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# THE BEACON

*The news of today reported by the journalists of tomorrow.*



## Wilkes adds ice hockey as 23rd varsity sport

### Full story on page 19

The Beacon/Taylor Ryan

The Wilkes-Barre/Scranton Penguins' mascot, Tux, and the Wilkes Colonel pose after the announcement of ice hockey being added to varsity team sports offerings.



# News

Have a breaking story or a press release to send? Contact the news editor: [alyssa.mursch@wilkes.edu](mailto:alyssa.mursch@wilkes.edu)

## Beacon Briefs

**Buddhist meditation sessions to begin Sept. 13**

Buddhist meditation in the style taught by Vietnamese Buddhist Zen Master Thich Nhat Hanh will take place at 4:45 p.m. on Sept. 13. Sitting and walking meditation will be practiced. This tradition emphasizes mindfulness and careful analysis of our experience in the interests of encouraging peace and joy in our lives.

The first session will explain the basic practices; all parties are welcome. No experience is necessary and you need not commit to anything more than trying the practices for the 45 minutes that you are there.

Contact Dr. Linda Paul if you have any questions or would like a copy of the written information about the practices ([linda.paul@wilkes.edu](mailto:linda.paul@wilkes.edu)). Can't make the first session? Join us for a later one. We plan on meeting each Tuesday 4:45-5:30 p.m. in the Kirby Salon.

**KDP Childhood Cancer Fundraiser**

Kappa Delta Pi (KDP), the Education Honor Society is raising money for the ThinkBIG Organization throughout the month of September. During club hours the group will be doing thought clouds for any amount of change donation, ribbons for \$1, and bracelets for \$2. The bracelets will be available starting next week.

Want to find out more about the organization, visit <http://www.thinkbigpa.org>. This will be a running fundraiser through the end of September.

**Fall Internship Registration**

Please visit the Co-op Education/Internship Office, 2nd floor, Henry Student Center, on Sept. 7 from 1 to 4 p.m. for Fall Internship Registration. The session for ALL fall interns will be held on Sept. 13 at 11 a.m. until 1 p.m. in the Ballroom of the Henry Student Center. It is a mandatory meeting to receive the paperwork and assignments necessary to submit during the semester.

## Wilkes University Student Government notes

By Sarah Bedford  
*Editor-in-Chief*

**Week 1**

On Aug. 31, Student Government met for its first meeting.

John Stachacz, dean of library and IT gave his report on campus updates. This summer, more WiFi access points were created across campus and the library database was also expanded.

Alumni Relations gave its fund request for homecoming activities. The group requested \$500 to pay for 50 student tickets for two homecoming events: Pints with Professors and Tailgate Tent. Homecoming activities begin on Sept. 30.

Student Government began planning for the homecoming dance which is themed, "There's no place like Homecoming." The total amount requested was for \$27,350.55.

Constitutional revisions for the Student Government constitution were on the table. Changes were basic procedure that required update and clarification.

Allie Grudeski, SG president made a fund request for Club Day to cover the cost of food and incidentals for the event. Grudeski hopes to make the event completely SG-run in upcoming years, removing responsibility from Student Development. Funds requested were \$6,100.

Capital Projects also made a fund request for: Wilkes University customized bubble soccer balls, two carts, two color printers and two black and white printers for the Club Hub and SG Office, an iPad for the Mailroom,

work study funds for the Club Hub and Club Hub Supplies. The total amount requested was \$18,940.

Operations committee explained that the new bleachers and restrooms at Ralston Field may be ready for the homecoming football game. The signage for the single bathrooms around campus have also been labeled as "all gender" restrooms.

The Treasurer's Report stands as follows: All College: \$48,000; Conference: \$5,000; General Funds: \$25,000; Spirit: \$2,000 with a SG total of \$80,000.

**Week 2**

Student Government met on Wednesday for its weekly meeting.

Alumni Association presented for their week two of two for their homecoming ticket request. The board voted allocating \$500 to the group with a vote of 20-0-1.

The Geo-Exploration Club presented for its reinstatement for week one of two. The club had formerly been active but not in recent years.

The Political Society also presented for its reinstatement. The group is nonpartisan and hopes to spread political awareness through the election season and beyond.

SG will vote next week on both clubs' status.

Cody Morcom, SG vice president presented his fund request for the Sports Smash event which will replace Bubble Bash. The total request is for \$5,500.

The board voted on the allocation of funds for the homecoming dance, which increased to \$29,955.52, which is less than requested

for Homecoming 2015. The board voted passing the motion at 20-0-1.

SG Constitutional revisions were voted on, passing 20-0-1. President Patrick Leahy must approve of the revisions before they can be instated.

Club Day fund requests were voted upon, passing 19-1-1.

Capital Projects' fund request was also revised and voted on. The two carts were removed and the iPad. The group voted per item as follows: \$3,000 allocated for bubble soccer balls passing 18-0-3; \$2,202.76 for back and color printers and ink for the Club Hub and one black and white printer for the SG office passing 19-0-2; \$7,200 for Club Hub work study passing 15-4-2; \$2,500 per semester for Club Hub supplies passing 19-0-2.

Admissions and Financial Aid committee and discussed reviewing the honors program for admissions purposes. There was also discussion on a new financial aid award template to expedite the process and a focus on PSAT scores for new students. 200 students have already been accepted to Wilkes for the 2017-2018 school year.

The Treasurer's Report stands as follows: All College: \$48,000; General Funds: \$25,000; Conference: \$5,000; and Spirit: \$2,000 for an SG total of \$80,000.

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# All gender bathrooms: Bigger news than you think

## Title IX changes help wash away gender-discrimination

By Toni Penello  
Asst. News Editor

Students may have noticed the new all-gender bathrooms scattered around campus. Transgender and gender-nonconforming students may be excited, but the reason why these new signs have been introduced could start them rejoicing.

As of May 13, Title IX, which protects college students from gender discrimination, was clarified by the US Department of Justice and the US Department of Education to include gender identity as well as sex assigned at birth.

In a dear colleague letter, Title IX was clarified as follows by stating that the Education Amendment "...encompasses discrimination based on a student's gender identity, including discrimination based on a student's transgender status."

Dr. Helen Davis, an associate professor of English who identifies as queer, took this opportunity to make changes she thought positive for the transgender and gender nonconforming students at Wilkes, and immediately contacted Samantha Phillips, Wilkes University's Title IX coordinator.

"We are lucky enough to have a full-time Title IX coordinator. That isn't common in small schools," Davis said. "When I contacted Samantha Phillips, she already knew all about it, which was great."

Davis told Phillips that there were certain things that could be done in response to the clarification that to ensure that transgender and gender-nonconforming students are "comfortable and accommodated."

"I suggested that we have all-gender restrooms on campus that are clearly marked, and everyone was very accommodative of that," Davis said.

That was when a task force was formed, which included the Provost, Associate Provost, and Director of Residence Life, as well as Davis and others.

The next issue involved logistics as to what the restrooms would be called, what the sign would look like and what picture would be used.

"For coding purposes there needed to be a picture on the side," Davis explained.

A stick figure that was half male and half female was suggested, but Davis felt that this was still too binary, not being inclusive to gender nonconforming students.

"I suggested they use a toilet, because it is

a representation of what the facility is that is very clear, and that is not gendered in any way," she said.

Around 40 gender-neutral bathroom signs have been added on campus.

"This is phase one," Davis said.

The all-gender bathrooms are the single-use, "family" restrooms which have always been on campus.

"We've been lucky on this campus that we had these restrooms the whole time," Davis said.

The physical changes, like the signs, are clear evidence of changes, but Davis stressed the importance of the underlying causes which created them.

"We can talk about this in terms of bathrooms, but it's much bigger than that, and that's important to know," she said.

Davis explained that many responses to the clarification are still in the works, including the ability of students to use their preferred names on attendance sheets and their emails, the abolishment of mandatory gendered formal dress in certain programs and more.

"Wilkes University values and encourages an open and inclusive environment for all students. The University embraced and encouraged a supportive, safe, and nondiscriminatory community prior to the issuance of the Dear Colleague Letter on Transgender Students this past May," said Phillips.

