




THE
FREDONIA LEADER

SUNY Fredonia's Student-Run Newspaper



**'Super' Bowl
rematch? Many fans
say 'no thanks'**

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Trump signs flurry of executive orders during first week

A guide to celebrating Black History Month

5th Quarter Column: Marked short... again

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“Everyone you meet is fighting a battle you know nothing about. Be kind. Always.” -Andrew Miller

Proud member of The Associated Collegiate Press.

Trump signs flurry of executive orders in his first week back in office

ALEX BUCKNAM
Asst. News Editor

Donald Trump isn't wasting any time getting acclimated to the White House for his second term.

President Trump was inaugurated on Jan. 20, 2025, in the rotunda of the United States Capitol due to the cold temperatures Washington, D.C. was facing.

He is the second president to serve non-consecutive terms.

As of Jan. 31, he has issued approximately 43 executive orders, 12 memorandums and signed one bill into law.

One of the executive orders Trump signed pulled the U.S. out of the Paris Climate Treaty. Another executive order resulted in the issuance of full pardons for 1,500 people who were charged in accordance with events that happened at the capital on Jan. 6, 2021 during the congressional certification of the 2020 presidential election results.

President Trump also asked the acting United States Attorney General not to enforce the TikTok ban for a total of 75 days and created a federal policy that the United States government would only recognize two sexes.

He declared two national emergencies: a national emergency on energy and a national emergency at the southern border.

President Trump withdrew from the World Health Organization, issued heads of government agencies to bring price relief to the U.S., removed diversity, equity and inclusion (DEI) positions from the federal government and put limitations on birthright citizenship.

The executive order that limits birthright states, "the privilege of United States citizenship does not automatically extend to persons born in the United States: 1) when that person's mother was unlawfully present in the United States and the person's father was not a United States citizen or lawful permanent resident at the time of said person's birth, or (2) when that person's mother's presence in the United States was lawful but temporary, and the person's father was not a United States citizen or lawful permanent resident at the time of said person's

birth."

This order only applies to people born after Feb. 19, 2025. This executive order is facing legal challenges with 21 state attorneys general suing Trump over the order. This order is also currently blocked by a federal judge.

The White House has additionally issued a few memoranda, including two that came from President Trump that halted federal hiring. The White House website states that this memo excludes "military personnel of the armed forces or positions

related to immigration enforcement, national security or public safety." It goes on to say, "Within 90 days of the date of this memorandum, the Director of the Office of Management and Budget (OMB), in consultation with the Director of OPM [Office of Personnel Management] and the Administrator of the United States DOGE [Department of Governmental Efficiency] Service (USDS), shall submit a plan to reduce the size of the federal government's workforce through efficiency improvements and attrition." This memo was signed on Jan. 20.

Another memo that came from President Trump called for the pause of all new or renewed leasing for wind energy on the Outer Continental Shelf. This pause only bans wind energy and does not affect oil, gas, minerals and environmental conservation.

Furthermore, a memo came from the Office of Management and Budget that paused federal grants and loans. This memo excluded grants and

loans that provide direct benefits to individuals. The White House website released a question-and-answer statement that states the purpose of this memo was "expressly limited to programs, projects and activities implicated by the President's Executive Orders, such as ending DEI, the Green New Deal and funding nongovernmental organizations that undermine the national interest."

This freeze on federal grants and loans order now has its own timeline of events. The memo was sent out to government agencies stating that it would take effect on Jan. 28 at 5 p.m. Before it took effect, a federal judge issued a pause on the freeze

43 EXECUTIVE ORDERS



Federal government: 12



Immigration: 8



National security: 6



Health: 5



Technology: 3



Foreign policy: 3



Environment: 2



Economy: 2



Disaster Response: 2

Trump's 43 executive orders, as of Jan. 31, sorted by category of content.

Graphic by **ABBIE MILLER** | Editor-in-Chief

Continued onto next page

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for its potential violation of the Impound Control Act of 1974, which says that no president can withhold or pause any funding that was already placed by Congress. On Jan. 29, the White House rescinded the memo.

This memo also faced potential lawsuits from non-profit organizations and attorneys general from 21 states and the District of Columbia.

President Trump has also taken executive actions since his first day in office, including stating that the United States will not fund any gender-affirming care for people under the age of 19. The organizations affected by this action will include Medicaid and Medicare, which will take away their coverage for gender-affirming care.

Other executive actions taken by Trump include declassifying the assassination files of President John F. Kennedy, Dr. Martin Luther King Jr. and Senator Robert F. Kennedy, issuing the start of building weapons capable of deflecting missiles, and stopping federal tax dollars from funding or promoting elective abortions. Elective abortions are defined as “abortions performed for reasons other than a direct, immediate threat to maternal physical health,” according to the National Library of Science.

President Trump reinstated service members who were discharged because of the COVID-19 mandate.

The president also signed the S5-Laken Riley Act, which requires the Department of Homeland Security to detain non-U.S. citizens who have been arrested, convicted or charged with theft, burglary, larceny or shoplifting.

President Trump redesigned the White House website: he took down the Constitution, a list of past presidents, and the reproductive rights and Office of Gun Violence Prevention portions of the site, and he removed Spanish language content.

He replaced all of this with pages to learn more about his executive actions, press briefings and cabinet members.

The Leader will provide updates within each issue as President Trump continues his presidency.

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Student Association president details new additions to constitution

DAN QUAGLIANA

Managing Editor

With most students only being at college for four years, perspectives on campus change quite frequently.

This is especially relevant when it comes to SUNY Fredonia’s Student Association (SA) — as the governing body of every club on campus, its constitution should be constantly updated, according to SA President Dakota Richter.

As part of this rationale, Richter recently spearheaded a few new additions to the constitution.

“I would say [that] at the moment, the one that’s probably pretty important is statute O-13,” he said. “It’s a statute concerning removal from elected positions in clubs. Throughout the fall semester, we dealt with an increase in club issues.”

Prior to the enactment of this statute, SA had no form of a

blanket procedure for clubs to remove elected members from their own e-boards, for any reason. Clubs could have their own methods, but those that didn’t had no way of doing this.

“During Summit, we had a leadership training ... workshop given by Campus Life to all of the clubs to help navigate [these] issues,” Richter added. “I think it went pretty well! I got a few emails and a few texts after, from clubs appreciating Summit this time around.”

Statute O-13 does specify that if clubs have their own removal process in their doctrines, they cannot conflict with SA’s statute.

Richter also took care to highlight the new Chair of Student Voices that he is trying to create. The SA constitution details two very similar positions: the Chair of Student Relations and the Chair of Community Relations.

