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Wilkes University - Wilkes-Barre, Pennsylvania

The news of today reported by the journalists of tomorrow.

Veterans Day ceremony held in Fenner Quad.

By Maddie Davis
Co-News Editor

Wilkes University kicked off its Veterans Day commemoration with a ceremony on Nov. 8.

The ceremony, which took place at the newly risen flags in the Fenner Quadrangle, was hosted by the Wilkes Veterans Council.

Rev. John Ryan, president of neighboring King's College, visited campus to give the invocation at the event.

"We are grateful for (the veterans') dedication and commitment, and the countless selfless acts they have performed, as well as the sacrifices of their families, so that we may continue to enjoy freedom," said Ryan.

President Patrick Leahy spoke afterwards to welcome the guests and veterans to the ceremony.

Leahy thanked past and present veterans, as well as future veterans through campus' Air Force ROTC program.

"Each year around this time, we pause for a few minutes, and we take time out of our daily lives to pay tribute to those veterans who fight so earnestly to protect our freedoms in our country," he said. "Every single time that our nation has been threatened by foe, or summoned by a friend, our American military men and women have responded."



The Beacon/Cabrini Rudnicki

AFROTC members, left to right: Mara Clarke, Brad Welsh, Jason Aristizabal, and Justin Parnga

Leahy continued by speaking on the importance of remembering World War I veterans in particular. This Veteran's Day marks the 100 year anniversary of the signing of the armistice to end World War I. From 1919 to 1954, the day was known as Armistice Day rather than

Veterans Day.

"The reason that we celebrate [Veterans Day] at the eleventh hour, on the eleventh day, of the eleventh month every year is to commemorate that special occasion in

VETERANS, page 3

Self Care with Sarah: Understanding the idea of Mindfulness

By Sarah Matarella
Life, Arts & Entertainment Editor

In an age of social media platforms and the general, overall instantaneous nature of society, it can be easy to get caught up in everything that is going on. There is rarely any time for people to sit down, reflect, and acknowledge our thoughts and feelings.

Mindfulness is a word that has been surfacing in the media, often paired with stress relief and mental health. It is the act of being present in the moment, being aware of what is going on and seeing these happenings clearly. The opposite of this would be mindlessness, which would be doing things without even thinking: a problem prevalent in our society.

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The Beacon / Cabrini Rudnicki

Last Art in Context lecture, page 4



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The Beacon/Savannah Pinnock

Is the Law of Attraction real or just another New Age idea?, page 18



The Beacon/Kirsten Peters

Men's ice hockey sweeps weekend games, page 19

News

Have a breaking story or a press release to send? Contact either news editor: Cabrini.Rudnicki@wilkes.edu or Madelynn.Davis@wilkes.edu

Student Government notes: Nov. 7 weekly meeting

By Sean Schmoyer
Staff Writer

This week's Student Government meeting consisted of one fund request from capital projects and the Young Americans for Liberty (YAL) request to become a Student Government recognized club.


The YAL introduced their club as a political group of students whose goals are to provide

a place for conversations and promotion of Libertarian values on campus. The club plans to host numerous events on campus and has already held a few self funded activities so far this year. Their events would be open to students of all political backgrounds. The club expressed that they hoped to spark more political conversation on campus and spread knowledge about the rights if citizens in the country to the student body.

The Commuter Council then made a fund request for improvements to the commuter lounge in the SUB. The request was for a total of \$5,389.90 for 17 new chairs and 2 new computers. The Commuter Council expressed that they wanted to keep the lounge in good condition and hoped that repair broken chairs and fixing up the lounge will bring more commuters to the lounge as well as other students.

Both the YAL club recognition and Commuter Council's fund request will be voted on at next week's meeting.

Student Government discussed how Casino Week was going so far and hoped that a large number of students would come out to attend the events throughout the rest of the week.

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Sean.Schmoyer@wilkes.edu

Beacon Briefs: The upcoming happenings on campus

Compiled by Cabrini Rudnicki

Help Provide a Thanksgiving meal

The Colonels Helping Community Thanksgiving Drive is seeking donations of different traditional Thanksgiving food items. Items include boxed mashed potatoes, stuffing, different canned vegetables and gravy. All items can be dropped off in boxes marked with "Colonels Helping Community" which can be found in the Interfaith Office on the second floor of the Henry Student Center.

Aramark student dining ambassadors

Aramark is looking for student dining ambassadors to support marketing projects on campus. The worker must be a student at Wilkes University. Duties would include in assisting in dining membership, distributing marketing material, and answering dining service questions. For more information, email jensenpaige@aramark.com.

Colonel's Closet freshly stocked

The Colonel's Closet is open from 10 a.m. to 2 p.m. Mondays through Fridays. There is also a Colonel's Closet online order form that can be filled out and found on Wilkes Today. Orders are typically filled within 24 hours of the order being placed and can be picked up at the Info Desk on the first floor of the SUB. For any questions please contact Kristin Osipower at Kristin.Osipower@wilkes.edu.

Taste of Wilkes Winners announced

The 2018 Taste of Wilkes winners are first place, Laura Zajackowski for her "Mac N Cheese Wing-Fling Delights," second place, Margy Sromovski for her "Broccoli and Cheese Casserole," and third place, "Grandma Jean's Cookies" by Mary Ann O'Brien. The winners received gift certificates, while the first place winner had her name and winning dish engraved on the Taste of Wilkes plaque.

Buy business cards from Enactus

Enactus will be holding a business card fundraiser through Friday, Nov. 30. The cost is \$5 for 50 (with a limit of 100 cards per person). Questions and concerns can be sent to danica.benson@wilkes.edu, taylor.akmal@wilkes.edu, or olivia.fakhoury@wilkes.edu.

Volunteer at the Sordoni Art Gallery

All are welcome to share their appreciation of art and volunteer at the Sordoni Art Gallery. Please follow the link on Wilkes Today for the application. Please contact Nicole Lewis at Nicole.Lewis1@wilkes.edu for further details.


Sports Management Club trip to NYC

The Wilkes University Sports Management Club will take a trip to New York City to visit both MetLife Stadium and Madison Square Garden on Friday, Nov. 30. The trip is open to all Wilkes

students. The cost is \$10 or free IF you sell a SM Club T-shirt. We'll meet behind the Henry Student Center at 7 a.m. to leave for the trip and return to Wilkes at 5:30 p.m. Questions? Contact James.Dotter@wilkes.edu to register.

Jake Wood to deliver Allan P. Kirby Lecture

Jake Wood, the co-founder of Team Rubicon, will deliver the Allan P. Kirby Lecture in Free Enterprise and Entrepreneurship on Nov. 15 at 7 p.m. at the Kirby Center at Wyoming Seminary. The lecture will be titled "The One and the Nine: Building Organizations That Win." Transportation will be provided for students from the Henry Student Center starting at 6 p.m.

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Upcoming Events: 2018 Fall Semester

November

12 - World War I Reflection by Dr. Kuiken
15 - Bingo (WUPB)
15 - Alan P. Kirby Jake Wood Lecture
19 - Late Night Lift
20 - LKS Annual Turkey Tea Dinner
21 to 25 - Thanksgiving Recess
29 - Wing Wars (WUPB)
30 - SM Club trip to NYC (MetLife Stadium and Madison Square Garden)

December

6 - Holiday Party: PJs and Pancakes (WUPB)
10 - Final Exams Begin
Spring - January 2019
14 - Classes Commence
21 - NYC Trip to MOMA and MET

WUPB denotes Wilkes University
Programming Board
SG denotes Student Government

Want your event featured in the calendar?

Email: TheWilkesBeacon@wilkes.edu

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VETERANS, from front page

"I'd like all of us to remember World War I today,"

The biggest sacrifice made in the country is made by the families of veterans, according to Leahy.

"I always say, and I'll repeat today, I think there should be a national holiday dedicated to the family members of our deployed men and women," he said.

"Most importantly, on behalf of this university, and on behalf of my wife and our four kids, to all of you veterans: Thank you for protecting our very way of life."

Leahy then told the story of a Wilkes alumnus, who died in a military plane crash after mechanical failure caused him to make a decision of whether to land the plane in a crowded suburban area or divert it into the ocean.

"I ask all of us to see how we can continue to serve our country, in the way that our veterans have served theirs," he said. "I would ask for us to find ways to let the bravery and the self sacrifice of our veterans inspire our own acts of heroism, sacrifice and bravery."

Dr. Jonathan Kuiken, an assistant history professor at the university, came up to the stage to speak about the history of Veterans Day and its relation to World War I.

"One hundred years ago on Sunday, at 5 a.m. in a train car residing in France, the world powers met and signed an armistice to take effect six hours later," he explained. "You'd think with just six hours left in a war, the fighting would stop, but it actually intensified. At 10:59 a.m., an American, Henry Gunther, was the last soldier killed in the war before the armistice."

America's participation in World War I is often overshadowed by the country's contribution in World War II, according to Kuiken.

"While American only contributed to the war in the last year and a half, and only contributed heavily to the fighting in the last three months, the contribution was great and the sacrifice heavy," he said. Sgt. Justin Newcomer, a veteran with 21 years of military experience and five overseas combat tours, spoke to the crowd about his personal connections with the day.

Newcomer spoke about the difficulties of returning for a soldier. "Not a whole lot is said about how we years, which is a huge positive."

Prior to election night, Bob Casey (D) (R) for U.S. Senate, but Chang's hometown of Mountain Top made him question those projections. "[Mountain Top] is a heavy Lou Barletta area, so my perspective is that I wasn't sure it was such a sure win."

Chang was happy with the results of Bob Casey, but upset with the Republican hold over the Senate. "The people who are imboldening the anti-democratic behavior by the president won more seats in the senate," he said. "It was almost expected because there were more Democratic seats up for election than Republican seats, but I'm still disheartened that it happened."

Chang also spoke about the election turnout, which had been a previous problem in past elections. "Almost 50 percent of the voting population turned out," said Chang. "That's a 10-year high. Compared to 2014, that's up 10 percent."

"The Democratic party now has more power to place checks on the president from Congress than we've had for the past two House will now be a Democratic leader. ("The Democratic party) will now have more power over the committees and what they do, as well as the power to subpoena the president."

"The Democratic party now has more power to place checks on the president from Congress than we've had for the past two years, which is a huge positive."

By Cabrini Rudnicki
Co-News Editor

Student leaders react to recent midterm election results

leader of the Young Americans for Liberty, gave his perspective of the election results from a Libertarian point of view.

"Everyone was expecting a blue wave, but we didn't really get that," he said. "I think the Republicans did very well."

Gagliardi voted Libertarian for the governor, but Republican for the House and the Senate. "In Pennsylvania, I thought it was interesting that it went for the Trump election, but went back blue for this election," he said. "It seems like the 2016 was more of a spur of a moment, and now we are back to normal politics."

"I think the next two years will be interesting because it will be the two parties trying to define themselves still," he continued. "I think the Republicans have Trump to thank for a lot of the victories, but the Democrats have to find themselves as a party as more than just anti-Trump."

Gagliardi and Chang both mirrored the opinion that the election neither excited or disappointed them, rather it made them interested in the country's political future.

"I hope that in 2020 we will see less of a blue ripple and more of a blue wave."

In contrast, Garrett Gagliardi, a student @wilkesbeacon
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The Beacon/Cabrini Rudnicki

The recently risen university's flag in the Fenner Quadrangle.

100th Anniversary of the End of World War I," as well as a Heroes Brunch on Nov. 13.

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Pennsylvania Election Results

U.S. Senate -

Bob Casey (D) * over
Lou Barletta (R)

U.S. House District 8 -

Matt Cartwright (D) * over
John Chrin (R)

Governor -

Tom Wolf (D) * over
Scott Wagner (R)

* signifies incumbent

Out of Silence: Activism and Empathy in the Art of Elizabeth Catlett

By Sean Schmoyer
Staff Writer

On Nov 7, the last lecture of the *Loud Silence: Expressions of Activism* exhibit in the Sordoni Art Gallery was presented by Melanie Herzog, dean of the School of Arts & Sciences and professor of art history at Edgewood College. Herzog's lecture was titled *Out of Silence: Activism and Empathy in the Art of Elizabeth Catlett*.

Elizabeth Catlett's art are some of the featured pieces in the exhibit.