Students are permitted to be placed in housing based on their gender identity and could always use the bathroom that corresponded to their gender identity as well, Phillips mentioned.

"Our goal, however, is to go above and beyond the recommendations contained in the Dear Colleague Letter. Accordingly, we have been reviewing policies and procedures utilized across the campus in an endeavor to further enhance our inclusive community," Phillips explained.

"Among other things, we are working on updating the website, creating a campus restroom map, and providing more streamlined processes to access the resources we have to offer students. I am, of course, always open to suggestions and new ideas for making sure we sustain a campus culture where all students feel welcome."

The bathrooms may be just one change among many possible changes, but the effect is still profound for some students, such as genderqueer student and senior psychology



The Beacon/ Jesse Chalnack

The relabeling of the family restrooms around campus to be all gender is just the start of nondiscrimination amendments.

major Elliot DeMesa.

"I definitely think it's a step in the right direction," they said. "For someone who identifies as nonbinary, it feels great that our culture is moving toward an atmosphere in which there are fewer instances that I face having to be boxed in one gender category, even in such a small way such as nonbinary bathrooms."

DeMesa added that their comfort level on campus is mostly good.

"I have a great support system with my girlfriend, friends, and RA and e-mentor staff. I don't feel as though my identity as a queer person has limited or disadvantaged me in any way through Wilkes, nor do I feel like my identity puts me in danger here," they stated.

One issue DeMesa does face is being misgendered, which is when a person refers to a transgender or non conforming person as a gender other than their own, uses gendered

pronouns that don't describe them, or uses a name that they no longer identify with.

"I still face being misgendered, but gender neutral bathrooms are an awesome move away from being misgendered," DeMesa explained. "With a personal moment of privacy like going to the bathroom, I at least don't feel misgendered then."

For more information on what is in store for students as a result of the Title IX clarification, contact Samantha Phillips at [samantha.phillips@wilkes.edu](mailto:samantha.phillips@wilkes.edu).

*Editors note: The use of the pronoun they is used in this story in reference to an individual who does not identify as he or she.*



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# Campus Wi-Fi and database updates to improve student life

By Alyssa Mursch  
News Editor

A greater number of databases that have been made more easily accessible paired with faster Wi-Fi and other student-friendly updates are up and running after a productive summer from the IT Department and Farley Library staff.

## What's New

Electronic Resources Librarian Heather Bowman explained the benefits of updating the campus databases by comparing what it replaced. Prior to this year, Wilkes had a resource collection from EBSCOhost, which had about 15 databases, Bowman explained. She added that one of the biggest drawbacks of EBSCOhost was the complicated search nature. As many students have experienced during their research using EBSCOhost, there are multiple different boxes to utilize, and a certain way to use them in order to get the best results.

The new system, ProQuest, will be much easier and quicker to use, Bowman said. "It streamlines the research process."

ProQuest includes 40 databases, giving students access to about 5,000 more titles than before. Moreover, it is more accessible as it has "discovery search," a tool that allows you to search from one search box, rather than multiple. It will search the entire library and rank the results based on the relevance to your search, Bowman explained.

"It greatly expanded databases, especially for nursing, health sciences, pharmacy and a great deal of social

sciences," Bowman said.

The project, which started at the end of June, also added two newspaper databases, which are U.S. News Stream and International News Stream. These include about 2,000 newspapers, whereas before students only had access to local newspapers in print.

Dean for Library Information and Technology John Stachacz described the new database as "one of the best" in Northeastern Pennsylvania.

The campus Wi-Fi has also improved over the past few months. Stachacz explained how Wilkes changed its internet provider and tripled the bandwidth within

the past year, resulting in faster Wi-Fi and a decrease in technological difficulties.

There have also been six Wi-Fi access points added to areas on campus that were lacking them, such as Breiseth Hall and the nursing simulation lab, Stachacz said, adding that one access point can provide Wi-Fi to about 75 people.

In addition, Stachacz said a second backup data center was created and phone systems were updated.

The great strides taken were recognized by President Patrick Leahy when he granted network director John Carlin, who is responsible for the majority of the IT updates, the Presidential Award for

Innovation.

## What's Next

Stachacz provided a sneak preview as to what to expect in upcoming months and years. The most immediate update will be a new portal, which students can preview and offer feedback on by visiting [portal.wilkes.edu](http://portal.wilkes.edu).

The new portal will not have links on the front page. It will also be single sign-on, meaning that only one sign in is necessary, rather than having to sign in to the portal and email separately. It will be much more visually appealing, and much simpler, Stachacz said. It's very "intuitively obvious" to use, he added.

"Student can easily modify what they want to see. Everyone can custom tailor what they want on their portal," Stachacz explained.

When the new portal is ready, it will run simultaneously with the old one for a short time in order to give students adequate time to adjust.


Also upcoming will be upgraded software and a firewall update to provide protection and further bandwidth expansion.

This is all part of a three year strategic plan, Stachacz said, for which the university is in its second year.



The Beacon/Gabby Glinski

To view the  
upcoming portal visit:  
[portal.wilkes.edu](http://portal.wilkes.edu)

 @wilkesbeacon  
alyssa.mursch@wilkes.edu

## EXPERIENCE WILKES-BARRE WITH YOUR FLEX DOLLARS!





# National Suicide Awareness Month brings attention to mental health

By Alyssa Mursch  
News Editor

A young man is three months into his first year of college. He is taking five classes and must also be involved in campus clubs to start building his resume. He commutes to class every day, as he must go to his full-time job directly after and then report home to help his single mother take care of his younger siblings.

This scenario is just one of many that college students may face, causing them to experience the plight of anxiety or depression. With September marking National Suicide Awareness month, it is time to give a voice to those that suffer and let them know they are not alone.

About one-third of U.S. college students had difficulty functioning in the last 12 months due to depression and almost half said they felt overwhelming anxiety, according to the 2013 National College Health Assessment, which examined data from 125,000 students from more than 150 colleges and universities.

Psychology professor Robert Bohlander offers insight into why people are more prone to declined mental health during their college years.

"College students have more stress than those of the same age who do not attend, absolutely," Bohlander said.

He explained that college students face all the regular stressors of relationships,

financial woes and identity questions, while also having the extra weight of the additional stress that college brings.

Starting out, students stress about adjusting to college life, trying to be successful in their studies and having freedom and independence. As they go on and that adjustment period fades, however, they are immediately faced with other stressors: the economy, careers and preparing to enter into the "real world."

"They're never in a safe zone," Bohlander said.

Regardless of how common it may be among college students, two-thirds of those who are struggling do not seek treatment, according to the American College Health Association Spring 2015 assessment.

Campus Counselor Susan Biskup explained some potential hesitations people might have about seeking help.

"In and of itself, the symptoms of anxiety and depression can make it difficult to have enough energy to reach out for support," Biskup said.

Bohlander added that there are also certain stigmas to mental health, including social stigmas and self stigmas. He explained that social stigmas occur when someone is reluctant to seek help because they fear judgment from family and friends, whereas self stigma is when the person does not even want to acknowledge to themselves that they are suffering.

Fortunately, there are a variety of outlets

on campus to help. Along with campus counseling and caring faculty, there is also a NeuroTraining and Research Center on campus that can teach students how to reduce stress through breathing and brain training. Another useful tool is mindful meditation, which is offered Tuesdays, starting Sept. 13, from 4:45 to 5:30 p.m. in the Kirby Salon.

According to the 2014 National College Health Assessment survey, nearly one in six college students had been diagnosed or treated for anxiety, and according to a survey done by the National Alliance of Mental Illness, more than 62 percent of students who withdrew from college with mental health problems did so for that reason. That does not have to be the case for students on this campus, Biskup emphasizes, as there are many people here to help.

"There are some many effective treatments available. You don't have to suffer in silence. Remember that despite your circumstances, support is available to you through campus counseling," Biskup said, seeking to directly reach out to students that suffer from mental illnesses.

