



# THE FREDONIA LEADER

SUNY Fredonia's Student-Run Newspaper

## Activities Night unites new students & returners

- Administration announces pending faculty cuts
- A student's guide to voting
- Cranston Marché receives a makeover
- New turf at university stadium
- [OPINION] Don't let clickbait misinform you
- [SATIRE] Meg's Declassified School Survival Guide

# THE LEADER

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"We're all born with the greatest treasures we'll ever have in life. One of those treasures is your mind, another is your heart." -Susan Abulhawa

# Cranston Marché's ice cream station receives makeover

**CALYPSO-SKY HAHN-MAURER**

Special to The Leader

When returning to SUNY Fredonia for the fall semester, students might have expected to come back to the Cranston Marché to enjoy a bowl of ice cream. Instead, the ice cream bar was replaced with a gluten-free station.

The real question: Why the change?

The Executive Director of the Faculty Student Association (FSA), Darin Schulz, explained the reasoning behind this sudden change.

“The goal of the gluten-free-friendly station was to provide dining opportunities that would be free of an allergen that provided a health risk for someone that is gluten intolerant or suffers from celiac disease,” he said.

According to Schulz, FSA does a survey once a year to receive feedback from students.

“We hear comments on a daily basis, but we usually do a survey...and we also have students that approach us with dietary concerns,” Schulz said.

According to Schulz, allergies have become a main focus on college dining at Fredonia. Three years ago, FSA went tree nut-free in Cranston. Then, two years ago, they went completely nut-free, changing recipes to better fit those with allergies.

Now, FSA focuses on becoming more gluten-free for its students, staff and faculty.

“To be gluten-free friendly, we could convert the ice cream bar to [be] gluten-free and have Cranston be a safer place for those with celiac [disease] or gluten intolerances to eat,” said Schulz.

The gluten-free station at Cranston offers several options such as gluten-free pasta and made-to-order pizzas.

Since the ice cream bar was replaced, what does FSA offer now for ice cream options?

“I think that's really going to give a lot of parents...[and] prospective students peace of mind.”

— **Darin Schulz**

Executive Director of FSA  
SUNY Fredonia



Cranston Marché worker at the gluten-free-friendly station.

Photo by **TIMOTHY BLAIR** | Special to The Leader

Continued onto next page

“Jason [Domenico, head of Cranston Marche] had the great idea that he and his staff came up with where we can serve ice cream novelties,” Schulz said.

Cranston Marché offers different ice cream novelties, such as chocolate and strawberry crunch bars, small ice cream cups of different flavors and fruit popsicles.

Fredonia is a diverse community, where many students may have different dietary restrictions and allergens to account for, such as being vegan and vegetarian.

Will Cranston also offer more vegan options to students on campus?

“There are also vegan options available at the new gluten-free friendly station, but we do not have any space available to offer a vegan-only station,” Schulz said.

Cranston now gives students more options for a broader range of dietary needs for its customers.

“I think that’s really going to give a lot of parents...[and] prospective students peace of mind,” Schulz said.



The gluten-free-friendly station in Cranston Marché. Photo by TIMOTHY BLAIR | Special to The Leader

# FredGrows partners with The Leader in recycling initiative

**ABBIE MILLER**  
Editor-in-Chief

Mutually-beneficial relationships are hard to come by. At this day and age, it seems as though most people struggle to form partnerships that give as much as they take.

The collaboration between campus clubs FredGrows and The Leader was unique in the way that this partnership formed naturally and mutually benefits both clubs.

If you have ever walked past The Leader’s office in the Williams Center, you will have noticed the towering stacks of newspapers that cover pretty much each and every surface of the room. This may not seem that odd — it is a newspaper office, after all.

But what is concerning is the sheer volume of each issue. For every 1000 copies that are printed, about 950 of them are distributed around campus and to off-campus locations like Domus Fare and the Darwin R. Barker Library.

But for every 950 newspapers that are distributed, only about 75% of them are actually picked up by passersby. This leaves us with around 100 or so copies of the newspaper that theoretically have no purpose — they are not being read and they instead sit in The Leader office, gathering dust and taking up space.

Of course, this is not necessarily always the case that there are extra copies left over. That is precisely why The Leader continues to print 1000 copies of every issue — there are some issues that leave no extra copies. Whether or not a certain issue will garner this much interest is largely up to many

factors, some of them being completely unpredictable.

However, a collaboration between FredGrows and The Leader presented the latter with a solution to the dilemma of extra newspapers.

Towards the beginning of September, FredGrows Treasurer Jordan Stephens stopped by The Leader office with a large steel cart. Leaving with what had to be close to 5000 copies of The Leader, FredGrows now had plenty of composting material and The Leader now had plenty of extra room in its office.

As explained by Stephens, it is difficult to find material to compost prior to Fredonia’s annual Fall Sweep. Leaves have yet to fall to the ground — at least not in substantial amounts — and there is really no other compostable material that can be gathered as the students and professors begin the semester having already gotten rid of their old notebooks and other compostable materials.

By utilizing the extra copies of newspapers in The Leader office, FredGrows is able to get full functionality out of their composter and The Leader is able to donate their papers in a way that helps both the student body and nature as a whole.

Given these benefits, both clubs have stated an interest to continue the partnership by organizing another pick-up of old newspapers, and perhaps other pick-ups throughout the remainder of the Fall 2024 semester.

# What is the Equal Rights Amendment?

**ALEXANDER BUCKNAM**

Asst. News Editor

This year on Nov. 5, New Yorkers will have the choice to vote for the Equal Rights Amendment (ERA) to be added to the New York State Constitution.

On the New York State Board of Elections website, the ERA states, “No person shall be denied the equal protection of the laws of this state or any subdivision thereof. No person shall, because of race, color, ethnicity, national origin, age, disability, creed, religion or sex, including sexual orientation, gender identity, gender expression, pregnancy, pregnancy outcomes and reproductive healthcare and autonomy, be subjected to any discrimination in their civil rights by any other person or by any firm, corporation or institution, or by the state or any agency or subdivision of the state.”

There have been attempts to get an ERA ratified at the federal level, but these attempts have failed.

According to the National Archives’ website, “[The] Equal Rights Amendment was initially proposed in Congress in 1923 in an effort to secure full equality for women. It seeks to end the legal distinctions between men and women in terms of divorce, property, employment and other matters [but] it failed to achieve ratification.”

New York’s ERA is a little different than the federal one, according to Fredonia English professor Dr. Jeanette McVicker, the coordinator of the ethnic and gender studies program and a member of the American Democracy Project (ADP) and League of Women Voters (LWV).

“This New York State proposal goes beyond the national one, it’s more inclusive than the national one,” she said. “I think it’s more progressive because it will protect immigrants, it will protect LGBTQ people [and] it will protect different classes of people in ways [where] the national one is a little bit more limited and focused.”

Multiple events are going to be held this semester involving the ERA, such as a panel discussion and voting registration drives. Most of these will be hosted by ADP or LWV.

Both ADP and LWV are nonpartisan and nonprofit organizations. According to McVicker, they are a trusted source to get accurate information.

The events hosted by ADP will cover a lot of different topics and can help students get informed, according to Dr. Angela McGowan-Kirsch, a professor in the communications department who is the ADP coordinator for SUNY Fredonia.