According to Richter, those two chairs both served students,

RESOLUTION CONCERNING: SUNY Fredonia Student Association Affirmation of Trans Rights and Support for Gender-Affirming Care

The purpose of this resolution is to formally express SUNY Fredonia's Student Association's commitment to supporting trans rights and affirming care, recognizing the concerns of the LGBTQIA+ community in light of recent political changes and emphasizing the Association's dedication to fostering a safe, inclusive, and supportive campus environment.

Whereas,

Transgender and gender-nonconforming students are integral members of the SUNY Fredonia community, and their rights, safety, and well-being must be protected and supported as fundamental to a diverse and inclusive educational environment; and

Whereas,

The recent national election has raised concerns and anxieties within the LGBTQIA+ population, particularly regarding potential impacts on access to gender-affirming healthcare, legal protections, and nondiscrimination policies; and

Whereas,

The SUNY Fredonia Student Association stands in solidarity with its trans and LGBTQIA+ students, recognizing that a safe and supportive campus is essential for the well-being, academic success, and personal development of all students; and

Whereas,

Gender-affirming care is a medically recognized and necessary form of healthcare for transgender individuals, supported by major medical organizations, and access to this care is vital to the physical and mental health of trans students;

Enacted

The SUNY Fredonia Student Association reaffirms its unwavering support for the rights of transgender students and all individuals within the LGBTQIA+ community, asserting the importance of access to affirming care and protections from discrimination; and

Resolved,

The SUNY Fredonia Student Association commits to collaborating with campus resources, student groups, and university administration to promote and enhance protections, educational resources, and support services for trans and LGBTQIA+ students on campus, ensuring Fredonia remains an inclusive environment where all students can thrive; and

Resolved,

The SUNY Fredonia Student Association will publicly share this resolution to express its commitment to trans rights and affirming care, providing reassurance to students concerned.

Ratified: December 5th, 2024

Resolution Sponsor: Dakota Richter

but the student relations chair was specifically targeted toward students on campus, while the community relations chair dealt with student matters off campus.

"Even if it's out in the community, even if you're downtown at a restaurant, even if you're at Walmart," students are still protected and represented by SUNY Fredonia. "I really see [that] combining those two positions kind of gives us leverage...to be able to perform better, instead of trying to focus on two different people," Richter said.

He sees the new position as extremely important: "I see the Chair of Student Voices as being second to the president. So instead of our scale that we have of president, vice president, speaker, chief justice, comptroller, chief of staff, I would probably say it would now be president, [then] right next to me [is] student voices, and then vice president and down and down."

While Richter doesn't have someone in line to fill that position yet, that's only because "...it's brand new and I wanted to make sure that the [Chair of Diversity Relations] got filled, given the recent political changes," he explained, referencing the nationwide elimination of diversity, equity and inclusion programs by President Donald Trump.

"I really want to make sure diversity and inclusion is a big thing on campus at the moment," he said.

Statute E-16 is another statute that Richter is working to add. "[As I was] getting acclimated to the constitution... I noticed everything is really outdated. It's been five years since even [the statutes concerning] the [committee] chairs have been looked at. So that's concerning," he said.

"Resolutions haven't been touched in years, and the most recent resolution that I did read, the last one, the structure was incorrect," he remembered. "The grammar was incorrect. How they went about passing the resolution was incorrect. I don't believe that resolution even passed a general assembly. I believe somebody just put it in the constitution."

Statute E-16 details how, two weeks before the end of the semester, the SA executives "have to meet together to talk about any amendments, proposal changes, resolutions that we want to pass at the final General Assembly of each semester," Richter said. "Because throughout the semester, we're always like, 'Oh, we should change this. We should do this. We should add this.' And then, you know, then we just forget about it, inevitably, because, as a student, we're always busy."

Voting representatives also passed one new resolution at the end of last semester. Resolution R-45 is titled "SUNY Fredonia Student Association Affirmation of Trans Rights and Support for Gender-Affirming Care," and functions exactly as its title states.

Richter recalled how, immediately after the 2024 presidential election, students were extremely concerned and fearful on Yik-Yak, through email and in person.

"Whatever happens outside of this campus," he said, "SUNY Fredonia is a safe and inclusive and supportive environment."

SUNY Chancellor John B. King Jr. responds to President Trump's executive orders

ABIGAIL JACOBSON

News Editor

The recent executive orders signed by President Donald Trump not only have an effect on the U.S. as a whole but on SUNY schools as well.

SUNY Chancellor John B. King, Jr. sent out an email to all SUNY presidents. The email was then sent to all faculty and staff from the President's Office.

In this email, King addressed “a rush of executive orders and presidential actions,” which ranged in topics from gender identity, immigration enforcement, climate change and more.

According to King, “The reality is that we do not yet know what many of these directives will mean for our campuses and our students, and we anticipate extensive litigation that will over time clarify their reach and implications.”

King went on to discuss how many students and faculty have expressed concern and uncertainty about how these executive orders could impact any policies in place on their education. According to King, “Many students who are undocumented or who are from mixed-status families are justifiably fearful for their future.”

He also mentioned how LGBTQ+ students feel, stating that they may “feel like their very identity is being denied by their government.”

With all of these executive orders seeming to loom above students' and faculties' heads, King wanted to be clear on where SUNY stands: “SUNY is proud to count as a member of our community every one of our students, our faculty and our staff members — no matter their religion, their nation of origin or immigration status, their gender, their race or ethnicity, their sexual orientation or gender identity, or their political beliefs.”

King discussed SUNY's mission which is “to provide to the people of New York educational services of the highest quality, with the broadest possible access, fully representative of all segments of the population.” He went on to say that SUNY has “no intention of backing away from that mission and its inherent commitment to a diverse and inclusive university and society.”

According to King, the federal government has reversed its policy of “sensitive areas,” which prevents immigration enforcement from operating on college campuses. One thing to take into consideration is New York State Executive Order 170.1, which requires either a judicial order or warrant to make civil arrests by any federal immigration enforcement within state facilities, including SUNY campuses.

King mentioned that the existing SUNY Board of Trustees policy mentions that, “The University will continue its long-standing practice of vigorously defending the privacy

rights of students and requiring a subpoena, court order, search warrant or other applicable exception to the Family Educational Rights and Privacy Act (such as a health and safety emergency or student waiver), prior to releasing information to law enforcement about a student or group of students. This includes information about national origin, religion and immigration status.”

Toward the end of King's email, he discussed that “there will no doubt be more federal changes that impact our campuses and our students.” King mentioned that he will work together with students and faculty to help navigate and understand these changes.

King finished off by mentioning waking up every morning “believing deeply in the unique power of the public higher education to strengthen the lives of our students and the health of our democracy... I go to sleep each night proud of the work we are doing together at SUNY to tangibly deliver on these aspirations for the students we are privileged to serve.”