"The eight works by Catlett are the earliest works in the exhibition, done in the mid-1940s and in the midst of Jim Crow laws and racial riots," said Heather Sincavage, director of the Sordoni Art Gallery. "By virtue of her subject matter (depicting segregation, lynchings, as well as heroes of the anti-abolitionist movement) she laid the groundwork for artists after her to depict the issues facing African Americans. She is the 'spark' that created a generation of artists (in Betye Saar, Faith Ringgold, Alison Saar, Kara Walker- all in the exhibition) who are trying to rectify, in their own way, a part of American history often overlooked. Arguably, she is one of the earliest artists using art to provide a voice for this marginalized community,"

Herzog began her lecture with a biography of Catwell's life highlighting her importance as a black feminist, a mother, and an artist who dedicated her work to African-Americans and Mexican citizens. She talked about how Catwell's work showcased images that recognized the dignity, strength, and achievements of oppressed people throughout her life.

Herzog showcased photos of Catwell's work. Catwell's work focused often on motherhood and the idea of giving a voice to the voiceless and bringing about meaning and action through silence of her art. She stated that Catwell's pieces often depicted mothers with their children, strong black women, and Mexican life styles and heritage. Sometimes Catwell merged these ideas to create sculptures and painting that depicted often underrepresented groups and cultures blended together.

Catwell produced a series of prints known as the Black Woman. Each of the prints in the series comes together to tell a historical narrative through there names and the images depicted. The

15 prints were named: I am the Black Woman, I Have Always Worked Hard in America, In the Fields, And in Other Folks Home, I Have Given the World my Songs. In Sojourner Truth I Fought for the Rights of Women as Well as Blacks, In Harriet Tubman I Helped Hundreds to Freedom, In Phillis Wheatley I Proved Intellectual Equality in the Midst of Slavery. My Role has Been Important in a Struggle to Organize the Unorganized, I have Studied in Ever Increasing Numbers, My Reward has Been Bars Between Me and the Rest of the Land, I Have Special Reservations... Special Houses...And a Special Fear for my Loved Ones. My Right is a Future of Equality With Other Americans.

When the titles of the set come together they tell the story of what it was like to be racially targeted and discriminated against as an African American in America.

"She was particularly moved, she said, by the beauty and the dignity of African-American and indigenous Mexican women, and her prints reflect her continuing commitment to both of these subjects and audiences," Herzog said.

Herzog got to meet with Catwell before Catwell passed away in 2012, the two talked with each other and Herzog recounted some of their conversation about Catwell's work and her experiences working with other artists in a cooperative environment.

"The criticism in the workshop was always positive, like someone would say, 'I think you have a good design and it is very clear, but why do you hide the hands' so that person would say, 'I cannot draw hands' 'Well I will help you' or 'I will draw hands,'" Catwell said "Or they would say 'That symbolize has been used over and over again, it is time for something new'. It did not matter how many people worked on something as long as it came out the best that we could make it."

Herzog pointed out that this highlighted Catwell's desire to work with other to have the work they produce speak clearly and powerfully.

"It is really about this collaborative process to make the work speak clearly, to speak powerfully, to speak eloquently," Herzog said. "This idea of speaking is so important, proclaiming solidarity and moving people to action. Everybody worked together to make this happen all the while engaging in discussion about the political discussion they wanted to engage."



The Beacon/Steffen Horwath

Melanie Herzog spoke about the history of one of the artists, Elizabeth Catlett.



The Beacon/Cabrini Rudnicki

A selection of Elizabeth Catlett's works featured in the Sordoni Art Gallery.


During her time with Catwell, Herzog was able to learn about Herzog personally and take what she learned about her and apply it to Catwell's art.

"I would say she was a really compassionate person and a really determined person who would not let things rest, if something was wrong she would call it out," Herzog said. I think she did that in a way that was not tempered by her compassion and empathy but was fueled by her compassion and empathy. I think in a lot of way her personality is all over her artwork, and also her really strong sense of connection with other people I think felt that compassion and empathy. I felt like she was really generous with me."

"Catlett's work for me shows how complicated it is to negotiate feelings of frustration, anger, sadness, with a pride

for those who accomplished so much under what seemed insurmountable odds," Sincavage said. "You see that in the series that is represented in the gallery. There is the weight of sadness that segregation creates, as its felt in some of the images, however, seeing that next to a portrait of a woman rising her head in hope and determination is such a symbol of strength and resilience. It's a rising above."

While this is the last lecture for the *Loud Silence: Expressions of Activism* exhibit it is not the last event. On Nov. 14 at 4 p.m. there will be a screening of the film "Human Flow" to close out the events for the exhibit.

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Niall McCann speaks about United Nations role in elections

By Cabrini Rudnicki
Co-News Editor

The United States Lecture series held its most recent speaker on Nov. 8.

Niall McCann visited the university to speak about the United Nation's role in elections around the world.

McCann is the Lead Electoral Advisor for the United Nations Development Programme, based at the Bureau for Policy and Programme Support in New York City.

McCann focused on the different ways that the United Nations gets involved in elections throughout the world.

One part of the UN's work is through peace agreements.

"There's a war in some country, and there is a peace agreement, and part of that peace agreement will say there needs to be an election," he explained.

Countries that have experienced this kind of peace agreement include Liberia, Iraq and Afghanistan.

"That drive to organize these elections in a post-conflict environment comes from the international community. They want to demonstrate progress, that the war is in the past, and that the country is moving forward. For whatever reason, they seem to think that elections is a really good milestone."

The United Nations also assists in stopping certain leaders from running a country post-conflict.

"The risk is that (the certain leaders) might organize themselves into political parties and now may be elected," he explained. "Suddenly, we've had a war, we've had elections where we thought we were trying to bring democratic legitimacy to a government, and in fact the guys who started the war end up now running the country."

McCann related this to the Bosnian International War of Aggression in 1992. According to McCann, elections occurred too quickly after the end of the war, leading to the same leaders who led the country into war being re-elected as political leaders.

Currently, there are 11 countries that the United Nations is working with in terms of organizing elections, while 53 countries have approached for help in the last two years.

"A large part of the time, the problem is voter registration," he said. "Countries with very underdeveloped

civil registration systems."

Citizens of these countries would be unable to vote because they are unable to prove who they are. According to McCann, this problem also may cause multiple registrations from one voter.

Another part of the United Nation's work is campaign finance.

"Massive amounts of money will come into the country trying to influence the running of elections," he explained. "People in that country, that may be a serious problem for them."

Other problems include general voter education, as well as electoral system reforms.

"(The United States) has a very strange system to the rest of the world," said McCann. "People register to vote as Republican or as Democrat. That in my experience is pretty unique."

Electoral systems have massive influence on a country's politics, according to McCann.

"There is a two party system in this country, that kind of unfortunately these days, are kind of driving people apart in polarized camps," he explained.

"If you have electoral systems that kind of make it easier for credible third party options to develop, and if you have proportional representation systems that make coalition governments almost inevitable, as they are in some countries like Germany, that by nature will make people have to reach across the aisle."

These kinds of electoral system have also been criticized for causing weaker, less stable governments, said McCann.

Certain countries also reach out to the United Nations in order to massage an election to get particular people elected.

"That might sound bad, but it is actually a good thing if we are talking about women and minorities."

In the United Nations, it is official policy to advocate to countries to make it easier for women to be elected.

"This may include reserving seats for women, or mandating political parties that have to have (a percentage) of candidates as women, or they cannot participate in the elections."

Countries that do not follow this policy may be penalized by the United Nations.

"(Advocating for) minorities would be interesting to see done in this country," said McCann.

"There are parts of the world where



The Beacon/Cabrini Rudnicki

Niall McCann works as the Lead Electoral Advisor for the United Nations.

they realize there are ethnic minorities," he explained. "The Croatian state has realized that these are groups that need to be politically represented."

Croatia has reserved seats for different ethnic groups in politics.

"That might sound to (us) as a positive thing," he continued. "We are going to guarantee a path to political representation for minorities, but the complications arise when we ask who gets to vote for those seats."

McCann used an Italian seat as an example.

"Is it just people who identify as Italian? Or should the general population get to decide who will be the Italian representative? My natural instinct will say that it should only members of that community that gets to pick," he continued. "Now you will need to identify members on the voters list as members of that community, and maybe people don't want to be identified as members of the community."

According to McCann, the United States is not ready for this political discussion.

McCann then put focus on the fact that the United Nations does not decide if a country needs assistance, and does not issue statements on the credibility of an election.

Gregory Chang, a sophomore pre-pharmacy major, asked McCann about his perspective on the recent midterm elections.

McCann explained that although the United Nations is unable to give specific quotes on the election, they are concerned about the political trend of the hatred of media.

McCann also explained how Americans votes are stacked differently depending on where an individual lives.

"If you live in Wyoming, you have 3.7 times the voting power of someone who lives in California," he explained. "That seems to be politically acceptable, but try to imagine in 1965, people telling people of color that (their votes do not have the same power as white people.)"

"Can this political system survive?" asked McCann. "I genuinely believe that there will be a political conflict in the country if you can't resolve the electoral system issues."

Dr. Andreea Maiorean, an assistant professor of political science, asked McCann his thoughts on the online election system in Estonia.

Estonia introduced voting online in 2005.

"Do you realistically think that this system is applicable to a larger country?" she asked. "I feel it is a great success [for them], but maybe the fact they are such a tiny country makes it less applicable for others."

Estonia has 3.8 million people in their population. According to McCann, the decision for online voting came from having a large country geographically in proportion to population. The data from the system comes from a national identification program.

"I don't think a national identity card is coming to the United States," he said.

The next United Nations lecture will occur in the Spring 2019 semester.

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Have a story or want your event to be featured? Contact the Life, Arts & Entertainment editor: Sarah.Matarella@wilkes.edu

FALLing slowly into finals week with the e-mentors

By Isabella Sobejano
Staff Writer

At Wilkes University, each incoming student receives an e-mentor, who is an upperclassman they can rely on for peer advice. However, the e-mentoring program does more than just guiding first year students, they also host events every month of the fall semester to engage them.

This month, on Nov. 16, the e-mentors will be hosting the fall-themed event, "FALLing Slowly into Finals Week." The event will be taking place on Friday afternoon in the SUB from 3 to 5 p.m. Students can come and go as they please. A variety of fall season activities will be happening at the event.

"There's going to be mingling, apple cider, caricature artists, and a variety of other fall events, including games where you can win a prize or two," said Melissa Howells, e-Mentor coordinator.

Additionally, Howells said that she enjoys helping behind the scenes and assisting with the planning group, rather than "micromanaging." She makes sure they have all the materials they need in order to have a successful outcome.

The e-mentor program is one of the ways Wilkes University welcomes first year students, so they can become acclimated. It allows incoming students to have an immediate friend group including other mentees and also a mentor and friend to guide them upon entering the college atmosphere.

There will also be different fall foods available at the event. All of the food, drinks and activities are free for all first-year students.

"We're definitely expecting to have a great outcome because it's like a fall fest," said Laura Thompson, an e-mentor at Wilkes. "We want the students to have some fun before finals begin so we thought this event would be a

great opportunity for students to step away from school and de-stress."

This is the first year hosting this type of event. Typically, they host ice-skating, roller-skating, or bowling in the Wilkes-Barre area. There events would also typically take place off campus in the evening.

"The whole goal is to engage the entire first year class through a variety of different activities that students on and off campus can easily be apart of," Thompson said.

However, the main goal of these events is to allow students to step away from classes and school, so they can relax and take a break from studying. Events are designed to give students the opportunity to socialize by getting together with friends while also meeting other students.

"The point is to get the first class back together, as well as getting the e-mentors back together," Howells said.

Therefore, events are primarily run by all

the e-mentors and they are in charge of encouraging their mentees to come to the event and catch up with one another. While it is difficult for students to always attend these events because of busy schedules, athletics or academics, the-mentoring program always hosts a variety of different activities each month.

The next event that the e-Mentors are planning an event for first year students is in December. The event is called "Hot Chocolit." This holiday themed event will take place right before the winter intersession for students and as a way for students to de-stress right before finals start.

If you are a first-year student, keep an eye out for posters or updates on any of the e-Mentor hosted events and come out this Friday for a cup of hot apple cider.



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<p>\$17.95 + TAX</p> <p>12- cut Sicilian pizza & 1 order of wings</p>	<p>\$11.95 + TAX</p> <p>12 -cut Sicilian pizza</p>	<p>\$23.95 + TAX</p> <p>2 tickets to Movies 14, 1 med- 1 topping pizza & 2 drinks</p>	<p>\$12.95 + TAX</p> <p>small 12" 1-topping pizza & choice of any sub</p>	<p>\$18.95 + TAX</p> <p>large 16" pizza, 1 sub, & an appetizer</p>	<p>\$28.95 + TAX</p> <p>3 large 1- topping pizzas</p>

Conclusion to “movies to see this fall semester”



By Nicholas Filipek
Managing Editor

Back in October, a list of the movies to see during the fall semester was started, and for this final fall issue of Nick's Flick Picks, it seems proper to end it by completing that list.