ADP plans to hold several voter registration drives throughout September. The first one is going to take place on Sept. 17 from 12:30 p.m. to 2:30 p.m. This will be held outside the Cranston Marchè with free frosted cookies, courtesy of the Faculty Student Association (FSA) who is co-sponsoring this event, according to McGowan-Kirsch.

Another drive will take place on Sept. 18 from 11 a.m. to 1 p.m. in the Willam Center S204-DE, which will also include the Constitution Day speaker.

Other drives will take place on Sept. 26, from 10 a.m. to 2 p.m. in McEwen Hall, and on Sept. 30, from 11 a.m. to 1 p.m. in the Williams Center S204-AB.

There will also be two main events happening in September that ADP is hosting, according to McGowan-Kirsch. One of them is a Constitution Day presentation on Sept. 18 from 11 a.m. to 11:50 a.m. in the Williams Center S204-DE. During this event, Bob McCarthy, a former political writer for the Buffalo News, will give a speech on the press and the Constitution.

The other event will take place on Sept. 30, from 11 a.m. to 11:50 a.m. in the Williams Center S204-AB, which will include a panel discussion with members of ADP and the LWV of Chautauqua County about the New York State’s ERA, according to McGowan-Kirsch.

ADP has more events planned in October, like a panel discussion on misinformation with communications professors Elmer Ploetz and Michael Igoe.

The League of Women Voters is also doing a few more registration drives, according to Mary Maragent Fogarty, an LWV volunteer.

*Elmer Ploetz, who was mentioned in this article, is the adviser for The Leader.*

“No person shall be denied the equal protection of the laws of this state or any subdivision thereof. No person shall, because of race, color, ethnicity, national origin, age, disability, creed, religion or sex, including sexual orientation, gender identity, gender expression, pregnancy, pregnancy outcomes and reproductive healthcare and autonomy, be subjected to any discrimination in their civil rights by any other person or by any firm, corporation or institution, or by the state or any agency or subdivision of the state.”

— Equal Rights Amendment



Logos provided via [www.lwv.org](http://www.lwv.org) and [www.fredonia.edu/adp](http://www.fredonia.edu/adp).

# Your future, your vote: A student's guide to voting

**AMARAH GHORI**  
Asst. Opinion Editor

College is all about shaping your future, and registering to vote is a powerful way to make sure you have a say in what the future looks like — both on and off campus.

If there was any time to exercise your right to vote, now would be the time, because this upcoming presidential election in November is going to be one for the books.

According to Abigail Jefferys, a student working for the American Democracy Project (ADP) on campus who will be helping students register to vote, “It’s crucial that we participate in our country/state’s elections so our voices are part of the conversation, and hopefully we’ll be the voices leading the conversations.”

Jefferys reminds us that our impact in voting will affect what defines our future, especially in terms of tuition, housing, healthcare, climate change and all of the other policies that affect young people. Students are specifically impacted, since these young people will be going into the workforce and their livelihood will be determined in part by the state of the economy.

Dr. Nancy Boynton from the Chautauque County League of Women Voters (LWV) also emphasizes the importance of voting, saying, “Politicians tend not to pay a lot of attention to young people as compared to senior citizens since a higher percentage of senior citizens vote. Young people need to vote in higher numbers so that their issues will be paid attention to.”

According to census.gov, for the 2020 presidential election, voter turnout was the highest for ages 65 to 74 at 76%. The lowest was for 18 to 24 year olds at 51.4%.

Boynton has voted in every national election since 1972. She believes in the power of voting, as it’s our civic responsibility and it ensures that our concerns, such as college tuition, funding for programs and student loan issues, are addressed.

How can you register to vote, you may ask?

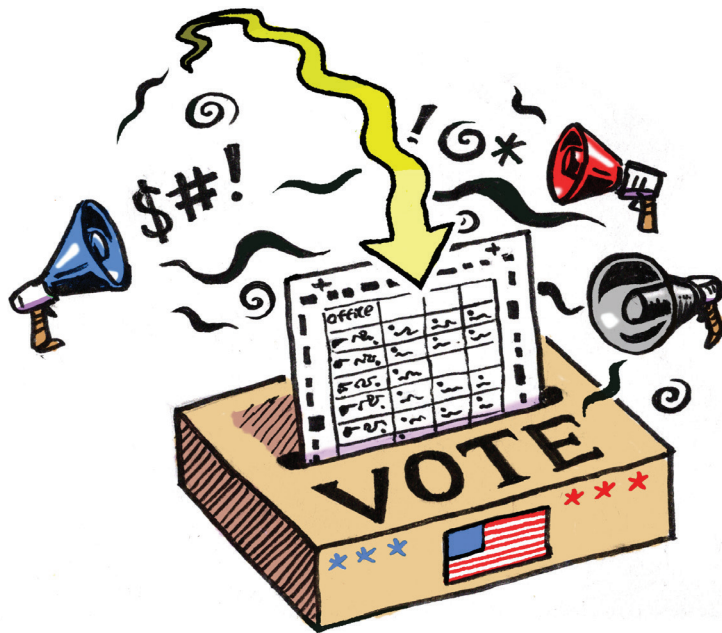
Registering to vote is a lot simpler than you might think. You

can register with either your home address or your college address; this will all just depend on where you would like to vote.

The deadline to register for New York State is Oct. 26. This means that you can register in person or online by that date, but if you’re registering by mail, your registration needs to be received by the state by Oct. 26.

Although New York State allows online voter registration, Fredonia has many on-campus voter registration drives happening this month to make sure you’re ready for this upcoming election.

ADP will be hosting these events, which offer a quick and easy way to guide students through registering.



Graphic by ROEN CLOUTIER | Staff Artist

Here are the dates of the registration drives and where they’re located on campus:

Sept. 17 (National Voter Registration Day): Outside Cranston Marché

Sept. 18 (Constitution Day): Table outside Williams Center S204-DE

Sept. 26: Table in McEwen Hall

Sept. 30 (ERA Panel): Table outside Williams Center S204-AB

Where you can vote:

Once you’re registered, there are a few different ways you can vote in November.

There’s the absentee ballot, which you can send to your hometown.

Absentee voters will be voting before Nov. 5 (see dates above).

There’s early voting (in person) and there’s voting on the actual election day. If you’d like to look into early voting near Fredonia, follow this link: <https://chqgov.com/board-of-elections/Early-Voting-Information>

ADP will be hosting a panel on the 2024 presidential election as well as on misinformation on Oct. 23 from 3-4 p.m. This is a great opportunity to attend and get informed on these important conversations.

Voting is the best way to ensure that the decisions you care about are addressed. As Jefferys points out, “We are the next generation; our next leaders are walking alongside us right now in the hallways.”

“We are the next generation; our next leaders are walking alongside us right now in the hallways.”