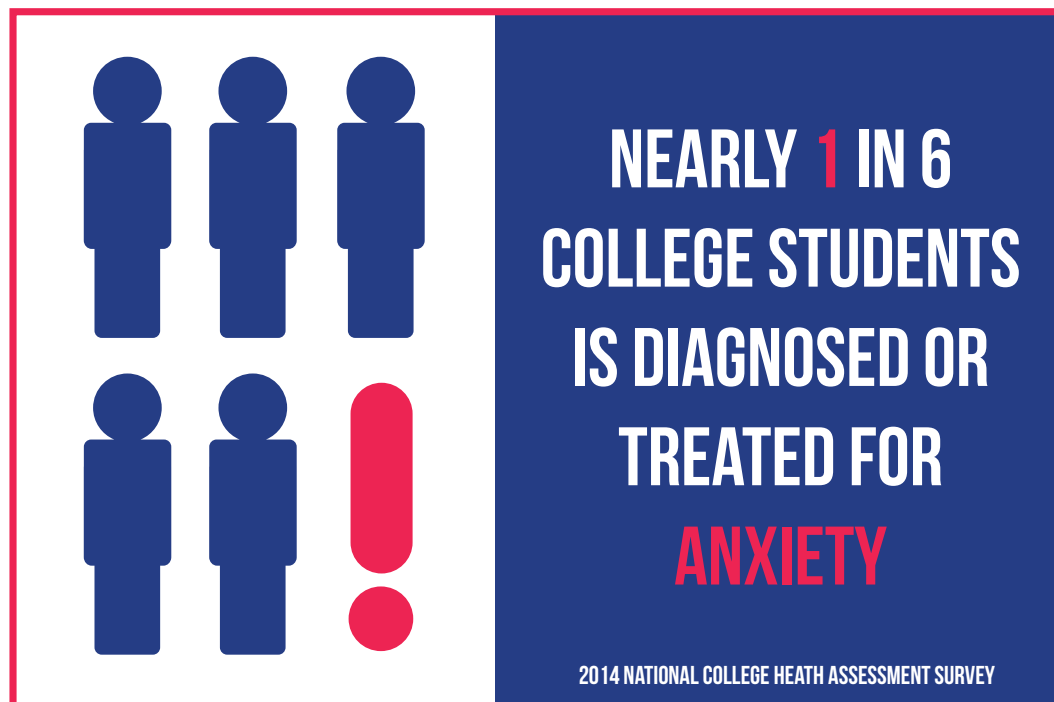
To schedule a counseling appointment, call Susan Biskup at 570-408-4355 or Melissa Gaudio at 570-408-4358. For more information about mindful meditation, contact Dr. Linda Paul at linda.paul@wilkes.edu.



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## Common warning signs of suicidal individuals

- Anxiety
- Withdrawal
- Depression
- Loss of energy
- Unusual thoughts
- Mood swings
- Giving things away
- Alcohol/drug usage
- Eating changes
- Agression
- Irritability
- Loss of interest
- Difficulty concentrating
- Changes in sleep patterns
- Reckless behavior



<http://college.usatoday.com/2016/01/30/mental-health-by-the-numbers/>



# Professor brings worldly experience to Wilkes

By Zachary Smith  
Staff Writer

The political science department has gained one more full time faculty member. Dr. Andreea Maieran has decided to stay on full time with the Wilkes University Political Science Department since joining in January of 2014.

Maieran was born in Suceava, Romania, and has traveled the world since in her pursuit of education. In high school she won a national competition for philosophy, which granted her a full scholarship to the university of her choice. Starting at the National School of Political Studies and Public Administration in Bucharest, Romania where she and roughly 70 other students entered to get a certificate (what it was referred to in Romania) and only two students succeeded in acquiring it.

She then studied in Italy, at the Facolta di Scienze Politiche, Universita degli Studi di Trieste. In Italy, she was fully submersed in the language, even after being told that there would be English there (there was not) and has since grasped a great understanding of the language.

After her time spent in Italy, she moved on to the Central European University in Budapest, Hungary, where she acquired her Masters of Art degree in Political Science. She might have ended her educational world tour there had it not been for her professors who urged her to continue on and attend school in the United States.

She took the advice of her teachers and moved on to America where she acquired her doctorate in Political Science at Boston University. During her time at the University, she also taught several classes on campus. Starting out as a teacher's assistant her first year and gradually moving up and having her own classes by the time she graduated.


Her view on teaching was inherited from her grandmother: prioritize the students. She also considers herself to be the poster child for studying abroad, and encourages all students to do it for at least one semester.

"I appreciate the model of teaching (in the United States) so much more having known what the alternatives are like," she said. "I really value the relationships I have with my students and fellow professors."

Maieran's hope for the future is that a more students join the department and take



Courtesy of Andreea Maieran  
advantage of all Wilkes has to offer.  
"There are so many opportunities here on campus for students. They just have to reach out and grab them."

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Do you like to write?

Interested in current events?

Want to get more involved?

Write news for the Beacon!

Contact:

Alyssa Mursch- News Editor  
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Toni Pennello- Assistant News Editor  
toniann.pennello@wilkes.edu



Courtesy of Allie Grudeski

This summer, members of Student Government visited a conference in Boston, where they got to meet other Student Government representatives. Pictured from left: Nicole Hughes, Nate Barnhart, Katelyn Jimison, Cody Morcom, Allie Grudeski and Dylan Fox.

Parents or friends visiting campus? Suggest

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# Life, Arts & Entertainment

Have a story or want your event to be featured? Contact the Life, A&E Editor: [kimberly.hein@wilkes.edu](mailto:kimberly.hein@wilkes.edu)

## 10 signs you are back on the Wilkes campus

By Rachel Leandri  
Managing Co-Editor

With fall around the corner, many find happiness in seasonal joys, such as the warm and sunny days with breezy nights, pumpkin spice coffee making a return to Dunkin' Donuts, and the beginning of football games and fantasy drafts. From saying "see you later" to friends at home, to picking up a new planner, you quickly find yourself back in the Barre to complete yet another year of your college education at Wilkes University. For those of you who don't feel officially back into the swing of the semester and the hard grind of being a Colonel, here are 10 evident signs to help jumpstart your memory.

You know you are back on the Wilkes campus when...

### 1. Printer problems have already begun.

Farley library is already flooded with students leaving the printers paper-jammed and in need of assistance. Forget about stopping before class to print out those last-minute PowerPoints from LIVE. You either end up spending an extra 10 cents on having to print through the color printer with the others out of commission while also missing the first half of class by the time you get logged onto the computers.

### 2. There are zero parking spots available.

Get your quarters and dimes ready, guys. If a commuter or off-campus resident, you can never be more than two minutes late or you'll find yourself driving aimlessly in circles thinking you found a spot but it's really just a sports car you didn't see the tail end of. This will result in meter parking on the streets which will eat all of your pocket change by the end of your full day of classes.

### 3. Starbucks has already become your home away from your apartment.

It's only going into the third week of classes, but yet the Starbucks employees already have your order down to a science with your name (actually spelled correctly) displayed on your cup waiting for you at the end of the counter.

### 4. Most of your week nights for the



Pictured above is a scenic overview of the campus Greenway.

### semester have been already booked by Programming Board and Student Government.

Forget about attending that bio review session or working on that group PowerPoint presentation. You will be too busy picking out your attire for the homecoming dance, or attending the Kirby and riverside concerts along with wing wars and pizza wars. Let's be real, no homework assignment is going to keep you away from casino night with all the free giveaways and awesome prizes.

### 5. It's not even October and half of your dining dollars are gone.

You swear someone hacked your account and stole your meal plan, but in reality you have been ordering out and eating in at Frank's subconsciously on a four times-a-week basis.

### 6. You wake up on Thursday mornings with a sigh of relief.

Friday nights signify the start of the weekend, but Thursday nights are what

Wilkes students count down the days until. Thursday nights mean Rodano's, friends, and lots and lots of pitchers. You may have a rough Friday morning, but the late night out was worth it.

### 7. You won't let anything get between you and your \$3 movie pass.

Nothing is more frustrating than when you realize you forgot your wallet at home or in your car which restricts you from waiting in line for your bargain of a movie ticket. And on any given day you did remember, most likely your friends did not, in which you end up spotting them because they are the ones you made plans with to see Suicide Squad on the weekend.