Thank you so much to anyone who has been keeping up with the articles, and be sure to pick up future issues of The Beacon to read more of Nick's Flick Picks in the spring 2019 semester.

Fantastic Beasts: The Crimes of Grindelwald - Nov. 16. Directed by David Yates, written by J.K. Rowling. Starring Eddie Redmayne, Katherine Waterston, Dan Fogler, Alison Sudol, Ezra Miller, Jude Law, Johnny Depp and Zoe Kravitz.

The magic returns to theaters in just a few days and, yet, it still could not arrive soon enough, even if it flew in on a firebolt or used a port key.

When the original Harry Potter series ended, fans of the world that Rowling created wanted more. More is what they got when, “Fantastic Beasts and Where to Find Them,” was released in 2016, introducing audiences to all new characters, set in a different part of the world than the original series.

Now it seems like the follow up will try begin to take these two worlds and meld them together into one shared universe.

The title character, Grindelwald (Depp), was first mentioned in the original Harry Potter story when Harry receives an Albus Dumbledore “trading card” that explains the two wizards had a legendary magical duel. In this latest film from The Magical Wizarding World, it seems like that story will begin to unfold.

There have also been other hints and

rumors that some other characters that fans will recognize from the original movies will get mentions if not cameos, such as *SPOILER* a younger Prof. McGonagall.

Either way, the return of Yates and Rowling to the cinema is sure to be another success for the Warner Bros. studios and entertain audiences everywhere.

Ralph Breaks the Internet (Wreck-It Ralph 2) - Nov. 21. Directed by Phil Johnston & Rich Moore. Story by Rich Moore & Phil Johnston and Jim Reardon & Pamela Ribon & Josie Trinidad. Starring John C. Reilly, Sarah Silverman, Gal Gadot, Taraji P. Henson, Jack McBrayer, Jane Lynch, Alan Tudyk, Alfred Molina and Ed O' Neill.

Walt Disney Animation Studios hit a home run in 2012 with “Wreck It Ralph” by diving headfirst into making the entire arcade experience into a fun, smart, family movie for all to enjoy.

It introduced us to great characters like Ralph (Reilly) and Vanellope (Silverman)



who taught us that friends can get you through anything, and that one's oddities does not make them different so much as special.

The two characters, who are from separate games, are able to meet by ways of being plugged into the same powerstrips in the arcade their game cabinets inhabit. With the addition of an Internet router to the classic arcade, Ralph and Vanellope sneak into the Internet to see what the World Wide Web has to offer.

This is going to open up the film to endless cameos from other Disney owned properties as well as Internet sensations like Grumpy Cat or endless pages of memes.

One of the small sneak peaks of such

crossover scenes occurring in the film comes in the form of Vanellope finding The Disney Princesses hang-out spot and introducing herself to everyone from Snow White to Elsa.

The addition of Gadot and O'Neil to the movie's already star-studded cast, probably won't help draw audiences into this already highly anticipated sequel.

Spider-Man: Into the Spider-Verse - Dec. 14. Directed by Bob Persichetti, Peter Ramsey and Rodney Rothman. Screenplay by Phil Lord. Starring Shameik Moore, Jake Johnson, Nicolas Cage, Hailee Steinfeld, John Mulaney, Lily Tomlin, Kimiko Glenn and Liev Schreiber.

It would be crazy to think that the now titan of media, Marvel Comics, would be so close to bankruptcy that they'd have to sell the movie licenses to their characters to stay afloat, but that's just what happened back in the early 90's.

As a result, Sony Studios acquired the rights to Marvel's most popular character, Spider-Man, and made six movies with three actors and, even more recently, a very successful spin-off with Venom.

Now, with the help of their legendary animation studio, Sony is about to release what could be their best Spidey flick yet in the most perfect medium.

The character Spider-Man never fully translates into live action, regardless of how well computer generated effects help, he himself is just too animated to believe in a real world setting, but having it set in Sony stunning animation is as close to perfect as one can hope for.

The other great benefit to choosing animation for this project is that it lends the story to be as crazy as possible, this time allowing several universes, containing several “Spider-People” to all converge into one plotline.

With this looking like a hit, and Venom breaking records just a few weeks ago, I am sure Sony is just loving that investment in the 90's.

Mary Poppins Returns- Dec. 19. Directed by Rob Marshall. Screenplay by David Magee, screen story by David Magee & Rob Marshall & John DeLuca. Based upon the “Mary Poppins” story by P.L. Travers. Starring Emily Blunt, Meryl Streep, Colin Firth, Julie Walters, Angela Lansbury, Emily Mortimer, Ben Whishaw and Dick Van Dyke.

Making a sequel to a classic might seem like a risky thing to do, but Disney is known to make it work time and time

again.

The plotline seems a bit weak; “Poppins must return to help the Banks kids now.”

She is a magic nanny after all, she needed someone to nanny to make any return happen really.

Emily Blunt will now be the umbrella wielding super aupair in this updated story, but it is almost a sure bet that Julie Andrews will have some sort of appearance in the film, given that she has already given Blunt her blessing on taking up the role that she made famous all those years ago.

Aquaman - Dec. 2. Directed by James Wan. Screenplay by David Leslie and Johnson- McGoldrick & Wil Beall, story by James Wan and Will Beall & Geoff Johns. Aquaman created by Mort Weisinger and Paul Norris. Starring Jason Momoa, Amber Heard, Nicole Kidman, Graham McTavish, Dolph Lundgren, Patrick Wilson, Willem Dafoe and Dijmon Hounsou.

Momoa first got his feet wet in the role of the half human, half Atlantean, in 2017's Justice League, but now it is his time to shine in his first full feature.

For those unfamiliar, Arthur Curry (Momoa) is of two worlds, both land and sea. His father (McTavish) is a simple lighthouse keeper, his mother, however, is the Queen of Atlantis. When Momoa comes to claim his rightful place on throne, his younger half brother Orm (Wilson) believes as the true king's son, he is the rightful heir.

The movie is sure to be a high action thrill ride, that can finally put some of the jokes people love to make about Aquaman being lame, to rest.

From what was shown in trailers, Wan seems to have brought the famous lost underwater city of Atlantis to life in a super stylish manner.

The scope of film seems absolutely epic with some of the glimpses of the battles seeming to be on a monumental scale, while also boasting a number of various set locations seeming to cover the globe.

As the DC Extended Universe continues to try and get a steady hand in the super hero movie gig, this movie seems to have real potential to do that and possibly even accelerate their launch into the coveted movie genre.

Wellness at Wilkes: Six tips for staying healthy during Thanksgiving

By Natalie Stephens

Asst. Life, Arts & Entertainment Editor

Thanksgiving is around the corner and when we think of this holiday, food is the one thing on most people's mind.

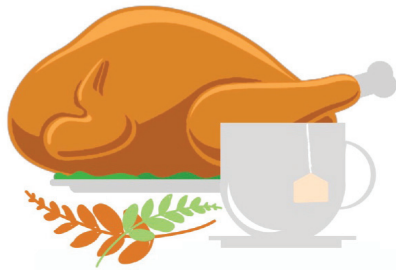
There will be many foods that are not very healthy like deep fried turkey, cranberry sauce, stuffing, gravy and dinner rolls at most tables.

For those health conscious people here are some tips to stay healthy during this holiday.

1. Get outside and go for a walk or run. Turkey Trots offer people a chance to exercise and have fun before sitting and eating or watching TV.

Something as simple as a 20 minute walk can make you feel refreshed and ready for the day's festivities.

For those with a larger number of family and friends flag football is also a great opportunity to get in some exercise.



2. Make sure to eat breakfast. Many people decide to skip breakfast the morning of Thanksgiving so that they can eat more during dinner but this action can actually lead to binge eating later on.

Therefore eating healthy breakfast the morning before thanksgiving dinner will help you to stay full and not overeat throughout the day.

3. Make sure to drink water before eating and throughout the day. There will be more than enough sugary and alcoholic cocktails available that it's important to not forget about staying hydrated.

Healthline found that not having enough water can also make you think you are hungry when you are just thirsty.

4. It was also found that using a smaller plate can also decrease a person's chance of overeating.

Most people feel the urge to clean

everything off of their plates so by using a smaller one you are less likely to eat more food than necessary.

Psychology Today found that using a smaller plate tricks your mind because



when you see white space on a plate you think you need more food, even though you might not.

5. Enjoy the dinner company and chew slowly.

Many people get excited with thanksgiving dinner and tend to eat faster than normal so remind yourself that the

food is not going anywhere.


A study performed in 2011 by the University of Rhode Island found people who eat slower consumed fewer calories than people who eat faster.

The slower you eat the more time you are giving your body to register how full you are and to relay that message to your brain.

6. Don't restrict yourself, but also know your limit. It is recommended to give yourself at least twenty minutes before getting seconds so that way your body can digest what you just ate and then decide if you are still hungry.

Enjoy a slice of the homemade apple pie, just don't eat the whole thing.

The Beacon/ Madi Hummer

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Interested in writing for Life, Arts and Entertainment?

Have any ideas on stories that can be featured?



Facebook.com/WilkesBeacon



Contact Sarah Matarella at Sarah.Matarella@wilkes.edu
for more information.

SELF CARE, from front page

"We could be doing something and just not even be aware of what our own reaction to it is...what bothers me the most when I think about it is that when I'm not mindful, I feel like I missed big chunks of my life. It's like I'm just not even there because I'm in some story in my mind about what's going to happen next or what happened last week," said Dr. Linda Paul, associate professor of philosophy at Wilkes. Paul has studied and practiced mindfulness for over 25 years.

She began studying Buddhist works involving mindfulness a few years after she started teaching at Wilkes and mentioned that all of the works she studied regarding mindfulness often shared a common theme: you will not understand mindfulness unless you try it.

Paul stated that there are four foundations of mindfulness: the body, thoughts, emotions, and ideas. With these in mind, one can practice mindfulness meditation where you can focus on anything within these four foundations.

"There's a lot of research where people do mindful meditation and a lot of times it could focusing on a mantra, on a symbol, or just focusing on your breathing... Just your breathing. Don't let anything else distract you. They (researchers) show that within six weeks of doing these types of meditation daily, they see people's stress levels decrease and how they react to and handle stress. They don't react as much and do not get upset as quickly," said Dr. Edward Schicatanano, professor of Psychology at Wilkes University.

Schicatanano, who has studied and practiced mindfulness since graduate school, explained that mindfulness can affect the limbic system which contains the amygdala, the brain's emotional center. When practicing mindfulness overtime, the limbic system will become less reactive. This type of effect can be shown on fMRIs, a technique for measuring brain function by detecting changes in blood flow to parts of the brain.

"It doesn't make you an emotionless robot, it's just that you don't react like you used to," said Schicatanano.



He further explained that mindfulness also increases activity in the prefrontal cortex which is responsible for attention and decision making. In people that are not being mindful, their minds tend to be more scattered, they are often unable to focus, and have higher stress levels.

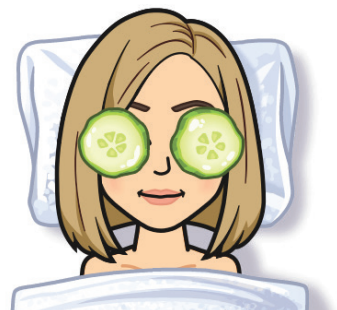
Paul and Schicatanano both mentioned that, at first, practicing mindfulness can sound boring when you think about it. However, once one is able to focus on their breathing, they can branch out and begin to focus on a variety of other things and reap long term benefits.

"When you're walking, you're mind's probably going everywhere. You're not mindful of anything, your mind is scatter. But, when you start meditating, you notice more things and I think this is really important... It teaches us to pause and to not just rush into the next thing. Pause and think, you'll enjoy life more," said Schicatanano.

The effects of mindfulness does not usually show immediately, though. It takes about a week or two to really start changing the mind and the body. Due to the fact that mindfulness is accessible and widely talked about, there are also several misconceptions surrounding it.

"I think one of the common misconceptions, given that people talk about it so much now, is that people might see it as a panacea: that it just going to do everything for you and make things good," said Paul.

