this and that,’ we also...[created] a list of what we’re calling ‘contextual data’ — things that data might not exist for across all programs.”

An example of contextual data is including how a department impacts students not enrolled in it.

For example, most of the science programs require their students to take courses in the mathematics department, which would then contribute to the science department. Faculty were encouraged to use that kind of data in their responses to the administration when they talk about their program health.

“There may be cases in which the administration would like to see faculty in these programs do specific things, and [they] then have the opportunity to tell the faculty that,” Sievens said.

As for what happens after faculty submit their plans to the administration, they “Will then give constructive feedback on the plan, including conversation with the responding departments or programs,” Starrett explained. “What we’re looking for are plans that help improve the health of the program. All programs have the opportunity for improvement. [If a program can’t get their health up,] there is no action to be taken, there is simply feedback and encouragement on the plans for improvement.”

Dan Quagliana, the author of this article, in his capacity as a voting member of University Senate, was a student representative on the Joint Task Force on Academic Program Health.

Academic Advising to hold events for transfer students

SIERRA MILLS
Chief Copy Editor

When it comes to being a transfer student, some students might not feel a sense of belonging on their new campus.

Every year, during the third week of October, there are special events to celebrate those who have come to SUNY Fredonia's campus from other colleges and universities.

National Transfer Student Week (NTSW) is an event held by Academic Advising, Tau Sigma (the Transfer Student Honor Society), Transfer Student Organization (TSO), The Transfer Mentoring Program and the Faculty Student Association (FSA), where the main priority is to allow transfer students to feel a sense of belonging and connection to Fredonia's campus.

Non-transfer and transfer students alike are welcome to each of these events.

To get more info about the transfer experience, a display is currently in the library where some transfer students are showcased. There are also flyers available with more information.

Dominik Zimmer, president of the on-campus honor society Tau Sigma, describes NTSW as, "Organized from a national point of view to celebrate and promote transfer students and their endeavors."

The NTSW celebration starts with the Kickoff Event held by Tau Sigma Honor Society on Sunday, Oct. 15, from 1 p.m. to 5 p.m. Pumpkin carving and painting appear in the event's itinerary, allowing transfer students the opportunity to simultaneously celebrate the fall season while also connecting with other transfer students. Prizes are available to the winners of the carving contest.

On Tuesday, Oct. 17, the Transfer Student Organization, as well as a Transfer Student Mentor, will be at tables in the McEwen Hall lobby to give transfer students a chance to grab some free Fredonia merch and contribute to a poster that will highlight our transfer students' past institutions.

This event also gives students a chance to fill out a survey for Academic Advising to gain perspective on the current transfer student experience.

That same Tuesday, from 6 p.m. to 8 p.m., focus group discussions will be held that allow students to speak on their experience as a way to show Academic Advising how to make the transferring experience more effective for the future.

This will be followed by a workshop held by the Career Development Office (CDO) titled "Interview Faceoff," where students will learn interview skills for their future careers in a fun, competitive environment. Prizes will also be awarded.

On Thursday, Oct. 19, TSO will hold a social event to allow transfers to connect with other students from 7 p.m. to 9 p.m. This gathering will have bingo games and ice cream for attendees to enjoy. Gift card prizes will be awarded at this event to the winners.

On Friday, Oct. 20, there will be another tabling event in the University Commons lobby, from 11 a.m. to 2 p.m., to



Graphic provided by National Institute for the Study of Transfers
Edited by **SIERRA MILLS** | Chief Copy Editor

"It's really a great way to expose transfer students and non-transfer students to different services [and] ways that we can help support student presence on campus."

—**DOMINIK ZIMMER**
President of Tau Sigma
SUNY Fredonia

give students another chance to get free merch, add to the poster and fill out the survey.

Zimmer said, "It's really a great way to expose transfer students and non-transfer students to different services [and] ways that we can help support student presence on campus."

Sierra Mills, the author of this article, is currently interning with Academic Advising as the Transfer Student Mentor, and is one of the main contributors to the planning and execution of NTSW.

New Five Below location opens in Dunkirk

ISABELLA INZINNA

Staff Writer

A new store has opened its doors in the T.J. Maxx plaza.

Unconfirmed rumors of a Five Below opening in Dunkirk started at the end of last semester. Once it became official, Fredonia students showed a lot of excitement.

Five Below is a chain of stores that feature cheap items that are often five dollars or less (as the name implies).

Common items found at Five Below include unique snacks, trinkets and trending items such as neon signs and sunset lamps.

Not only is the location right in the town of Dunkirk, but it's just two miles away from the SUNY Fredonia campus. If you don't have access to a car, the Campus & Community Bus Service has a stop in the T.J. Maxx plaza. This makes the store's location very accessible to students.

The store opened on Sept. 22, and many students have a lot of good things to say.

Molly Sunick, a freshman music industry major, said, "The Five Below is super handy for [things like] dorm decor, snacks, phone accessories and crafts."

Sunick brings up a very good point: Five Below does have a great deal of variety. From makeup and clothes to workout gear and car accessories, the store carries a diverse range of products, making it a one-stop-shop.

However, the variety isn't the only thing drawing in customers.

One of the most appealing aspects of the store comes from

the name. The implication that all products cost five dollars or less draws in many college students.

Justin Malinowski, a junior social studies adolescent education major, mentioned the pricing as one of the things he liked. "Their snacks are really cheap with college-friendly prices," he said.

Jose Morales, one of Five Below's assistant managers, talked about how the staff there feels the store can positively impact the community.

"Not all college students have a lot of money, and everything here is affordable and a good price," he said.

Another incentive of shopping at Five Below is the seasonal section.

Since it is now October, students have another location to purchase Halloween gear.

One cashier also commented on the "boo basket" trend on TikTok and how it's bringing in customers.

If you don't have the app, here's a quick rundown:

A boo basket is a small candy bucket filled with Halloween-themed items typically made for a significant other.

The cashier said that, "We've had a lot of people coming in for boo baskets looking to make gifts for their partners."

It is likely that the draw of the seasonal section will continue as boo baskets turn into holiday gifts.

Many student reactions to the store's opening so far have been very positive, whether they're shopping for snacks, their dorm/apartment or any other occasion.



Life & Arts

Ethos New Music Society offers student composers a platform to perform

DAN QUAGLIANA
News Editor

As a university with a high population of music students, it comes as no surprise that there are a multitude of music-focused clubs on campus.

One of the most prolific of such clubs at SUNY Fredonia is the Ethos New Music Society (Ethos, for short).

Ethos is a student-run group with a focus on newly-created music, but don't let that fool you into thinking that the club itself is newly created — it's been a fixture on campus for more than 45 years.

The name Ethos, from the rhetorical persuasion methods of ethos, pathos and logos, "comes from the emotional response that music can evoke in someone," explained Ethos's Publicity Chair Nick Cristoforo, a junior music composition major.

But what does Ethos do?

"We bring in contemporary guest artists, composers and performers who give concerts, presentations and masterclasses," Cristoforo said.

The latest artist that Ethos invited to Fredonia was Brittain Ashford, a singer/songwriter who premiered the role of Sonya in the Broadway production of "Natasha, Pierre & The Great Comet of 1812."



ETHOS NEW MUSIC SOCIETY, Photo provided by Ethos.

"Brittain comes from a place of pure humility that's really just admirable and beautiful to watch," said Olivia Kaye, a junior theater production and design major.

On Sept. 8, Ashford hosted a discussion about music publishing, in addition to working with the theater department and the cast of Fredonia's own upcoming production of "Great Comet."



ETHOS NEW MUSIC SOCIETY, Photo provided by Ethos.

The next day, she also performed a concert of her music in Rosch Recital Hall.

"The concert...was so gorgeous," Kaye said. "It wasn't music that you can really hear every day, and everyone at the concert was so into it and so excited to hear her work."

Students in Ethos were responsible for planning Ashford's visit, which included transportation, a hotel, promoting her events and more.

Aside from showcasing the work of outside artists, Ethos also specializes in producing performances of students' own compositions.

"Our biggest events are the Student Composer Concerts (SCCs), where any student, regardless of major, including those outside the School of Music, can submit compositions to be performed at a concert," Cristoforo said.

Student-composed pieces don't necessarily have to be submitted in sheet music form, either.

"Students can even submit audio files," Cristoforo specified. "If you want to submit a composition, it should be submitted to the Concerts Chair, Taylor Schultz."

Ethos's first SCC was on Oct. 2, and their next one is on Oct. 31. All concerts are held in Rosch Recital Hall at 8 p.m.

Next semester, the club will be hosting four SCCs, providing plenty of opportunities for students to have their work heard.

Ethos also hosts other events, which include composer-performer meet and greets and listening parties, "where everyone submits music they like, and we all listen to and talk about it," Cristoforo said.

If you'd like to learn more about Ethos, check out their Instagram page, @ethosnewmusic.



CHLOE KOWALYK | Editor in Chief

Elena Fitzgerald: A student's dedication to keep the music flowing

CHLOE KOWALYK

Editor in Chief

The Fredonia music scene is taking on a new face. Elena Fitzgerald, a junior music industry major with minors in music and communication, is paving her way in the local music scene.

Fitzgerald is 20 years old and is from Syracuse, N.Y. She's of short stature, has wispy black hair that frames her face and is almost always wearing the merch of a local band.

She can often be seen fist-bumping performers and those working behind-the-scenes, as many people in the local scene have come to know her throughout the past few semesters.

Music has been a vital aspect of Fitzgerald's life for quite some time. She's been playing violin since she was 10, and was inspired to keep music in her sights for the future after she found a community through her orchestra in high school.

When Fitzgerald first came to Fredonia a few years back, she started as a music education major. While she said she enjoyed her time as a music education major, as she began to go through the program, she found that music education was not quite right for her.

Fitzgerald realized she was better suited for something else

after she got hands-on experience working at a before-and-after-school program.

"I enjoyed a majority of the classes that I took, but something wasn't really clicking with me," she said.

At the same time that she was exploring the possibility of switching from her music education major, Fitzgerald started to become a more active part of Fredonia Radio Systems (FRS), SUNY Fredonia's student-run radio station.

Through the campus radio station, she worked as an archives assistant and helped out with other various departments within FRS.

With her new exposure to local music, Fitzgerald began going to more local shows and concerts.

It was not long after these new experiences that Fitzgerald chose to switch her major to music industry.

She explained that music education and music industry can, despite their obvious differences, be pretty similar.

For her, the transition was pretty easy, considering the similarities between the music communities.

"Instead of doing 75% music industry stuff and 25% music ed., now [music industry] is just my 100%," Fitzgerald said. "So it really just transitioned from one kind of music to another."

"I think the people that I work with definitely contribute to why I love it. I feel like we're in such a good bubble right now where so many people are dedicated and wanting to work."

—ELENA FITZGERALD
Concert Promoter,
Last Call Entertainment

Once Fitzgerald made the switch between majors, she began to get even more active in the local music scene.

She began working more at FRS, and eventually found herself joining The Local Lo-Down, a radio show at FRS that interviews local artists and allows them to play a set right in the studio.

Fitzgerald was approached by former host and promotions lead Mel Fajardo to join The Local Lo-Down in September last year.

"I started off with promotions... then I started to dabble more in the A&R group and getting into more of the questions and researching bands," she said.

It was through her work in the archives and with The Local Lo-Down that Fitzgerald met Alex Erwin, who recently graduated from SUNY Fredonia in 2023.

Erwin said that he and Fitzgerald did a lot of work together at the station.

"It was a blessing to have her on the team, [she's] one of the most dedicated and hardworking people I know," Erwin said. "She wouldn't settle for anything less than perfect, and I am the same way, so working with her made whatever we were working on hit that high standard of quality [that The Local Lo-Down] became known for."

Fitzgerald also found herself involved in Sound Services, a student-run club that provides live sound and lights to events around the area.