Students who have concerns about any immigration-related issues are encouraged by King to call the New York State Office for New Americans. The number is +1-800-566-7636.

In the same email, it says that “President Kolison will be in touch as additional information becomes available.”



SUNY Chancellor John B. King, Jr.
Photo via suny.edu.

Life & Arts

Campus computer lab innovates a new beginning

ABIGAIL JACOBSON
News Editor

Technology changes everyday with new developments. To keep up with these changes, systems need to be in place to help us understand them. A computer lab in Fenton Hall is doing just that.

New changes came to a computer lab in Fenton Hall in November of 2024. This computer lab is now Fredonia's Innovation Lab.

The Innovation Lab can be used by both students and faculty. Faculty can teach courses with new, upcoming technology and students are able to take advantage of learning opportunities and develop skills.

The Innovation Lab is located in room 115 in Fenton Hall and offers many features for students to take advantage of. Some of these opportunities include 3D printing, developing communication skills and podcasts, learning how to pilot a drone and training in Artificial Intelligence (AI) and Virtual Reality (VR).

Students are allowed to check out laptops from the lab anytime to do work.

The Innovation Lab also offers programs to students. Upcoming programs include "Artificial Intelligence: Google Gemini" which is on Feb. 4 from 9 a.m. to 10:20 a.m., and "Artificial Intelligence: Zoom AI" which is on Feb. 7 from 8:30 a.m. to 9:50 a.m.

The "Artificial Intelligence: Google Gemini" program will "explore the transformative potential of AI and how Google Gemini can enhance your productivity and creativity," according to an email sent out on Jan. 16.



Photo provided by Christopher Taverna.

The "Artificial Intelligence: Zoom AI" program will be overlooking "AI features in Zoom, including the Zoom AI Meeting Summary and other AI-powered tools designed to enhance your meeting experience," according to the same email.

According to an article written by Marketing and Communications, "The lab is part of an overall goal or strategy to transform SUNY Fredonia, making the campus more innovative as a way to distinguish it among other higher education institutions." This was explained by Chief Information Officer Michel Kouadio.

"Students are attracted to universities perceived as innovative, and so are employers, who tend to hire more students that come from innovative institutions," Kouadio said in an article published in the Dunkirk Observer.

Kouadio went on to explain that these employers hire these students because "they feel more confident in their overall skills set and abilities that they can bring to an organization."

With the Innovation lab bringing new skills and experiences, students will be more ready than ever to take what they learn to the job force.

SOURCES:

<https://www.fredonia.edu/news/articles/new-innovation-lab-advancing-student-learning-whole-new-level>

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Email: [Students] Upcoming Innovation Lab Programming Jan. 16 at 4:07 p.m.



Photo provided by Christopher Taverna.

A guide to learning about and celebrating Black History Month

ALEX BUCKNAM

Asst. News Editor

Since 1976, February has been recognized as Black History Month.

First recognized by President Gerald Ford, the concept dates all the way back to the original founder, historian Carter G. Woodson, in 1926.

Woodson first started realizing during his educational experience to escape poverty that Black history was disinforming or completely missing from textbooks.

To fix this issue, he created what is now known as the Association for the Study of African-American Life and History (ASALH).

Meeting by meeting and page by page, Black Americans were able to rewrite and continue to write themselves correctly.

Because of the growing support that the ASALH was receiving, Woodson decided to celebrate the second week of February to coincide with Abraham Lincoln's and Frederick Douglass' birthdays.

During the Civil Rights Movement of 1960, there was a growing demand for Black American culture to be celebrated.

26 years after Woodson passed away, President Ford eventually declared that February would be known as Black History Month.

So what events can you see on campus to celebrate and learn more about Black History Month? According to the Black Student Union's (BSU) Instagram (@bsufredonia), they are hosting:

- **Kahoot night on Feb. 5**
- **Squid Games on Feb. 8**
- **Student Leadership Panel on Feb. 12**
- **Pop-up shop on Feb. 15**
- **White & Gold Party on Feb. 22**

BSU's Instagram states that with these events, students can expect "a series of powerful events that honor, educate and uplift!"

The locations of these events were not posted; students can reach out to BSU to inquire about more details.

Another event that will be held on campus is the Fredonia Rally For Freedom, happening Feb. 7 at 12 p.m.

This will be a march starting at University Commons and will go around campus. At the end of the march, speeches will be read.

The purpose of this march is to stand in solidarity with immigrants and the LGBTQ+ community. Students who would like to learn more about this event can contact Micaela LaBarbera at laba7213@fredonia.edu.

Natasha McCandless presents Fredonia with a new face and optimistic attitude

MIA CIECHALSKI

Asst. Life & Arts Editor

Amidst the closed-offness that lingers from what seems like never-ending Fredonia snowstorms, it is rare to see anyone, professor or student alike, become excited by the return to a perpetually snowy Fredonia.

New adjunct professor Natasha McCandless appears to challenge this assumption.

McCandless has recently joined the dance department as an adjunct professor and the Fredonia Dance Ensemble (FDE) as a guest choreographer.

McCandless is originally from Pennsylvania and spent her undergraduate career at Penn State University, where she

double-majored in dance and education.

During her time at Penn State, she was a part of their School of Theater and was involved with some productions as an assistant choreographer.

After graduating, she moved to New York City for a few years. However, she always knew that she wanted to go to grad school.

She decided she wanted to go back to school to achieve her master's degree in dance around the same time that COVID-19 started happening.

McCandless recently graduated from the University of Buffalo (UB) in May of last year, and this is her first year as an adjunct.

She currently teaches Tap Dance I and is creating a new piece for the dance department's mainstage show, FDE, here



Natasha McCandless, Fredonia's new adjunct professor and guest choreographer.

Photo via natashamccandless.com.

at Fredonia.

When she isn't teaching at Fredonia, she teaches jazz technique classes at Niagara University and also teaches an online class for the Boston Conservatory.

"It's exciting getting to do a lot of new things, and expand my repertoire," said McCandless.

McCandless started dancing when she was seven years old and decided dance was for her after her grandma took her to see a production of "The Nutcracker."

"I loved it and wanted to be up there on stage, and I knew that I really wanted to dance and it just spoke to me," she said.

McCandless' favorite genres to teach are jazz and tap because that's where she decided to position her specialty and really focused on growing her teaching. "I love both of those genres [because they] are so musical, focused on rhythms," she said. She also thinks the historical and cultural context of those two genres are really important and interesting to talk about as well.

The one thing McCandless loves the most about being able to teach dance is being a part of a legacy.