Paul explained that although mindfulness has a variety of health



Life, Arts & Entertainment

benefits, it can bring memories or emotions that one is trying to suppress to the surface. It requires one to actually face these things due to the fact that suppressing memories or emotions takes energy that mindfulness counteracts. However, she went onto say that acknowledging and facing your emotions is essential to be able to see where you are causing suffering for yourself.

"Even when things are really hard, it's good to be paying attention to them because you don't add to the difficulty by putting other stuff on top of it...but also then you're acknowledging to yourself like 'What I'm going through now is really hard,' and it makes you more likely to be kinder to yourself rather than thinking 'Hey, I should be doing better here,' or 'Why am I so upset?' No, it's reasonable to be upset when it's really hard," said Paul.

Another common misconception that people have about mindfulness is that you have to practice Buddhism in order to be able to practice mindfulness. However, Paul explained that Jon Kabat-Zinn who has been involved in Buddhist practices for decades developed a Mindfulness Based Stress Reduction program in University of Massachusetts in collaboration with the school's hospital. The program was for people with chronic health conditions where medicine was unable to help them.

Kabat-Zinn developed this program around Buddhist ideas and practices and mindfulness, but it was applied to the program in a way that he did not use any Buddhist terms or ideas and people merely focused on their breathing and did other practices. Therefore, you do not have to believe in Buddhism to practice mindfulness or reap the health benefits of it.

If you are interested in learning more about Mindfulness, there is a free Mindfulness Workshop from 4 to 5 p.m. today in the Ballroom of the Henry Student Center for the



Graphics: The Beacon/Madi Hummer



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Wilkes campus community, sponsored by the Psychology Department's NeuroTraining & Research Center. Mindfulness Instructor Phil Salavanti of CALM of NEPA (Cultivating Awareness by Living Mindfully) will present information about the ways that mindfulness meditation can help anxiety, fear and stress, and will lead the audience in a few brief mindfulness experiences.

For more information regarding mindfulness or for information about classes at Wilkes involving Mindfulness, contact Paul at linda.paul@wilkes.edu or Schicatanano at edward.schicatanano@wilkes.edu.

Tips for people who are beginners in practicing mindfulness:

1. **Start small** - Start with being mindful about things you are already doing. Such as when you are breathing, walking, brushing your teeth, eating, cleaning, etc. You can practice it with anything really.

2. **Practice it or talk about it with others** - Doing something is often times easier when done with someone else. Sharing your thoughts and experiences with others helps too, if you do not want to or do not have time to practice mindfulness with others.

3. **Do yoga and exercise** - Yoga is a combination of poses and breathing exercises that offer a way to focus on your body and your breathing which can aid in mindfulness. This can also be done in regular exercising in the gym, playing a sport, taking a workout class, etc.

4. **Visit the NeuroTraining and Research Center at Wilkes** - The NTRC is free for Wilkes University faculty and students and offers treatments that can help reduce stress and become more mindful.

5. **Use mindfulness/meditation apps on your phone** - Apps like Headspace, The Mindfulness App, and Calm provide information regarding mindfulness, guided meditation sessions, and personalized tracking features.

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DIY TERRA COTTA SNOWMAN

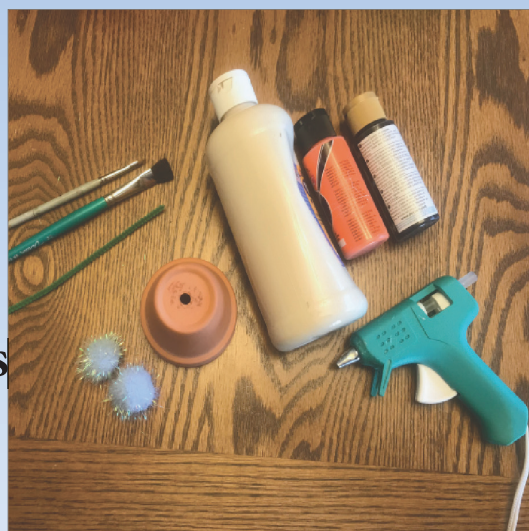
Supplies Needed:

Terra cotta pot
 Black, white and orange paint
 Paint brushes
 One pipe cleaner
 Two pom-poms
 Scissors
 Hot glue gun



Instructions:

1. Paint the terra cotta pot white
2. Once the white paint is dry, use the orange paint to create a carrot nose on your snowman
3. Use the black paint to create the eyes and mouth
4. Cut the pipe cleaner in half
5. Use the hot glue to adhere the pipe cleaner to the terra cotta pot like a headband
6. Use the hot glue to adhere the pom-poms to the ends of the pipe cleaner to create the earmuffs



Jordan Fritz, *Staff Writer*



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MAYOR'S CUP

COLONELS TAKE ON RIVAL MONARCHS

By Kirsten Peters
Co-Sports Editor

EDWARDSVILLE, Pa. -- On Saturday, Wilkes University and King's College faced off in the 23rd annual Mayor's Cup game on the Colonels' home turf at Schmidt Stadium.

Despite the anticipation for a close game, the Monarchs proceeded to trump the Colonels in a blowout of 45-0, dominating the contest and displaying their adversity over the frigid weather conditions.

On a day that began with snow squalls, the Monarchs defended themselves against not only the brisk wind gusts, but also the Colonels' offense. From the moment the Colonels punted the ball, the Monarchs asserted their dominance, scoring in just three plays to take the early lead.

King's quarterback Tommy Klock found receiver Gabe Boccella for a 24-yard completion, setting the tone as numerous Klock-Boccella combinations would ensue over the course of the game. A 14-yard rush from King's Jordan Downes would move the Monarchs inside the Wilkes five, allowing Klock to run four yards into the endzone himself.

Although the Monarchs scored early, Wilkes junior defensive lineman Derek Schneider was able to block Jack Barreras's extra point attempt for King's, keeping the Colonels to only a six-point defeat with 12:14 to go in the first quarter.

After trading punts on the next nine possessions, the Colonels' offense appeared to be rejuvenated to start the second quarter. Junior quarterback Jose Tabora found freshman wide receiver Juan Salas-Negron for a 25-yard completion to advance Wilkes to their own 48 yard line before Tabora had an eight-yard run of his own.

However, their momentum did not last long, as the Monarch defense recorded a 12-yard sack that knocked the Colonels down for the rest of the game. King's standout player Elijah Demosthene recorded his first of three interceptions for the day following the sack.

Although the Colonel defense was trying their best to give their offense a fighting chance by forcing a King's three-and-out after a turnover, Demosthene inserted himself into Colonels game-play again, resulting in

a 15-yard interception and a solid display of Monarch offense that allowed Klock to run the ball in himself for the second time.

As the Colonel offense continued to struggle, Wilkes head coach Jonathan Drach pulled his starting quarterback and put in his second-string man to finish out the half, freshman quarterback Heath Hoovler.

Although the Colonels found themselves close to scoring after the quarterback change, a six yard loss on a rush, incomplete pass and eight yard sack pushed the Colonels back to the King's 36, forcing a punt and leaving the Monarchs ahead 13-0 going into halftime.

After the half, Drach returned to his starting quarterback, but it was to no avail, as Demosthene proved to be one of the Colonels greatest pitfalls. He picked off a Tabora pass for the third time and ran it back for a 95-yard touchdown, adding insult to injury as King's expanded their lead to 28-0.

Drach pulled Tabora once again, but an ankle injury for Hoovler in the fourth quarter caused Drach to revert back to Tabora.

Although the Monarchs had already asserted their dominance, they poured salt on the wound in the fourth quarter, adding 17 points to the scoreboard to demolish the Colonels. A 25-yard field goal, a Downes touchdown and a Myles Shelton touchdown solidified the Colonels crushing 45-0 defeat.

Despite the valiant effort by the Colonel defense, something was off the mark for the Colonel offense, as they struggled throughout the course of the entire game to make it into the endzone, not scoring for the first time in a game all season.

"Coming in as a freshman, I honestly wasn't 100 percent sure what to expect. I knew it was going to be a much different experience than high school," said freshman offensive lineman Brendan Boris. "After the team going defeated last year and the new coaching staff, I knew everyone had an equal opportunity and I'm grateful for getting that opportunity.

"As for wins and loses, I thought we would be competitive with teams, but I knew that this year would be a rebuilding year and we would have to learn from mistakes and the hard way sometimes. Overall, we exceeded my expectations on how the season would go, finishing .500 with a chance at a bowl

game and playing a lot of really good teams."

Tabora finished 12-for-21 for 94 yards, while being sacked four times by the Monarchs overwhelming defense.

Following the Monarchs' victory, the Most Valuable Players from each team were named. On the victorious side, Demosthene was fittingly named the MVP after his stellar performance. For the Colonels, it was senior linebacker Lukas Wood, who posted 11 tackles to lead the Wilkes defensive unit.

Although the game did not go in the Colonels favor, it is not representative of the turn around the Colonels have had this season as a whole when compared to last year's 0-10 record.

This year, Wilkes finished the regular season with a record of 5-5 overall and 4-4 in the conference. This is the first season that the Colonels have attained five wins in regular season play since their 5-5 season in 2012. In the MAC, the Colonels tied five other teams for fourth place.

Under Drach's "New Era of Wilkes Football" mentality, the Colonels were able to do just that - have a defining season that put them on their opponent's radar.

"I think this season was a great step forward for this program that nobody was expecting," said junior wide receiver Derek Nelson. "I'm excited for next season and to see all the potential this team has."

Although they will not advance in the MAC, Wilkes still has an opportunity to play more football this season, as the team awaits to hear the decision on whether or not they will be selected to compete in the Eastern College Athletic Conference (ECAC) bowl.

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A: Senior linebacker Lukas Wood shaking hands with President Leahy before receiving the MVP award for Wilkes University after the game concludes.

B: The Monarchs hoisting the Mayor's Cup trophy into the air with smiles on their faces after winning 45-0.

C: Second-string quarterback Heath Hoovler prepares to catch the ball from the snap after being put into the game at the end of the second quarter.

D: Junior quarterback Jose Tabora being sacked in the second quarter by the Monarchs sound defense before Wilkes head coach Jonathan Drach puts in his second-string freshman quarterback.

E: The Colonels meet in a huddle during an offensive possession with the hopes of making it to the endzone, but their efforts were to no avail.

Photos: The Beacon/Kirsten Peters
Page Design: The Beacon/Madi Hummer





Wilkes University and King's College face off in their 23rd annual Mayor's Cup at Schmidt Stadium on Saturday, Nov. 10.



Opinion

Have an opinion or want to write a guest column? Contact the opinion editor: Savannah.Pinnock@wilkes.edu

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Our Voice

Each week, *The Beacon's* editorial board will take a stance on a current issue.

Why do celebrity drug users find more support?

Why do celebrity drug users find more support?

Drug use is an epidemic worldwide and society has had very different views on celebrity drug users versus local drug users. There is a stigma surrounding local drug users that does not surround celebrity drug users.

According to the United States Department of Health and Human Service, illicit drug use is defined as the "abuse of illegal drugs and/or the misuse of prescription medications or household substances."

When a celebrity is caught doing drugs or dies at the hand of drugs there is an outpouring of support for them. People want to help and support them through their recovery.

On the other hand when a local person is caught doing drugs or dies from drugs there is not much support and instead there is more negative attitude towards them. Why is it that people support celebrity drug users yet chastise local drug users for doing the same?

There are two main points regarding illicit drug use.

According to the National Institutes of Health, illicit drug use in the United States has been increasing. In 2013, an estimated 24.6 million Americans aged 12 or older—9.4 percent of the population—had used an illicit drug in

the past month. This number is up from 8.3 percent in 2002. The increase mostly reflects a recent rise in use of marijuana, the most commonly used illicit drug.

According to the Center for Disease Control and Prevention (CDC): Drug overdoses killed 63,632 Americans in 2016. Nearly two-thirds of these deaths (66%) involved a prescription or illicit opioid.

Overdose deaths have increased in all categories of drugs examined for men and women, people ages 15 and older, all races and ethnicities, and across all levels of urbanization.

Think back to July of this year. Fans of Demi Lovato had just heard the singer was hospitalized of an apparent drug overdose and immediately took to social media with #PrayForDemi.

Some of those tweets were:



@BrantleyMcKayla: @ddlovato we love you and stay strong bbygirl #keepFightingDemi #prayfordemi

@Iamsellynator: They will never stop fighting and they will come back more strongly.

#MentalHealthDay
#PrayForSelena #PrayForDemi

If Demi Lovato walked in with a prescription for a narcotic, she probably

would have been treated differently than a local drug user.