### 8. You are out of breath by the time you reach the top floor of any building on campus.

By the time you reach the third floor of the Sub or the fourth floor of Stark, you realize how out of shape you are and contemplate adding more cardio and gym time to your schedule.


The Beacon/Jesse Chalnack

### 9. You have been officially warned about skunks roaming Wilkes-Barre.

Usually University emails within the first couple days of the semester involve content regarding club day, welcome back messages, and bookstore deals. Nowhere else but at Wilkes would students receive word from city officials advising to stay away from such creatures at all costs.

### 10. In some weird way, all of these signs make you proud to be a Colonel.

Like it or leave it, looking back on this campus one day and thinking about all of these crazy notions is going to make you smile and laugh. The memories made here will have forever shaped your college experience and stick permanently with you. Acknowledging these signs not only reminds you of a full school year ahead, but is what also gives you Colonel pride.

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[rachel.leandri@wilkes.edu](mailto:rachel.leandri@wilkes.edu)



# RECIPE OF THE WEEK:

Graphic Design by Nicole Kutos

## Broccoli cheddar soup

### INGREDIENTS:

- 6 tablespoons unsalted butter
- 1 small onion, chopped
- 1/4 cup all-purpose flour
- 2 cups half-and-half
- 3 cups low-sodium chicken broth
- 2 bay leaves
- 1/4 teaspoon freshly grated nutmeg, salt and freshly ground pepper
- 4 7-inch sourdough bread boules (round loaves)
- 4 cups broccoli florets (about 1 head)
- 1 large carrot, diced
- 3 cups of grated sharp white and yellow cheddar cheese
- 2 long hot peppers

### INSTRUCTIONS:

1. Melt butter in a pot over medium
2. Add the chopped onion and cook until tender, about 5 minutes
3. Whisk in the flour for 3 minutes
4. Whisk in half-and-half
5. Add chicken broth, nutmeg and bay leaves
6. Season with salt and pepper
7. Bring to a simmer
8. Reduce heat to medium-low and cook until thickened for about 20 minutes
9. Prepare the bread bowl by using a sharp knife to cut a circle into the top of each loaf. Be sure to hollow out the middle with a fork to create a thick bread shell.



Wilkes Student Chef, Alex Faes created this delicious dish.

10. Add broccoli, peppers, and carrots to broth mixture and simmer until tender
11. Discard bay leaves
12. Puree soup in a blender until smooth
13. Add cheese to the soup and whisk over medium heat
14. Add up to 3/4 cup water if soup is too thick
15. Ladle into bread bowls and enjoy (Recipe taken from foodnetwork.com.)

*Do you have a favorite dorm room recipe that's convenient for college students always on the go?*

*Submit it to Amanda Bialek, LA&E Assistant Editor*

*amanda.bialek@wilkes.edu*

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# Find peace at Columcille Megalith Park

By Amanda Bialek

*Asst. Life, Arts and Entertainment Editor*

Are you looking for a new hiking experience or a place to unwind after a long day? Columcille Megalith Park in Bangor, Pa., is a unique outdoor sanctuary open to the public for exploration and quiet meditation.

Columcille Megalith Park is “a land of myth and mystery located in the Appalachian Mountains of eastern Pennsylvania,” according to columcille.org.

Visitors may enter the park through the infinity gate and stop by the Voyager's Lounge to pick up a map. There are wooded trails for hiking and standing stones throughout the 17 acres of land.

“Since the onset of human consciousness, whenever clouds of darkness have gathered, humankind has raised up stones to call forth light,” William “Bill” Cohea Jr., founder of Columcille Park said. “Today, black clouds hover over a divided America and an anxious world. Columcille Megalith Park responds: Let there be light!” (billcohea.com).

Cohea is a retired Presbyterian minister, pastor, teacher and social activist.

As a young minister, Cohea visited the Island of Iona off the coast of Scotland. During his visit, he fell asleep and had a dream that stones surrounded him and they said, “Bill you need to stand us up,” according to Eleanor Thompson, Columcille Coordinator.

She said he did not quite understand what this profound dream meant. In the years yet to come, Cohea realized what he was destined to create.

He continued his ministry in New York, Chicago and throughout the United States with his church and social justice programs.

After turning 50, he decided to purchase some property from the Kirkridge Retreat center.

“He more or less walked away from what his life was then and started standing stones,” Thompson said.

Cohea researched the history of Iona and discovered there were over 57 Scottish kings buried on the land. It is considered a holy island. Iona “used to be known as the island of standing stones,” Thompson said. There originally were more than 350 standing stones on the land.

When Cohea fell asleep on Iona, it is believed that he connected with some ancient energies of the land, according to Thompson. These energies and spiritual legacy inspired the creation of the park.

“He made his dream a reality,” Thompson said. “I would like to think that when people come they sense the peace of a legacy and in doing so he gives other people permission to manifest their own dreams.”

Cohea's mission was to create an open space that encourages individuals of various faith backgrounds and traditions to gather for transformation and renewal, according to columcille.org.

The stones are pre-Celtic meaning they are “primal and archetypal energies and styles,”

according to columcille.org. Each stone holds a different meaning for every individual.

Thompson believes that the directions of the stones standing up are like “acupuncture for mother earth.”

“When you have acupuncture on your flesh, it redirects the energy and creates a healing space on your flesh,” Thompson said.

Her favorite area of the park is the Stone Circle. She enjoys watching the sunrise, and in the evening she views the “glow time” there. This is when the sun sets right before dusk and the land radiates.

More than 5,000 people visit the park every year.

Some events that are held at Columcille include the Blessing of Animals, Spring Equinox Sunrise Observance, Summer Solstice Gathering, Autumn Equinox Sunrise Observance, Winter Solstice Sunrise Observance, and Full Moon Gatherings.


“The word solstice is an ancient word that means the sun stands still,” Thompson said.

This year marks the 38th anniversary of the park.

Columcille Megalith Park is located at 2155 Fox Gap Road in Bangor. If you are interested in learning more, you can read Cohea's “From the Beginning to the Beginning” book or watch his documentary, “Dancing with the Stones.”

The park is approximately one hour away from Wilkes University.

For more information or directions, visit columcille.org or email oran@columcille.org.

 @wilkesbeacon  
amanda.bialek@wilkes.edu



The Beacon/ Amanda Bialek

Above: The pre-Celtic stones hold a different meaning to each person who views them.

Below: Columcille Megalith Park receives approximately 5,000 visitors each year.





# Students share summer 2016 study abroad experiences

By Gabby Glinski  
Co-Managing Editor

While many Wilkes students spent their summer days at home with their families or working summer jobs, several students decided to get away and travel abroad.

Valerie Woods, a junior marketing and management major, and Shana Noon, a junior nursing major, traveled to Dublin, Ireland, and Tanzania, respectively, to continue their education and experience different cultures and career paths.

Woods left for Dublin, Ireland in May and stayed for several months. There, she took on two internships; one at MediaTeam, an event planning company, and another at Westland Studios, a recording studio.

"So far I'm enjoying working and getting an idea of what I want to do after Wilkes," Woods said earlier this summer. "Being abroad allows you to get out of your own comfort zone and learn about new cultures and environments."

When she was not working, she was able to travel the rest of Ireland and parts of

Europe. Woods also volunteered at a Dublin festival.

While in Tanzania, Noon experienced the culture and health care, ranging from learning about how food is produced and grown, to working alongside midwives.

Noon visited farms, or shambas, and learned about tropical plants, breeding livestock and how farming practices contribute to the population's health. She also had the opportunity to visit an orphanage for children under 2. The children at the orphanage receive food, but do not always receive the stimulation they need. Noon enjoyed holding and playing with the babies.

For most of her trip, Noon worked in the maternity ward with nurse midwives. She shared that nurses in Tanzania face challenges that American nurses don't even need to consider, like the patient-to-nurse ratio. Noon said that at one point, there were 50 patients and only one nurse. There were so many patients that often women had to share a bed with two other patients. Some even ended up on mattresses on the floor.

Patients often had to provide their own medications, gloves, food and kanga. Kanga refers to a cloth that can be used as a garment, wrap for a baby or to be used as a strap to carry a baby on one's back.