"I think being part of a legacy of all of these wonderful experiences that I've had with different teachers and choreographers I love ... feels really important and exciting to me," she said.

She also enjoys musical theater and when she isn't teaching, she performs in some local shows in Buffalo, New York.

McCandless just performed in "The Prom" this past fall with the theater company MusicalFare.

One of the things that she's most excited about in regards to teaching at Fredonia is getting to know all of the students here and creating her new piece for FDE.

McCandless shared some information on what to expect with her FDE piece; she plans on making a contemporary jazz genre piece.

"I'm really excited to focus on some of the aspects of musicality and highlight some storytelling elements, and

highlighting a sense of community between the group of dancers across the course of this piece as well," she said.

The theme of her piece is waiting for good news and trusting the process that good news will eventually come, even if we can be impatient about it.

Fredonia Dance Ensemble will be performing May 1 through May 3 of this year, which is when you will be able to see McCandless' piece live, along with many other pieces as well.

McCandless is very excited to have this pedagogical opportunity and can't wait to see how this semester goes.



Natasha McCandless, Fredonia's new adjunct professor and guest choreographer.

Photo via natashamccandless.com.

SPORTS

'Super' rematch between Chiefs and Eagles? Many say 'no thanks' despite potential history

MATT VOLZ
Sports Editor

At the start of the NFL playoffs, fans tossed around various matchups they'd like to see.

Perhaps the most popular would have been a Buffalo Bills vs. Detroit Lions matchup — a clash between two lovable losers who'd never won it all.

We know how that quest ended for Buffalo, as Mitch's column explains.

Some thought we might see Lamar Jackson lead his Baltimore Ravens to the big game, or maybe the Minnesota Vikings would continue their shocking 14-win season and pack their bags for New Orleans.

But on many social media platforms, there was one potential matchup between two higher seeds that most fans appeared to have disdain for.

Seemingly very few people outside of Kansas City or Philadelphia wanted to see a Chiefs-Eagles Super Bowl.

Well, here we are.

Much to the chagrin of some fans, Super Bowl Sunday will feature a rematch of the title game from two years ago, a game which Kansas City won on a last-minute Harrison Butker field goal.

The Chiefs also won it all last year, beating the San Francisco 49ers on an overtime touchdown pass from Patrick Mahomes to Mecole Hardman.

If Kansas City were to beat the Eagles, it would mark three straight Super Bowl wins, a feat that's never been accomplished in the history of the NFL.

In fact, the Chiefs are only the fourth team in league history to reach the Super Bowl three or more times in a row.

The Miami Dolphins went to three straight from 1971 to 1973, losing the first but winning the next two.

Most notably, they finished the 1972 season with a perfect 17-0 record, winning all 14 regular season games and beating Washington to win it all.

Several years later, the Tom Brady-led New England Patriots went to three straight from 2016 to 2018.

They famously came back from a 28-3 deficit to beat the Atlanta Falcons in overtime in 2016 and picked up their sixth Vince Lombardi Trophy with a low-scoring win over the Los Angeles Rams in 2018.

In between the two, they lost a shootout to the Eagles, who were led by backup quarterback Nick Foles.

Only one team was able to reach four consecutive Super Bowls.

That was Buffalo, heading to the big game every year from 1990 to 1993, losing each time.

I sincerely apologize to my fellow Bills fans for bringing it up.

The Chiefs could make history by winning a third straight title, which might not be received well by fans who claim they've gotten here on luck rather than merit.

Kansas City finished the regular season at 15-2, which should come with an asterisk considering the fact that none of their starters played in their Week 18 loss to the Denver Broncos.

The wins have mostly been close, with 11 being decided by one score (eight points or less).

In fact, the Chiefs currently hold the record for the most consecutive wins in one-score games with 17.

But the wins have drawn the ire of many fans, as several of their wins were defined by good fortune, questionable officiating or poor play against inferior opponents.

Some fans have attributed the Chiefs' success to "devil magic" or some other force that allows Kansas City to continue to win.

They've seen themselves become the villain of the NFL world, and standing in their way is a team that knows that persona all too well.

(Yes, that's a Taylor Swift reference.)

The Philadelphia Eagles are back in the Super Bowl for the second time in three years, but they're led by a slightly different cast of characters this time.

Running back Saquon Barkley, an offseason free agent signing, ran for over 2,000 yards during the regular season.

He fell just 100 yards short of the single-season record, set by Hall of Famer Eric Dickerson in 1984.

Barkley has been the driving force of the Eagles' offense, running behind a dominant offensive line that hasn't missed a beat after last year's retirement of legendary center Jason Kelce.

He'll likely still be at this game, but he'll have to choose between cheering on his old team or pulling for his brother, Travis, and the Chiefs.

Philadelphia's defense was excellent in 2024, led by linebacker Zack Baun who received All-Pro honors for his efforts.

The Chiefs also bring a top-tier defense to the table, with

defensive coordinator Steve Spagnuolo calling the signals.

Despite the fact that it should be a good matchup on paper, many fans on social media have voiced their displeasure.

In light of the frustration with officiating in Chiefs games, as well as others, a petition was started on Change.org to boycott NFL games “until adequate officiating fairness measures are implemented.”

As of Friday, Jan. 31, the petition has over 2,000 signatures.

There has also been a growing trend on social media to avoid watching the Super Bowl, and some fans have jokingly stated any alternative thing they could possibly be doing during the time of the game.

The Super Bowl kicks off at Caesars Superdome in New Orleans at 6:30 p.m. on Sunday, Feb. 9.

Whether fans like it or not, one of these teams will hoist the Lombardi Trophy again.



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5th Quarter Column: Marked short.. again

MITCH HORUCY
Asst. Sports Editor

In what has become my favorite tradition of the past few years, it's another heartbreaking end to the season for the Buffalo Bills.

More specifically, it came at the hands of the Kansas City Chiefs for the fourth time in the last five years.

The final score was 32-29, and the game was just as good as advertised.

As there should be, there's a ton of different reactions to the game from Bills fans and the media.

Unfortunately, the biggest story of the game was the officials, especially with a few key plays.

First off, the NFL is not rigged.

Secondly, both of these things can be true; the refs made awful calls that had a huge impact on the Bills' chances of winning, and the Bills didn't lose because of the refs.

One of the plays that is brought up is the Xavier Worthy catch that was challenged and confirmed after review.

It was a bad call, and it should've been ruled incomplete.

But even if it was ruled an incomplete pass, the Chiefs would've gotten the first down anyway, as there was defensive holding on the Bills.

The other call that will live in NFL history is the fourth-and-1 play that was called short, reviewed and then upheld. On the play, Josh Allen ran a quarterback sneak behind the left side of the offensive line and was marked short despite many viewers believing he'd crossed the yellow line.