— **Abigail Jefferys**

Student worker  
American Democracy Project, SUNY  
Fredonia



Graphic by LILIAN HOLLMAN | Special to The Leader

**IMPORTANT ELECTION DATES OF 2024:**

- NATIONAL VOTER REGISTRATION DAY: SEPT. 17
- NATIONAL VOTER EDUCATION WEEK: OCT. 7-11
- NYS VOTER REGISTRATION DEADLINE: OCT. 26
- NYS ABSENTEE BALLOT REQUEST DEADLINE: OCT. 26
- NYS EARLY VOTING: OCT. 26-NOV. 3
- NYS ABSENTEE BALLOT RETURN DEADLINE: NOV. 5
- ELECTION DAY: NOV. 5

Graphic by ABBIE MILLER | Editor-in-Chief

# RE-ELECT DAN QUAGLIANA

*endorsed by:*



**FOR SENIOR  
CLASS PRESIDENT**

**BALLOTS WILL BE SENT TO YOUR EMAIL ON SEPT. 17!**

**THIS AD WAS PAID FOR BY DAN QUAGLIANA.**



# Despite enrollment increases, Fredonia administration announces plans to cut faculty positions

**ABIGAIL JACOBSON**

News Editor

**DAN QUAGLIANA**

Managing Editor

On the evening of Friday, Sept. 13, SUNY Fredonia President Stephen H. Kolison, Jr. sent out an email at 4:01 p.m. to all faculty and staff members and announced that he and the rest of the administration plan to move “forward with plans to adjust our workforce in conjunction with the program discontinuations.”

This is in relation to the 13 majors that were cut last year which will no longer be offered to incoming freshmen. In President Kolison’s words, these majors “are no longer generating student demand.”

While the email does not specifically say that tenure track positions are being eliminated, that is what is implied. According to faculty sources, those actions are already in motion.

Attrition is when a faculty or staff member retires or resigns.

President Kolison took care “to stress that these decisions are not taken lightly,” and to ensure that they were made “after very hard and at times painful discussions.”

This comes merely three and a half weeks after President Kolison’s semesterly all-faculty and staff presentation on Aug. 21. At that presentation, Vice President for Enrollment Management and Services Dr. Kathryn Kendall announced that enrollment numbers for this semester had exceeded the administration’s expectations.

According to this presentation, applications for first-year students were up by +7%, applications for graduate students were up by +13% and applications for transfer students were down by -11%.

Acceptance rate was down by -2% with 1,033 new students incoming to SUNY Fredonia as of Aug. 15.

As of Sept. 13, in Kolison’s email, he addresses new percentages than the ones mentioned on Aug. 15.

According to Kolison’s email, “This year, we achieved a 77.8% first-year retention rate...Newly admitted graduate students are up by 30% from last year, and there are a total of 431 graduate students enrolled this fall, which is an 18% increase from the previous year.”

Kolison responded to these percentages by saying, “These are all promising signs...Those trends need to continue to help us get where we want — and need — to be.”

In an additional email sent out on the morning of Saturday, Sept. 14 to all United University Professions (UUP) members on campus, Fredonia UUP Chapter President Chris Taverna said that “we are fully aware of the challenges and concerns

that have arisen.”

UUP is the union that represents faculty and professional staff members on campus.

“We are diligently working to address each issue with the utmost care and attention,” the email read. “We will thoroughly pursue all avenues as we represent UUP members. There is a structured process in place, and we will ensure that members are availed of all rights and opportunities within that.”

Taverna further detailed how UUP is “concerned” about Kolison’s claim that reductions can be achieved through voluntary attrition. His email reminds members “that it is not UUP members’ responsibility to accomplish program and cost reductions through their voluntary actions.”

“We will be scheduling several meetings where we can discuss what is going on, answer any questions and dispel any misunderstandings,” Taverna said. “Thank you for your continued trust and cooperation.”

This is all the information The Leader has attained as of Sept. 15.



Residence halls fill as enrollment rates climb.

Graphic by LILIAN HOLLMAN | Special to The Leader

# Life & Arts

## Activities Night recap

**MARIANA CRUZ**  
Special to The Leader

There are two events that can be relied on to bring out almost the entirety of Fredonia's student body: Activities Night and FredFest.

SUNY Fredonia's semesterly Activities Night was held at Dods Grove on Wednesday, Sept. 4 from 6:30 p.m. to 8 p.m. Students gathered to sign up for clubs and organizations, talk to potential employers and even meet SUNY Fredonia's president, Stephen Kolison, Jr.

The Student Association (SA) currently recognizes over 120 clubs and 20 organizations on campus, meaning that there is a club for any interest students may have. Whether it's sports, music and theater, or hobbies and academics, there's a club for it.

Fredonia's Career Development Office (CDO) also hosted their "Network on the Go" job fair at Activities Night, featuring several companies and businesses that students could talk to about internship and job opportunities.

Most clubs on display at Activities Night have been running for years, but there were also some new clubs and some clubs that have restarted after being absent for some time.

One of the new clubs was Single Acts, started by President Alexa Urbaniak and Vice President/Treasurer Jazmine Fiore.

"We both really like to act and we both really like writing stuff, but there wasn't any sort of club where we could do that," Fiore said. "We just decided to do single-act plays where anybody can come in and join, act or stage manage."

Single Acts is one of the many theater clubs on campus, along with Random Acts, Interactive Theatre, and Improv Collective.

"During meetings, we're going to be workshopping and writing plays and then doing rehearsals and everything," Fiore said.

Single Acts is looking for more members and to fill E-board positions. They can be found at @sunyfredonia\_singleacts on Instagram.

Another club that is relatively new to campus and had its first Activities Night was Autism Club.

"I have autism and I didn't see a community of autistic people on campus, so I wanted to start an autism club," said President Ryan Hackford. "We had, like, one meeting last year. Right now, we don't have that many people and we're just looking for more."

Because the club started so late last semester, only two members attended the meeting last year. They are currently looking for more members and had many students sign up during

Activities Night.

"Activities Night went way better than I thought it would... I started this club as a place where people with autism and people who support autistic people can meet [and receive] support. It started as a small grassroots club and I expected it to grow slow, if it grew at all," Hackford said. "Tonight, 43 people joined in a matter of an hour and a half."

During future meetings, they plan on doing a poster night, interests night, music night and arts and crafts night. More information on Autism Club can be found at @fredonia\_autism\_club on Instagram.

The Karate Club, International Student Club and African Student Union also had their first Activities Night. International Student Club and African Student Union are not entirely new to campus, but have restarted this year after some time off. The Karate Club is new and seeking to gain new members.

More information on the various clubs and organizations on campus is available at <https://www.fredonia.edu/student-life/clubs-orgs>.

**New Clubs at**  
**SUNY Fredonia**

<b>Single Acts</b> 	<b>Autism Club</b> 
<b>Karate Club</b> 	<b>Tönmeister Club</b> 
<b>Students Against Suicide</b> 	<b>Sport Management Club</b> 

Graphic by ABIGAIL JACOBSON | News Editor

# Kings' Corner seeks to empower men of color on campus

**GRACE GALIPEAU**  
Special to The Leader

bond, celebrate each others' accomplishments and recognize

Attending what is considered a PWI (Primarily White Institution), having a safe space for people of color to feel heard and supported by members of the same community is paramount.

Kings' Corner, a club on campus, has been around since fall of 2020 after recognizing the need for more support for male students of color.

David White, Fredonia's Educational Development Program director and the club's adviser, said that the club first came into conversation after he started working in Fredonia's admissions department in 2006.

As a result, White created a group called Brother 2 Brother to support this need. Brother 2 Brother ultimately ended up being a coed club that involves students of color regardless of gender.