The question is why?

Why is there a stigma surrounding those that are addicted to drugs and why do we support celebrities more than local people that we know that could be friends or family?

One of the positives of the incident was the social media movement #HowDemiHasHelpedMe. Fans took to social media to describe how the singer has helped them personally.

There are numerous people who have lost the battle with addiction who have not received the same support. Sometimes, people losing the battle to addiction just need someone on the side.

Perhaps, we can all be on their side.

Everyone that uses drugs is a son, a daughter, a brother, a sister. We need to respect that.

We need to show compassion. We need to care, particularly for those who need it most, even strangers.

Keep this in mind as we enter the season of giving. Some folks need that extra lift to cross the finish line.

We're not here to hate on anyone's movement, but we writing to remind you not to forget about your own loved ones.



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Is stoicism the key to one's happiness?

By Savannah Pinnock
Opinion Editor

Throughout history the human race has ventured to find the panacea to life's problems. Since the dawn of time, society has sought to attain a life of bliss and success.

However, this success is often determined by societal constructs such as beauty, education, and social status. These social constructs, prejudices, and divisive ideologies have paved the way for a world defined by discontentment, chaos and melancholy.

The underlying psychological forces that promote the previously aforementioned ills of society share one key thing in common, unhappiness.

The nature of this unhappiness however is colored by melancholy. When given a moment of idle time, the mind wanders to questions such as what is the meaning of life?

This is by no means suicidal in nature but just the general thought patterns of many. When given the time, people tend to gravitate towards answering life's big questions. Among these many individuals are people like that of Leo Tolstoy.

Tolstoy was a writer whose writings often dwelled in the existential and were often pessimistic in nature. With this in mind, what is the key to happiness? What philosophical ideology can one practice in order to achieve happiness?

Taking a look at acclaimed philosopher's like that of Aristotle, Plutarch or Seneca, one can find a wide host of different ways of life that may allow one to achieve happiness. In your search you may come across a philosophy in particular that is absolutely contrary to the way in which most people live.

It is so revolutionary and odd it may

even be worth a try, this philosophy is that of Stoicism. Stoicism can be defined as the understanding "that virtue, the highest good, is based on knowledge, and that the wise live in harmony with the divine Reason that governs nature, and are indifferent to the vicissitudes of fortune and to pleasure and pain."

In layman terms, Stoicism is a philosophy that treasures one's ability to live and respond to external stimuli in accordance to reason and rationalism. It asks an individual to not respond from a place of emotion, whether good or bad but in a rational fashion.

With this being said, how might one practice this in their everyday life? It seems simple enough, right?

Well the truth is, in order to effectively practice Stoicism, one must change the way in which they respond to external stimuli. This is the quite challenging component of this practice. To some, the feat may seem easy to accomplish but the truth is that due to the way that humans operate, it may prove difficult to form a new habit.

In fact, according to a study published in the *European Journal of Social Psychology* "on average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact." With this in mind it is clear to see that practicing Stoicism will not be an easy task, it is contrary to how we normal behave.

From youth to old age, regardless of one's geographical location, being in tune with your emotions has often been stressed. On a gender based level, men are encouraged to display aggression and women are encouraged to be emotional on every level.

In many senses, people have been taught to be emotional. Stoicism asks a person to do the opposite.

In fact, according to The School of Life, stoicism was created "to teach people how to be calm and brave in the face of overwhelming anxiety and pain." In other words, it seeks to promote balance and keep practitioners of the philosophy on an even keel.

Therefore, it is important to maintain a state of humility when embarking on this philosophical journey. In attempting to follow this philosophy you may be forced to see the world in a different manner and behave differently.

As creatures of habit, this philosophy can prove to be extremely challenging so proceed with caution and be gentle with yourself. Now, you may be wondering, what concepts rules and practices does Stoicism consist of?

The truth is that there are many facets to this philosophy however, they can all be summed up into one central understanding.

According to Tim Denning writing from Medium.com, Stoicism "is more a meditative practice that allows us to take the negative feelings we experience, and turn them into thoughts that give us peacefulness and perspective on life."

As a result of this, one can practice this philosophy by understanding that we cannot control external situations but we can control what they mean to us.

In other words, Stoicism is asking one to understand that a situation is primarily what one makes of it, it's mental. If you can control your reaction to something, it has less of an affect on you, and subsequently, less power over you. It also stresses that "in good and bad times we have a choice" and encourages introspective thinking.

Stoicism essentially suggests that we hold the power over situations based on how we choose to react to them. A well-known Stoic philosopher by the name of

Epictetus carefully cemented this idea in a deterministic sense by stating "remember that you are an actor in a play determined by the author."

In other words, everything is essentially set in stone and the point is not to try to change things but to be the best you can be.

It is clear to see that Stoicism gives the practitioner the power. It allows one to see that although you cannot control external events, you can control how you perceive them.

Due to this philosophy's ability to transform negative situations into positive ones, is it the panacea to the calamities of life? Is it the key to attaining happiness?

The answer is yes if you're willing to truly practice it however, it is not an exclusive key. In fact, there are many keys to attaining happiness.

Some keys may fit your life and some may not. It is up to the individual to try. So give it a try, this philosophy may change your life for the better.



Graphic By: Savannah Pinnock

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What do you think? Is stoicism the secret to attaining a life of happiness? Follow us and let us know.

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Is the Law of Attraction real or just another New Age idea?

By Jennifer Boch
Staff Writer

From Snapchat stickers to your Instagram feed, messages of positivity embed their way into daily life. But what if I told you that you could use these ideas to gain love, success and happiness?

This is the Law of Attraction, the principle that an individual can bring positive or negative experiences into their life based on the power of their thinking and focus.

Many of us already practice this concept by trying to live positively even in hard times. Its followers believe that once you give your mind and focus over to positivity, the Law of Attraction will enable you to do anything you want.

Although there is no real hard proof in favor of the Law of Attraction, followers of the principle and other New Age ideas live by its validity. The idea even has an official website and almost seven million Facebook followers.

Many celebrities and motivational speakers emphasize these ideas to be valid as well, including Oprah Winfrey, Jim Carrey and Kanye West. In addition,

this past summer's freshman orientation sessions hosted hypnotist and speaker Eric Mina.

To many in the freshman class his performance was an unforgettable highlight of their weekend. Mr. Mina is a strong believer in the power of one's mind and proved this to his audience during his show.

His final message was words of encouragement to be positive - so that positive things will happen. With so much support it seems like there is some truth behind the Law of Attraction.

In some ways the practice of this positivity does seem to work. Positivity has strong links to motivation and work ethic, which are directly related to a person's success. Positivity gives you the push to try, which is always the first step to success.

This is especially true when dealing with schoolwork. If you believe that you are capable of accomplishing an assignment well, you feel more motivated to complete it.

As described by the official Law of Attraction website, positive thoughts will grant you love, financial success

and mental health. However, it might be dangerous to assume the power of your thoughts in these matters, especially when discussing the latter. Mental health cannot be solely given to this New Age idea.

Positivity is definitely a key component to combating ailments such as depression or anxiety. However, some problems go deeper than what the Law of Attraction can decide.

Therefore, an understanding that this principle is not an ultimate solution to problems and success is the best way to approach this idea.

Overall, I think the Law of Attraction is another New Age idea that can be used to help live a more positive life. But nothing is set in the stars.

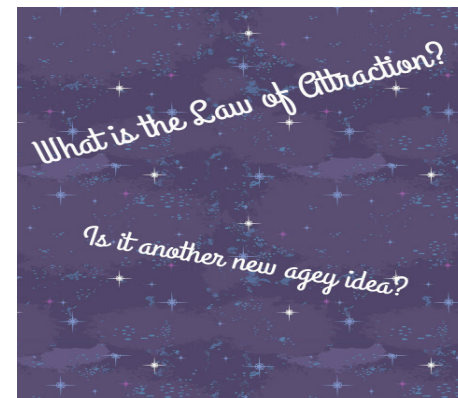
As previously said, positivity is often the first step to greatness. But in all honesty that doesn't always guarantee a good outcome and it certainly doesn't prevent negative things from occurring.

As many college students can attest, no matter how well you think you did on a test or assignment or how many positive vibes you send out, it cannot change the outcome of the grade. Regardless, we should continue to send out those positive

messages for our own sake.

They still serve the purpose of encouraging and bring hope to what might be a bleak situation. With that being said, I do believe that being positive is how you get the most out of your experiences and life.

So, be positive and live life, but know that your thoughts aren't the only thing that decide your experience and fate; that pleasure also comes from the people and



Graphic by Savannah Pinnock



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Building up your self esteem by standing up for yourself

By Tonya Creasy
Staff Writer

Imagine yourself at work with a supervisor who doesn't respect your input. You provide ideas that consistently get shut down. It's almost as if what you're saying doesn't matter. You begin to ask yourself why you're still there.

No one wants to be in a situation where they feel like they don't belong. The best thing you can do for yourself in those situations is to stand up for yourself. If you don't, then you'll be stuck being unhappy.

Not standing up for yourself and allowing others to walk all over you can make a negative impact on your self-esteem.

"Standing up for yourself helps you feel empowered and getting positive results can help build your self-esteem in a positive way. If you don't, then it will make you feel weak, it disempowers you," according to Karen Amesbury, a psychology professor at Luzerne County Community College.

You need to speak up and do what you're comfortable with doing. There is nothing wrong with being assertive. It's not being selfish, it's just having respect for yourself.

It can be more difficult for those of us

who are shy and timid to feel comfortable being assertive. It's not easy standing up for yourself when you fear rejection or are afraid of hurting someone else's feelings. It's important to remember that everyone has their own needs. Fortunately, assertive behaviors can be taught, practiced, and learned.

There are several ways to be assertive according to an article in gradPSYCH magazine.

Reverse the roles. Put yourself in the other person's shoes. Consider what is best for the situation and make your point known, regardless of who is in charge. When you show initiative, you're proving you know what you're talking about and providing reasons as to why one should listen.

Be specific. Make sure you get your point across clearly. Include details in your request to avoid confusion.

Develop an inner monologue. Prepare yourself beforehand. Preparation is one thing, but getting yourself into the right mindset is key.

Learn how to say no. Putting your foot down is important to help yourself avoid being taken advantage of.

Don't take things personally. Instead of letting other people's opinions affect you negatively, learn to find the positive in the situation.

Remember to keep your cool. If you allow your anger to take over, it will only create more problems. People say things out of anger that they don't mean, however, they can never take those words back. Instead of getting what they want, the end result may be more negative.

Being assertive can help not only build up your self-esteem, but it can help a person communicate more effectively. Having good communication is a very important skill to acquire.

"Standing up for yourself might be able to cause other people to have more respect for you. If they see you standing up and valuing yourself then they might value you as well," according to Amesbury.

Stand up for what you believe in and fight for what you believe you deserve.

By standing up for yourself, you may also be standing up for other people as well. If you see someone getting bullied and you stand up to the bully for that person, you're affecting everyone in that situation.

You'll feel great for helping someone and

that person you've helped would feel better knowing they had some type of support. It can also inspire them to stand up for themselves.

Not only can you make it a better environment for yourself but you can make it a better place for others around you.

Stand up for yourself. If you don't, then who will?



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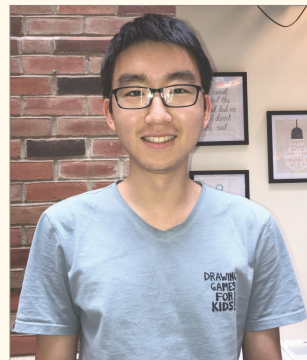
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Meet the Majors

This week's major: Computer Science

Interviews and Photos by
Savannah Pinnock
Opinion Editor

Every week, The Beacon will offer a chance for majors to be placed in the spotlight. Each student that gets chosen will have a few words to express why they chose the major and how they feel it will benefit them in the future.



Simon Chu
Junior

Simon was inspired to pick his major because he “thought it would be a lot of fun and it opens up a world of possibility. It’s challenging and you solve problems and the solutions can potentially affect people’s lives.” In the future he hopes to get into app development and maybe get his PhD. He believes his major will allow him to have this logic of thinking which will allow him to challenge his self.



Dean Straight
Freshman

Dean was inspired to pick his major because “I grew up with computers and it’s something’s I’ve always been into.” He believes his major will allow him to run his own buisness one day. In the future, “I think it will keep me up with the way technology evolves and I’ll be able to work with any technology as the years pass.”