This will likely live in infamy as one of the worst calls and biggest official blunders in league history.

It's also a great showcase of one of the game's flaws: the spotting of the ball...

Having two line judges run onto the field and mark the ball down after watching the play from roughly 20 yards away cannot be the best option the league has.



Bills running back James Cook (#4) evades tacklers, Sunday, Jan. 26, 2024.

Image property of the Buffalo Bills.



Bills receiver Khalil Shakir (#10) catches a pass, Sunday, Jan. 26, 2024.

Image property of the Buffalo Bills.

In just this play, you had the two line judges run in to spot the ball, with about a full yard of distance between them.

Even after a review where it seemed as though numerous shots were showing Allen reaching the line to gain, it wasn't overturned.

With that being said, the blame still cannot be on the officiating.

Allen got the ball back with 3:33 left on the clock with a chance to win, and he came up short.

As the Bills start their offseason, many people are calling for changes.

However, Sean McDermott shouldn't and will not be fired.

Even though it's another disappointing loss, he's a high-level coach and he proved it this year.

However, I think it's very reasonable to want to have him replaced.

My thoughts on the matter are all over the place.

In my opinion, the choice should be up to Josh Allen to determine whether he wants to replace McDermott.

The team was lucky when offensive coordinator Joe Brady announced that he'd be returning for another year. Next year, he'll likely be one of, if not the hottest head coaching hires in the cycle.

He led Allen to possibly the best season he's had as a pro with maybe his worst supporting cast.

After next season, if the Bills fail to win the Super Bowl or win fewer than eight games, McDermott will likely be in the same position as he is now.

If Allen talks to General Manager Brandon Beane and decides that Brady is more crucial to his success, you simply have to pick Brady.

As good a coach as McDermott is, it's easier to replace him than Josh Allen.

Without getting too much into free agency and moves the Bills should make, there's one that should be made as soon as

the Super Bowl hits triple zeros.

That move is to trade for defensive end Maxx Crosby.

Entering his age 28 season, Crosby is the game wrecker that Von Miller never was.

Since 2020, he's seventh in sacks in the league and second in tackles for loss.

He's expressed his love for the Raiders organization but has also spoken about how he wants to win.

After hiring Pete Carroll and still not having a true plan for a quarterback, it may be a few years before the team is in a spot to compete.

With two years left on his contract, he has a \$24 and \$27 million cap hit for the next two seasons.

That could likely be reworked if the Bills extend him to bring that number down a bit.

Since Crosby is under contract, Buffalo would have to trade for him.

A trade that could be looked at that would have a similar framework would be the Bears and Raiders trade for Khalil Mack in 2018.

Both players were 27, but Mack already had a Defensive Player of the Year award and two First-Team All-Pros under

his belt.

That trade was:

Bears Receive:

Khalil Mack

2020 Second-Round pick

2020 Fifth-Round pick

Raiders Receive:

2019 First-Round pick

2020 First-Round pick

2020 Third-Round pick

2019 Sixth-Round pick

While I don't think it'll take as much to get Crosby, it'll likely still take at least a first-round pick and a mid-round selection or two.

After another disappointing end to the season, it'll be another offseason of retooling and reloading for the Bills.

Keep an eye out for a more in-depth look at free agency once we get closer to the start date of March 12.

Ice hockey diplomacy: Fredonia faces Chinese National Team

MATT VOLZ
Sports Editor

In international hockey, some countries are known as powerhouses.

Canada is perhaps best known for the sport, but they're often challenged by the United States, Sweden, Russia, Finland and occasionally some others.

But who knew that China played the game as well?

On Friday, Jan. 24, the Chinese National Team faced off against the Fredonia State Blue Devils in Niagara Falls, Ontario.

The team was based in Toronto for their training camp in preparation for the Asian Winter Games, which will take place from Tuesday, Feb. 4 to Friday, Feb. 14.

Blue Devils head coach Jeff Meredith explained that because the Chinese players could not obtain visas to play in the United States, China assistant coach Cole Bell contacted NCAA Division III teams in close proximity to Toronto to see if the college teams could come north of the border to play.

"[Bell] called us in September," said Meredith. "We had a date that worked for both of us immediately, and we jumped right on it."

Bell previously served as an assistant coach for another Division III school, Stevenson University, and he compared the quality of the Chinese National Team to a "middle-of-the-road Division III program," according to Meredith.

Entering the arena, Meredith took note of the size of China's

staff, which included a team masseuse and a designated skate sharpener.

"They probably had six or seven coaches, and we rolled up to the rink with me and [assistant coach Conor Foley]," said Meredith.

The team wasn't quite sure what to expect, Meredith said, but their roster was noticeably younger than that of the Blue Devils.

Hockey is a bit different from some other college sports because the players don't come straight from high school.

Most players play multiple years of junior hockey after high



David Sudbrink (#24).

Photo by BECCA TORNCHELLO | Sports Photographer

Continued onto next page

school, so they're a bit older once they get to college.

Meredith said that some players on the Chinese roster were born in 2005, while the players he and Foley are currently recruiting were born in 2004, indicating the youth of China's team.

On the other hand, the youth of Fredonia's team has been a driving force for them all season.

Out of the 27 players on the Blue Devils roster, 17 are freshmen.

"They're probably 65 to 70 percent of our lineup," said Meredith. "So it's really important to get contributions from those guys."

Freshman forward Nolan Ring scored twice in a 27-second span to put the Blue Devils ahead 2-0 at the end of the first period.

China scored the first goal of the second period, but Fredonia rattled off four unanswered goals before the end of the frame, with two of them coming from freshman forward Riley See.

The third period was scoreless, as the Blue Devils prevailed by a final score of 6-1.

Fredonia used all three of their goalies in the game, with junior Charles-Anthony Barbeau getting the start, freshman Jameson Kaine playing in the second and fellow freshman Jake Williams finishing it off in the third.

The difference in style of play between the two teams may have had a significant impact on the game.

Foley described China's style of play as perimeter-based, as they use their speed and skill to try to create offense from the outside.

The Blue Devils play more of a North American style, highlighted by winning puck battles in the corner and getting to the front of the net.

"I think they're not used to getting into a tough, corner battle-type of game and that's kind of where we succeed," said Foley. "I think staying the route and playing the way we like to play helped us."

The game was an exhibition matchup, so it doesn't count



David Sudbrink (#24).

Photo by BECCA TORNCHELLO | Sports Photographer

towards Fredonia's overall record.

While the overall record doesn't jump off the page, their conference record puts them in the mix for a potential SUNYAC playoff spot.