She first started helping out with Sound Services during the Battle of the New Bands event in December 2022.

That night, the club was in need of a lot of help, and Fitzgerald offered her support.

"I was thrown right into it and I thought it was super cool," she said. "Honestly, I fell in love with it."

Not long after her positive experience with Battle of the New Bands, Fitzgerald began working as an equipment manager with Sound Services.

Fitzgerald's most recent local music feat is the work she's done to help put on shows at BJ's, a bar in Fredonia that frequently hosts bands for live shows.

Shows at BJ's are put on by Last Call Entertainment and, more specifically, booked by senior music industry and journalism double-major Jordan Budd.

Fitzgerald herself works most on promotions and helping out with whatever is needed at shows.

Prior to their work at BJ's, Budd and Fitzgerald were already friends.

Fitzgerald said that the conversation about BJ's just happened to come up after Budd began taking over the booking for BJ's. She added that Budd said he needed help, which Fitzgerald was ecstatic about.

"I'm beyond grateful for him asking me and being able to do all of this," she said. "It has definitely been one of my best experiences in college so far."

Fitzgerald's work for BJ's often includes receiving promo photos, editing those photos and working on Instagram. She also helps hang posters and get the word out about shows. In addition, she and Budd work together to develop ideas for upcoming shows.

Each time there is a show, Fitzgerald goes into BJ's several hours before to set up and get the bar prepared. Most of the tables and chairs are moved into the basement.

Fitzgerald also typically sets up the lights on the stage.

Once the show is complete, she does this process in reverse, often staying for a while after the last set to tear down and revert BJ's back to its typical state. "We leave BJ's somewhere between 1 a.m. and 2:30 a.m.," she said.

While show nights are long nights, Fitzgerald said, "It's a rewarding and happy experience."

Erwin attested to Fitzgerald's dedication to the local scene after his positive experiences working with her.

"Hardworking, determined and eager would be the words I'd use to describe her," Erwin said.

For Fitzgerald, her dedication is a result of her passion for music.

"I do love what I do," she said. "I love everything about it."

While she said that many days can be difficult and stressful, she still enjoys the work she does.

"I think the people that I work with definitely contribute to why I love it. I feel like we're in such a good bubble right now where so many people are dedicated and wanting to work," Fitzgerald said.

Along with her work at BJ's, Fitzgerald has kept the experiences that first got her into the scene close to her heart.

She is currently serving as the WDVL station program director, where she facilitates new shows and manages the top hits that play on the station.

Fitzgerald is also still involved with The Local Lo-Down, where she is a part of the A&R crew and is mainly in charge of the mini-interviews the show holds with bands.

Despite all of these commitments, she still works hard in Sound Services, operating as the club's treasurer and helping out at events.

Fitzgerald's dedication to the scene has not gone unnoticed.

Erwin said, "Elena's the type of person to make a statement, to put herself in the front and put the work in, and that's why she has become a central part of the underbelly of the Fredonia music scene. With her on the reigns, the music won't stop flowing in Fredonia."

While Fitzgerald does not yet have set plans for her future or even her senior year, she expects that music will be involved. She's interested in careers such as venue management or touring with a band.

But for now, she continues to stay active right here in the Fredonia music scene.

"It's so great to see the music scene still flourishing as the school population is going down," Fitzgerald said. "So thank you all for the support, and keep going to shows. It's what keeps the scene alive and what keeps a lot of these bands alive."

Chloe Kowalyk, the author of this article, is a member of Fredonia Radio Systems, The Local Lo-Down and Sound Services.

Animation-illustration majors showcase latest work at Emmitt Christian Gallery

MICHAEL WILLIAMS

Staff Writer

While some students spent summer break relaxing in the sun, others decided to channel their inner creativity before the semester even began.

In the Emmitt Christian Gallery, from Sept. 11–27, animation and illustration majors from the department of visual arts and new media showed off some “Summer Flicks and Pics.”

This event showcased pieces that the students worked on this summer. Many guests enjoyed the artists’ work.

One of the artists, Julian Santos, worked on a piece titled “Little Knight Guys.”

The piece resembles a sketch of two characters wearing knight gear.

Santos said they wanted to push themselves on their color use with this piece, trying to show luminous colors in the illustrations.

“Two Old People” was another illustration Santos made.

“I had a fun time making some characters that felt the most irregular and unique in my opinion,” Santos said. “I wanted them to capture a whimsical nature and take myself out of my own universe. My hope is to use these characters further in my animation journey, and to watch them come alive.”

Another one of the featured artists, Nicole Thorson, made a short film for the display titled “The Boot.”

She used Adobe Animate, Photoshop and Premiere Pro. Her friend, Geoff Hall, voiced one of the characters.

Her work was inspired by creators like Jack Stauber and Worthikids.

Thorson usually likes to draw comics and more traditional art, but she saw this opportunity to do an animation to beef up

her portfolio and ran with it.

A variety of other animations were also on display. Among these were Luke Johnson’s “Conspiracy Vision,” as well as Cameron Kerr Smith and Emily Neiswonger’s “I See the Waves,” a film about two friends past, present and future. Also featured were Calvin Howard’s two animations titled “Larry” and “Deployed,” about a robot officer being deployed on the streets.

Guinevere Devlin, artist of “The Unicorn and the Knight,” said she was inspired by classic fairy tales and fantasy settings.

Stylistically, Devlin says she took some inspiration from old, medieval stained-glass windows and illuminated manuscripts, and blended some elements of those into her own style.

Devlin’s favorite form of art to create is comics and sequential illustration because she likes working with narratives and larger-scale projects that involve creating a world and communicating it to an audience. S

he made this comic while working as an artist-in-residence in Rochester at the Flower City Arts Center.

“I took inspiration from classical fairy tales, and some medieval artwork conventions, and chose a limited color palette keeping in mind the capabilities of the risograph machine it was originally printed on,” Devlin said.

Lastly, Omalubia Umeasor illustrated a piece called “Admire.”

It’s about the growing expectations in art and life to be perfect or without flaw, which may lead us to get caught up in the wrong things in life. “Admire” captures the slowness of our day-to-day lives and the beauty we often miss.

Nicole Thorson, who was interviewed for this piece, is the Art Director of The Leader.



Photo by DREW PALUCH | Photo Editor

A Look at the Summer Flicks and Pics Gallery: Drew Paluch



"Weird Fishes" by K.D. Digital Illustration, 11 ½ in x 13 in.
Photo by DREW PALUCH | Photo Editor



"Shaded Labyrinth" by Roen Cloutier. Ink, watercolor, and gouache.
15 ¼ in x 12 ¼ in.
Photo by DREW PALUCH | Photo Editor



"Little Knight Guys" by Julian Santos. Digital Illustration. 15in x 20in.
Photo by DREW PALUCH | Photo Editor



"Self Sacrifice" by Bella Krawczyk. Digital illustration. 11 x 14 in.
Photo by DREW PALUCH | Photo Editor

Rockin' the Commons 2023

JUSTIN HOOKK
Special to The Leader

This year, Fredonia Radio Systems (FRS), held their 20th annual Rockin' the Commons event.

Rockin' the Commons is a fundraiser for Roswell Park, with all proceeds from the event going towards cancer research.

The event, which was held at Barker Commons, featured food, games, a raffle and live music from several local artists such as Beach Tower, Amphobia and Jacob King.

This year, Rockin' the Commons raised over \$1,400, which is a few hundred dollars more than what was raised last year.

All photos by Justin Hookk unless otherwise stated.



CHLOE KOWALYK | Editor in Chief



CHLOE KOWALYK | Editor in Chief



Next Chapter Bookstore offers low-price books to students

ABIGAIL JACOBSON

Asst. News Editor

Finding a new book to read can sometimes be difficult.

You may be on a budget or have a specific genre you enjoy, which makes the search for your next pick even more challenging. Next Chapter Bookstore in Fredonia is here to help you.

Books are donated to Next Chapter Bookstore from the community in Fredonia.

“Sometimes the books have only been read one time, [and] sometimes they haven't been read at all,” said Heidi Powell.

Powell has been a volunteer at Next Chapter Bookstore since its opening.

Next Chapter Bookstore has many different genres to choose from, ranging from mystery to fantasy to American history.

“We want you to find a book because you want to find a book,” said Jennifer Wiskemann, another volunteer at Next Chapter Bookstore. She has volunteered there for about a year.

If you aren't a big reader, the bookstore doesn't just offer books.

They also offer DVDs, CDs, audiobooks and more.

Additionally, not only do they offer books for an older audience, but they also have books for children.

“The kids really love picking out their own books,” said Powell. “To be able to have your child come in and be like ‘you can pick out any book you want’... Especially if parents...have a budget, [it allows them] to be able to... do that.”

Students get a discount on the books at the store. Books typically cost two or three dollars, while students get discounts that can drop the books to a dollar.

“It's a good deal and it's something that you might impulse buy and you might experience something new and exciting in your life through a book...you wouldn't normally spend all that money on,” said Wiskemann.



ABIGAIL JACOBSON | Asst. News Editor

The children's books are cheaper, ranging from 50 cents to a dollar.

They also offer a loyalty program. For every 10 books you buy, you get one free.

All of the proceeds from the bookstore go to the Literacy Volunteers of Chautauqua County (LVCC). The LVCC is located right next to Next Chapter Bookstore on 10 and 12 Park Place in Fredonia.

LVCC wants to improve the lives of the community in Chautauqua County by promoting literacy in the community.

On the LVCC website, they say, “We believe that it's never too late to change your life through learning.”

LVCC is a non-profit organization. They have volunteer tutors who help with a range of subjects, including math, English and more.

“We're always looking for new volunteers and especially tutors for [the] literacy volunteers portion of it,” said Powell.

Wiskemann mentioned a quote from George R.R. Martin that hit home for her: “I have lived a thousand lives and I've loved a thousand loves. I've walked on distant worlds and seen the end of time. Because I read.”

Next Chapter Bookstore's hours are Tuesdays from 12 p.m. – 6 p.m., Wednesdays and Thursdays from 10 a.m. – 6 p.m., Fridays and Saturdays from 10 a.m. – 7 p.m. They are closed on Sundays and Mondays.

If you need a new book, Next Chapter Bookstore offers a wide variety to choose from.



ABIGAIL JACOBSON | Asst. News Editor

Latinos Unidos' Latin Night serves hispanic flair

ROSEMARIE RAPISARDA

Special to The Leader

In honor of Hispanic Heritage Month (HHM), student-run organization Latinos Unidos hosted Latin Night.

This year, HHM takes place between Sept. 15 and Oct. 15, with the theme of driving prosperity, power and progress in America.

The goal is to celebrate the American-Latino community's many contributions, diverse cultures and achievements.

Latinos Unidos also aims to increase knowledge of Hispanic culture and promote unity and pride amongst the campus community. In doing so, Latinos Unidos holds Hispanic cultural events to help bring a feeling of familiarity to Latino students who are away from home.

At Latin Night, students participated in karaoke and canvas bag painting. Foods such as nachos and churros were also available for everyone.

Julissa Santos, a senior psychology major, was one of the many students who participated in Latin Night.

She explained the importance of celebrating HHM. "Any culture should be celebrated; they're all unique in their own ways... it can make anyone from a Hispanic background feel included... [It is important to be] able to share that with everyone who isn't a part of the culture [and who] can learn from it and celebrate it with us too."

Santos said, "I think Latinos Unidos did an amazing job with having this event; the food was really good, the music, the karaoke and all of that was genuinely fun."

All events hosted by the group are open to all students.

You don't have to be Hispanic or speak Spanish; you just have to be open to having a great time and learning new things.

As Latinos Unidos says, "¡Bienvenidos a todas! ("All are welcome")."

Jhalen Justin, a senior theater arts major participating in Latin Night, shared his thoughts about supporting the Hispanic community and making all feel seen and heard. "I feel like we're one family who all support each other. That's what we want, and that's what needs to happen on our college campus," he said.