Jason Percival
Senior

Jason was inspired to pick his major because he “grew up around computers and my father fixes computers but I’m into the software side of it.” He believes his major will allow him to keep “up with the times because technology’s constantly evolving with the changing times.”

Thank You, Next! one of the best diss tracks yet?

By Zarqua Ansari
Staff Writer

Breakups are a hard thing to go through. On one hand, you're glad you're not with someone who no longer wants to be with you, but on the other memories of the past keep taking over your thoughts.

Everyone deals with it differently. Some people are upset for months, some for days and occasionally some stew in it for a few hours before cracking open a bottle of wine and making a decision.

Whatever the case is, breakups are difficult to handle. Now imagine doing it under public scrutiny. That's precisely what Ariana Grande had to suffer through. Ariana was in a short-lived fast relationship with SNL star Pete Davidson.

She got engaged a short while after the relationship started. For this, she received immense scrutiny from the media. Not only did she have to break off a relationship that people said she moved too fast with, but she had to call off an engagement.

In light of recent events with her ex, Mac Miller and his suspected suicide, Ariana not only had to cope with losing someone

she loved for nearly two years, but also handle the backlash from millions of fans for his death.

Ariana tackled her frustrations through the best way she knows: song. Ariana's song thank u, next is a breakup anthem.

Having a sassy and quirky title, you would expect the song to be angry and sarcastic. Instead, the song is, "no drags.... no shade..... jus love, gratitude, acceptance, honesty, forgiveness ... and growth."

With its use of lo-fi hip hop beats as a background the mood of the song is clearly conveyed. The song is a relaxed and genuine thanks to each of Ariana's past loves. There is no nasty remarks or vicious attacks at any of her exes.

This song brings to light that even if you no longer love the person, they aren't a monster. If you once saw good in them, the good still resides. Combined with the relaxed music and her powerful voice layered over itself, Ariana lets listeners enjoy a wholesome song.

Ariana channels the power of moving on in her song. She talks about each of her exes and how she is grateful in some way for all of them. She cites them as teaching

her love, patience and pain.

Ariana even teases that she's gotten together with someone else in the song. This is a perfect leeway into the song's other theme.

Loving yourself is always more important than being loved by someone else. Having confidence in one's own self-image carries a longer way than the love and support of others may.

Just the same as one standing up for themselves, loving oneself allows for others to do the same. Needing another person's love shows dependency, one thing that Ariana has proudly displayed she does not need.

Ariana tries to convey that one should forgive themselves for things they feel they've done wrong and not let other people dictate how they feel.

Her feelings and experience with Pete were heavily criticized. When she ended a two year long relationship with Malcolm, who is widely known as Mac, people felt outraged.

However, Ariana embraces that she doesn't have to apologize to anyone for how

she feels. She does what many people don't have the courage or strength to do; she becomes the curator of her own feelings.

Much of this song's lessons can be applied to everyday life as well. The hope is that with Ariana Grande's smash hit there will be a wave of people learning lessons from their past and learning to be kind, forgiving and full of love.



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The Essex ravers are here to beat your head in

RHYTHM REWIND
with Parker Dorsey

By Parker Dorsey
Asst. Opinion Editor

The Prodigy, one of the most iconic EDM acts of the past 30 years, just released their brand new seventh album, *No Tourists*. It peaked at number one on the UK Official Albums Chart Top 100.

The English group consists of multi-instrumentalist Liam Howlett, vocalist Keith Flint and MC Maxim. *No Tourists*, much like their previous record, *The Day Is My Enemy*, is a testament to their consistently solid career.

No Tourists was written, produced and mixed over the last year by Howlett in his studio in London's Kings Cross. While Howlett is almost always the principal songwriter, Flint and Maxim's vocal abilities and contributions are present throughout the entire album.

This album sounds like a mishmash

of their previous outings, but especially *The Fat of the Land*. While the Prodigy have never tinkered too much with their sound, Howlett noted that *No Tourists* draws on the best elements of the band. An element of almost every album they have released has appeared in some form here.

EDM is like looking at a classical orchestra and taking out all the individual instruments and replacing them with beats and synths.

It is a composition in the digital age. That is exactly what the Prodigy do – bringing their over-the-top, riotous sound to audiences around the world.

The Prodigy's music has always centralized around crushing beats and layered, shouted vocals. The layers upon layers of roaring synths, shattering beats and black hole-esque bass drops on tracks such as "Need Some1" or "Timebomb Zone" can be too much for the ears of mere mortals to handle.

With regard to *No Tourists*, Howlett said, "This album is as equally

aggressive as the last records – but in a different way. [The new songs] are built to play live. That's the one thing that brings everything together. I couldn't write this music unless it has that outlet on stage. That helps write the music. This is what I do it for: the live thing. And until we feel like we can't do it, or the buzz goes, we won't stop."

This is the perfect album for live performances and to dance to. However, good luck dancing to some of these songs. Songs like "Light Up the Sky" and "We Live Forever" have frantic tempos, and the monstrous bass drops create tremors that reach the Earth's core. If heavy metal were a synth album, this would be it.

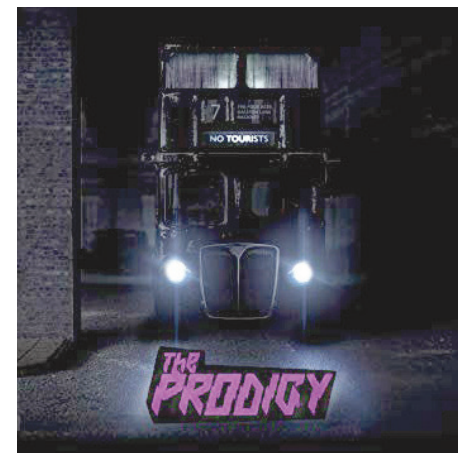
"To us, *No Tourists* is ultimately about escapism and the want and need to be derailed. Don't be a tourist – there is always more danger and excitement to be found if you stray from the set path," said Howlett.

This is yet another fantastic cog in the Prodigy wheel that keeps on turning. Howlett and company haven't

reinvented said wheel, but they don't need to. *No Tourists* has just enough originality, as well as inspiration from previous work, to sound fresh whilst remaining consistent with the rest of their discography.

It's a good listen. If you do give it a spin, make sure to learn how to dance.

Parker's Picks: "Light Up the Sky," "Champions of London," "We Live Forever," "Need Some1"



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Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editors: Benjamin.Mandell@wilkes.edu or Kirsten.Peters@wilkes.edu

MIH: Wilkes home opener

By Tyler Aldinger
Staff Writer

WILKES-BARRE, Pa. -- The Toyota Sportsplex was filled up Friday night to see the Wilkes University men's ice hockey team play at home for the first time. The Colonels picked up multiple firsts for their program, as they beat Stevenson 4-2 for their first home win and MAC & UCHC conference win.

The Colonels wasted no time creating opportunities off the opening faceoff, Michael Gurska got things started for the Colonels but was unable to find the back of the net.

Stevenson was able to gain some momentum back after the initial surge from the Colonels.

Colonel netminder Brandon Gordon denied Stevenson's Aaron Murray on their first shot which looked to be marked for the back for the net.

With just under fourteen minutes in the first period, persistence paid off as Tyler Barrow was able to give Wilkes the lead in the first period.

"It was a faceoff on the left side, I won it back to Wade Novak and he came around the back of the net and tried to stuff it in," Barrow said. "I came around the top, there was a bunch of traffic around net and I came around the top and just let one rip on net."

Shortly after the Colonels first goal, Stevenson went on the power play but was unable to capitalize.

Both Stevenson and the Wilkes had several opportunities as both teams were battling back and forth on both ends of the ice.

Stevenson went on the penalty kill once again and fended off the Colonels power play.

Shortly after the Colonel's power play was over, the Mustang's Carl Lyden got the puck past Gordon, tying the game 1-1.

The Colonels responded with sustained offensive pressure against Stevenson. Wilkes had five shots in just a matter of minutes.

Finally, the Colonels attack became too much for the Mustangs and Donald Flynn put the Colonels back into the lead, 2-1.

"It started in the defensive zone, we got the puck out really well, it was a quick three on two rush and I was able to throw it over

to Nick Fea and he was able to find me on the back door," Flynn said. "It was all Fea on that, I was just going to the net with my stick down. It was a good team goal and a good line goal."

Wilkes wasted no time taking advantage of the Stevenson defense as Jivan Sidhu found the back of the net seconds after Flynn's goal, extending the lead for the Colonels 3-1.

The Colonels carried this 3-1 lead into the first intermission.

The physicality ramped up in the second and third period, as both teams went on and off the power play and penalty kill.

None of these chances for both teams turned into goals.

After the second period, the Colonels still led Stevenson 3-1.

The third period saw most of the same back and forth action.

The Colonels seemingly had the game won going into the later stages of the third period, but Stevenson did not go away easy.

With time winding down in the third period, Stevenson pulled their goalie and brought on an extra attacker.

This proved to be effective for the Mustangs, as time was expiring, Christian Ripley was able to get the puck by goalie Gordon, cutting the Stevenson deficit 3-2.

The Stevenson net remained empty on the ensuing face-off as the still trailed, and the Colonels were able to get the puck into the empty net.

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MIH: Colonels keep rolling

By Tyler Aldinger
Staff Writer

WILKES-BARRE, Pa. -- A wild Saturday night at the Toyota Sportsplex did not fail to entertain fans as the Wilkes University men's ice hockey team picked up their third victory on the season, beating Chatham University 8-4. Nick Fea got the Colonels first hat trick of the season, contributing to the eight goals the Colonels scored.

Andrew Breda won the opening face-off for Chatham, but the Colonels quickly took over possession.

There were several opportunities for the Colonels to score once they gained possession, but none of the shots taken by Tyson Araujo and Paul Cimilluca were able to find the back of the net.

Wilkes remained persistent in the Chatham

eventually leading to another goal, giving Chatham a 2-1 lead.

Wilkes turned up the heat in the last five minutes of the first period, and Dylan Kuipers was able to tie the game at 2-2.

Less than a minute later, Chatham found themselves shorthanded once again with just under four minutes remaining in the first period.

The Colonel powerplay proved to be effective, as Tyler Barrow gave the Colonels the 3-2 lead.

Chatham responded with Chris Lutz scoring to even the game up at 3-3 with three and a half minutes remaining in the first period.

The first-period looked to stay tied going into the second period until Donald Flynn found the back of the net on a power play with seconds to left in the first period.

The ensuing face-off brought the physicality to another level, as Chad Bell of Chatham was called for a cross-check.

Bell was not the only player penalized as Devon Schell was also called for an embellishment penalty.

The second period saw a lot of back and forth action for the first five minutes.

Araujo started a three-goal run for the Wilkes, extending their lead to 5-3.

With just under ten minutes remaining in the second period, Fea found the back of the net for the second time, making the score 6-3.

Less than a minute later, Derek Schrank for Chatham was called for a tripping penalty, and Donald Flynn proved it to be costly as he buried the puck, giving the Colonels a four-goal lead, 7-3.

With less than two minutes remaining in the second period, Clay Plyler was able to cut the Chatham deficit to 7-4.

Going into the third period, the Colonels held a 7-4 lead.

Michael Gurska said the Colonels heard from their coach Brett Riley during the intermission.

"Coach came in and made sure we were all staying on an even keel, one of the things he stressed the past couple weeks is not being too high or not being too low, so we want to make sure we're being hard on the puck all the time and play the game like it's 0-0 at all moments," said Gurska.

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The Beacon/Kirsten Peters

Freshman forward Donald Flynn scores the second goal against Stevenson on Friday night to put the Colonels ahead 2-1.

zone and finally Fea tallied his first goal just three minutes into the game, giving the Colonels the 1-0 lead.

Shortly after the Colonels goal, Araujo was given a penalty for slashing.

Chatham took advantage of the penalty, and Cory King snuck the puck past the Colonels goalie Liam Murray, leveling the score 1-1.

Both teams battled back and forth for the next several minutes, but the Colonels allowed Chatham to keep the puck in their own zone,

Heisman picks

By Benjamin Mandell
Co-Sports Editor

College football is winding down and players are making their Heisman cases

After replacing Jalen Hurts in last year's championship game, Tua Tagovailoa has made Alabama's offense nearly unstoppable, throwing for almost as many touchdowns as incompletions. The Crimson Tide Quarterback has been a favorite for the award all season.

Oklahoma's Kyler Murray made headlines in the summer when he was selected during the MLB entry draft. Now, he's making headlines for leading one of the best offenses in the history of college football statistically.