As of Friday, Jan. 31, the Blue Devils are fourth in the conference, and the top three seeds earn first-round home games in the SUNYAC playoffs.

The team has one more home weekend this season, as they host Oswego on Friday, Feb. 7 and Canton on Saturday, Feb. 8.

The game against Oswego will be the team's annual Pink the Rink game, where they don pink jerseys that bear the names of those who have been afflicted with cancer.

Meredith believes that playing with confidence will be a key to finding success as the season heats up.

"We feel we have a formula of how we have to play, and it works for us," he said. "We're playing with confidence, and confidence is like rocket fuel."



Ryan Bailey (#10) shakes hands with a player from the Chinese National Team.

Photo by BECCA TORNCHELLO | Sports Photographer

A reflection of current-day America: Trump inaugurated on MLK Day

DAN QUAGLIANA
Managing Editor

On Nov. 2, 1983, President Ronald Reagan signed H.R. 3706 into law.

On July 29 of that year, Representative Katie Hall (D-IN) introduced that bill in order to recognize the third Monday in January “as a day of prayer in [Martin Luther] King’s memory.”

But this wasn’t the first attempt to create a holiday in King’s honor. Every year from 1968 to 1983, Representative John Conyers (D-MI) introduced legislation to do just that, but it languished every year in the lower chamber of Congress.

After finally passing the House, Hall’s bill almost died in the Senate, where North Carolina Republican Jesse Helms released a 400-page FBI report smearing King as a communist. New York Democrat Daniel Patrick Moynihan threw the report to the Senate floor, calling it “filth.”

On Oct. 19, 1983, the Senate voted 78 to 22 on the bill, leading it to President Reagan’s desk.

Throughout his life, King devoted all his efforts to advancing civil rights across the country. He organized the 1963 Birmingham Protests, two of the Selma to Montgomery marches and gave the famous “I Have a Dream” speech on the steps of the Lincoln Memorial.

It is heavily, heavily ironic that on MLK Day in 2025, Donald Trump was sworn in for his second term as president of the United States.

Ironic not because Trump seemingly devoted his entire first term to walking back many of the rights and protections that King fought for.

Ironic not because during the first week of his second term, he signed an executive order eliminating all federal diversity, equity and inclusion (DEI) programs.

It is most ironic because that is what the American people voted for. Not once, but twice.

During his 2024 campaign, Trump said, “Every institution in America is under attack from this Marxist concept of ‘equity.’ I will get this extremism out of the White House, out of the military, out of the Justice Department and out of our government.”

Steven Cheung, Trump’s campaign spokesperson and current White House Chief of Staff, also stated during the campaign that, “President Trump is committed to weeding out discriminatory programs and racist ideology across the federal

government.”

Martin Luther King was killed trying to stamp out this type of rhetoric from the United States. Hearing this come out of the president’s office is disgusting and morally reprehensible.

It is true that King’s politics were substantially to the left of not only the Republican Party, but the current-day Democratic Party as well. In a 1952 letter to his wife, Coretta Scott King, he said, “I imagine you already know that I am much more socialist in my economic theory than capitalistic.”

He also said in a speech that “something is wrong with capitalism” and, “There must be a better distribution of wealth, and maybe America must move toward a democratic socialism.”

Even if you disagree with his more socialist sentiments, King brought civil rights to an unparalleled level for his time, to a level that, without him, might not have been reached even today.

In 1977, President Jimmy Carter posthumously awarded King the Presidential Medal of Freedom, the highest award that the president can bestow upon an American civilian. In his speech, Carter said, “Martin Luther King Jr. was the conscience of his generation. He gazed upon the great wall of segregation and saw that the power of love could bring it down. From the pain and exhaustion of his fight to fulfill the promises of our founding fathers for our humblest citizens, he wrung his eloquent statement of his dream for America. He made our nation stronger because he made it better. His dream sustains us yet.”

Compare those words to those that Trump has spoken about race.

In the 1970s, the government sued Trump, then a private citizen, for allegedly discriminating against Black apartment seekers.

He was also one of the earliest supporters of the “birther” theory that President Barack Obama, the country’s first and so far only Black president, was not born in the United States, but rather in Kenya. In 2012, Trump wrote on Twitter, “An ‘extremely credible source’ has called my office and told me that @BarackObama’s birth certificate is a fraud.” In 2016, he said on CNN, “I mean, I have my own theory on Obama. Someday I’ll write a book.”

In his 2024 campaign, according to Axios, Trump’s administration would “push to eliminate or upend programs in government and corporate America that are designed to counter racism that has favored whites.” Trump also said that there is a “definite anti-white feeling in the country.”

Continued onto next page

And, of course, he signed an executive order eliminating DEI programs in the federal government, which his administration claims violate the Constitution by adhering to preferences based on race, gender and sexual orientation.

According to AP News, “Trump officials said it’s fitting the order is being delivered on Martin Luther King Jr. Day, as it aims to return to the idea that one day all Americans can be treated on the basis of their character and not by the color of their skin.”

In his second inauguration speech, Trump said, “We will strive together to make his dream a reality. We will make his

dream come true ... We will forge a society that is colorblind and merit-based.”

Maya Wiley, the president and CEO of The Leadership Conference on Civil and Human Rights, said that, “Dr. King had a dream, and this is his nightmare: the rollback of the work of our civil and human rights coalition over the past 75 years.”

DEI programs were originally created in order to create fair, competitive environments in workplaces and schools. Following Trump’s executive order, many private companies, such as Meta, Walmart and Target, have also eliminated their DEI hiring initiatives.

Overcolumn: Finding Your Safe Space

THE QUARTERBACK

Executive Producer of Overcall

THE MUSICIAN

Overcall Producer

RADIO REBEL

Overcall Producer

Hello!

We are The Quarterback, The Musician and Radio Rebel: producers and hosts of the radio show Overcall, right here at Fredonia. Overcall 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 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 Overcall 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 YikYak 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.

This column runs in conjunction with Overcall and can be found in print and online at fredonialeader.org.

Date idea of the week

We hope to provide 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, get the microphone out and crank the volume, because it’s karaoke night!

Music can form a deep connection between people, and this is an opportunity to have a good time together through song.

You also don’t need to sound like Elvis Presley, Whitney Houston or Chappell Roan in order to have a good time.

In fact, one of our guests said, “The worse you are at singing, the more fun it is.”

If you’re doing karaoke with a partner, you might sing along to a song that carries meaning in your relationship.

You could sing your favorite duet and dance together, enjoying each other’s company no matter what your singing voice may sound like.

Karaoke is also fun when it’s done with a group of friends!

Another one of our guests felt that the truest friends won’t judge you, even if you’re not the best singer.