Sonia Sandoval, president of Latinos Unidos, said, "We love when people come and reach out just to have a good time with us. It's really nice to see that others are willingly interested in our culture."

She also said students interested in joining should contact the Intercultural Center in room E125, Thompson Hall.

After speaking with many students in attendance, many agreed that Latin Night provides a valuable source of connection, as unity and pride are essential in celebrating Hispanic Heritage Month.

To get in touch with Latinos Unidos or receive updates on upcoming events, the club's Instagram is @latinosunidosfsu.

*Your ad could go here!
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**Contact The Leader
to purchase an ad**

*Email leader@fredonia.edu to reserve
an ad for the next issue. The next issue
is set to print on the 19th of Sept.*

El Negocio Latin Cuisine brings a hint of Puerto Rico to Fredonia

DOMINICK CORSI
Special to The Leader

The food scene in Fredonia can be a perplexing subject to some. Sure, Willy C's, Cranston Marche and Starbucks hold students over on campus, but off campus is where things get interesting.

While it's easy to get fast food on Bennett Road or some bar food in downtown Fredonia, there's a brand new experience at 30 Water St.

El Negocio Latin Cuisine is open, and Jullier Rivera, the restaurant's administrator, is bringing the taste of Puerto Rico to Fredonia.

The front of the building features an "El Negocio Latin Cuisine" banner that displays the Puerto Rican flag.

Not only is Rivera personable and helpful, but he's also passionate about his business.

Rivera has had a vision of running a restaurant for as long as he can remember, and now that vision has come to fruition.

"Ever since I was a kid, I would hear my family talking about having a business, so I always heard 'el negocio, el negocio, el negocio' (which means business). And then this opportunity came to me," Rivera said.

Rivera, now 22, made sure to include his family in his new business venture. His mother, sister and stepfather all provide help with El Negocio.

The feeling of walking into an establishment that genuinely cares about your experience as a member of the community is important for Rivera.

The mood is set with the TV connected to a music station that brings you to Puerto Rico and makes you want to dance.

Creating an environment that naturally gets you excited to eat is a rare feat, but El Negocio does it.

At the counter, Rivera will give a brief rundown of the menu and any specials.

He also provides the 411 on the business's Facebook page.

Every day that the restaurant is open, Rivera goes live on its Facebook page to give the "Announcement of the Day."

The "Announcement of the Day" usually features a breakdown of the menu, any specials from the kitchen that day and anything else that's going on with the restaurant.

He gives the announcement in both Spanish and English to accommodate anyone and everyone interested in eating well.

His ability to switch between Spanish and English is impressive and undoubtedly helps with customer service and shows his willingness to connect with the community.

The menu features a wide variety of Puerto Rican staples, along with the special of the day.

El Negocio offers different types of grilled or fried chicken, shrimp and pork. Quesadillas, empanadillas and sandwiches are also included on the everyday menu. White rice, yellow rice, fries and plantains round out the sides, but there is so much more to the menu than what's mentioned here.

Specials such as birria tacos, seafood and maduros locos have all graced the diverse menu at El Negocio.



DOMINICK CORSI | Special to The Leader

The smell of the 100% authentic Puerto Rican cuisine is definitely a draw to the already alluring restaurant.

The smell doesn't even compare to the mouthwatering, fresh Spanish food, which is unlike anything else offered in Fredonia.

The care that the family has for the restaurant is evident. The effort is obvious in both the taste of the food and the service of the people involved.

"It's a lot of work, it's basically a 24/7 job," Rivera said. "I sleep and literally dream about the stuff that I have to do for the restaurant the next day and in the future. It's like our whole life right now."

With the diverse menu El Negocio features, it makes sense that a great deal of time would need to be put into the whole process.

That's not even considering the business aspect of the venture; running a business itself is a massive commitment, but Rivera is seeing results.

While motioning to a group of people at the table by the door, Rivera said, "People like them are coming in, almost two hours away from here, just to get the food because they heard it's really good... they saw me on Facebook doing live streams."

"The support of the people around Fredonia [is important]," Rivera added.

Before making El Negocio a reality, Rivera had experience in several kitchens.

None were more important than his kitchen at home, where his passion for cooking started with meals he made for his mom, as well as his friends, classmates and coworkers.

Rivera also spent some time in a restaurant in Rochester.

While any experience is good experience, Rochester didn't feel like home and that restaurant wasn't his own.

Rivera told his mom, "Are you ready to take on with us? Even though it's gonna be tough, we can do what we want to do."

And now we're here, over a month into El Negocio's time in Fredonia and it's safe to say that there'll be plenty more of those "Announcements of the Day" to look forward to.

El Negocio Latin Cuisine is open from 12 p.m. to 10 p.m. from Wednesday through Sunday.

Orders can be made in the restaurant at 30 Water St. or on the phone at 716-467-5704.

Mia's Silly Squirrels

MIA CIECHALSKI
Special to The Leader

SUNY Fredonia is notorious for some of its fuzzy friends who also reside on campus alongside the students.

Yes, we are talking about the squirrels that always seem to get a mix of reactions from everyone, mainly due to some of their random actions that no one really seems to expect.

While on campus, you will see a variety of squirrels that range from brown to black, and even tailless.

A large number of students always seem to have some sort of squirrel story up their sleeves from doing their day-to-day strolls on campus.

Maya Kulick said a squirrel threw a nut at her car as she was getting ready to drive back to her house one day.

“I was just sitting in my car, and all of a sudden, I heard a random clunk hit my car,” she said.

Kulick also said, “It was very random and was probably the last thing I was expecting to happen during my day.”

Another student, Gianna Cash, a sophomore biology major, has had a squirrel encounter herself, except this time, it was she and her friends who decided to switch roles and be the ones that come up to the furry little creatures instead.

She said, “The only squirrel story I have is when my friends randomly decided to chase a squirrel up a tree one day just because they felt like it.”

Many people on campus always give the squirrels food, so the squirrels are kind of desensitized — they’re not afraid to keep coming up to people.

Another random squirrel encounter that Chasey Folck had was when she was near University Commons on her daily Starbucks run. She had a squirrel scurry across her foot and it scared her.

If you walk around campus long enough, you’ll also see squirrels garbage diving at least once a day, mainly due to the fact that they are used to the food that they receive from the students.

One squirrel story in particular left a lasting impression on sophomore acting major Ryan Okun at the end of the Fall 2022 semester.

He said, “I was walking back to my dorm from my last class of the semester, and I was entering the walkway that leads to Kasling. Then a bush rustled a lot on a not-so-windy day, and a squirrel jumped from nowhere and scared my friend and I.”

“After that moment happened, we couldn’t stop laughing. We now have an inside joke when it comes to the campus squirrels, and always send each other pictures of squirrels,” he said.

The squirrels here are so popular with the student body that someone on campus made an Instagram account full of pictures of them.

Students just send in whatever pictures they take of a squirrel they came across one day, and if it’s worthy enough to be featured, then you’ll have it posted on the account for multiple other people to enjoy.

Some other students have definitely had a weirder story than most though, like Maisie Strader and Abigail Jacobson.

Strader said she was “walking to the creek and I walked upon a squirrel eating the yellow sidewalk line next to the health center.”

While Jacobson was walking back to her dorm with her brother one day, they had a squirrel follow them back home.

“We named him Frenchy,” she said.

Everyone seems to love our funky little critters here at SUNY Fredonia.

Abigail Jacobson and Maisie Strader, who are interviewed in this article, are the Assistant News Editor and the Ad. Sales Manager, respectively, of The Leader.



MIA CIECHALSKI | Special to The Leader

The Pedro Pastall: The shrine of Pedro Pascal in Fenton Hall

ABIGAIL JACOBSON
Asst. News Editor

You're on your way to Fenton Hall late in the evening for your last class of the day.

It's cold and raining a little.

You push the door open and walk inside.

It's completely empty and quiet except for the occasional pitter-patter of rain hitting the doors and windows, as well as your headphones blasting "From The Start," by Laufey.

You realize you have some time to spare and sit down on the couches provided in the hall.

Not too far after you sit down, you realize you have to go to the bathroom.

You get off the semi-comfy couch and go to the bathroom on the left side of Fenton.

You push open the door and see the bathroom completely empty.

You head to the second stall, close the door and push the handle to lock it.

As you're about to sit down, you have to take a double-look at the back of the stall.

You are met with multiple pictures of Pedro Pascal.

A Pedro Pascal shrine.

The Pedro Pastall.

Never did I expect to use the bathroom and be met with multiple pictures of Pedro Pascal staring at me.

I had heard of this shrine, but I could never find it.

Who is Pedro Pascal, you might ask?

WHO IS PEDRO PASCAL?

Are you living under a rock?

Well, to enlighten you, Pascal is an actor mainly known for his roles in *The Last of Us*, *The Mandalorian* and *Game of Thrones*.

Pascal is a 48-year-old man who has been acting for nearly two decades.

You've probably seen him in a few shows or through a famous edit of him on TikTok.

If you haven't seen him on TikTok or in a show, well, that's strange of you.

Once you see who Pascal is, you will understand why people love him.

I love him.

I know Pascal from the TV show *The Last of Us*.

If you haven't watched it yet, you should consider watching it on your own time.

Why would someone put up a shrine dedicated to him?

Why not!

It's Pedro Pascal, duh!

Where can you find it?

It's located in the women's bathroom on the first floor of Fenton Hall.

The bathroom is to the left of the entrance in front of Reed Library.

It's in the second stall of that bathroom.

Sorry for the men, but this is for women only!

A student first put up this shrine in April of 2023. This student would like to remain anonymous to ensure they don't encounter problems because of the shrine, as it's not a university-sanctioned display.

This student put up this shrine to bring happiness to students on campus.

"I was personally having a rough time and I thought I could share some smiles throughout the campus," the student said. "I hope [students and faculty] enjoy it just as much as I did putting it up."

Picking photos was hard for this student. They had nearly 2,000 photos of Pascal on their phone. They chose the best ones, then put them on a Google doc and went to Reed Library to print them and cut them out.

After doing so, they went into the bathroom one late night after class and taped them onto the second stall.

This little activity took them about six hours to cut and tape them onto the bathroom stall door.

This student acted alone in making this shrine for Pascal.



ABIGAIL JACOBSON | Asst. News Editor

The most recent photos in the shrine include him with his co-star Bella Ramsey, who plays Ellie in *The Last of Us*, as well as photos of him playing his role of Oberyn Martell in *Game of Thrones*.

There are also my personal favorites of him in one of the SNL skits, called "Protective Mom," and his character from "Kingsman: The Golden Circle," named "Agent Whiskey."

If you don't believe me, see it for yourself.

For the men, ask a female friend to take a picture for you.

AP Style Smackdown



Tuesday, Oct. 3

7:00 p.m.

S206 Williams Center

SPORTS

Sports Roundup

MATT VOLZ
Sports Editor

WOMEN'S CROSS COUNTRY

The women's cross country team competed in the Kara Hall Memorial Invitational on Saturday, Sept. 30.

The event was held in honor of former team captain Kara Hall, a 2017 graduate who was hit by a car and killed while out for a run in 2020.

Sophomore Arden Brown led the pack for the Blue Devils, finishing 24th out of 69 runners with a time of 26:40.

Senior Elizabeth Gloss, junior Ally Battaglia and senior Vanessa Ryhal finished 26th, 27th and 28th, respectively. Freshman Ashlyn Ambrose finished 30th to round out the top five for Fredonia.

As a team, the Blue Devils finished fifth out of six teams with 135 points, defeating Buffalo State.

Oneonta took home the win with 34 points, narrowly defeating Geneseo who finished second with 40 points.

Fredonia will travel to Houghton for their next meet on Saturday, Oct. 7.

The race will begin at 10 a.m.

MEN'S CROSS COUNTRY

The men's cross country team also competed in the Kara Hall Memorial Invitational on Saturday, Sept. 30.