"It was very difficult when I saw patients that were malnourished or could not afford to pay for their supplies," Noon said. "I saw nurses shout at husbands to buy medications for their wives, purchase their own gloves, and receive their pay late because the hospital is waiting on funding from the government."

Noon worked in the premature baby unit, experienced a cesarean delivery and participated in a home visit for one of her patients.

"Not only was I able to deepen my studies and practice my skills in my area of interest, but I was able to gain a more global view of healthcare and culture," Noon said. "I don't think I will ever be able to look at a pair of gloves the same way again."


Besides learning about health care, Noon also experienced other aspects of Tanzanian

culture.

She watched traditional African dancers, sang in a church choir in Kiswahili, visited an all girls private school and haggled in a market. Haggling is culturally appropriate in Tanzania. She then went to a tailor with the cloth she haggled for to have traditional clothing and bags made. She shared that she would get invited to people's homes and eat meals cooked from scratch. Common Tanzanian snacks include chia, boiled peanuts and popcorn.

Both Woods and Noon encourage interested students to seek study abroad opportunities.

Students who are interested in studying abroad may visit the study abroad page on the Wilkes website under the Center for Global Education and Diversity or contact Dr. Jeffrey Stratford, Director of Study Abroad at [jeffrey.stratford@wilkes.edu](mailto:jeffrey.stratford@wilkes.edu).

 @wilkesbeacon  
[gabrielle.glinski@wilkes.edu](mailto:gabrielle.glinski@wilkes.edu)



While in Tanzania, Noon was able to experience some of the African culture including dancing, singing in a church choir, haggling at a market and visiting a private girls school. Courtesy of Shana Noon



Valerie Woods was able to snap this picture of the Colonel while at Giants Causeway in Belfast. Courtesy of Valerie Woods



# Wilkes invites students, relatives to attend Family Day

By Kimberly Hein

*Life, Arts & Entertainment Editor*

Family Day is an annual fall tradition held on the Wilkes campus. Family day will be held on Sept. 17. The weekend allows for opportunities to spend time together as a family, as well as show family members around campus and introduce them to faculty and friends. Melissa Howells, Student

Development Coordinator says, "I think Family Day can benefit not only students but family members as well. Students get to bring their family onto campus, their home away from home, sharing the experience of campus life at Wilkes"

Families will get to attend athletic events, attend a picnic lunch with give-a-ways.

Howells mentioned that she feels a sense of pride during family day from both sides:

students showing their familiarity with campus and families being able to visualize their students in a setting as they explain their day-to-day routine.

"I feel there is a level of comfort that the Wilkes community provides and both student and families get a chance to share that for a day," Howells states.



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*For more information  
or to register for Family  
Day, head to  
[wilkes.edu/familyday](http://wilkes.edu/familyday)*



## WIN A PIZZA PARTY FOR YOUR COLONEL CLUB!

The Office of Alumni Relations needs your club to help welcome alumni to campus during Homecoming weekend, September 30 - October 2!

At the Tailgate Tent on Saturday, October 1, your club can:

1. Design a poster welcoming alumni back to campus or giving a club update
2. Host a kid-friendly activity in the Colonel's Corner
3. BOTH!

**Get the most votes on your poster and/or activity  
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**THE OFFICE OF ALUMNI RELATIONS - [alumni@wilkes.edu](mailto:alumni@wilkes.edu) - 570.408.7787**



Bump, Set, Spike! Julie Murphy is a freshman at Wilkes University and will be of the newest members of the volleyball team come this fall. Murphy is from Mountain Top, Pa., where she went to Crestwood High School.

When Murphy came to Wilkes, she felt unity and knew she would like it here. Not only did the students, team and staff make her feel welcome, but the Sidhu School of Business was the right fit and what she was looking for out of a business program.

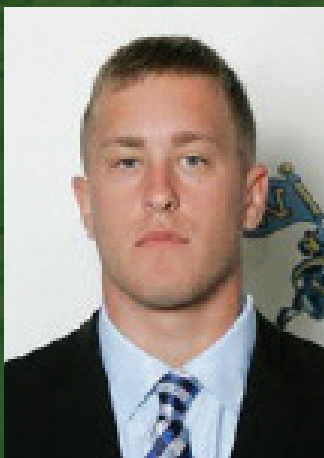
A soccer player for more than 12 years, Murphy has been playing volleyball for seven years. She currently plays libero or defensive specialist. This position gives her a good chance of a lot of playing time as well as making her a key player on the court. As Murphy embarks on her college career she knows that there are challenges ahead but she also knows that it will be worth it. "I'm excited to continue playing volleyball in general and make new friends on the team."

Playing at the college level is not something everyone gets to experience, and starting your freshman season can be nerve-racking but Murphy was mentioned as a possible stand out already and has four years to enjoy her love of the game.

**JULIE MURPHY  
VOLLEYBALL**



# ATHLETES TO WATCH



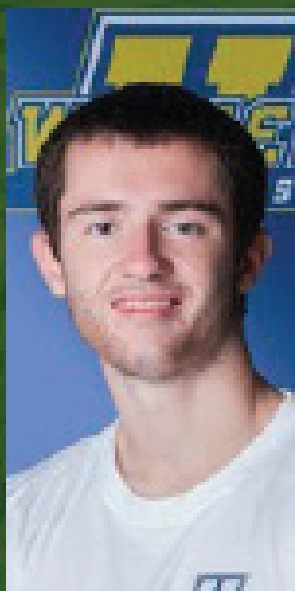
**RYAN DAILEY  
FOOTBALL**

Meet one of the starting quarterbacks for the Wilkes University football team, Senior Ryan Dailey. Ryan is from Easton, Pa., and was quarterback for Wilson Area High School. Dailey is pursuing a degree in accounting.

Dailey has been a quarterback since he started playing football. He had the opportunity to play for Wilkes and saw it as chance to get one on one coaching and playing experience. His freshman season was successful for him due to the fact that he was able to get playing time his first season as a college football player. Since he has been able to gain a large amount of experience starting early on, Dailey has built confidence on the field.

These past few seasons the Wilkes Colonels have been trying to find their groove again, but this hasn't made Dailey lose sight of why he's there. As he approaches his last year as a Wilkes football player, he expects a lot of competition from the team and he is hopeful for a better year than the last couple. All Dailey wants out of this season is to win some more games, with the guys that have become family over the past four years, and enjoy playing the games he loves so much.





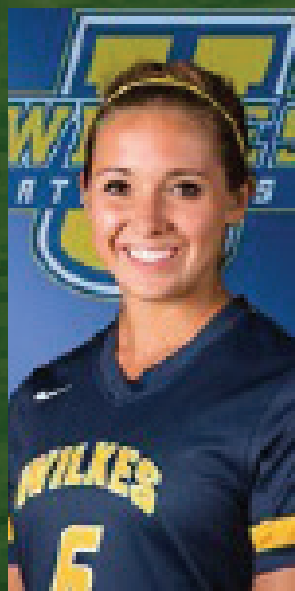
**TIM GALLAGHER**  
**MEN'S SOCCER**

Meet sophomore goalkeeper from the Wilkes University men's soccer team, Tim Gallagher. Gallagher is from Easton, Pa., and is a graduate of Notre Dame Green Pond High School. He is in his sophomore year of college and pursuing an undergraduate degree in electrical engineering.

Going into his second season at Wilkes, Gallagher has high hopes set for himself and his team. "I hope this season we can win a couple more games and hopefully make a push for playoffs."

As a freshman starter this past season, Gallagher was named defensive player of the week. He was named Honorable Mention to the MAC All-Conference Team.

Tim is only a sophomore and has three more seasons to compete, improve and lead. Gallagher hopes that he and the Colonels will make it to the MAC Conference Championship before he ends his soccer career with Wilkes University.