Dwayne Haskins has lead the Ohio State Buckeyes to a chance at a BIG10 title and a playoff berth. Haskins has played better opponents than most quarterbacks in the country, and a date with #4 Michigan looms.

Beacon Picks

Luke Modrovsky- Tua Tagovailoa

Ben Mandell- Dwayne Haskins

Tyler Aldinger- Tua Tagovailoa

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WILKES, from page 19

Tyson Araujo got the puck into the back of the net, putting the Colonels up 4-2 with just a few seconds remaining.

Time expired and the Colonels got their first ever home victory, and coach Riley could not have been happier.

"This win means a lot to the program as a whole, to have the school here, for President Leahy to our athletic director and associate athletic director, coaches, sports teams, the band... it means everything to all of us, for everyone who's helped build this program, we couldn't be more appreciative and that wins for them," said Riley.



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The Beacon/Kirsten Peters

Freshman Nick Fea completes a hat trick on Saturday against Chatham in the Colonels 8-4 victory.

The happiness of the players coming off the ice after the game said a lot in regards to the team getting their first win at home and what it means to them.

"It sets the tone for the rest of our program, obviously being a first-year team and getting a win on the first opening night is big and not only for us but for the whole school... a lot of pride in this building tonight it was big to get the W for them," said Flynn.

With this win, the Colonels improve to 2-2 on the season, and 1-1 in conference play.

COLONELS, from page 19

The third period continued to move back forth like the rest of the game, both goalies making tremendous saves, preventing the puck from finding its way across the red line.

Murray made 32 saves for Wilkes but stayed humble for the players around him.

"I would say thank you to my defense and thank you to my forwards for throwing themselves in front of pucks, and I couldn't have done it without them," said Murray.

The only goal came late in the third period and was an empty net goal, as Chatham pulled their goalie in the last effort to attempt to come back, but Fea had other intentions as he glided the puck into the empty net, putting the Colonels up 8-4.


Fea got the hat trick for the Colonels and finished off an exciting night of hockey with his empty-net goal.

The Colonels not only improved their season record but improved in other important parts of the game, like their penalty kill.

"That's an area we've struggled as of late, we're playing a team that had the best power play in the country coming in and we responded tonight and did what we had to do," said assistant coach Tyler Hynes.

Wilkes improved to an overall 3-2 record, 2-1 in UCHC conference play, so far this season with their second win on home ice.

The Colonels get a short break before returning to action Friday, November 16th against cross-town rival, King's College.

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Fall Sports Schedules

Cross Country (Men's and Women's)

8/31 @ Misericordia Invitational
Men's 5th, Women's 4th
9/8 @ Stevenson Invitational
Men's 5th, Women's 8th
9/15 @ Cougar Classic
Men's 4th, Women's 4th
9/29 @ Mount Saint Mary
Men's 4th, Women's 5th
10/6 @ Desales Invitational
Men's 15th, Women's 13th
10/13 @ Inter-Regional Border Battle
Men's 41st, Women's 38th
10/19 @ LVC Last Chance Run Fast
Men's 7th
10/27 MAC Championships
Men's 9th, Women's 11th
11/10 NCAA Mideast Regional
(DeSales)

Women's Volleyball

8/31 @ PSU-Hazleton, W 3-0
9/1 @ Clarks Summit, W 3-0
9/1 @ Lycoming, L 3-0
9/1 @ Penn College, W 3-0
9/4 @ PSU-Brandywine, W 3-0
9/6 vs. Lancaster Bible, L 3-1
9/8 @ PSU-Harrisburg, W 3-1
9/8 @ Shenandoah, W 3-2
*9/12 vs. Manhattanville, L 3-2
9/15 vs. Caim, W 3-0
9/15 vs. Wesley, W 3-1
*9/18 @ FDU-Florham, L 3-1
9/20 vs. Clarks Summit, W 3-0
9/22 @ Brooklyn College, W 3-0
9/22 @ Rutgers-Camden, W 3-1
*9/26 vs. Delaware Valley, W 3-0
9/28 @ RIT, L 3-1

9/29 @ Morrisville State, L 3-1
9/29 @ SUNY Cortland, L 3-0
*10/2 @ Eastern, L 3-0
10/4 @ PSU-Berks, W 3-2
10/6 vs. New Jersey City, W 3-1
10/6 vs. PSU-Altoona, W 3-0
10/8 @ Keystone, W 3-1
*10/10 vs. King's, L 3-1
*10/16 @ DeSales, L 3-0
10/18 vs. Bryn Athyn, W 3-0
*10/24 @ Misericordia, L 3-0
10/27 vs. Marywood, L 3-0
10/27 vs. Rutgers-Camden, W 3-1
e-11/7 vs. PSU-Behrend, L 3-0
*MAC Freedom
Home matches @ Marts Center

Field Hockey

x-8/31 @ Susquehanna, L 3-1
x-9/1 vs. Kean, W 1-0
9/5 @ Keystone, W 3-0
9/8 vs. Widener, L 5-4 (SO)
9/13 vs. Cedar Crest, W 3-1
9/15 @ Alvernia, L 2-0
9/19 @ Moravian, W 3-2
*9/22 vs. Eastern, W 6-3
9/25 vs. U. of Scranton, L 3-1
*9/29 @ Manhattanville, W 3-2
10/3 @ Elizabethtown, L 2-1
*10/5 @ FDU-Florham, L 1-0 (OT)
10/8 vs. Arcadia, L 5-3
*10/12 @ Delaware Valley, W 4-1
*10/18 vs. King's, W 5-3
*10/20 @ DeSales, L 3-1
*10/24 @ Misericordia L 4-1
**10/31 @ DeSales, L 3-2
*MAC Freedom
**MAC Freedom Playoffs
x-Connie Harnum Classic



Beacon Vault: Colonels own all-time cross-town rivalry

Editor's note: This article appeared in the Nov. 23, 1949 issue of The Beacon (Vol. 3, Issue 10). The Beacon has quite the storied past. The Beacon has enjoyed many years of success, publishing continuously since 1936. The newspaper began as The Bison Stampede from 1934 until 1936 before changing names to The Beacon. Each week, we'll take a peek in the archives, looking back at historic points. Curious to see more online? Check out www.beaconarchives.wilkes.edu to dig through a Wilkes University treasure.

By George Brody
Co-Sports Editor

They rang down the curtain in a blaze of glory . . . Those superb Colonels whose deeds surpass words. They will always be remembered as a team who wasn't just content to win, but were out to play football for all it was worth. That is the brand of greatness.

47-7. I rode to the game with a student from King's, who in all seriousness, told me why the game was going to be close and could go either way. Imagine, he almost convinced me.

For the benefit of the Bloomsburg students who insist that Wilkes caught them when they weren't ready! Wilkes took King's by more than double the score that the Huskies did.

What's in a comparative score? King's beat the National Aggies by six points. Wilkes beat the Aggies by six points more than they beat King's.

Take your hats off to Wyoming Seminary! Seldom do relations exist as between them and Wilkes College. Since the season began, the Blue Knights and the Colonels have been scrimmaging against each other. It served two purposes: It cut down the chance of injury within a squad by one-half, and secondly, it gave each team a chance to work against the best the other had. Result? Both Wilkes and Sem had exceptionally good seasons. So when congratulating the Colonels on a fine season,



reserve a little for Wyoming Sem. . .

...It was our contention from long ago that King's would enter the game inspired, and that how close the game would be, would depend on how the early breaks went. We said that if Wilkes got one good break early in the game, King's would be demoralized. Well, it happened, and the question of a close game dissipated.

Florky set the tone when, on the game's second play, he intercepted a pass and scooted 55 yards to paydirt. That was the beginning of what we thought was Florky's game of the year. Think back... he was good for nine or more yards almost every time he carried the ball.

No game ever saw so many players play their best game of the year. Olie Thomas was one of those. His running of interference was the best that we have seen of him this year. Especially good was his down field blocking. Olie really came through in fine style.

Perfection: The set-up on Gus Castle's 60-yard TD scamper. To start with, you could hear Pinky all the way across the field yell, "Follow me, Gus!" With that he cut down the defensive line backer, and Gus turned the end for his downfield jaunt. At that point, Olie

This week, we look back to 1949 when Wilkes football defeated King's for the fourth consecutive year. It would take King's until 1951 to secure its first victory against Wilkes, on its sixth try that is. Look at this as a friendly reminder that Wilkes still holds a 21-11 lead all time against the Monarchs, as well as a 14-9 advantage in Mayor's Cup games. Let it be known it also took King's five tries to win a Mayor's Cup too. It will forever be WILKES-Barre.

-Complied by Luke Modrovsky, Editor-in-Chief

Thomas and Feeney came across the field just as the defensive halfback and safety man were converging on little Gus. As though shot from a gun, Feeney and Thomas cut the two defenders down like efficient lawn mowers working over a blade of grass. Gus just sailed after that.

Still on the subject of best games: Al Molash was deadly. His tackling was tooth-shaking and body-jarring. He bowled his blockers like ten pins when he blocked that first punt. He was never so sharp or so fast.

And little Pinky. Somehow we never thought he was very fast. Now we take it back. That rugged little fellow can run with the best.

Then, too, he called the best game of his career against King's. He was up for this one, that's all.

Big Walt Hendershot at last showed all he really had. He was a menace. He tore the King's line to shreds and was in on 50 percent of the tackles. Maybe he didn't make them all, but he certainly had a hand in a good many. He got the jump on his opponent early in the game and he kept it. Made the poor boy eat dirt sometimes.

But then there was Gorgas and Knapich.

The ease with which they tore up the Monarchs line would have been humorous if the game weren't the serious traditional game that it was. It seemed as though, for those two, it was a mere matter of walking over the center and sitting on the defenseless, puzzled quarterback. Knapich got his usual blocked punt, and Gorgas on one occasion took a lateral pass right out of the quarterback's hand. Their's was a brilliant game.

Well, that winds up the 1949 football campaign. The season was full of highlights, and there were few moments when the Colonels weren't shining. Of course, its proudest feature was its fourth straight victory over King's. It left a high mark for future teams to shoot at, and it left a King's College determined that their year was coming. The future Colonels will have this to remember. Theirs is a great task to take up the slack and maintain the standard set by the departing Colonels.

The future seasons with new names and new faces will present an interesting spectacle. No matter how good they are, people will always wonder if they're as good as the '49 aggregation. Well, the job is theirs. Good luck to them, and GOOD BYE, SENIOR COLONELS!



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Fall Sports Schedules

Women's Soccer

8/31 @ PSU-Berks, CANCELLED
9/5 @ Ithaca, L 1-0
9/8 vs. Marywood, W 3-2
9/12 @ William Paterson, W 1-0
9/15 @ Bard, L 3-1
9/19 vs. Susquehanna, L 2-1
9/22 @ #14 Arcadia T 2-2
9/25 @ U. of Scranton, L 2-0
*9/29 vs. Delaware Valley, W 1-0
10/3 vs. Kean, W 1-0
*10/6 vs. DeSales, W 2-1
*10/10 @ King's, W 2-0
*10/13 @ Eastern, W 5-0
*10/16 vs. #12 Misericordia, L 3-0
*10/20 vs. Manhattanville, W 6-0
10/23 vs. Oneonta, T 1-1
*10/26 @ FDU-Florham, L 2-1
**10/31 vs. DeSales, W 2-1
**11/3 @ #9 Misericordia, L 2-1
e-11/10 vs. Mount Saint Mary (@Springfield), W 2-0
e-11/11 vs. Springfield, W 1-0
e-11/17 vs. Albright
*MAC Freedom
**MAC Freedom Playoffs
e-ECAC Championship
Home games @ Schmidt Stadium

Football

9/1 vs. Hartwick, L 28-24
9/8 @ Lebanon Valley, W 30-27
*9/15 @ Delaware Valley, L 21-10
*9/22 vs. Misericordia, L 47-45
*9/29 @ Alvernia, W 34-14
*x-10/6 vs. Albright, W 47-43
*10/12 @ FDU-Florham, W 31-16
*10/20 @ Stevenson, L 33-21
*10/27 vs. Lycoming, W 14-7
*y-11/10 vs. King's, L 45-0
*MAC
x-Homecoming
y-Mayor's Cup
Home games @ Schmidt Stadium

Men's Soccer

8/31 @ PSU-Berks, T 1-1
9/3 @ Marywood, W 2-0
9/8 vs. Moravian, L 4-1
9/12 vs. Clarks Summit, W 4-0
9/15 @ Keystone, L 2-1 (OT)
9/19 @ Susquehanna, W 1-0
9/22 @ Stevenson, L 2-1
9/26 vs. U. of Scranton, W 3-1
*9/29 vs. Delaware Valley, W 3-1
10/3 @ Lancaster Bible, W 1-0 (OT)
*10/6 vs. DeSales, L 3-1
*10/9 @ King's, W 2-1
*10/13 @ Eastern, L 5-1
*10/17 vs. Misericordia, L 3-1
*10/20 vs. Manhattanville, L 3-1
10/24 @ Penn College, L 1-0
*10/27 @ FDU-Florham, W 4-3
e-11/10 vs. Grove City (@ Drew), L 3-0
*MAC Freedom
e-ECAC Championship
Home games @ Schmidt Stadium



Getting to know...