Senior Sembel Koshi led the pack for Fredonia, finishing 9th out of 94 runners with a time of 26:55.

Seniors Kyle Campbell and Josh Walters finished 13th and 16th respectively, crossing the finish line within eight seconds of each other.

Freshmen Eli Noecker and Quillan Shimp rounded out the top five for the Blue Devils, finishing 29th and 32nd respectively.

Overall, Fredonia finished fourth out of seven teams, defeating Oswego, Buffalo State and Alfred State.

The Blue Devils will be at Houghton on Saturday, Oct. 7 with an 11 a.m. start time.

WOMEN'S VOLLEYBALL

Fredonia's volleyball team competed twice over the weekend, with mixed results.

On Friday, Sept. 29 against New Paltz, Fredonia lost a close first set, won the second, but ultimately lost the third and fourth sets to lose the game.

Senior Elora Sherman led the Blue Devils with 15 digs, while

freshman Olivia Boswell led the way in assists with 15.

Freshman Kylie O'Brien led the team in kills with 10.

On Saturday, Sept. 30, Fredonia dominated the first two sets, winning 25-16 and 25-13.

After losing the third set 25-17, the fourth set came down to the wire, with the Blue Devils ultimately prevailing, 26-24.

Boswell recorded 27 of the team's 28 assists, and Sherman again led the team in digs with 20.

Sophomore Emma Foley recorded a team-high 10 kills.

The weekend's results brought Fredonia's record to 3-12, and they will return to action at 6 p.m. on Wednesday, Oct. 4 for a road SUNYAC matchup with Buffalo State.

WOMEN'S TENNIS

Fredonia's tennis team traveled to Brockport for a SUNYAC matchup on Saturday, Sept. 30, ultimately falling 6-3.

Freshman Lucy Prevet took home the victory for the Blue Devils in the third singles match, taking the first two sets 6-3, 6-1.

Junior Sierra Allen won the fifth singles matchup in two sets, 6-1, 6-4.

One of Fredonia's doubles pairs, the third doubles group of Allen and freshman Gabriella Farr, won their match 8-3.

Overall, the loss dropped Fredonia's record to 1-7 on the season.

They will return to action on Thursday, Oct. 5 against Oneonta in a conference matchup.

The time of the match has yet to be determined.

MEN'S SOCCER

The men's soccer team traveled to Potsdam for a conference game on Saturday, Sept. 30, coming away with a 2-1 win.

After both teams were held scoreless in the first half, junior forward Brian Taylor scored on a penalty kick less than four minutes into the second half.

Following a game-tying goal by Potsdam, senior midfielder Andres Martinez scored late to seal the victory.

The win was the team's fifth of the season, surpassing last season's win total of four.

Their record now sits at 5-3-3, and they will return home at 6 p.m. on Wednesday, Oct. 4 for a SUNYAC matchup with Oswego.

WOMEN'S SOCCER

The women's soccer team hosted Potsdam on Saturday, Sept. 30, defeating the Bears 4-0 thanks in no small part to three

second-half goals.

Freshman midfielder Gabby Irwin notched a goal and an assist, providing the helper on junior forward Katie Sellers' team-leading seventh goal of the season.

Sophomore defender Jenna Hewitt scored her first goal of the season in the 81st minute, while fifth-year senior midfielder

Jordan Barrett scored Fredonia's lone first-half goal on a penalty kick.

The win marked the team's second in a row, and it improved their record to 5-4-1.

The Blue Devils will be on the road next week, taking on Oswego in a SUNYAC matchup at 4 p.m. on Wednesday, Oct. 4.



KAYLA WELSH | Sports Photographer



MATT VOLZ
Sports Editor

Be sure to tune in to “Big Blue Sports Podcast” every Wednesday morning from 10 to 11 a.m.!

Each week, I talk about Fredonia sports, provide sports news updates, recap Bills games and more!

I'll also make my picks for the upcoming NFL games and recap the games of the week before.

You can tune in on WCVF 88.9 FM in Dunkirk and Fredonia or stream live on fredoniaradio.com.

ALINA MARSH | Staff Artist

Kicking it with the family: Jordan and Jacob Niccola

MITCHELL HORUCY

Staff Writer

It's rare to have a sibling play the same collegiate sport as you.

It's even more rare for siblings to play for the same college, which is the case for Jordan and Jacob Niccola.

Both Jordan, a freshman social work major, and Jacob, a junior accounting major, have been playing soccer since the age of four.

Ever since their soccer journeys began, they've been competing with each other to help one another improve.

"When we were younger, we would play one-on-one, and sometimes it would get pretty rough obviously since we were kids," Jordan said.

As they both grew older, they began to work with each other on a more technical level.

"Now we steer clear of that and work more on technical skills which, in the end, is more beneficial for the both of us," said Jordan.

The Niccola siblings both made their varsity soccer teams in high school. Both mentioned competitiveness as a big reason to continue their journey.

When Jordan was looking at schools, Jacob was already in his second year at Fredonia as a member of the men's soccer team. Jordan said this influenced her decision on where to go, as she had some familiarity with the area and school.

"I knew the environment at Fredonia more because of visiting him, so I knew by going there all the time that it was a good fit for me," she said.

With Jacob being accustomed to the life of a student athlete, he was able to help Jordan with the adjustment. He spoke on how they both trained to help prepare for the season on the field.

Off the field, Jacob helped her with balancing soccer, school and her social life.

Their dad has also influenced both of their soccer careers. He's helped train them since they were young, and he also coached both of them at some point.

When asked about a favorite memory playing soccer together, they were quick to mention when they both won the same tournament.

This tournament also happened to be their club's home tournament, which made it even more special.

Their parents, Marc and Shannon Niccola, also love that they are at the same school, as one could imagine.

"They like that if either of us ever need something, we can always ask the other one for help," said Jordan.

She said her parents also enjoy being able to drive down to Fredonia and see both of them.

Their parents also attended SUNY Fredonia.

Jacob, a midfielder for the men's team, has had to sit behind some upperclassmen in his first two seasons, but has seen an increase in playing time so far this season.

He is yet to record his first point this season, but will look to do so as the team enters SUNYAC play midway through the season.

Jordan, also a midfielder but for the women's team, has played



KAYLA WELSH | Sports Photographer



KAYLA WELSH | Sports Photographer

"When we were younger, we would play one-on-one, and sometimes it would get pretty rough obviously since we were kids. Now we steer clear of that and work more on technical skills which, in the end, is more beneficial for the both of us."

—JORDAN NICCOLA

Women's Soccer Midfielder,
SUNY Fredonia

several minutes in every game the Blue Devils have played. She also has yet to record her first collegiate point, but has six shots on goal through nine games.

The next women's home game is slated for 6 p.m. on Oct. 17 against Penn State Behrend.

The men's team starts a streak of five straight home games with a matchup against SUNYAC opponent Oswego at 6 p.m. on Oct. 4.

Women's Volleyball: Kayla Welsh



A legacy remembered: recapping the Kara Hall Memorial Invitational

PARKER GURNETT

Special to The Leader

Fredonia came out in strong force in honor of former Blue Devils cross country and track runner, Kara Hall.

On Saturday, Sept. 30, Fredonia hosted the second annual Kara Hall Memorial Invite.

This year, Fredonia hosted the meet later than in the past, pushing it to the last weekend in September this year, rather than the first weekend in September in years past.

Both the men's and women's teams were in action kicking their races off at 11 a.m. and 12 p.m. respectively.

The teams both performed in extremely high spirits knowing what this race meant to the program as a whole.

Ring Road was blocked off from University Parkway/Symphony Circle to Lake Way Drive during the invite to ensure there was no risk of traffic interfering with the race. University Police, along with members from the athletic department, helped keep them blocked off.

Seven schools participated in the invite: Fredonia, Oneota, Geneseo, Brockport, Oswego, Alfred State and Buffalo State.

The men's 8k race started at approximately 11 a.m.

The team stayed as a pack for the first two legs of the race. On the third leg, senior Sembel Koshi started to pull away.

Koshi ended up finishing the race ninth overall.

Koshi was followed by Kyle Campbell and Josh Walters who finished in 13th and 16th places overall respectively as the top three finishers for Fredonia. The team would finish in fourth overall.

Following the conclusion of the men's race, the women's race would begin at 12 p.m.

The women's team put up a good fight as well during their race.

They ran a group style at first as well.

Their top three finishers were Arden Brown, Elizabeth Gloss and Alexandra Battaglia who finished in 24th, 26th and 27th respectively.

The women's team would end up finishing fifth overall.

The memorial invite marks one of the biggest invites Fredonia has hosted in recent memory.

"Today's meet meant a lot because it brought former and current Blue Devils together to honor a former Blue Devil who passed ... Being a part of that was electric," said Campbell. "It brought unity amongst teams who competed."

In years past when Fredonia has hosted them they have been early in the season with only three to four schools attending.

It gained a lot more traction this season pushing it later into the season.

This invite is not only a great way to honor Hall, who was tragically lost so young, but it is also good for Fredonia athletics.

This invite can only continue to grow in the future and become bigger and better.

The invite doubled in size from last year to this year so if it



ALEXANDRA GILES | Asst. Photo Editor

can double again next year that would be huge for the Fredonia running program, but also Fredonia athletics as well.

"Kara was what Fredonia athletics are all about," said coach Tom Wilson. "[She] meant a lot to the team and her legacy will not be forgotten."

The Oneota women's team could be seen with "Run 4 Kara" painted on their legs.

SUNY Oneonta's associate coach, Kelly Vincent, was a 2017 graduate of Fredonia and a teammate of Kara's.

Many alumni to the cross country and track and field programs were in attendance today at the race.

"I think it will motivate more freshmen to join the program right now half the team is freshmen," said Justin Malinowski, a junior social studies adolescent education major and former member of the men's cross country team.

The men's and women's teams will be back in action on Oct. 7 at Houghton University.

"Kara was what Fredonia athletics are all about. [She] meant a lot to the team and her legacy will not be forgotten."

—TOM WILSON

Coach
SUNY Fredonia

Kara Hall Invitational: Alexandra Giles





Intramural sports: a 'pro' of not going pro

MASON NEALE

Special to The Leader

Who hasn't had the dream to one day be a professional athlete?

Many people wanted to be the next Odell Beckham, Jr., Kobe Bryant or Lionel Messi as they grew up.

However, most soon realized that fewer than 10% of high school athletes make it to the college level for sports and even fewer get to the professional level.

But thanks to intramural sports, your short-lived athletic career doesn't have to end just yet.

"My favorite part is being able to provide an opportunity for students to do something healthy and active that doesn't have to do with their academics," Director of Intramurals Geoff Braun said.

Intramural sports give a chance for students to put the books down, get out of the classroom and go play some sports and socialize.

"Intramurals gives students time to do something that will benefit them from a mental health standpoint; it provides a fun environment to escape to," said Ali Dixon, an employee of intramural sports for three years.

For this fall semester, they are offering doubles pickleball, which is a paddle-based game that takes elements from ping-pong, badminton and tennis. They are also offering co-ed indoor volleyball. Lastly, there is co-ed flag football, which is by far the most popular.

It's Bills season — who doesn't want to go out on the gridiron and sling the pigskin around like Josh Allen?

"Intramurals allow me to meet other college peers, while also trying new sports," Dixon said.

If you win the league of the sport you play in, you and your team get a free "Intramural Champion" shirt to keep. If you win three intramural leagues throughout the school year, you qualify for an "Intramural Legends" hoodie.

"It's a great atmosphere. I've met and worked with amazing people ... Working there has improved my time management skills along with problem solving," Dixon said.

If you are ever bored from the constant drag of class and miss getting to hang out with your friends in the gym or playing a sport, try intramural sports. It's a great opportunity to make new memories and friends while still getting to compete in a sport.

"That's our mission: to provide a fun and safe environment to play," said Braun.