However, that need for a support group focused on male students of color was still there, which is why Kings' Corner was created.

Kings' Corner is a group that is centered around lifting other members up to promote a sense of empowerment, unity and community. The group is funded through the Intercultural Center's grant from the Faculty Student Association (FSA), which finances the Kings' activities.

"The purpose of the group is to provide a sense of belonging, to empower self-identified men of color [and] to provide a sense of belonging in a safe and supportive space," White said.

Although this is a support group with no executive board, there has still been a developed sense of leadership among the Kings. There are interns that schedule meetings that often involve a discussion called "Kings' talk" which focuses on topics that impact these men in their day-to-day lives.

The interns and senior Kings take an active part in amplifying Kings' Corner's purpose. "The senior Kings definitely do play a role as well as the interns...all the senior Kings have definitely helped to bring in more students and they definitely help to create that sense of community," said Intercultural Center intern, senior King and Brother 2 Brother President Stephen Frazier-Carter.

At the end of each academic year, the Kings take a trip to

"The purpose of the group is to provide a sense of belonging, to empower self-identified men of color...to provide a sense of belonging in a safe and supportive space."

— **David White**  
Adviser,  
Kings' Corner, SUNY Fredonia



**Kings' Corner logo.**  
Graphic provided via Kings' Corner's Instagram.

the graduating Kings. "Last semester, we went on a trip to a trampoline park; I think it was called 'Get Air' in Buffalo... that's an annual tradition that we have where we take a trip at the end of the year to celebrate," said Frazier-Carter.

In the past, the group has also gone to places like Buffalo Battleground. They plan to do an Underground Railroad tour and visit other historic places in Buffalo like the Colored Musicians Club.

"I'd like to actually take the group to D.C. to the African American History Museum so we have to be strategic in raising some funds to get the Kings there," said White.

Kings' Corner has also held a bow tie tying workshop and plans to hold a voter registration drive in collaboration with other groups.

Kings' Corner has done such an extensive job in bringing together male students of color on campus. Outreach is a useful thing, but, as White said, "It's more internal empowerment than anything else."

# Activities Night: A gallery by Drew Paluch







Continued from previous page

# SPORTS

## Athletics Department unveils new turf field at University Stadium

**MATT VOLZ**  
Sports Editor

For Fredonia athletics, there seems to be more enthusiasm behind the term “home turf” entering this fall season.

That’s all thanks to the school’s newest athletic facility, an updated turf field attached to University Stadium.

The previous turf had been put in place nearly two decades ago, but players and coaches said that its surface had become worn down.

“When I went out there, it was as hard as a rock,” said Director of Facilities Planning Markus Kessler in a previous article published in *The Leader*.

The original turf was actually recalled shortly after it was installed, something Fredonia was unaware of until about 2017. “We were not aware of it [before 2017],” said Kessler. “I’m not sure why it never got to us.”

The new surface is more similar to natural grass.

Grass is preferred by many athletes and coaches due to stud-

ies connecting poor turf to non-contact injuries.

“My preference for [where to play] soccer is...on [the] grass,” said P.J. Gondek, co-interim athletic director and men’s soccer head coach. “But I would say that this turf is in such good condition and it’s so new, that it’s almost like real grass.”

Construction of the new turf went almost entirely according to plan, Kessler said.

The turf is a natural green color, resembling natural grass. It has lines painted on it for both lacrosse and soccer, although Fredonia’s men’s and women’s soccer teams play their home games on the grass field.

A Fredonia Blue border runs around the outside edge of the turf, with “Blue Devils” written in white on each end.

The Blue Devils’ logo lies at the center of the field, giving the facility an extra Fredonia touch.

The only change to the construction timeline was a positive one, as the material for the border trim and center field logo arrived earlier than expected. As a result, the field was entirely completed by the end of August.



Photo by JEAN CESTARO | Staff Photographer

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Photo by JEAN CESTARO | Staff Photographer

The turf serves as the primary home field of the women's lacrosse team.

According to Head Women's Lacrosse Coach Tori Poffenberger, the excitement among her athletes is sky-high despite the fact that they have yet to play a game on the new surface.

"That's been our field for a really long time, so it feels like our home just made an upgrade," she said. "That's really special to our girls, for sure."

The women's lacrosse program has been steadily improving over the last few years. From 2017 to 2022, the team won just 14 total games.

In Poffenberger's two seasons as head coach, they have totaled 11 wins.

"I think it shows that our athletics department is paying attention to the success that we're starting to drive into our program, and it's paying off," she said. "I just feel like it's a reward for all of our programs."

The new surface faced its first test on Friday, Sept. 6 and Saturday, Sept. 7 as Fredonia hosted its annual Blue Devil Classic soccer tournament.

Each year at the Blue Devil Classic, Fredonia's men's and women's soccer teams compete on the main grass field at University Stadium while other games take place on the turf field.

Gondek was thrilled with how the tournament went, and he said the turf was "very well-received" by the visiting teams that

played on it.

"We've been hosting this tournament for years, and our previous turf was a bit outdated and it really needed an upgrade," he said. "I think the visiting teams were pleasantly surprised with how aesthetically pleasing it was, and the quality of the surface is just so much more user-friendly than the last one."

Poffenberger said she is excited for what the turf can do to promote the game of lacrosse.

"I would love to host a three-on-three or seven-on-seven tournament where we bring local club teams and high school teams to Fredonia, not only to promote [the program] but also to get all these teams in one area and get people playing," she said. "I would love to get something started with youth around the area, I just think it takes a little bit of time for that kind of stuff to happen."

Gondek believes that it will help with recruiting for not only lacrosse, but other sports as well.

"I think our other sports are going to make sure that when [prospective athletes] have a campus tour, they're going to hit that spot because it's just so well-done and so professional," he said. "I think that it's going to help from a recruiting standpoint, and I think it says a lot that Fredonia athletics is on the rise right now."

One interesting quirk of the new turf is that it also has lines painted for men's lacrosse, suggesting that Fredonia could be



looking to add a men's lacrosse team at some point. happen in the future as it pertains to men's lacrosse, but they want to be ready for anything that may come within the lifespan of this field.

He also said that while the field is heavily used for varsity teams, it is available to be used by club and intramural teams as well as the general student body.

"The space is for all students," he said. "We want the general

student to be able to use the space as well."

"I feel like there's a revitalization of athletics happening," Poffenberger said. "There's a buzz going around Fredonia athletics and I can't wait to see where we end up this year."

As the sun rises up over the horizon and shines down on University Stadium, not only does it signal a new day on campus, but a new dawn breaking on Fredonia athletics.

"I think that it's going to help from a recruiting standpoint, and I think it says a lot that Fredonia athletics is on the rise right now."

— **P.J. Gondek**

Co-Interim Athletic Director & Men's Soccer  
Head Coach,  
SUNY Fredonia



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# A year in Fredonia sports

Photographer Becca Torncello showcases some of her best photos from the past year as the new season begins.





Continued onto next page



# 5th Quarter Column: Rush into football season

**MITCHELL HORUCY**

Asst. Sports Editor

With the leaves beginning to change and the weather starting to drop, it can only mean one thing: football season.

After a long offseason, the Bills are already off to a quick 2-0 start.