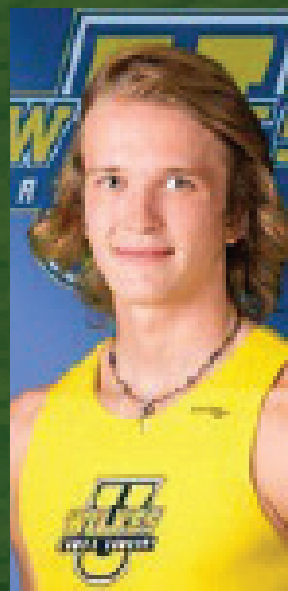


**ELENA DENGGER**  
**WOMEN'S SOCCER**

Junior, Captain Elena Denger of the Lady Colonel's soccer team is ready for another hard fought season of leading her team. Denger is from Nazareth, Pa., where she graduated from Nazareth Area High School. She is a Pharmacy student at Wilkes University.

Soccer has been a part of Denger's life for 17 years. The junior captain is a defender, playing the outside back position. "I expect a highly competitive season like the last two, both in regards to other teams that we face, as well as competitive practices, since everyone on our team is so talented."

As she gets to the half-way point in her soccer career, here at Wilkes, Denger already holds accomplishments, both as an individual and as a part of the team. Her freshman year, the Lady Colonels made it to the ECACs and then made it to the MAC finals her sophomore year. As an individual, Denger was named to the MAC-Freedom All Conference Second team as the conclusion of her sophomore season.



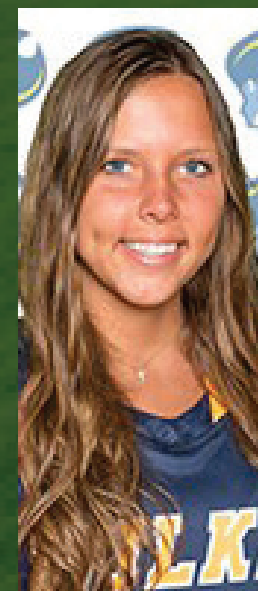
**JORDAN LINDLEY**  
**CROSS COUNTRY**

Welcome back Jordan Lindley, a junior on the cross country team. Jordan comes from Hunlock Creek, Pa., and graduated from Lake-Lehman High School.

Lindley has chosen to competitively run at this level due to the lack of pressure that higher divisions place on their athletes. "I don't have to worry about losing an athletic scholarship if I do poorly or if I get hurt because I am not allowed to have on at this level."

Although Lindley enjoys the lower pressure environment of the D3 level, he still has high expectations for himself and his team. Lindley expects his team to place higher at both the MAC and at the Regional Meet and he is hoping to help his team make it there.

Lindley has found a true passion in cross country. At the start of his running career, Lindley could not even finish a 5k. Now as a junior on the team, he has already set a school record for the men's 8K last fall and has placed higher than any other male in school history at MACs.



**MEGAN KANE**  
**FIELD HOCKEY**

Be on the lookout for sophomore transfer, Megan Kane on the field hockey field this fall. Kane is a transfer from Slippery Rock where she began her field hockey career. She is originally from Kingston, Pa., and graduated from Wyoming Valley West High School.

Kane decided Wilkes was the best place for her that would allow her to continue her education and field hockey career closer to home. Kane is "excited to start playing for Wilkes because I already have such a good connection with the team and I like this playing environment."

Kane has been playing field hockey for eight years and currently plays the forward. Kane is most excited to get back on the field with the rest of the team and get back to working hard. She expects a successful season as her first year in the Blue and Gold. "I'm ready to prove how successful we are striving to be this year."

Kane is just grateful to continue to play the sport she loves with a whole new perspective of the game. She is expected to bring confidence and work ethic to the team.



# Opinion

Have an opinion or want to write a guest column? Contact the opinion editors: mark.makowski1@willkes.edu or andre.spruell@willkes.edu

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2016-17

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## Our Voice

# A culture that breeds Brock Turners

By Toni Pennello  
Asst. News Editor

*Editors note: The following content may be disturbing to some readers.*

Trigger Warning: sexual assault



Courtesy of Toni Pennello  
Let's talk about sexual assault, and let's talk about rape culture.

Rape culture is the term coined by feminists to describe the ways in which our society blames victims of sexual assault and normalizes sexual violence towards women.

According to d.umn.edu, one out of every eight adult women has been sexually assaulted. What's worse, one in five college age women (18-24) are assaulted. So these are masked men in alleys, right? They absolutely are not.

Most people are assaulted by people they know. Rape culture has a new face in the mainstream, and it has blonde hair and blue eyes.

Brock Turner gained national attention for his six-month sentence (and release after three months) after he was found guilty of three felony counts of assault with intent to commit rape of an intoxicated

or unconscious person, penetration of an unconscious person.

In short, Turner was found guilty of assaulting an unconscious woman behind a dumpster. The six-month sentence has received scrutiny as being too lenient.

The judge who sentenced Turner, Aaron Persky, is quoted as saying, "A prison sentence would have a severe impact on him. I think he will not be a danger to others," according to Cnn.com.

The thing about this case that I struggle with the most is that no one is saying Turner didn't commit this terrible crime. Turner was charged with three counts of felony sexual assault. And he still received the sympathy that is given to those believed to be falsely accused.

For me, it isn't necessarily about his lenient sentence, it's about the reason behind it. It's about the sympathy Turner and his parents received after his father read aloud a letter he wrote to the judge, which talked about his talent and his dreams.

Do you know what has a severe impact on people? Their dreams?

Rape. I struggle with writing this because it feels like everyone has been screaming what I want to say for years, but it is evident that it has largely fallen on deaf ears. I am so tired of telling people what rape culture is. I am so tired of defending its existence to those who actively perpetuate it. Above all, I am tired of seeing rapists go free, in the news and in my life.

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Above: Brock Turner was convicted on March 30, 2016 on three counts of sexual assault. He was to serve a six month sentence but was released after serving three months.



Each week a Beacon editor will take a stance on a current topic. Note: The views expressed are those of the writer.



# 2016 NFL preview: All eyes on football

By Mark Makowski  
Co-Opinion Editor

With fall arriving, it means that Sundays will be filled with cheers and screams as football has returned. The NFL season is starting off with a bang. The first game of the year -- on Sept. 8 -- was a rematch of Super Bowl 50 between the Carolina Panthers and the Denver Broncos.

Like any other NFL season, this one is filled with several story-lines. One team to look at is the defending champion Broncos, who look to defend their title with less talent at the quarterback position than last season. Peyton Manning rode off into the sunset being a two time Superbowl champion and owning almost every single passing record in NFL history.

So it would look like the keys to the car would be handed over to backup Brock Osweiler who played a good part of the season last year while Manning was injured. Osweiler instead headed off to Houston and became the quarterback for the Texans, signing a four year \$72 million contract, according to USA Today.

In response to this move, the Broncos moved up in the first round of the 2016 NFL Draft to draft Memphis quarterback Paxton Lynch. With these large changes occurring, it looks like the Broncos will have a hard time getting back to the Super Bowl this season.

The reigning NFC champion Carolina Panthers look like they are ready to carve out the NFL again like last year. Quarterback Cam Newton looks to build upon his record MVP season last year, and this year his top pass catcher Kelvin Benjamin returns after being injured for all of the 2015 season. With the Panthers offense having its fully loaded offense back, there is no where to go but up for the team.

Besides the Panthers, the NFC has some talented teams that could represent the conference in the Super Bowl. The Seattle Seahawks will try to win their second Super Bowl in four years. The defense led by Richard Sherman and Michael Bennett, will be a top five defense as they have been for most of this decade. The offense led by quarterback Russell Wilson looks to take a stronger grip on the offense, after the retirement of running back Marshawn Lynch.

The Arizona Cardinals who are the division rivals of the Seahawks also

look like title contenders this season. Quarterback Carson Palmer has forgotten about his terrible seasons with the Bengals and is finding himself reborn since arriving in Arizona three seasons ago.

For the rest of the NFC I believe that there are two dark horse teams that can make a deep playoff run this year. One team is the Dallas Cowboys. Yes, their fans say that they can win the title every

US Bank Stadium could be a very special one. Adrian Peterson still looks fresh despite being 31 years old, and they have a very strong defense. The only problem the Vikings face is a quarterback problem. Two weeks ago Teddy Bridgewater was injured in practice, Bridgewater tore his ACL and dislocated his knee, according to ESPN. However, the Vikings addressed the problem by trading for Eagles quarterback

wants you to give an opinion on who you think the winners of the season could be. I have shared my opinions with you, but 10 million things could happen, and most likely will. So the best thing to do is to root for your favorite team and enjoy it, because football has returned.