This date idea ties in with our main topic of “safe spaces,” as an environment with your friends should be a space for you to sing your heart out without fear of being judged or criticized.

Singing in front of others is difficult for many people, mostly because they fear judgment or criticism.

So, go sing your heart out like nobody is listening!

Maybe be mindful of any neighbors you have, though... they may not love it as much.

Finding Your Safe Space

In this episode, we talked about safe spaces and how to find yours!

Safe spaces are defined as spaces where individuals or groups can feel secure and free from discrimination, criticism, harassment or any form of emotional or physical harm.

College can be stressful; we all know this to be true.

So when things get tough, go to your safe space!

We discussed some places on campus that could be a safe space, including the Counseling Center in LoGrasso Hall, your

dorm room, the radio station or maybe even Starbucks if all you need is a coffee or sweet treat!

Safe spaces don't have to be just a physical place. They can also be a person or a group of people.

However, if you consider a person or a group of people to be your safe space, remember that they need their own safe space, too.

Yes, it's helpful to have those close to you as confidants when things aren't going so well.

But be careful that you're not dumping all of your struggles onto others because that can be a form of invading their safe space, which isn't good for either of you.

Outside of people or places, a loving pet can also be a safe space.

Some students have officially-recognized emotional support animals (ESAs) who help them navigate the ups and downs of college life.

Fredonia also offers events throughout the year featuring therapy dogs, who are always available for a pet and a snuggle whenever you might be having a hard time!

Quarterback's dog is a therapy dog, too, and he sends his love to anyone who might be in need of a safe space.

Need help finding your safe space? Pick something or someone who gives you a sense of familiarity.

Whether it's your bed or your best friend, make sure you feel secure.

If you can't get to your safe space, make one! Use some self-care techniques like grounding, journaling or exercise to create an environment where you can be calm and serene.

Music can also be therapeutic when you're having a difficult time.

Some people might consider making playlists for when they're struggling, which may include some of your favorite songs or songs that let you know everything will be alright.

Your safe space can also be a figment of your imagination; think of it as your "happy place."

This could be a place that exists in your life that holds some sort of significance, which brings back the familiarity aspect.

It could also be somewhere that's completely made up in your mind, and that's okay too!

Nobody would judge you if you wanted to escape the modern world and take a trip to Narnia.

However you find your safe space or whatever it is, it's perfect as long as it suits your needs.

Lovercall can also always be your safe space!

No matter what you may be going through, The Quarterback, The Musician and Radio Rebel are right here with you every step of the way.

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 wdvlonair@gmail.com 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.





Satire and parody for Fredonia

My predictions for 2025

ABBIE MILLER
Editor-in-Chief

It has been a little over a month since the ball dropped and 2025 began.

On Dec. 31, 2024 hours before those fireworks exploded into the sky above Times Square, I decided to compile a list of my predictions for the new year.

Since then, many notable events have already occurred, both within the popular culture sphere and outside of it. Now, you can choose to believe me when I tell you that I wrote these statements before 2025 started, or you can call me a filthy liar.

Either way, you can't deny the accuracy that I'm confident my predictions will hold, with several of them having already come to fruition. Time will tell on the remainder of them...

1. One of the One Direction boys will come out with a new album that will mention Liam Payne in some way.
2. TikTok will be outlawed and unavailable in the U.S. and a copycat app will be created in an attempt to fill the void left by TikTok.
3. Kaylor from Season 6 of Love Island (U.S.) will date one of the guys that she didn't couple up with on the show (Rob or Kendall, probably).
4. Beyonce will finally get divorced or separated from Jay-Z either amidst or after his trial in connection with P. Diddy.
5. Armie Hammer will quietly try to make a comeback in the pop culture sphere.
6. Ethan Slater and Ariana Grande will either get engaged or break up.
7. One of the Kardashians (either Kylie, Khloe or Kourtney) will come forward in a tell-all documentary about the Hollywood system and the harms of fame.
8. Justin and Hailey Bieber will engage in a public argument and/or "take a break" from their marriage.
9. Donald Trump will stare at the sun (again).
10. Paul Mescal will co-star alongside Zendaya in a movie.
11. Another one of Donald Trump's relatives will come out publicly in opposition to him.
12. At least one of the Walking Dead spinoff series (The Walking Dead: Daryl Dixon, The Walking Dead: Dead City, The Walking Dead: The Ones Who Live, More Tales From The Walking Dead Universe, etc.) will be canceled.

13. Charlie Rose will pass away (Reminder: I'm not manifesting, just predicting).
14. Mr. Beast will officially be charged with a crime.
15. Artificial intelligence will be outlawed in some form in one of the Eastern European countries (the Netherlands, Finland, Norway, Austria, etc.).
16. Sabrina Carpenter and/or Sabrina Carpenter's styling team will release either a makeup or hair product (my guess is either blush or hairspray).
17. Another Disney movie sequel will be announced, probably Encanto 2 or a live-action Pocahontas.
18. Taylor Swift will announce the release date of Reputation (Taylor's Version).
19. Kendrick Lamar will diss Drake at the Super Bowl Halftime Show (and it will be deserved).
20. Trisha Paytas will do something tone-deaf for the sake of media attention.
21. Pewdiepie will announce the pregnancy of his and Marzia's second child.
22. Someone will crash out live on air on CNN. They will cut to a commercial too late and then have to do damage control.
23. UCLA or another prestigious college will be exposed for hazing among its athletic teams.
24. Mr. Beast's and/or Logan Paul's food companies will be sued for the harmful chemicals in their products.
25. The New York Times will create a new game alongside Wordle and Connections and it will go viral for about a week before the public starts losing interest.
26. YikYak will officially cement its status as a thing of the past.
27. Taylor Swift will get engaged to Travis Kelce.
28. Ariana Grande will win the Grammy for Best Dance Pop Recording for "Yes, And?" even though it should've gone to Troye Sivan.
29. Paul Mescal and Daisy Edgar Jones will be caught together and dating rumors will continue.

BREAKING: Patrick Mahomes in relationship with NFL referees

MEGAN KIDBY
Scallion Editor

In a shocking revelation that has rocked the sports world, Kansas City Chiefs quarterback Patrick Mahomes has reportedly been in a relationship with every NFL referee for three years. While this might come as a surprise to some, many fans are nodding knowingly, claiming they've "suspected it for years."

Rumors of the unconventional arrangement began circulating after last Sunday's game when Mahomes threw an interception, only to have it nullified by what experts are calling "the most creative holding penalty in NFL history." The referee who threw the flag was seen later winking at Mahomes, sparking speculation that there was more than just professional respect between the two.