However, this year looks different than years past.

For the first time in eight years, Micah Hyde and Jordan Poyer aren't starting at safety to start the year for the Bills.

On top of that, familiar faces such as Tre'Davious White, Gabe Davis and maybe the biggest one, Stefon Diggs, are all playing for different teams this year.

What could be described as a "new era" for the team has started better than most analysts thought it would.

The team kicked off the season with a 34-28 win over the Arizona Cardinals at home.

After an early 17-3 deficit, the Bills went on a 28-3 run and ended up winning 34-28.

The defense struggled early, even losing All-Pro nickelback Taron Johnson to a forearm injury.

Johnson, one of if not the most important players on the Bills defense, wasn't placed on IR (injured reserve), so he should be back within a few weeks.

For the game itself, I think it was a great showing for the offense.

After a fumble on the opening drive, the offense went on to score on six of the next eight drives, four of which being touchdowns.

Bills quarterback Josh Allen had an efficient day and showcased what the offense can be.

Allen went 18-23 for 332 yards and two touchdowns. He also added 39 yards on the ground and two rushing touchdowns.

A big storyline from this game is that Allen completed his 18 passes to nine different receivers.

The motto that numerous players keep repeating is "everybody eats."

After losing Diggs, who ranks third in the NFL in targets since he first joined the Bills in 2020, the team doesn't have an "alpha" receiver to turn to.

Due to this, Allen has said himself that he can take more time trusting his reads and finding the open receiver.

In years past with Diggs on the team, Allen may have felt pressured to get Diggs involved and force the ball to him at times.

On the ground, James Cook added 103 total yards as the team continues to lean more on their rushing attack.

On the defensive side, after three straight scoring drives to start the game, they hunkered down and only allowed a total of three points through the remainder of the game.

Cardinals running back DeeJay Dallas scored on a kickoff return to score the only other points after the first three drives

for the visiting team.

After Johnson went down, Cam Lewis stepped up and had a great game.

Greg Rousseau also had a great game, even taking home AFC Defensive Player of the Week, after having three sacks and a forced fumble.

Now in his fourth year, a breakout year for the 6'6" DE would be huge for the Bills.

The team was right back at it this past Thursday, kicking off the 16th season of Thursday Night Football as they traveled to South Beach, Fla. to take on the Dolphins.

When it comes to the Bills vs. Dolphins division rivalry, there isn't much competitiveness there, as of late.

The Bills are now 12-2 against the 'Fins in their last 14 meetings after a dominating 31-10 win.

Despite it only being week two, people called this a "must-win" game for the Dolphins and I agreed.

This was supposed to be the "down year" for the Bills, and now Allen is a little banged up, Johnson is out and Terrel Bernard, who's right behind Johnson in terms of importance, got hurt early in the game.

After a close first quarter, the Bills ran away with it.

Following a few interceptions from Tua Tagovailoa early in the game, the Bills got out to a 17-7 lead going into the half.

The Dolphins went for a short 4th and 3 from about mid-field, which led to an Ed Oliver sack to end the drive.

The very next play, Cook scored his third touchdown of the night with a 49-yard dash to the endzone to extend the lead to 24-7.

'Fins kicker Jason Sanders would add a field goal late, but Ja'Marcus Ingram, a University at Buffalo grad, would secure his second interception of the game and take this one to the house to put a cherry on top of this win.

The story of this game was very different from game one.

Allen only had 139 passing yards and two rushing yards, adding one touchdown through the air.

Cook had a stellar game with 95 total yards and three touchdowns.

The story, however, is the play of the banged-up Buffalo defense.

Baylon Spector replaced Bernard and played well, Lewis had a great game again and as I mentioned prior, Ingram added two interceptions.

I believe this will be the story of the Bills season, finding a way to win.

There will be games where Allen has to put the team on his back and lead them to a win, or there will be games where the defense steps up and makes plays.

Only time will tell, but I believe we're in store for a fun, interesting Bills season.

## A Playlist for Every Mood: One-line zingers

**MARISSA BURR**

Opinion Editor

I spend more than 40 hours a week surrounded by toddlers, and another 40 doing homework so I can finally earn my bachelor's degree — I do not have the mental capacity to listen to songs all the way through. Even my favorite songs get skipped through and I just listen to the same verse of a song over and over and over and over and over until my partner begs me to turn it off.

So if you're in a similar place — because I can't be the only one stressed out in the first month of classes — this special edition of "A Playlist For Every Mood" is for you! These are in no particular order because there is no semblance of organization in any part of my life right now.

"But I will not let my grandparents bury their grandchild."  
(0:43)

**Gut Punch/Don't Meet Your Idols by Everybody's Worried About Owen**

"And all this time spent on you, all these lines I wrote you, how dare they mean nothing at all?" (2:22)

**"Tall As Heaven" by Makeout Monday**

"But what I've left behind looks trifling, what's ahead looks black, am I doomed to spend my life lingering on?" (3:07)

**"On the Right Track" by Patina Miller and Matthew James Thomas**

"And I'll say good riddance, cause it wasn't sexy once it wasn't forbidden. I would have died for your sins instead I just died inside, and you deserve prison but you won't get time." (2:54)

**"The Smallest Man Who Ever Lived" by Taylor Swift**

\*Side note this entire bridge has been on repeat since its release date. It heals something very broken inside of me.

"And I hope you're there in the open air, there's no map or compass to guide me." (2:13)

**"Wild Uncharted Waters" by Jonah Hauer-King**

"How could anybody do the things you did so easily?" (1:42)

**"The Grudge" by Olivia Rodrigo**

"Say that I read for fun, but haven't read in months." (0:09)

**"Quarter Life Crisis" by Taylor Bickett**

"I wish I had known what I wanted. I wish you had never got

mean." (0:51)

**"Friends (The Way I Wrote It) by Ian McConnell**

"I've drawn out in Sharpie where I'd take the scissors if that's what it took for me to look in the mirror. I've done every diet to make me look thinner so why do I still feel so god damn inferior?" (1:15)

**"Fat Funny Friend" by Maddie Zahm**

"If you could only know I'd never let you go." (3:10)

**"Unsaid Emily" by Charlie Gillespie**

"I'm still standing here. No, I didn't disappear." (2:32)

**"Never Gone" by Colton Dixon**

"No, I'd rather pretend I'm something better than these broken parts, pretend I'm something other than this mess that I am. 'Cause then I don't have to look at it and no one gets to look at it. No one can really see, 'cause I've learned to slam on the brakes before I even turn the key, before I make the mistake, before I lead with the worst of me." (3:40)

**"Words Fail" by Ben Platt**

"Did the nerves come get you? What's your alibi?" (2:17)

**"Austin" by Dasha**

"And you'll poke that bear 'till the claws come out, and you'll find something to wrap your noose around" (1:15)

**"Mad Woman" by Taylor Swift**



Graphic by JOHN LEAHY | Staff Artist



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Contact us at [leader@fredonia.edu](mailto:leader@fredonia.edu)

# Lovercolumn: Self Love

## THE QUARTERBACK

Executive Producer of Lovercall

## THE MUSICIAN

Lovercall Producer

## RADIO REBEL

Lovercall Producer

Hello!