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Photo credit: Wikipedia

The 2016 NFL season will be filled with cheers and jeers as players take to the field.

year and their enemies say that they are overrated, but this year could be different. The Cowboys drafted former Ohio State running back Ezekiel Elliott fourth overall. The highly rated rookie could flourish in this offense with one of the best, if not the best offensive line in the league.

The questions on the team, though, are its defense who at times does not look great, and the health status of Tony Romo. The 36-year-old suffered a broken bone in his back during a preseason game, according to ESPN, although Dallas may not sink with Romo under center. In the preseason backup rookie quarterback Dak Prescott turned heads as he was playing like he should have been a highly drafted player. If Prescott carries himself in the regular season like he did during the preseason, a quarterback controversy may start brewing.

The Minnesota Vikings are another team that look like they could take the next step this season. Their first year in the brand new

Sam Bradford.

The AFC is a little bit more wide open as to who will be the best team. Many believe that the Broncos are already out of the playoff race. The Patriots will have to start the first four games of the year without Tom Brady due to his suspension from the Deflate-gate scandal two years ago. The Jets and Bills look to pounce on the weaker Patriots in the beginning of the year and hope to get into the playoffs, an accomplishment that both teams were close to doing.

The Steelers are a favorite to make the Super Bowl as they were last season, as they faced several injuries they still made it to the divisional round. This year they face some early suspensions from Leveon Bell, but if he performs well when he comes back, the combination of Ben Roethlisberger, Antonio Brown, and Bell looks to rip through the AFC.

As football starts back up everyone

Have sports  
insight  
you'd like to  
share?

Join us!

Contact:

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or

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The Beacon/Purvit Patel

“I’m a freshman mechanical engineering student and all I want to do is just to make a difference in the world.”

-Nick Devacy

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# Colonels Talk Back

## We asked: "Do you agree with Colin Kaepernick's method of protest?"

*Interviews by*  
**Luke Modrovsky**  
*luke.modrovsky@wilkes.edu*

*Photos by*  
**Jesse Chalnack**  
*jesse.chalnack@wilkes.edu*

Even though the NFL officially kicked off Thursday, Colin Kaepernick has been in the news for choosing to "sit out" the National Anthem. Instead of standing alongside his teammates, Kaepernick will find a spot on the sideline and either kneel or sit. He has promised to continue his protest until his feels America is racially equal and social justice has been obtained.

The Beacon asked members of the Wilkes Community to share how they feel about Kaepernick's method of protest. Want to be in the next Colonels Talk Back? Email [luke.modrovsky@wilkes.edu](mailto:luke.modrovsky@wilkes.edu)

**Nicole Cumbo**  
**Junior**  
**Biology**

"I agree with his position but not his methods. I believe that he should be standing to respect the American flag and the National Anthem but I understand what he is trying to stand for."



**Ymari Williams**  
**Sophomore**  
**Political Science**

"My opinion is if you don't believe in something then don't stand for it, literally."

**Elijah Hayes**  
**Freshman**  
**Mechanical Engineering**

"I feel half and half on the subject but it's sort of disrespectful not to participate in the National Anthem even though racial equality is a big factor for his protest."



**Jay Gonzalez**  
**Sophomore**  
**Finance Major/Political Science Minor**

"I agree with what he is standing for, but kneeling or sitting for the National Anthem is definitely questionable. I think it can really go either way about how I feel but I understand where people are coming from."

**Annelise Pryzwara**  
**Senior**  
**Communication Studies**

"I think it's 100 percent wrong. Obviously there are men and women who have sacrificed their lives. To me, it's something so small that you can do to show your respect. I don't understand (his protest) and I think it's wrong. As a citizen of the United States, it's something you should do to honor those men and women."



**Jared Leshner**  
**Freshman**  
**Engineering**

"Yes, he's doing a peaceful way to protest what he finds wrong with the world. If people are bothered by it, they need to realize it's freedom to protest."



# Book Review: *The Old Man and The Sea*

By Nicole Kutos  
Staff Writer

Ernest Hemingway's novella *The Old Man and The Sea* won the Pulitzer Prize in 1953. After going 84 days without catching a fish, Santiago sails out further than other fishermen and gets into a battle with an 18 foot marlin.

Despite winning the battle against the fish, Santiago begins to lose his prize as he nears the shore. Sharks feed on the marlin and as they do so the blood attracts other sharks. Santiago returns to shore with very little of his marlin before going home to rest.

Hemingway's short, choppy sentences are reflective of his concentrated and calculated hero.

A story of man versus fish, of man versus nature, and of a man and his courage, Hemingway does not embellish Santiago's position nor his thoughts; he only writes the points necessary to the story, much how Santiago only does what is necessary for his survival as he takes each day by day.

What did I really think of this novella? I hated it. I hated every moment of it.

An old man battles a fish and then loses most of the fish.

That's all that happened, in my opinion.

I understand how people see the plot as a broader and more metaphorical commentary on courage, bravery, or whatever else, but I really can't see why this book is worth reading.

My edition is only 127 pages and I was bored by page 30. Why did I keep reading, you might ask? As an English major, Hemingway is one of those authors you're just supposed to know about, so I figured I'd give it a try.

I had hoped for the best for a novella about fishing and I was much more disappointed than I thought I'd be.

I think that there will also be some classics that I don't really see how they became such revered works, but this one might have just landed at the top of my list and knocked Dickens' *Great Expectations* to #2 (quite a feat since *Great Expectations* has been there since read it in 9th grade).

My recommendation: Don't read either unless you have to for class.



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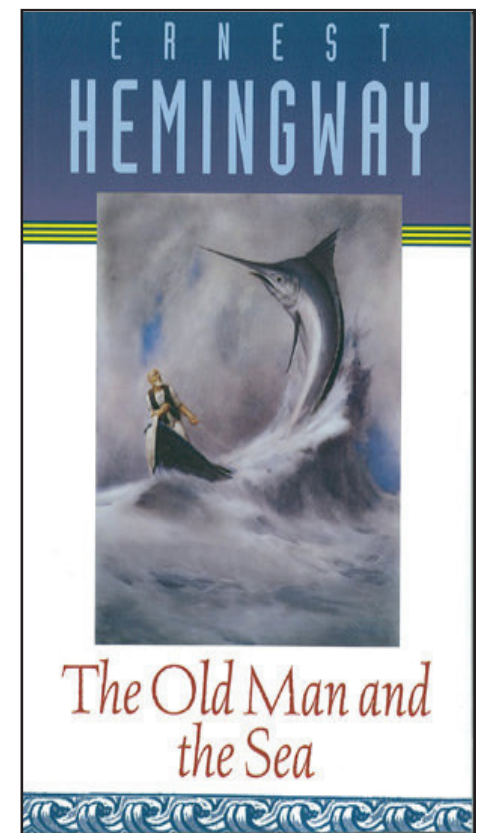
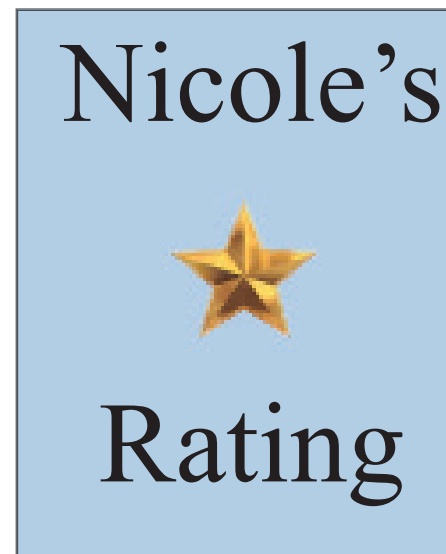


Photo Credit : Flickr, Wolf Gang  
<https://www.flickr.com/photos/wolf-gangkuhnle/15526658024>

# Catch soap and sanitizer, not colds

By Andre Spruell  
Opinion Co-Editor

Here are some simple ways to avoid getting sick as the weather gets cooler.