To join intramurals next semester, all you have to do is sign up online, or ask one of the staff members inside the intramural office just outside of the gymnasium in Dods Hall.

Check the office hours posted outside the office door, or look up @fredintramurals on Instagram and all of the information you need will be right there.

Mason Neale, the author of this article, is employed by the Office of Intramurals.



ALEXANDRA GILES | Asst. Photo Editor

Is the workplace promoting bad habits?

MARISSA BURR

Opinion Editor

We've all had managers who pretend that labor laws don't exist.

Whether your employer follows labor laws or not, lunch breaks on shifts of six hours or more are required. In addition, any rest break under 20 minutes taken by an employee is required to be compensated. This includes going to the bathroom, getting a drink of water, taking a phone call and for many, going outside and smoking.

According to the Centers for Disease Control and Prevention (CDC), an estimated 23.8 million adults smoke cigarettes, and that amount increases when adding in those who use e-cigarettes and other similar products.

Compare that to the number of people who are required to work in order to keep every business functioning, and the likelihood of there always being employees that need to take "smoke breaks" increases.

In my experience in food service, retail, restaurant work and other odd jobs, at least a quarter of my coworkers will need to take time away from their duties in order to smoke or hit their vapes.

When working with them for more than a couple of hours, there's usually a noticeable difference in their mood before and after they've smoked. It could be boiled down to them just needing a mental reprieve from the stresses of the job. I absolutely get that, it's something I need too.

But both the length of their "break" and the stark difference in demeanor lead one to realize the true effect that nicotine has on them. It's disturbing.

Maybe it's because I don't use substances that I am not more sympathetic to the issue, and for that I'm sorry. Yet, I'm not advocating for the elimination of this break time.

I just want equity.

If I were to take a bathroom break every hour for ten minutes and be forced to leave no matter how slammed we were with business, people would start to be concerned.

Doing this isn't prohibited, as it's built into my 20 minute paid rest break that I get during a shift. But, this time could add up pretty quickly. I have been told at jobs before that I cannot go to the bathroom at a certain time because we're too busy. I've also been told numerous times that sitting down for five minutes is unnecessary and I therefore shouldn't do it.

In my opinion, what is unnecessary is feeding into an addiction ten times during a shift and getting paid to do so.

There's a double standard happening here.

Basic break tasks like eating snacks, going to the bathroom, checking your phone and sitting down are normal and totally harmless. Smoking and vaping are not.

When smoking becomes welcome in the workplace, standards drop. It starts happening inside instead of just out back.



ISABELLA RIZZO | Staff Artist

The walk-in freezers can become hot boxes. Then people will come in reeking of tobacco, weed or artificial cotton candy.

If I know what they were doing based on their scent, so can customers. Therefore, they'll think it's acceptable in the restaurant. I have seen patrons pull out their vape pens at their table next to a family with an infant, and they don't see anything wrong with that.

What kind of standard are we setting?

So what am I calling for? Prohibit smoking and all other substance abuse in the workplace. Now, people will say, "it's an addiction," and yes, that's true. So is alcoholism, yet people aren't allowed shooters in the office or outside. It impairs your work ability, as do other drugs.

This can be seen by the growing frustration and irritability of users when they can't have a smoke break for a while. It makes them hard to work with.

If using substances becomes illegal while clocked in at work, people can still do it when on their paid lunch break and not be breaking company policy. If they're not clocked in, it's not a corporation's problem.

And hopefully by eliminating the acceptance of this addiction and making people aware that they cannot feed it while working, it will encourage quitting it entirely. If you can't go four hours without your vape, you won't be able to get a job that pays well enough to support that habit anyway.

I know it's a touchy subject, and my lack of compassion does not come from a lack of understanding. My family and friends have been scarred by addiction, and it has led to a lower quality of life overall.

This should not have to happen, and as a society we should be encouraging the elimination of our reliance on these products.

So no more job orientation speeches that say, "As long as you're not taking a smoke break every five minutes, it's fine."

It isn't, and it needs to end.

The Race to 2024: Who will Trump pick as his VP?

MICHAEL WILLIAMS

Staff Writer

The second Republican debate was held on Sept. 27 and wow, what a real **** show it was.

At the Ronald Reagan Library in Simi Valley, California (30 minutes outside of Los Angeles), candidates from all sides of the Republican Party came together to articulate a vision of their party without Trump. But Trump was able to take the center stage of the debate again.

When asked about immigration, candidates offered lines such as, "I would deploy troops onto the southern border" or, "I would declare an act of war against the Mexican government."

In the segment on the economy, we heard one-liners such as, "People need to be picketing the White House for it's economic policies" and, of course, "the debt is too high," which is funny because the government provided essential services to keep low-income citizens alive to prevent us from living in a 2008-style crisis again.



DONALD TRUMP, Photo via @realDonaldTrump on Truth Social

Regarding healthcare, the focus was on reforming tort law, the type of law that, among other things, protects healthcare companies. This would shield healthcare providers from lawsuits similar to how we shield police officers.

We lead the western world in police killings per capita and prisoners.

Not a good policy to pursue.

Last, but not least, we all had the honor of listening to Republicans moan about the "radical woke teachers" that are ending life as we know it, ruining your kids wiggerqueer fantasies.

When asked about immigration, candidates offered lines such as, "I would deploy troops onto the southern border" or, "I would declare an act of war against the Mexican government."

—MICHAEL WILLIAMS

Senior Political Science Major
SUNY Fredonia

It was a hot mess, topped with lots of politician-on-politician violence.

Anyone who watched it knows how important it is to not have curtains purchased by Obama in your office (yes, they really talked about that).

All in all, one of these people will probably be Trump's second-in-command.

This is where things get interesting.

Trump could pick Vivek Ramaswamy or Marjorie Taylor Greene to lead the ticket with him. These are people who agree with him pound-for-pound on immigration, the economy and climate change.

This could be a disaster for Trump, or it could bring up his voters' turnout rate even higher.

After all, we saw him increase his number of votes from 2016 to 2020 by moving further to the right on cultural issues.

With people not as excited to vote for Biden as they are for Trump, this could be a winning strategy, and Trump could avoid the struggles of choosing another Mike Pence-like running mate that could hamper his radical agenda. It's crazy to call Mike Pence a moderate, but those are the times we live in. However, Trump could choose to run with Nikki Haley, another moderate candidate.

Nikki Haley has become a favorite with suburban women and moderates across America who are tired with Biden and Trump.

If a record number of people vote like they did in 2020, she could be the key ingredient that gives Trump a win in Pennsylvania or Michigan.

Will centrists suck it up and vote for Joe even if they don't like his recent spending habits? Or will they vote for Trump if Nikki is close by, keeping him in check, or even being there to replace him if he can no longer carry out the job.

Trump has always been one for the spotlight, and who knows if he could be capable of putting his ego aside to do what's best for him.

The arrival of autumn

ISABELLA INZINNA

Staff Writer

The leaves are turning orange, the air is cool and crisp, ah it's fall again, obviously the best season.

What other season has two names?

I mean you have winter, spring, summer and fall. But fall has a much cooler name: autumn.

How pretty is that?

But obviously that's not enough to convince you that fall is the best season, so let me just explain a little.

There's something about stepping outside in the fall that's just *chef's kiss* amazing.

The air is crisp and it's cold enough to comfortably wear sweaters and hoodies.

Honestly, I feel like pairing them with some nice ripped jeans makes for some of the best outfits. So many people have told me that their best outfits appear in colder weather too.

Now I feel like I skipped ahead a little bit.

Late September to early October is the absolute best time for apple and pumpkin picking.

It's not absolutely freezing yet, you can walk through a pumpkin patch or apple orchard with friends or family.

If you go to a good place, they have apple cider, maybe even apple cider donuts.

It's just an all around good time.

Plus, there's my favorite holiday, Halloween.

It is just such an elite holiday for kids and college students.

For kids, there's trick or treating, candy, you know the drill.

For us?

Halloween shows.

Local bands doing Halloween concerts are top-tier.

For example, the band Fernway has a Halloween show in



DREW PALUCH | Photo Editor

Buffalo, they're even doing a costume contest. Last year, Johnny and the Mankids, another local band, dressed up for one of their Halloween shows.

And totally unbiased, Fredonia Radio Systems has a Halloween event on Friday.

If you're still not convinced, I have one last thought for your consideration.

Maybe you're not a Halloween person, but most people enjoy at least one type of candy.

The second Halloween is over, you have access to clearance candy. We're talking big bags of candy that are meant to be distributed to small armies of children for only a couple bucks.

Fall is simply the season that keeps on giving, and if you weren't convinced, well, I'm sure you are now.

MARISSA BURR

Opinion Editor

Sugar cookies rise softly as they bake in the heat,
so they may accompany a tall glass of apple cider
and the newest bestselling novel.

Flannels protect my arms in the morning
from the frigid chill that blows through the air
But hang tied around my waist later
as the sun warms it all.

Leaf colors change like a flame growing hotter,
so as I drive through the country
it looks like the walls of hell
but with the peace of heaven.

Apples, pumpkins and pears alike,
the fruits of our labor will soon be reaped
as the autumn season arrives
and all tensions may be released.



DREW PALUCH | Photo Editor



DREW PALUCH | Photo Editor

BRENDA STEINER
Special to The Leader

I swear I closed my eyes for only a second, but in that moment the sweltering heat was swept away by a cool breeze.

In that moment the sun-kissed greens of the trees became tinged with swatches of burnt oranges and mellow yellows.

In that moment, all around me, that autumnal change had crept up and wrapped its arms around us all.

Now my days are starting to change with it.

Thick hoodies and checkered shirts having waited so patiently since temperatures started to rise, slowly make their way back into daily rotation.

At least one soft, fuzzy blanket drapes across my lap, my hands wrapped around a mug full to the brim.

I reach for drinks that, due to unspoken social constructs, can only be sipped on once my weather app displays the correct temperature: spiced apple cider with partially-melted whipped cream, hot chocolate too scalding to bring to my lips right away, chai lattes with notes of cinnamon and

pumpkin spice.

For me, this transitional season brings a certain melancholy with it. In the back of my mind, I know that it won't stop getting colder.

The days won't stop getting shorter.

Those oranges and yellows will slip away, and the trees will stand lonely and bare.

Blank white, mixed with gray sludge, will dominate the world for six months — an eternity. A crushing weight will press into my shoulders, threatening to topple me over.

It will feel as though there's not another soul around.

The world will feel suffocating; I will feel numb.

And I know those feelings will go away, that the melting snow will seep into the earth and take my troubles with it. I also know when flakes dive towards the ground once more, they bring those troubles back with them.

But, for now, I will pull my sweater sleeves around my hands and feel the steam of my beverage settle on my face.

I will watch leaves race each other in the wind as I walk to class. I will view the sun as a treasure and not a burden, thankful for its kisses as it retreats earlier and earlier, and brace myself for all to come.

Playlist for every mood: Fight the patriarchy

MARISSA BURR

Opinion Editor

Many women around the world have been more empowered than usual with the messages put forth by the Barbie movie in July and Taylor Swift's Eras tour.

This energy needs to continue to rise as we approach election season, as many politicians will argue about the best way to strip away our rights to bodily autonomy, freedom and everything we hold dear.

If you ever feel as though you need a pick-me-up after spending some time being oppressed, crank this playlist.

It gives me "Not-So Casually Dismantling Sexist, Misogynistic and Unnecessarily Negative World Views" vibes.

"The Man" by Taylor Swift

When thinking of songs that would fit into this playlist, this slightly-over-three minute song was the first to come to mind.

Swift's lyrics describe the way her life choices would be looked at differently if she was a man instead.

She discusses both the ways the things she currently does would be seen in a better light, as well as what would happen if she acted like her male counterparts.

One of the most telling lines in the song comes very early on when she sings "And that would be okay for me to do. Every conquest I had made would make me more of a boss to you."