Nicholas Racanelli

Senior Wrestler

The Beacon: Male Athlete of the Week Nov. 2 - Nov. 12

Why Nicholas Racanelli was selected: Racanelli was named the MAC Wrestler of the Week after placing as the runner-up in the 165-lb. weight class at the Ned McGinley Invitational hosted by King's College.

Name: Nicholas Racanelli

Year: Fifth-year Senior

Major: Biology & Spanish

Hometown: West Creek, NJ

High School: Southern Regional HS

Position: 165 lb. weight class

Driving force for your decision to come to Wilkes?

I wanted to continue wrestling as well as receive a great education. Wilkes allowed me to do both.

Post-graduation plans in terms of a career?

After graduating, I plan to attend medical school and then practice dermatology.

What came first? The chicken or the egg?

The chegg.

Favorite building on campus?

Marts Center.

Coke or Pepsi?

I'd crack open a dewski over both.

Favorite professor(s)?

Dr. Steele and Dr. Bianco.

Hopes for this season as a Colonel?

To reach 100 career wins and win a national title.

When/Why did you first begin playing?

I started in the second grade because my oldest brother was a wrestler before me.

Favorite thing to do during practice?

Slam people.

If you had to choose one thing about your program that you could improve, what would it be?

Nothing, the program I follow has led me to Nationals two times.

Other interests or hobbies off of the field?

Competitive eating and Fortnite.

Favorite meal to eat on campus?

They're not on campus, but definitely Angelo's or Gerry's pizza.

Most influential person in your life?

Can't name just one ... family, friends and coaches.

If you could have dinner with a famous person from the past, who would it be?

Robin Williams.

A quote you live your life by?

A quote I live my life by is, "When the going gets tough, the tough gets going."

What does "Be Colonel" mean to you?

To me, "Be Colonel" means to represent Wilkes in a positive manner, on and off the mat.

Anyone to give a shout-out to?

Wilkes student-athletes.

-Compiled by Kirsten Peters, Co-Sports Editor

Editor's note: Athlete of the Week selections are determined by the sports staff each week. At the end of the academic year, we will post a reader poll on Twitter @WilkesBeacon to crown an "Athlete of the Year."

The Beacon/Nicole Gaetani

Getting to know...

Nicolette Towlen

Senior Soccer Player

The Beacon: Female Athlete of the Week Nov. 2 - Nov. 12

Why Nicolette Towlen was selected: After falling in the MAC Freedom championship game against Misericordia, Towlen scored the game-winning goal in their 1-0 ECAC semifinal victory over Springfield College.

Name: Nicolette Towlen

Year: Senior

Major: Psychology

Minor: Sports Management &
Sports Psychology

Hometown: Ewing, NJ

High School: Ewing HS

Position: Forward

If you had to choose one thing about your program that you could improve, what would it be?

I don't think I would change anything.

Other interests or hobbies off of the field?

Not really, just soccer.

Driving force for your decision to come to Wilkes?

Definitely the soccer team. I loved the culture and their team chemistry.

Favorite professor?

Dr. Bohlander

Favorite meal to eat on campus?

Southwest Chicken Wrap from the POD.

Post graduation plans in terms of a career?

I hope to work as a sports psychologist.

Most influential person in your life?

My mom.

What came first? The chicken or the egg?

The chicken.

If you could have dinner with a famous person from the past, who would it be?

Mia Hamm.

Favorite building on campus?

UCOM, mostly because of Starbucks.

A quote you live your life by?

"Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back ... play for her."
-Mia Hamm

Coke or Pepsi?

Coke.

Hopes for this season as a Colonel?

Our season is unfortunately coming to a close, but our goal was to make it to the MAC championship, and we accomplished that. Now, we are working towards an ECAC championship.

What does "Be Colonel" mean to you?

Have pride in everything you do - know that you are a representation of Wilkes University.

When/Why did you first begin playing?

When I was five, my parents signed me up for rec and I've loved it ever since.

Anyone to give a shout-out to?

My team - love you guys!

-Compiled by Kirsten Peters, Co-Sports Editor

Favorite thing to do during practice?

Just being around my friends and have fun.

Editor's note: Athlete of the Week selections are determined by the sports staff each week. At the end of the academic year, we will post a reader poll on Twitter @WilkesBeacon to crown an "Athlete of the Year."

The Beacon/Nicole Gaetani



Alumnae Gigliello & Saracino inducted into Hall of Fame

By Kirsten Peters
Co-Sports Editor

This past August, two Wilkes alumna, Lisa Gigliello and Doris Saracino, were inducted into the Luzerne County Sports Hall of Fame. With the unveiling of the Hall of Fame's new display case, the memorabilia from these alumnae is now open to the public in the Wilkes-Barre Scranton International Airport.

Through athletics, these alumnae proved themselves to be influential on various platforms, leaving an imprint on the community that deserves recognition.

According to the Jim Martin, the president of the Luzerne County Sports Hall of Fame, "It's all about what sports provides the community. We want to welcome the past, represent what is significant now and include what is making noise in the future."

The Luzerne County/John Louis Pople Chapter Sports Hall of Fame is a community-based organization that strives to be a servant leader, promote events and donate to worthwhile causes. In doing so, they choose to recognize individuals who have become accomplished in any sport, how these individuals have grown and how they've contributed to their community.

Since its inception in 1985, the Luzerne County Sports Hall of Fame has inducted 654 individuals from various walks of sports history, representing five counties in Pennsylvania.

This year, eight women and seven men were inducted into the Sports Hall of Fame.

"The Hall of Fame has been male specific and we're working hard towards representing a larger population of women," said Martin. "We're trying to level the playing field."

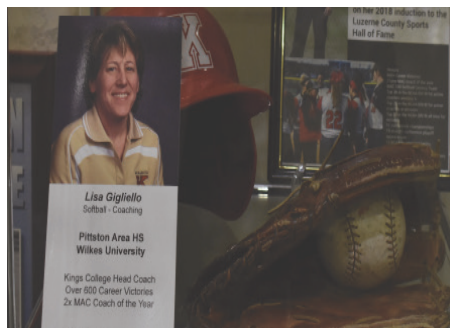
Among these individuals is the recent addition of two Wilkes alumna, Lisa Gigliello and Doris Saracino.

As for Gigliello, her presence on the softball field has been prevalent since her time at Wilkes. She was a two-time Middle Atlantic Conference (MAC) All-Star, won the Senior Student-Athlete award and was inducted into the Wilkes University Athletic Hall of Fame. During her collegiate career, Wilkes won the MAC title and was ranked tenth in the nation, resulting in Gigliello being named to the MAC 100 Softball Century Team.

At Wilkes, Gigliello earned a degree in electrical engineering, physics and an MBA, allowing her to be recognized as a top student-athlete in MAC history.

"It's always nice to be recognized," Gigliello said. "But it's also a reflection of all the people I've played with and for, not just of myself."

Although Gigliello's presence on the field



Lisa Gigliello and Doris Saracino's displays located at the Wilkes-Barre Scranton International Airport.

was impressive during her playing career, her time coaching in the third-base box has only enhanced her stat sheet.

At King's College, Gigliello is entering her 26th season as the head softball coach, where she has acquired the most wins in the school's history with a record of 621-322-2. Not only has Gigliello built one of the top softball programs in the region, but her program has been recognized on the NCAA Division III level, ranking her in the top 30 for both wins and winning percentage.

She has 19 consecutive playoff tournament berths, holding the longest and unmatched record in the MAC. She has led her team to 10 MAC championships, 11 NCAA tournaments and one ECAC.

However, perhaps what is more notable is the number of awards she has been able to acquire for her players, with 145 MAC All-Academic nods, 127 MAC All-Star honors and 51 Regional All-American honors.

"I'm fortunate to coach great people, not just great athletes or student-athletes," said Gigliello, reflecting on the accolades of her players.

Although Gigliello has had a successful career, both on and off the field, she notes that her recent induction is bigger than herself, indicating that what she passes on to her players is crucial to her.

"Hopefully, some of them will want to coach and share the benefits of sports that takes place by being on a team that you wouldn't get to experience otherwise," Gigliello said.

Of these experiences, Gigliello highlights the life-long friendships that are created as a result of the dynamic on the field.

"We're in NEPA - it's cold. Just thinking about the 20 other people willing to be out there with you in that nasty weather, working towards that one sunny day when you actually get to play can be all it takes," Gigliello remarked.

From Little League to her time at Wilkes,



The Beacon/Kirsten Peters

Gigliello notes that the individuals she has played with have become apart of her life, portraying the significance of sports.

Although Gigliello has an impressive repertoire, her accolades cannot compare to the message she wants to leave behind following her recent induction into the Sports Hall of Fame.

"Sports represents a tiny microcosm of life," said Gigliello, indicating the overwhelming role that sports can play in an individual's life. "It teaches you how to deal with people, disappointments and even success. It's a glimpse of the big picture of life - in just one inning, one game or one season."

In addition to Gigliello's induction, former 34-year member of the Wilkes athletic department, Doris Saracino was inducted as well.

Although Saracino's induction comes after her passing, her recognition by the Sports Hall of Fame does not carry any less weight, as she was affectionately dubbed the "Mother of Wilkes Women's Athletics."

With Saracino's influence, women's sports became just as prevalent as men's sports in the athletic community at Wilkes.

In 1960-61, She kick-started women's basketball, being their first full-time head coach and leading them for their first 10 years of existence. The following year in 1962, Saracino added another women's sport to Wilkes's lineup: field hockey. While continuing to coach basketball in the winter, Saracino coached field hockey for eight years in the fall. In 1975, she implemented another fall sport: women's volleyball, which she coached for 15 years.

In addition to Saracino's overwhelming presence at Wilkes, she made a name for herself in the community as well. In 1976, she played a crucial role in establishing the Kingston Softball League and became the league's first commissioner.

In 1995, she was inducted into the Wilkes University Athletic Hall of Fame. Twenty-one

years later, she was inducted into the MAC Hall of Fame as well.

"My family takes tremendous pride in our mother's induction into the Luzerne County Sports Hall of Fame," said Maria Saracino Mooney, the daughter of the late Doris Saracino. "We are very proud to have our mother's memorabilia and her legacy on display for many people to see."

Despite Doris's petite stature of just over four feet tall, the impact she left on women's athletics was quite the opposite. She opened doors at Wilkes University and in the community before the implementation of Title IX, the law that forces equality in education and athletics for women. "She loved educating, coaching and empowering countless women," Mooney said proudly. "She was able to help pave the way so women had every opportunity that the men had to participate in sports."

With the relocation of the Luzerne County Sports Hall of Fame, the memorabilia for these two alumna can be founded in the display case at the Wilkes-Barre Scranton International Airport.

Prior to the relocation, the Sports Hall of Fame's artifacts were held in Ashley Furniture Home Store. However, Martin noted how they didn't want any artifacts to get damaged and were on the search for a new location.

Upon talking with Carl Beardsley, the Executive Director of the Wilkes-Barre Scranton International Airport, Martin noted that Beardsley was "glowing enthusiastic" about putting sports memorabilia in the display that was not in use.

After one month of collecting the artifacts and designing the case structure, the display was unveiled to the public on Oct. 25.

After moving locations, Martin noted the significance of where the display is in the airport, stating, "It's where people enter, exit and congregate. Over 330,000 people go through those doors per year, and we would be happy to hit just a fraction of that."

The display case is centrally located in the airport, being adjacent to TSA and visible from all angles on the floor.

With the new display case, Martin emphasizes how monumental of an accomplishment this was. After shuttling representatives of the Pennsylvania Sports Hall of Fame to the airport to see their accomplishment, he noted the positive feedback that he received.

"We're not just representing our area alone - we want to take it to the state level," said Martin. "We are experiencing it as it unfolds."



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