We are The Quarterback, The Musician and Radio Rebel: producers and hosts of the radio show Lovercall, right here at Fredonia. Lovercall is an anonymous late-night talk show about love, relationships and more. Students who are guests on the show use codenames to protect their identities when discussing potentially personal topics, hence the codenames of the writers of this column. This is your reminder that none of the hosts or guests are professionals, and everything that is stated is based on personal experiences.

“The Quarterback” is a 20-year-old cisgender man who uses he/him pronouns and is a junior at Fredonia.

“The Musician” is a 22-year-old gender-fluid person who uses they/she pronouns and is a senior at Fredonia.

“Radio Rebel” is a 21-year-old transgender man who uses he/him pronouns and is a senior at 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 can submit their questions or seek advice either via Fredonia Radio’s Instagram, @fredonia\_radio, on Yik Yak or through the QR code provided in this column.

We answer your questions live on the radio, then add them to this column in case you missed the episode.

The show will broadcast weekly throughout the semester on Wednesday nights from 10 p.m. to 12 a.m. on WDWL 89.5 on [www.fredoniaradio.com](http://www.fredoniaradio.com).

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

## Date idea of the week

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

For this week’s date idea, we’re highlighting the “going solo” aspect of dates.

So, how about taking yourself out to dinner?

Some people believe that food is the way to a person’s heart, and the concept of a “comfort meal” was discussed on the show.

There’s no shame in having a nice meal all by yourself, whether you’re dining at a five-star restaurant or getting a grilled cheese from Cranston Marché.

However, you don’t have to go out to eat for this date idea.

You can also cook something for yourself in the comfort of your own kitchen.

Our guests went around the table and talked about their favorite meals to make for themselves, everything from grilled steak to alfredo pasta.

If you’ve ever wanted a romantic dinner but you’ve never had the chance to have it with another person, why not do it for yourself?

You could even add other elements to your dining experience, like candlelight or background music.

This date idea is one that could look different for everyone, so have fun finding out what it might look like for you!

## Self-Love

This week, our topic was self-love.

Our hosts and guests had a productive conversation about loving yourself, and riding the waves of the highs and lows that come with it.

In the episode, we played a self-love version of bingo, where every square on the bingo board had an affirmation.

If someone called bingo, they would read aloud what affirmations they liked best. Some of the affirmations were:

I can manifest joy

I deserve to succeed

I am healing gently

I forgive myself for my mistakes

Everything will be alright

I am beautiful inside and out

I am ready for change

If you want to play the self-love bingo game with a friend or two, the bingo sheets are posted on the main page of [www.fredoniaradio.com](http://www.fredoniaradio.com).

So what exactly is self-love?

Self-love means to be patient with yourself, to accept yourself as you are and to be able to know yourself enough to adapt to situations.

Self-love is not something that can be learned overnight. It takes a lot of practice and self-care.

Self-care is a part of self-love, where you take care of yourself mentally and physically. However, it is not the same as self-love.

Self-love also includes grieving and healing. How we heal is a very slow and ever-changing process.

Many people try to rush the process or push it aside, but we at Lovercall feel that you need to take the healing process at your own pace.

While you take the time to heal, try some techniques to help ease the anxiety and self-doubt that comes with it. Some suggestions that were made during the episode were to be in nature, have a good comfort meal, listen to some music, lay on the floor or try some breathing techniques.

Being hard on yourself is good to an extent, but every living thing needs rest.

It’s okay to rest and take time for yourself, whether it feels like the correct thing to do or not.



Some points that were discussed are the Golden Rule, treating others how you want to be treated, versus the Platinum Rule, treating others the way they want to be treated.

One guest, McLovin', stated his belief that not everyone wants to be treated the way you want to be.

Others felt that the Golden Rule is more about treating people with kindness and respect because that's how you'd like to be treated, but what if someone felt they shouldn't be treated that way?

The best thing to do is treat people with respect and kindness, no matter if you believe in the Golden Rule or the Platinum Rule.

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 Quarterback,” “The Musician” and “Radio Rebel” are members of Fredonia Radio Systems and are involved in the production of Lovercall.*



# Don't let clickbait misinform you

**MARISSA BURR**

Opinion Editor

I'm not going to lie, the media has been bumming me out lately; now it goes far past seeing people I grew up with getting married or having babies.

It's not all social media's fault, seeing as a lot of my feed is news organizations reporting on what's happening in the world. Society is depressing, and the current state of our country is nothing to smile at.

This isn't anything new though, so why is it bothering me so much?

If I had to guess, it's because I'm only getting snippets of the bad stuff, without any follow up information. The media is dropping these bombs on us without telling us who's responsible or what to do next. I have to admit, even as an informed reader and experienced journalist, I don't always take the time to do my own research. It's annoying to have to look further and explore five or six different websites just to get the full story.

Don't worry, I'm not blindly believing anything I see that I didn't do extensive research on. But I think the full story should be easily accessible if we want to ensure people have all the facts. So, I've decided to do my due diligence and research some of the topics I've been seeing on my feed but didn't have a ton of information on.

## Metals in Tampons

In the middle of July 2024, a scientific, technical and medical publishing company called Elsevier released volume 190 of their ScienceDirect journal that detailed a study done on the chemical exposure from tampons that those who menstruate have. 30 tampons from 14 tampon brands and 18 product lines were tested for 16 different metal(loid)s, and all 16 were detected in measurable amounts.

The amount of the metal(loid)s differed between organic and inorganic tampons, store brand versus name brand and the region they were purchased in including the United States and United Kingdom. The results showed that, "Most metals differed by organic status; lead concentrations were higher in non-organic tampons while arsenic was higher in organic tampons. No category had consistently lower concentrations of all or most metals." At least one sampled tampon had all 16 detected metal(loid)s including lead, which has "no 'safe' exposure

level."

ScienceDirect stated that the results of their study point towards a need for regulations and requirements for manufacturers to test their products for metals, especially since many tested positive for toxic metals that there is no safe amount of exposure to.

A follow up article by The New York Times entitled "Concerned about metals in tampons? Here's what to know" reported that researchers weren't certain on where the metals came from but it is possible that the cotton was exposed to metals through "pesticides, or via the air, soil or water." They also could have been contaminated during the manufacturing process or deliberately added (zinc for example) for antimicrobial purposes.

Overall, the New York Times article urged consumers to not fall for the clickbait on social media that is meant to scare them. For one, tampons absorb something from our bodies, not the other way around. In addition metals are everywhere, including food and water which, by contrast, is taken in. Experts say there is no need as of now to stop using tampons or switch brands, as all tampons studied contained some of the metals tested for.

It's scary, and I totally understand why people are so frustrated with these results. Every day it seems as though uterus-owners are fighting for their right to be treated equally, and this is just one more thing added to the basket of topics to worry about. My suggestion for anyone who feels the need

to change their menstruation habits is

to first talk to your gynecologist about their recommendations. You can also switch out your tampons more frequently so the same one isn't in your body as long. There's also pads, menstrual cups and period underwear available as alternative methods.

## Project 2025

This one is stressful to think about, I'm not going to lie. Reading through the website created by those running Project 2025 was...difficult, not even from a political standpoint but from the perspective of a young bisexual woman. But it is important when looking at something like this to present all the facts so you as voters can understand what its goal is.