By saying this, Swift is referencing the way the media rips her apart for having been in so many relationships and then writing about them.

If she was a man though, her ability to have "pulled" so many women would be seen as admiral and she'd receive praise for it.

This double-standard is something that many women face today, especially with the concept of virginity.

The stigma on having sex is very different for a young man than it is for a young woman.

“I’ve Had Enough” by Melina KB

This song is a personal favorite of mine and has become my anthem.

While touching on a toxic relationship, the key idea of this song is rejecting the fact that many people refuse to accept ‘no’ as an answer in many situations — especially concerning sex.

After trending on TikTok amongst sexual assault survivors, Melina KB’s bridge became a well-cited group of lyrics: “If you’re so mature now, then I think it’s time you grow up. Admit you did it, we all know you did it, and yet you still gaslight me up.”

Consent is a two-way street, and if there are not enthusiastic “yes’s” from both sides and any sexual behavior occurs anyway, it is assault. Yet, afterward victims are gaslit into believing they deserved it or that nothing illegal took place.

The message of her song is powerful and urges everyone to listen to the word ‘no’ and respect that as a full sentence.

“Victoria’s Secret” by Jax

Following a few previously-released songs, “Victoria’s Secret” went viral and was on every radio station I turned on for a few weeks, and for good reason.

The theme of the song was the fact that Victoria, of the famous lingerie brand of a similar name to the song, wasn’t a brand for women after all — it was created by a man.

She came to this conclusion by looking at the way that they so poorly represented the diversity that women of the world held.

Not many fit into their products, and even less looked like their models. Their standards were impossible to achieve healthily and girls all over the world were hurting themselves trying.

The most relatable line to me was “I wish somebody would have told me when I was younger that thighs of thunder meant normal human thighs, the f-king pressure I was under to lose my appetite.”

“Thunder thighs” are a term that many use for girls who have meat on their leg bones, which leads to their thighs touching each other.

In an attempt to avoid that “unhealthy” look, many girls develop eating disorders since having skin, muscle and fat are all normal parts of a healthy body.

Not having them should be more of a concern.

This song deserved a spot on this playlist for finally telling young girls that it was okay to not be a size two, and healthy bodies can all look different.

“Kings and Queens” by Ava Max

This particular artist has multiple songs that I considered adding to this list, but after multiple hours on YouTube, I chose “Kings and Queens.”

The music video for this song fittingly has Max on a throne with a sword as cutthroat as the words she’s singing.

This song is a call-to-action for all of the women who feel oppressed in the role they play in life.

When she sings the iconic opening (and chorus) “if all of the kings had their queens on their throne, we would pop champagne and raise a toast, to all of the queens who are fighting alone baby you’re not dancin’ on your own,” she is saying how if women were in charge, leaders wouldn’t be at war, but rather they would celebrate their differences and support each other.

She pays homage to classic tales of the monarchy with lyrics

like “no damsel in distress” and “disobey me, then baby, it’s off with your head.” She is putting herself in that position of ultimate power and reminding people that she is the queen and does not need to be saved just because she is a woman.

So often, men can have preconceived notions of “what women need” without actually asking.

A woman wants someone to support her and fight by her side, rather than be locked away in a tower safe from a world of dragons.

“Powerful” by Valentina Cy

As a big fan of this artist, I have watched interviews of her and content she’s produced in order to dig deeper into the meaning behind the songs that she writes.

She was actually rejected on a reality singing competition, and the hate she was given during and after her disqualification was what inspired “Powerful.”

The song – in addition to her story from being a model to writing and producing her own music – is an inspirational anthem that can light a fire in any woman struggling with her place in the world.

Valentina is raw and honest about the effect that words can have on a person in this song, but she is telling others how she took that and let it fuel self-improvement.

Society is filled with strangers who feel they have a right to judge you based on the small glimpse into your life that they get.

Do not take their baseless opinion as anything other than a reflection on their own ignorance. As the song preaches, “you can take back all your lies, you said I’d never be enough.”

Know that no matter what anyone says, you will always be enough to the people who are worth your time.

***Want to join
The Leader?***

*Contact any of our
members or email
leader@fredonia.edu*

*Our office is located
at S206 in the
Williams Center!*

Stop by and say hi!



Lovercolumn:

Conflict Management

THE ELECTRICIAN

Executive Producer and Host of Lovercall

THE ARCHITECT

Lovercall Producer

THE QUARTERBACK

Lovercall Host

Hello!

We are The Electrician, The Architect and The Quarterback: producers and hosts 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.

“The Quarterback” is a 19-year-old cisgender male student who goes by he/him pronouns and is a sophomore 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 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 Wednesday nights from 10 p.m. to 12 a.m. on WDWL 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 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 in Fredonia.

This week, we here at Lovercall recommend going apple picking!

Apple picking would be a perfect fall-themed date for those

who like being outdoors or just love the feeling of the season.

We also talked about how you can use the apples you picked to make things like apple pie — and baking can be another excellent date idea!

Overall, just being outside in the cool, crisp fall air with your significant other can be a special date for this time of year!

Lovercallers

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

This week, we looked to the Google form for our question.

In our most recent episode, we answered a question from a person using the codename “Sparkle.”

Sparkle explained that he recently got out of a long-term relationship and is working on healing. However, the people he would be interested in starting a relationship with would be long-distance.

He asked, “Should I try starting a relationship with this person who would be long-distance, or try to find/meet someone I like where I live?”

We at Lovercall advise Sparkle to consider his feelings for the long-distance person.

Getting into a long-distance relationship can be quite an egregious task. Long-distances mean you are unable to see each other often, and relies on a lot of trust between both partners.

If you and this other person truly have feelings for each other, then we think you should have a conversation about going long distance.

If your feelings are true, surely you can make the relationship work.

On the other hand, since you just got out of a long-term relationship, it may be easier on the heart to start a relationship with someone closer to you, as it will be a lot less difficult to manage.

We at Lovercall also think it is important for you to take that time to heal. As we always mention, it is important for you to love yourself before you can love another.

While the decision is tough and there are pros and cons on both sides, it is most important for you to communicate your thoughts with your potential partner.

Conflict Management

The main topic for our episode this week was conflict management.

The term “conflict management” refers to how both individuals and groups deal with issues.

Conflict management is meant to be a positive and respectful

way to deal with issues that come up in not only romantic relationships, but friendships and family relationships as well.

On this past episode of Lovercall, we discussed five different types of conflict management.

The first type is competing.

The competing technique is seen when one party of the relationship is seeking to satisfy their goal, no matter what expense it has on the other party.

Typically, this is an unhealthy way of handling conflict. One party usually ends up hurt or unhappy, while the other party ends up feeling satisfied.

Another type of conflict management is avoiding, in which both halves of the relationship seek to suppress the conflict.

The conflict is usually ignored, and isn't resolved.

Yet another example of conflict management is accommodating.

This style is most common among people who see themselves as people-pleasers.

Those who use the accommodating approach usually give into whatever their partner wants, whether or not they agree.

These types of people usually try to avoid conflict if possible.

Since both parties do not feel satisfied, the accommodating technique is not ideal.

One of the better types of conflict management is compromise.

With a compromise, both parties give up something to achieve an agreement.

While not everyone wants to sacrifice something, it is often required to keep the peace in a relationship.

Compromise is not always the preferred option, but when used correctly, it should result in both parties feeling mostly satisfied with the result.

The final type of conflict management we discussed on Lovercall is collaboration.

This is the best way to deal with issues in a relationship.

With collaboration, both parties win in the situation and end up satisfied.

It is often difficult to achieve a perfect collaboration, but it serves as a good goal for a relationship.

Many couples will find collaboration hard at first, but communicating with your partner and listening to their concerns is the first step to solving a conflict effectively.

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

<https://forms.gle/pFHcFz7Qc9fcsLP9>



NOT GAY

Curated by

Jonathan David Katz and Ryan Patrick Krueger

"We think of gender as a core truth or structure of identity, but the works in this exhibition instead supplant essence with process, being with becoming. They turn identity, a noun, into identifying, a fluid verb."

Jonathan D Katz



Clifford Prince King, *Communion*, 2019

AUGUST 29 - NOVEMBER 12

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Rockefeller Arts Center, SUNY Fredonia

Gallery hours

noon - 4 pm Tuesday - Thursday

noon - 6 pm Friday and Saturday

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ALEXANDER PRYLL | Photo by CHLOE KOWALYK | Editor in Chief

Fish Out of Water hosts first show in Fredonia: A review

CHLOE KOWALYK
Editor in Chief

ELENA FITZGERALD
Special to the Leader

On Friday, Sept. 29, Main Street Studios experienced an unfamiliar glow of television screens and the sight of new concert promoters.

Fish Out of Water, a new company for DIY shows, recently put on their first show.

The company is led by Sebastian Spisak, Parker Walters, Ava Sargente and Sterling Brownell — all students at SUNY Fredonia.

Fish Out of Water's first show was mainly hip-hop, a genre not commonly seen in Fredonia.

The stage Fish Out of Water set up was unique: three TV screens were positioned at various heights, and played content such as "Spirited Away," "The Nightmare Before Christmas" and "Dragon Ball Z."

The lighting was also different from other Main Street Shows, as LED lights in blues, purples and greens illuminated the performances.

There was also a bright white light that would occasionally strobe as the artists performed.

Three different artists performed during the show: Alexander Pryll, Sadboymanii and Jaali Cypher.

Pryll was up first, and his set was incredible.

His voice was incredibly smooth and seemed to fit with the

backing track almost perfectly.

Throughout the set, he would instruct the audience to stand up and sit down at various times.

No matter what position they were in, the audience would sway back and forth to Pryll's music. Oftentimes, Pryll would even sit down with the crowd, adding a new dynamic to shows at Main Street.

Not all of Pryll's set was sitting down, however.

Near the end of his set, Pryll divided the crowd, forming a circle with a large center.

A dance circle broke out, with several audience members hopping into the middle to move their bodies to the beat.

Overall, Pryll's set was awesome, and we had such a great time listening to his art.

Sadboymanii was up next, and although he had the shortest set of the night, he was able to bring even more energy to an already enthusiastic crowd.

Originally from New York City, he was the only SUNY Fredonia-based artist performing at this show.

It was nice to see a familiar face performing at Main Street Studios for the first time, and the audience could tell he was ready to perform.

His heavy beats and smooth voice blended together perfectly in the venue, and he commanded the stage, only making the audience more excited.

Between people there to support Sadboymanii and people hearing his music for the first time, everyone was up close to the stage to dance along.

"LOML (Love of My Life)" was a specific crowd pleaser, get-

ting the audience to sing along to the catchy lyrics.

Between the lighting, full stage setup and good sound, this was a perfect set for Sadboymanii to perform.

The last set was Buffalo artist Jaali Cypher, who brought out a band for a set of songs ranging from rap to rock.

Cypher has been performing in bands since age 14, and everyone in the crowd could see that he loves performing to this day.

As he has performed in Fredonia before, this was his first time at Main Street Studios, which has been a new favorite venue for many artists passing by Fredonia.

Cypher and his band had no issue filling the room with intricate instrumentals and moving lyrics.

With songs like “Stop, Listen & Learn” and “Feel So High,” he was able to bring the entire crowd together.

As the set went on, he sat us all down for a mellow moment to read us a poem he wrote.

Ultimately, he ended with a showstopper that got the crowd riled up one last time, but that was not the end.

As Jaali Cypher left the stage, his band members stayed to jam for one last song, as they are all a part of a band called Starship Brigade.

The set felt so personal, and as an audience member, we felt extremely connected to the musicians, which is the pleasure of going to a show at Main Street Studios.

Jaali Cypher is worth seeing, and we hope he comes back to Fredonia soon.



JAALI CYPHER | Photo by **CHLOE KOWALYK** | Editor in Chief

Spisak, a junior double major in music industry and economics, feels that his first show with Fish Out of Water went well.