"Look, I'm just saying, the man's charm is undeniable," said veteran referee Carl "Whistle" Johnson. "Have you seen his no-look passes? Imagine what that kind of magic does to the heart."

The NFL, for its part, has denied any official knowledge of the arrangement, releasing a statement that read, "The integrity of the game remains our top priority. We categorically deny any favoritism toward Patrick Mahomes or any other player, no matter how dreamy their eyes may be."

However, skeptics point to a growing body of evidence. In one particularly egregious example, a referee was caught on a hot mic saying, "Roughing the passer? For Patrick? Absolutely," after a defender lightly brushed Mahomes' jersey. The flag came out so quickly it was later used in a league-wide training video titled "Decisive Officiating: When Love Strikes."

Mahomes himself has remained coy about the allegations. When asked during a press conference if he was in a relationship with the referees, he smiled and said, "Look, I just play the game. If the refs appreciate good football, who am I to stop them?" He then proceeded to wink in a manner that caused

three reporters to audibly swoon.

Chiefs head coach Andy Reid has defended his star quarterback, stating, "Patrick's a competitor. He builds relationships both on and off the field. If that's with his teammates, his fans or apparently every NFL official, so be it. That's leadership."

Fans of rival teams, however, are less forgiving. Social media has erupted with memes, including one particularly viral video of a Buffalo Bills fan jumping through a table that shows Mahomes kissing a referee. Hashtags like #MahomesLoves-TheRefs and #FlagGate have been trending for days, with some fans even starting a petition to implement mandatory relationship counseling for all NFL officials.

To be clear, it is not the potentially homosexual nature of the relationships that is making fans raise eyebrows. Mahomes' flirtatious demeanor with the referees, and their more-than-consenting reciprocation, bring up the debate of the ethicality of this type of behavior between a player and those that are responsible for calling his plays. The reveal of a relationship of this kind between a footballer and his authority figures is the crux of the argument of many fans, as they understand the benefits that a correspondence of this type could provide a player.

Despite the controversy, the Chiefs continue to dominate the league, with Mahomes putting up record-breaking numbers. Coincidence? Or the power of unconditional support from the people in stripes?

When asked about the future of the arrangement, referee Sarah "Yellow Card" Simmons offered a cryptic smile. "Patrick and I — I mean, all of us — are just focused on taking it one game at a time. But let's just say he makes it easy to throw the flag. Real easy."

Whether this alleged open relationship will tarnish Mahomes' legacy or simply add another layer to his mystique remains to be seen. In the meantime, one thing is certain: Patrick Mahomes isn't just rewriting the record books — he's redefining the boundaries of love and football.

**Join The Leader for
General Body meetings!**



Every Tuesday at **7 p.m.**



In The Leader Office!
S206 Williams Center

HOROS

ABBIE MILLER

Editor-in-Chief, Reluctant Gemini

As we head into the second month of the new year, the resolutions that we were so sure we would stick to start to fade from memory. The ball drop appears to have had the same effect as the neuralyzer in the “Men in Black” films, erasing all recollection of any hope for self-improvement for 2025.

But that’s where I come in.

You see, I have lived a lush 21 years on this Earth, and as such, I know a thing or two about breaking New Year’s resolutions. In fact, my breadth of knowledge is even more exclusive considering the fact that I, myself, have actually never managed to complete any resolution that I’ve ever made for the new year.

If you’re like me and you could use a little help in the resolution department, I’ve made a handy dandy guide for your sign to show you which New Year’s resolution is right for you.



Aries

Say how you feel

Behind the extrovert is a person with vulnerabilities and worries, just like all of us. Everyone knows that you’re a fantastic listener, but when was the last time someone listened to you? Express how you feel this year, unapologetically and boldly.



Taurus

Feel the love of those around you

As a Taurus, you exude love so powerfully that sometimes you’re not aware of all the support that is coming to you instead of from you. Everyone deserves to feel cared for and appreciated, and this year, you must strive to fully realize all of the love that surrounds you.



Gemini

Challenge your resilience

Now, Geminis, you may take this as me saying that you’re going to have a rough year. But hear me out ... that’s actually exactly what I’m saying. You’ll get through it, but not without a test of your inner strength first.



Cancer

Stop procrastinating

You need to stop hiding behind the excuse of senioritis. Those around you expect the best from you, so why shouldn’t you expect the best from yourself? You can rise to the occasion, so long as you channel this mantra: your homework won’t do itself.



Leo

Break your self-expectations

Leos tend to be very unforgiving of themselves, despite being very forgiving of others. It is time for you to break that pattern. You made mistakes in 2024 — we all did. But breaking the unrealistic expectations that you set for yourself will open your heart to possibilities previously unimagined.



Virgo

Rely on others

2024 was difficult for you, especially because you spent most of the year pushing through rough times on your own. While you don’t want to burden others, this often comes at the cost of your well-being and isolation from those around you as they search without direction for ways to support you. To be loved is to be cared for, and those around you care so deeply for you that they are willing to do anything to help, you just have to be accepting of receiving it.

COPES



Libra

Be proud of yourself

You already have the pride of all of those around you, who appreciate everything that you do and are continuously inspired by your unwavering resilience.

It's about time you see your achievements as they do. Libras are a force of nature, and you're a representation of excellence. Treat yourself as such.



Scorpio

Support marginalized communities (even more than usual)

As a trendsetter and advocate, everyone looks to you to know what's what. With the exception of those living under a rock, most Americans are aware of the current state of turbulence arising between marginalized communities and the United States government. This year, it's more important than ever to use your voice in support of the rights of the disenfranchised.



Sagittarius

Plan for your future

Sometimes, the best plan in life is no plan. This is not one of those times. Society's stability has been challenged many times in the recent past — by pandemic and by national powers. In order to quell some of the uncertainty of what lies ahead, 2025 is the year to be thinking of the future that you want, not the present that you have.



Capricorn

Buy from small businesses

Contrary to Pisces' resolution, it's your turn to really rack up the credit card debt. And if you do this by buying from small businesses, you technically are being a stand-up person. Helping others at a personal expense (literally)? What could be more selfless?



Aquarius

Drink less

I get it. Look at where we are. We're college students, it's an unwritten rule to go out and drink yourself sick, right? It's a rite of passage to vomit on as many surfaces as possible before turning that tassel from right to left. But when is too much, too much? Maybe 2025 is the year when you ask yourself, 'If I wasn't in college right now, would this be considered alcoholism?' If you're unsure of the answer, it might be time to reevaluate.



Pisces

Save your money

That's enough. You don't need to buy name-brand-everything. And those designer bags are meant for millionaires, not college students. 2025 is the year to save. While some will spend the year trying to save their marriage, all that YOU have to do is save your wallet — not that hard, right?