Project 2025 is organized by The Heritage Foundation whose



Graphic by ISABELLA RIZZO | Art Director

mission is to “build and promote conservative public policies” according to their website. This organization has been working with presidential administrations since the Reagan era. Their foundation builds on the “Mandate for Leadership” which includes 334 unique policy recommendations. In 2018, former President Donald Trump had included 64 percent of these recommendations in his budget, says a Heritage Impact article on the foundation’s website.

The current director of Project 2025 is Paul Dans, who is the former Chief of Staff at the Office of Personnel Management under the Trump administration. The Associate Director is Spencer Chretien, who is Trump’s former assistant and associate director of Presidential Personnel. Their goal for the 2025 Presidential Transition Project (Project 2025) is to “rescue the country from the grip of the radical Left[. W]e need both a governing agenda and the right people in place, ready to carry this agenda out on day one of the next conservative administration.”

The project’s official website states that, “The project is the effort of a broad coalition of conservative organizations that have come together to ensure a successful administration begins in Jan. 2025. With the right conservative policy recommendations and properly vetted and trained personnel to implement them, we will take back our government.”

The New York Times article “What is Project 2025 and why is Trump disavowing it?” summarizes that the 900 pages of the plan “lays out plans for criminalizing pornography, disbanding the Departments of Commerce and Education, rejecting the idea of abortion as health care and shredding climate protections.”

It also calls out the National Oceanic and Atmospheric Administration, which includes the National Weather Service, as “one of the main drivers of the climate change alarm industry.” And it backs deploying the military “to assist in arrest operations along the U.S.-Mexico border.”

Though Donald Trump’s name is mentioned hundreds of times in Project 2025, he has claimed to know nothing about it or the people creating it. He wrote on his social media site Truth Social that, “Some of the things they’re saying are absolutely ridiculous and abysmal,” without specifying what parts he was referring to.

Trump’s campaign plans and the project do differ. One way is in regards to abortion. Project 2025 is vehemently against abortion and believes that the next conservative president “has a moral responsibility to lead the nation in restoring a culture of life in America again.” However, Trump’s stance on abortion has wavered and his words haven’t always aligned with his actions. In 2016, he wanted *Roe v. Wade* overturned. In this round of political debates he called it “a great thing” but at the same event said that abortion rights should be left up to the states. Agenda47 — Trump’s proposals if he wins the election — include nothing about abortions.

All in all, the former president is not endorsing Project 2025 but his connections to those running it should not be ignored. Nor should his reliance on The Heritage Foundation’s policies in the past.

### **Taylor Swift and Travis Kelce**

With any celebrity couple, especially with two players as big as these two, the media is not going to leave them alone. I’m all for hearing about the things they post or what they willingly put

out into the world, but trolls on the internet also try to stir up drama just to keep themselves relevant.

Back in June 2024, videos started plaguing the internet of Swift performing at the Eras tour, but the captions were saying she was pregnant. People have been saying since she was 18 years old that she’s been pregnant, and in her film “Miss Americana,” as well as an interview with *Variety*, Swift mentioned how she could never escape the comments. Anytime she wore something that wouldn’t make her stomach flat, these rumors started circulating.

Now that she has a boyfriend who is also a celebrity and is in the spotlight by an entire new scope of fans, people can’t wait to jump on the idea that she’s pregnant or she’s engaged — which was the newest fake story I saw.

Instead, when looking for updates on their lives, consumers should turn to their interviews, official social media accounts and even the Kelce brothers’ podcast “New Heights.” The couple shares about their life plenty, but when their news is about their careers rather than their personal lives, people shouldn’t make up lies just for clickbait.

### **Ozempic**

This topic spans beyond social media, in fact I’ve seen more advertisements for weight loss surgery and medicine on Paramount commercials than on Facebook, Instagram or TikTok.

Here’s what you should know about weight loss drugs. First of all, Ozempic isn’t supposed to be prescribed for weight loss, but for diabetes or polycystic ovarian syndrome. According to its prescription facts, it is used to “improve blood sugar in adults with Type 2 diabetes” and also is “not FDA approved for weight loss or chronic weight management.” Weight loss is a side effect of taking the medicine because it allows the pancreas to make more insulin when detecting higher blood sugar levels.

Ozempic, as well as other drugs that make you lose weight, only do so when supplemented with diet and exercise. Every advertisement or packet full of fine print will specify that. If you are interested in losing weight, start with diet and exercise before injecting yourself with semaglutide, because the results aren’t always what you’ll want.

Amy Schumer admitted in an interview with Andy Cohen that she tried it but stopped using Ozempic because of its side effects. Tracy Morgan told “Today” that he went and got a prescription for Ozempic and that’s how he lost weight, but months later revealed on “The Tonight Show” that he “out-ate Ozempic” and gained 40 pounds.

So don’t believe what social media wants you to see. Over all else, it is important to do what your body needs. Eating high-nutrient foods, moving your body and getting enough sleep are important.

The health center on campus is also a great place to go if you want to talk about your physical health, and the counseling center is available for improving your mental health.

Looking beyond your social media feed before forming opinions or believing something is the best way to be informed. Clickbait and rage-bait are ways for internet users to be seen, but they don’t contribute to a well-informed population. As educated people, we have the opportunity to change the world every day with our knowledge, but first we have to acquire it both in the classroom and beyond.



Satire and parody for Fredonia

## Meg's Declassified School Survival Guide

**MEGAN KIDBY**  
Scallion Editor

What if I told you that I knew how to get through the horrors of college life?

I know you don't believe me. You're probably saying "Megan...this is your fifth year of college, and you can't even pass Music Theory III. How are you going to help?"

First, ouch. Second, the five years I've had at this college has made me a perfect mentor for the young little freshies who need my help. I was here during the before times (RIP Tim Hortons) and I know a thing or two about this campus. Don't believe me? Keep reading to hear my amazing advice.

### **Ignore the (many) Boil Water Orders.**

Listen...you have to get minerals in your body somehow. Why not get them from the delicious Fredonia tap water? Who cares if there's gross stuff in there? I say you get sick now so you won't get sick later. I'm like those moms who have kids with chickenpox cough on their kids so they don't get it in the future. Just look at me! I drank water that wasn't boiled properly and I got Hepatitis A. Now I won't get it in the future...right?? RIGHT???

### **Get in the Starbucks line if it's going out the door.**

Don't worry about the Starbucks workers who haven't been able to go on their break! They only have four more hours to work before they can go home. I'm sure you've done worse. Get in the line when it's backed up to the Cranston Marché stairs. 90% of gamblers quit right before they make it big. GET IN THE LINE. Honestly...the matcha latte is worth it though.

### **Stay in those toxic roommate situations.**

Is your roommate f\*ck\*ng crazy? Do they pretend to drink a bottle of 405 cleaner as a prank? Stay in the room!! Don't worry about your mental health and your safety. Think about how bad they'll feel when you leave. You can't do that to them. You can fix them, and if you can't fix them...die trying.

### **Tell Bills fans that you hate the Bills.**

They LOVE when you talk to them about your favorite football team that isn't the Bills. Especially if you're a Dolphins

fan. Make sure to talk to them about every single loss they've ever endured. Bonus points if you talk about how Taylor Swift makes the football broadcast so much better.