“It was a great time and very positively received by the artists and fans. Although attendance was a little lower than expected, I think the show brought out a different community that is essential to expanding the Fredonia scene,” he said. “Our goal was to stand out and I think we achieved that. There will be many more shows to come.”



SADBOYMANII | Photo by **CHLOE KOWALYK** | Editor in Chief

New artists traveling from out of town to perform at these venues for the first time is crucial for keeping a music scene alive, especially in a smaller town like Fredonia.

It is such a pleasure to go to concerts in an area with such a welcoming and open music community, where artists can be themselves and share their music.

The show as a whole brought together those who regularly go to shows in the music scene with people who were going for the first time.

As people who go to just about every concert in the Fredonia area, it was one of the first times in a while where we could look back and see a completely different group of people than usual.

The stars shine on me:

A short story

JIAXIN TAN

Special to The Leader

“I was the best driver among my friends at that time!” The senior man said proudly. It seemed that he was immersed in his memory river.

“What an unforgettable summer camp it was! At that time we were young and brave, and didn’t know what fear was.

We chose a place that no one had ever visited as our destination, singing all our way. We drove about nine hours, and finally arrived at our destination; it was beautiful but dangerous.

After that, we parked our cars at a campsite, then took our backpacks and walked to the riverside.”

“The morning dew still hung on the tip of the grass and made our shoes damp, but nobody minded.

We just proceeded with our young hearts.

The breeze kissed our cheeks, shook the leaves and played a symphony of nature. The air was full of the fragrance of flowers and grass.

We sat by the river, then set up our tent and had a late lunch. After having a short break, we continued going ahead and entered a forest near the river.

The farther we walked, the more desolate the path was. But at that time, our brains were filled with excitement and no one noticed that it was a sign of danger.

Time flies. The sun hid behind mountains in the distance, and the sky turned orange, purple, deep blue and finally black.

We were tired as well. We tried to turn back, but then we found we lost our way in the dark forest.

Fog floated in the air and made it more difficult to find the right way in the dark.

Then we finally realized that nobody brought a compass and the phones had no signals. The temperature difference between day and night in the forest was greater than we thought.

A biting wind carried the smell of dampness almost penetrated the clothes, and cut through our bodies so hard that we couldn’t help shivering.

The forest lifted its veil of tenderness on such a dark night, revealing its eerie side to reckless visitors.

We had no choice but to keep going.

Unfortunately, as we moved forward, the light of the flashlight became increasingly dim, just like our hope faded.

Then we could barely see the areas within range of the flashlight, and the rest of this little world was hidden in the unknown darkness.

The ground was rugged and covered with thick fallen leaves, so we had to hobble on them.

From time to time, there was a sound of something—maybe poisonous insects or snakes—moving at our feet.

Other than that, there was only the sound of us stepping on the fallen leaves, and sometimes the startling crunch when someone stepped on dead branches in the dark, silent forest.

The fear of never going back caught everyone’s heart.

After walking for a while in silence and helplessness, the youngest one of us began to sob. Suddenly, a great idea shocked me.

“Look up guys!” I yelled, and ran to a glade.

My friends followed me and lifted their heads.

Guess what we saw?

“Stars!”

The stars filled all the night sky and winked at us! I swear that it must be the most beautiful scene I have ever seen.

Then I found the Big Dipper and figured out the correct direction.

We returned safely to the camp, bathed in starlight.

That’s the whole story.

It happened many years ago.

But for me, it seems that the stars of that night were still shining in my heart.

Freedom: A poem

ANONYMOUS
Special to The Leader

I made it out
Adrift in the ocean
The waves are calm
I always wait
For the inevitable crash
Drenched
Gasping for air
The calm
Deceiving
Leading to
Just
Another
Crash
A tsunami
Sweeping me up
Drowning me
Pushing me under
Forcing me to stay
Breathless
But I made it out
Treading water
Gasping
Sputtering
A calm sea surrounds me
I brace
Waiting
Watching
For the next wave
But the sea remains calm
And I have suddenly found the shore
I swim
Ready to feel the sand
And sun
And his warmth
I suddenly stand
Free of the waves
I see you
Please
Swim
Swim towards me
I am free of the waves
And I will help you find your way back to the shore



Satire for Fredonia

What 2024 presidential candidate will win in the race? (the 100m dash)

HUNTER HALTERMAN
Track Star*

Contrary to popular belief, presidential candidates should not be judged on how well they can run our country. Instead, they should be judged on how well they can run a 100-meter dash.

It is 100 meters of not just sprinting, but also courage, determination and willpower. It shows skill.

All of these are qualities desired for our future President of the United States.

So when you're sprinting to the polls in November 2024 to cast your vote, this article should serve as a completely unbiased guide.

Democratic Candidates

Robert F. Kennedy Jr., age 69, is definitely a contender to come top five in the 100m dash.

On June 25, 2023, Kennedy Jr. posted a video to his X (formerly Twitter) of himself shirtless doing pushups.

Whether he was doing them well or not is up for debate. Although it is inarguable that for being 69, he looks pretty fit.

Will Kennedy Jr. finish the race in first place? No, probably not. But he is certainly not coming last.

In a heated forum on Quora, it was determined that the average person can run 100m in approximately 18-22 seconds.

Robert F. Kennedy Jr. is going to do it in 17.

Next up for the Democrats is Marianne Williamson, age 71.

At first glance, Williamson seems like she could sprint a speedy 100 meters, as she is a mother and mothers are fast.

She is a writer, however, and writers do spend a lot of time at the desk.

If this was a writing competition, Williamson might win. But this is a 100m dash and the experts (me) predict she is going to finish it in 24 seconds.

Finally for the Democrats, we have the current president Joseph Robinette Biden Jr., age 80.

If you're thinking that there's going to be some big surprise and Biden is going to win the entire race, you are wrong.

Most of America has seen the video of Biden riding and fall-

ing off his bike in Delaware from 2022.

Fortunately for Biden, this is a 100m dash and he is running instead of riding. His coordination might be a little off, but as long as he can stay running in a straight line, he's going somewhere.

In support of President Biden, it has been rumored that he has a strict morning workout schedule consisting of weightlifting and cardio.

Taking everything into consideration, Biden is going to cross the finish line anywhere from 25 seconds to two minutes.

If there is ice cream at the end, he might even steal the race and set a world record.

Republican Candidates

Immediately, Asa Hutchinson, Tim Scott, Larry Elder, Perry Johnson, Nikki Haley, Will Hurd, and Mike Pence are not making it to the top five.

This isn't due to any big research into their fitness regimen or anything of the sort.

Rather, it's due to the fact that they simply look like they can't run fast.

Every Republican candidate listed above is clocking in at over 40 seconds. Period.

Ryan Binkley, on the other hand, looks like he would be a formidable opponent.

Currently age 55, Binkley is one of the younger competitors candidates this ~~track~~ election season.

Growing up, Binkley played high school football as a linebacker and tight end. These are two of the positions that are not known for running that often, so his football career only helps him a little bit.

With everything stated, Ryan Binkley is another strong contender for top five alongside Robert Kennedy Jr.

Binkley is finishing the race in 18-22 seconds — perfectly average. Because that's what he is to me.

Moving on, the next Republican candidate is Doug Burgum, age 67.

At first glance, Burgum doesn't seem the fastest. But in 2022, he did assist the National Foundation for Governors' Fitness

Councils (NFGFC) in getting fitness centers placed in three schools.

Does this improve his time? No! He may have bought fitness centers for three schools but has he gone to one himself? We don't know.

Because of this, it's a toss-up. Doug Burgum is finishing the race in either 20 or 35 seconds, nothing in between.

This takes us to Chris Christie, age 61.

Starting in his childhood, Christie had a long-term battle with obesity, but has recently made some changes to turn himself around.

Although he did start off with a surgery that removed 40 pounds, Christie also focused on a stricter diet and a more refined workout schedule, going to the gym four days a week.

In the gym, he would do a multitude of exercises, including cardio. In the end, he managed to lose nearly 100 pounds and I congratulate him for it.

That being said, Chris Christie: 36 seconds.

Next up on the track there's Corey Stapleton, age 56. I thought this guy was a country singer from Kentucky, but apparently that's some different guy named Chris Stapleton.

Stapleton, the presidential candidate, is actually also a country singer in the band "Corey Stapleton and the Pretty Pirates." It's true, look it up.

Outside of the country band, the experts (that's me) are unsure about Corey Stapleton. Our prediction: 29.8 seconds.

For Chris Stapleton, 29.7 seconds.

Next up, Ron DeSantis.

41 seconds.

Moving on, the next Republican candidate is Vivek Ramaswamy, age 38.

Ramaswamy already has something going for him — being

born after 1980. That's something none of the other candidates can say.

Being the young and spry fella that he is, he's already above most of the other candidates in the rankings.

There's one problem though — he's from Ohio. And that's bad.

Taking this into consideration, Vivek Ramaswamy might make the top five but is definitely towards the five.

In the end, he is finishing the race in 19 seconds.

And finally, the moment everyone was not waiting for, Donald "Big D" Trump.

D-Man is that type of guy that doesn't get much exercise. He doesn't want to be like those gym-goers that "get their new knees when they're 55 years old."

But let's address the elephant in the room: D-Swizzle is pretty rich.

D-Spot doesn't have to run the race if he pays someone to do it for him. But he wouldn't do that.

He'd pay multiple people. A whole team. An entire team of Olympic-level sprinters.

Are they going to say yes? That depends on how much Trump Dawg pays.

With the team, Trump is easily coming in the top five, at maybe 16 seconds to account for the switching of runners.

If they say no and he's running himself, he's finishing at an easy one minute and nine seconds.

Other Candidates

Cornel West of the Green Party is immediately ruled out just for being a member of the Green Party.

History knows that an independent party won't win in America.

Them's the rules.

Last and certainly not least, there's me: Hunter J. Halterman — the "J" stands for "just quick enough."

I may not be old enough to be a 2024 presidential candidate, which already eliminates me from the race, but I did run the 100m dash in high school.

And I did pretty well.

I was just above average, clocking in at a crazy 14.9 seconds.

Could I run that quickly today? Absolutely not.

If high school Hunter were able to time travel to the current day, he would outrun all of the candidates.

But he can't time travel, so it looks like college Hunter is simply going to struggle.

Out of our list, our top five are Robert F. Kennedy Jr (17 seconds), Ryan Binkley (18–22 seconds), Vivek Ramaswamy (19 seconds), Donald Trump's team of Olympic runners (16 seconds), and me from high school (14.9 seconds).

So please keep this in mind when you cast your vote.

#MakeAmericaSprintAgain

*Because his mom said so.



LAURA NWAEFUNA | Special to The Leader

The Wizard: Fredonia's most magical student

MEGAN KIDBY
Megan the Scallion

If you're like me, you're on the Fredonia Snapchat stories way too often.

You scroll through and see the freshmen asking where certain things are, the other people dogging on the freshmen for not knowing where those things are and someone's mom just living her life.

What you will also see is the mystical being known as "The Wizard."

Who is The Wizard?

She'll tell you in her own words.

When I met The Wizard, she was not in her magical garb, instead she was in normal clothes, blending in with the rest of us common folk.

As we talked, she delved into her backstory.

"I was born 1,000 years ago and sent to Earth to guard it from celestial forces and stuff like that," The Wizard says. "I was once a member of the High Council, but I had differing ideas. Let's put it that way ... I'm kind of just coasting along until I can perhaps one day rejoin them."

She also talked about what magic she likes to perform.

The Wizard said, "I like causing rain whenever I can ... I'm a big fan of teleportation. Yeah, I can kind of go everywhere."

Right now you're probably thinking, "Megan! Sure the wizard has powers and all that cool stuff, but what is she doing as she's coasting along?"

Well, concerned reader, she's making music.

"I have an EP that came out in April and I was supposed to have an album come out at the start of the summer but I didn't finish it," The Wizard said.

She added, "I'm planning to release an album a year. I already have ideas for the second album even though I haven't finished the first one."

In my humble opinion, I personally like the EP. It's got a really good concept, and if it were on Spotify, I would definitely add it to the October playlist.

While we were talking, I asked about why she thought she was so popular around campus.

She said, "It has to do with the enigmatic factor... like oh my god there's a fucking wizard walking next to me right now."

When asked about how people react she said, "It's like they worship me. People praise me."

That is absolutely true.

Just looking at the Snapchat stories from the past month, you could see various people taking pictures with the wizard, talking about spotting her, and saying some pretty vulgar things that I here at The Leader would never repeat or condone.

Speaking of vulgarity, with popularity, there will also come challenges.

The Wizard talks about people trying to copy her by saying, "People try to like get in on it thinking like they're a part of it... that kind of bothers me because like, it's not your bit. Be your

own person. Don't take my thing and try to, you know, leech off of it."

For those looking to study with The Wizard, you may be in luck.

When asked about possibly taking apprentices, she said, "I have taken apprentices in the past. I am currently not looking for one, although that's just because I'm trying to settle myself. I feel like in due time I'll be able to send people on quests and stuff like that."

What's next for The Wizard?

Well, she has agreed to partner with The Leader to do her own column in the Scallion section.

Have questions for The Wizard? Scan the first QR Code to ask away! You can find The Wizard's EP "BEHOLD THE WIZARD" on YouTube or by scanning the QR code on the right!



THE WIZARD | Special to The Leader

HOROSCOPES

JACE JACOBS
Asst. Scallion Editor

Hey guys. I don't know how to start this off but I just want to let everyone know two things: 1. Midterms are quickly approaching and 2. The end is nigh. These things might be related but I'm not entirely sure, mercury is in crab rangoon or something I think. Anyways, as midterms stampede towards us like a flock of rabid geese, I'm here to let you all know what (minor) inconveniences I see troubling you as the week progresses. Please be careful and take care of each other, and **DO NOT LOOK ANY OF THE CAMPUS GEESE IN THE EYES.** They can smell fear.



Aries

You're going to get an itch on your leg and you're going to itch that b**** until it bleeds. Don't even bother with a bandaid, it won't stick. This will literally be the worst thing that happens to you this week so I think you'll be fine.



Taurus

One day this week, you'll be running a full half hour late. Good luck, because we both know you will **NOT** be running to get to where you need to go (class and grace take time).



Gemini

It's been so freaking hot out lately, and I hate to say that this is what I'm predicting for you, but dude. Your butt sweat is going to leave a mark on your chair in class and for that, I am so sorry. Your crush is absolutely going to see it. There is no way to avoid this fate, unfortunately, as they would have seen it sooner or later.



Cancer

When you go to take your trash out this week, the bag is straight-up just going to break, sending your trash everywhere. Maybe consider double-bagging this week. Good luck.



Leo

Babes, you're going to get a stress zit right on your nose. You're cramming so hard for midterms, and I respect that, I do, but you've got to treat yourself better. Stress zits happen to the best of us though, so no one will be judging you.



Virgo

You're going to miss all of your alarms this week. You'll probably wake up fifteen minutes later than you wanted to, but the guilt of knowing the people you live with have probably been listening to your alarm blaring for the past five minutes straight will be all-consuming (I am definitely not speaking from personal experience).

HOROSCOPES



Libra

You're going to get caught in the rain unexpectedly. Like, a total downpour, soaked to the bone type of situation. You're going to look like the quirky girl in a rom-com though, so that might be a bonus!

I'm honestly not sure.



Scorpio

You're straight-up going to sleep through a review class that you really wanted to attend. But don't worry, if you email your professor and tell them what happened, they'll respect your honesty and be chill with it. (Note: Jace cannot guarantee this outcome. He is simply hoping for the best for you.)



Sagittarius

Guess what. Your earbuds? Dead. Your earbuds case? Also dead. No music for you. Go home and charge them up.



Capricorn

The weather has been so inconsistent, which means you will have no clue what to wear, which is going to be the worst thing that happens to you this week. You're going to be okay, remember to layer!



Aquarius

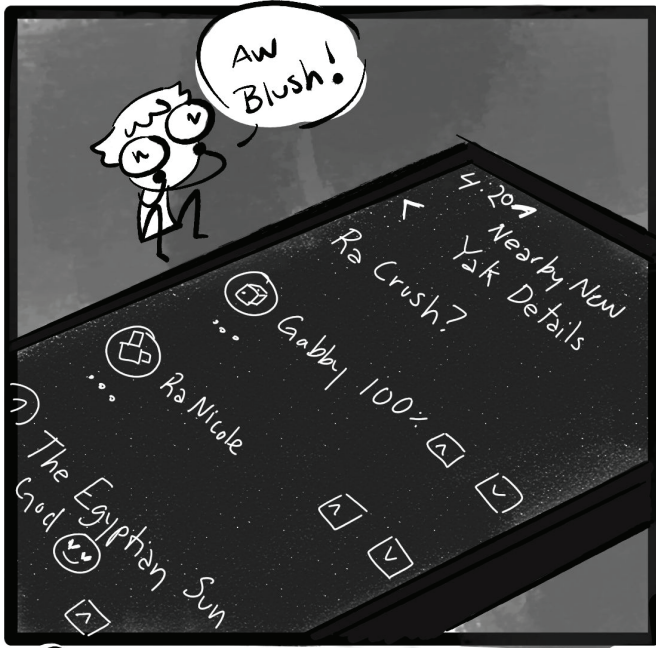
You're going to wake up in the middle of the night, and oh no! You don't have water in your water bottle, but you're so thirsty! Oh well. You're too cozy to care, and you can always drink water in the morning (please don't forget to do that, it's really important).



Pisces

You're going to be so dang sleepy this week. On paper, it doesn't sound bad, but staying awake is going to be a major challenge for you. If you have any activities to do past 5 p.m.? Forget about it.

Nicole Thorson: Scroll the day away



Vote for Dan! ... One of them.

DAN GRANADOS

Business Manager

DAN QUAGLIANA

News Editor

Hello, this is Timmy Toni, reporting back from the DNC (Dan National Convention). We have two extraordinary candidates for this race. Running for the position of “King Dan,” we have Dan Granados, from the Business Party, and Dan Quagliana, from the Editors’ Party.

Both candidates sat down with me at William C’s to get their viewpoints out there, and to do a little bit of light pestering of each other — totally nothing like the recent Republican debate.

Timmy: So, er, Dan, let’s start off with each others’ strengths. What is one compliment you would say about the other?

Dan: You certainly are one of the business managers of all time.

Dan: You have a knack for expediting the speed of things, such as the shrinkage of my Grinch heart. I applaud you.

Dan: Shrinking things is indeed something I do well — what do you think I did to our budget deficit before you got here?

Timmy: All right, people, I said “compliments,” not —

Dan: Look, man, I’ll do whatever gets me paid at the end of the day, so I don’t need to pay any mind to your Bad News section.

Dan: What did you just say about my section?

Timmy: Excuse me, can we just carry on with our discussion?

Dan: Yes, I would love to.

Dan: *yawn*

Timmy: ...Anyway, why do you each think that you should win the King Dan position?

Dan: I like money.

Dan: Yes, and I like power.

Timmy: In that respect, you’re both just average politicians?

Dans: Yes.

Timmy: We’re all doomed.

After the debate, I sat down with each of the Dans individually, to see the policies they have in place for our country. The following is the transcript.

Timmy: So, Dan, I heard about your background in life, especially in school. With hearing about your intricate school life, what is your plan for education if you were elected?

Dan: I think that the government should institute a national curriculum, so that we get rid of a lot of redundant classes that our students are taking. A lot of things that they’re learning in school, for instance, aren’t actually needed in real life. I also think that student engagement is on the down-low, so we need to get students more involved in activities outside of classes.

Timmy: What kind of activities?

Dan: Pass.

Timmy: OK, then... What are your financial plans?

Dan: This country is in a major, major financial crisis. We are literally bleeding money, and we don’t know where the wounds are. So, I have created a plan where we simply make more money. The mint makes the country’s money, correct? So if we print more, and then use it to fix our budget, we’ll be fine.

Then we talked to Dan. Here is what he had to say.

Timmy: You were very adamant about the changes you would make to the education system. What would you do?

Dan: Gorilla Exhibition. I don’t feel a need to elaborate, for if you disagree, you do not represent the true progression of this nation.

Timmy: Ah... all right. Well, anyway, what do you plan on doing with our finances? We need a clear plan as to what our financial situation will look like.

Dan: Have you ever seen “The Lorax”?

After this conversation I decided to prematurely end the interview and move out of the country, as I do not wish to have either Dan as King.



KALI NEWMAN | Special to The Leader

DAN G.



ROWAN POTZLER | Special to The Leader

DAN Q.

Lauren Boebert

... Maybe don't do that

MEGAN KIDBY

Scallion Editor and Theater Nerd

Hey Girly Pop!

I'm so happy you decided to either randomly pick up this student-run newspaper from a state you're not even in or search "Lauren Boebert Leader" on Google only to find this!

I wanted to reach out and ask about your recent experience at the Beetlejuice performance in Denver, C.O.

I heard that there might have been a moment during the show that might have made you feel embarrassed, and I wanted to understand your perspective better.

First and foremost, I want to assure you that my intention here is not to judge or criticize you in any way. We all have different reactions to live performances, and sometimes unexpected things can happen that catch us off guard. I believe it's essential to have open and honest conversations to better understand one another.

With that being said, girl...WHAT WERE YOU THINKING? Like listen I understand a girl does have needs but at what part of Beetlejuice did you decide, "yeah I'll let this dude fully wrap his hand around my décolletage?"

Was it the Maitlands talking about having children?

Was it the cheerleading dead people?

Was it the banana boat song?

I NEED ANSWERS.

Honestly letting the dude you were on a date with cop a feel was not even the thing I was the most confused about. As an avid musical fan (yes I know please boo me and call me a nerd) I was just wondering if you missed the signs that were most likely in the venue that said "no smoking" and "no flash photography."

We musical goers have a theater etiquette and you fully missed the mark. I don't care how good the cola ice hyde tastes, girl PUT IT AWAY!! You blamed the smoke people saw by you on the "heavy fog machines" but look at the video hon, it is one puff of smoke and it's coming directly from your mouth. At least lie better and maybe try not to call the pregnant woman you blew your smoke at a "sad and miserable person."

Also, girl, did you not know that the guy you were on a date with hosted drag nights at his gay-friendly bar?

Like listen, I don't think politics should get in the way of a relationship if you like each other but when you are so against the LGBTQ+ community and are actively taking away their right to be who they are you might want to stay in your lane. I know the old white republican men you surround yourself with are icky but it's the safest bet for you.

Actually, maybe not.



KELLY NGUYEN | Special to The Leader

They probably would have seen you shouting "DO YOU KNOW WHO I AM?" at security guards and saw it as a turn off because you were a woman speaking your mind and out of the kitchen. Maybe keep going for the democrats babes.

Please know that I am trying to approach this conversation with empathy and a genuine desire to understand your feelings. I'm here to listen, and I hope you'll be open to sharing your thoughts and feelings with me.

If you want, I could even take you to a musical in New York City and we can work on your etiquette! You'll have to pay though. Consider it an "I'm sorry" gift to all the musical nerds out there. I'll suggest Sweeney Todd because of Josh Groban but also because those smoke machines probably produce a lot more smoke than the Beetlejuice ones do. Maybe you could get one puff of the strawberry pina colada elf bar in before I notice.

Disappointedly,
Megan Kidby



FREDONIA STATE

446

446

GENESEE STATE
486

GENESEE STATE
496

GENESEE STATE
416

KANSAS STATE
456

KANSAS STATE
552