### **Go to class if you have COVID-19.**

You're telling me that you're planning on staying HOME???? Because you're SICK????? HOW DARE YOU? I trekked through 500 feet of snow barefoot during the 1920s because they didn't cancel school. If I can do that then you can go to class with a 100 degree fever. Make sure to cough on everybody in the classroom so they get COVID earlier. Again...chicken-pox mom.

Hopefully these ideas help you survive the beautiful experience that is life at SUNY Fredonia. One day we will all turn to dust, and with this advice you will turn into dust slower than you would normally. Love you pookies <3



Graphic by ISABELLA RIZZO | Art Director

# Don't make me paint my own parking spot

**MARISSA BURR**

Opinion Editor

We're only three weeks into the semester and I am about ready to start carrying around white spray paint in my backpack.

No, I'm not going to start tagging every construction zone on campus, because that would be a lot of money to spend on spray paint. No, I'm not going to use it to rate the buildings on campus based on their temperature on a scale from ice cream shop to the fiery pits of Hell. No, I'm not going to use it to make fake snow on all the windows so I can get away with singing Christmas carols in September.

No, I am just a distressed citizen who can never find a parking spot. So if I need to, I will spray paint my own onto the grass or on pavement. That way I can't get in trouble for parking illegally.

I do not have the option to leave earlier to find a space. I am at my job up until 30 minutes prior to class starting with only a five minute commute. I then spend the next 25 minutes circling the parking lot with the other sharks, hoping some blessed soul puts their car in reverse.

Newsflash: this doesn't happen often enough in the middle of the day. The worst part is when I'm slowly making my way down the row and the car I just passed starts to pull out. Now the shark that showed up late to feeding time can snag my kill and I'm left floundering.

Also, I will not be parking all the way across campus and walking. I will not be forced to hoof it a mile just because I can't cut through buildings and passageways because of construction. I'm a shark, not a horse.

Side note: why are there suddenly a bunch of reserved spots for certain license plates? Side note on the other side: how can I get one? I'll even bring my own label maker!

If the parking situation does not improve I am afraid I'm going to have to start creating my own parking spots. I'm thinking right on the lawn in front of Fenton would be sufficient. But once that gate is opened I cannot close it. You will start to see spots popping up all over campus! First Fenton, then Starbucks, plus the Williams Center and maybe one outside the fitness center so strangers will think I workout.

I'm not cruel or selfish either. Once I have left for the day any other poor helpless soul is more than welcome to park in my handmade spot. Students, professors, faculty and more. My only stipulation is that you cannot park in between my lines



Graphic by ISABELLA RIZZO | Art Director

if you already have a pre-labeled spot with your license plate number. Because let's be honest, you don't use that spot enough as it is.

While I have your attention, if we're going to be making changes to the parking situation I say we should turn the sidewalk that is parallel with the one way in front of Fenton into another one-way street facing the opposite direction. That way we all have another parking lot we can circle for spots. Now we no longer have to risk being driven (haha, get it?) off-campus when we think we see a spot to parallel park but it's too small for our car to fit because no one in this town knows how to parallel park.

As Frankie Heck says in season three, episode four of "The Middle," "There are going to be some major changes around here. Major. Changes." But don't worry, I'm still talking about parking Mom. I'm not changing my major again.

# HOROS

**ABBIE MILLER**

Editor-in-Chief, Two-Star Comedian

Yes, I added another star because The Leader staff told me I was being too hard on myself. Also, I made Scallion Editor Megan Kidby laugh so I'm still riding that wave.

In other exciting news, Starbucks has officially released their fall menu. And who would I be if I didn't let you know which drink encapsulates you?



## Aries

### Apple Crisp Oatmilk Shaken Espresso

That's that me espresso. No, actually... that's that you espresso, because this is you in a drink. You're a potent punch of energy, bursting at the seams with distinctiveness and creativity that marvels your dairy milk peers.



## Taurus

### Baked Apple Croissant

You may not be a drink, but what you lack in liquidity, you make up for in softness. You are sensitive, but that may be the exact reason why everyone around you finds you to be a safe space. You understand what it is to be vulnerable and you welcome it with warmth and soothe its sharp edges with butter.



## Gemini

### Pumpkin Spice Latte

As a fellow Gemini, I recognize the ways in which you are both loved and hated. Some people find you to be the best thing since sliced bread and will reach for you until the winter menu boots you out. Other people will be so all-consumed with the pressure not to conform that they will hate on you because of the love you receive, in a phenomenon I like to call "they hate you 'cus they ain't you."



## Cancer

### Iced Pumpkin Cream Chai

More subtle than some of your pumpkin-flavored counterparts, you add spice to the lives of the people around you in a way that is mindful... cutesy...demure, even.



## Leo

### Iced Blonde Vanilla Latte

You have nothing to do with fall. But not in the same way as Pisces; you hate fall and it hates you. You're fond of stable things. If it ain't broke, don't fix it, and the regular Starbucks menu has never seemed broken to you.

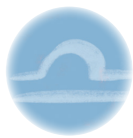


## Virgo

### New Iced Apple Crisp Non-Dairy Cream Chai

Either you're fake or you're a copier. When an Apple Crisp Oatmilk Macchiato exists, why feel the need to broaden the non-dairy universe? You are cognizant of those around you and respond to people's (non-dairy) needs. So much so that it makes me dislike you. You're too nice.

# COPES



## Libra

### Iced Chai Latte

My darling, you're a classic. Widely adored and not overbearing, you flavor with sweetness the lives of everyone who greets you



## Scorpio

### Pumpkin Cream Cold Brew

On your cup, it says "that first sip feeling." But what it really is, is that first sip jumpscare. Bold and strong, you make a statement with everything you do. Subtlety is not your forte; you'd rather attack the taste buds confidently and with your own style.



## Sagittarius

### Hot Chai Latte

Finally, it seems that people are understanding you. There are still those occasional people who mess up your name, saying they'd like a "Chai Tea Latte" but for the most part it seems that people have come to realize the true meaning of chai...the true meaning of you. I understand you, and I see you the way that you are.



## Capricorn

### Apple Crisp Oatmilk Macchiato

Who doesn't love a warm drink to calm the itch in the throat they got from living with hundreds of people in the dorms? Well, evidently the majority of students, because nobody ever seems to get you. You're left to be by yourself often, but at least you have the company of your twin (fraternal, of course): Iced Apple Crisp Oatmilk Macchiato.



## Aquarius

### Iced Apple Crisp Oatmilk Macchiato

Okay, so you're more popular. Your fraternal twin, Apple Crisp Oatmilk Macchiato, tends to live in your shadow. But you can't help it. People want something cooling before the temperature starts to drop and who are you if not ice cold?



## Pisces

### New Raccoon Cake Pop

While not a drink, you are still something that a select few look forward to during this time of year. A very select few. However, you know your worth. You're expensive and maybe that has something to do with your luxuriousness. What you have nothing to do with, though, is fall itself. You just don't have an interest in the fall season.



### Our Favorite Sessions

- Copy Editing for the Next Generation
- Editor-in-Grief 1: Rule with an Iron Fist. Wear a Velvet Glove
- Empowering the Students Happy and on the Edge

POST SHOW

PROCEEDS TO CHARITY