**Wash your hands:** It seems very simple but according to the Center for Disease Control and Prevention, Researchers in London estimate that if everyone routinely washed their hands, a million deaths a year could be prevented. In order to properly wash your hands, you must lather up your hands with soap and thoroughly wash your hands under warm water for about 30 seconds.

**Carry around hand sanitizer:** Sometimes people are so busy that throughout the day, they may not be able to reach a bathroom to constantly wash their hands. No worries, having a personal bottle of hand sanitizer is a great way to avoid getting sick in the winter times. The best part of these little hand sanitizer bottles is that you can find one at your local pharmacy or grocery store for less than a dollar.

**Sneeze into your elbow:** This another easy step people can take but for some reason

find it difficult to do. The popular way of sneezing is to sneeze into your hands by cupping them. When someone sneezes into their hands, even if they sanitize after, they are spreading more of their germs which can lead to others getting sick, which is why sneezing into the elbow is the best way to not spread germs after a sneeze.

**Wear proper clothing:** Even though everyone loves summer and refuse to let it go, it is hard for people to grasp that and decide to wear shorts when it is less than 50 degrees out. It is better to wear the right amount of clothing depending on how cold it is outside than not wearing the proper clothing in order to look "cute."

**Eating and being hydrated:** This is a factor that not many people discuss but is the most important factor all year round, especially in the winter. Having a proper balance of eating three meals a day and being hydrated through water and juices ensures that you will be healthy. On the other hand, if one or both factors are not treated right, then your immune system will begin to weaken, making you even more vulnerable to get sick

when being outside in the cold because your body is not fully ready for the cold.

**Stress less:** Out of all the items on the list, this is probably the most difficult for college students because stress is something many college students experience daily. According to Jan Kiecolt-Glaser, a psychologist at the Ohio State University College of Medicine, he said, "if stress is chronic every day, pumping out hormones without any escaping or fighting, then it's not good for your immune system." In other words, stressing less means a healthier immune system which means a healthier you.

Hopefully by following these simple steps you increase your chances significantly of not getting sick. These steps do not ensure that you won't get a sick because one little germ or bacterium can ruin that. Staying healthy in the winter is one of the biggest battles students in the northeast must deal with so good luck in your battle and hopefully you don't fall victim to a serious "sick bug."



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# Sports

Want your sport covered? Contact the sports editor: [taylor.ryan@wilkes.edu](mailto:taylor.ryan@wilkes.edu) or [daniel.vanbrunt@wilkes.edu](mailto:daniel.vanbrunt@wilkes.edu)

## Wilkes adds men's and women's ice hockey for 2017-18

By Taylor Ryan  
Sports Co-Editor

As each year surpasses the previous in all of the ways that Wilkes grows as a University.

The next two years will be no different., according to President Patrick Leahy, who recently announced Wilkes University will be adding women's and men's ice hockey to the NCAA varsity sport list for the 2017-2018 school year.

Starting in the 2017-2018 academic year, Wilkes University will offer a total of 23 intercollegiate sports.

This addition will allow the university to gain much wider range of students, all while bringing another popular sport into the mix.

In a press conference held on on Aug. 29, Leahy expressed his excitement for this addition, noting all that the two teams will contribute to Wilkes including, vitality, contribution to the student experience and a huge addition to the student body.

These two programs intend to attract both national students and even expand to the international level.

As Wilkes University adds ice hockey, it becomes one of only four NCAA Division III men's ice hockey programs and one of five women's programs in the state.

While this directly reflects on Wilkes University's athletic department, it also shines for the Middle Atlantic Conference. This addition allows the MAC to offer more opportunities for students.

It also encourages other colleges and universities that are a part of the conference to grow their sports programs as well, all while encouraging the high quality competition that is expected from each athletic team in the Middle Atlantic

Conference.

In recent years, Wilkes University has led in the dedication to grow athletic programs in the Middle Atlantic Conference. Including these two new programs, Wilkes has added seven new programs: four men's and three women's. The intent is to add to the diversity that sports bring to the student body.

Executive Director Ken Andrews spoke on behalf of the MAC.

"The MAC places a high priority on offering a wide variety of sports, and Wilkes has been a leader in making that commitment," Andrews said.

Adding these two athletic programs will bring a new enthusiastic, fun, competitive atmosphere to Wilkes

University. President Leahy confirmed his own enthusiasm saying, "I've always said the most fun I've ever had was at a college ice hockey game."

As one of the local rivals, King's College has also recently confirmed that its own men's and women's ice hockey team will debut in 2017-2018 academic year.

The competition is heating up. There will be nowhere louder in town than when Wilkes and Kings find each other on the ice.

As these two new programs will not only contribute to the university, but also give Wilkes and the surrounding community a new opportunity to come together and grow together. An affiliate of the Wilkes-Barre Penguins has partnered with Wilkes University in order to excel the men's and women's ice hockey programs.

Speaking of the new partnership, Leahy stated, "It allows us to work with an outstanding community partner like the Penguins. Their commitment to growing ice hockey in the community ensures

*"I've always said the most fun I've ever had was at a college ice hockey game."*

*~Wilkes University  
President Patrick Leahy*



The Beacon/Taylor Ryan  
Wilkes-Barre Mayor Tony George is flanked by Tux, the Penguin's mascot, and the Wilkes Colonel. The two mascots will likely be seeing a lot of each other next year when Wilkes adds men's and women's ice hockey to its sports offerings.

Wilkes' program will be exceptional."

The Colonels ice hockey teams will practice and compete at the Toyota SportsPlex come the 2017-2018 season.

Leahy publicly thanked Tim Evans, chairman of the Coal Street Redevelopment Authority and former Colonel, at the press conference. Evans played a vital role in making this all possible.

"As a former Colonel, let's get

battling boys," Evans said, expressing his excitement.

The enthusiasm from all the parties involved will lead in the success of this new community partnership, and the sports programs.

The search has already begun for both a women's and men's head coaching staff.



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# Wilkes football falls to Muhlenberg in home-opening thriller

By Luke Modrovsky  
Asst. Sports Editor

Despite a 19-point deficit at halftime, Head Coach Trey Brown managed to guide his squad for a chance to tie the game not once, but twice.

The standing room only crowd managed to make enough noise that Muhlenberg College had eight penalties throughout the course of the game.

Visiting Head Coach Mike Donnelly would be treated to his 132nd career victory to begin the Muhlenberg football season with a 1-0 record.

A 28-yard field goal from Mike Hauck would put the Colonels on the board with a 3-0 lead. Unfortunately for the Colonels, they would never again see the lead.

An early second quarter Wilkes fumble would prove to be a huge momentum swing. The Mules put up three scores in the second quarter, taking a 22-3 lead into the locker room.

For the first time since the implementation of video review, officials had the opportunity to review a targeting penalty earlier in the game.

After an extended twenty-five minute halftime to allow for the officiating crew to look over the footage, Wilkes fans were delighted to hear the Muhlenberg player was disqualified from the remainder of the game.

Although the Colonels would be the first to score, the traveling Mules would hold on to win 29-22.

Senior Ryan Dailey exceled under the lights at Schmidt Stadium throwing for over 300 yards and two touchdowns.

Early indications in the preseason were the Colonels would run a pass heavy spread offense. They would hold true to their word by finding most of their yards through the air.

The Colonels led a fast tempo throughout

the entire game but still managed to control the clock, taking nearly half of the time of possession.

The fourth quarter brought the Colonels with a chance to tie the game with under four minutes to go.

A three-and-out would force Wilkes to punt away the football in a very tough situation. The Colonels were forced to make a decision. Punt or go for it on fourth and long.

A punt could allow the Mules to run out the clock but going for it might give them even better field position.

However, the gamble would pay off as Muhlenberg would be forced to punt after their own three-and-out. The Mules' punt would settle the Colonels deep into their own territory.

A short run by Dailey brought the stadium to their feet as fans felt Wilkes could complete the comeback. However,



Members of Wilkes' offensive line look to gain ground against Muhlenberg defenders.

that excitement would be short lived as two incomplete passes would turn the ball over on downs.

Muhlenberg settled into victory formation and two knees would dash Wilkes' hopes of securing a season-opening victory.

Although the loss will not impact the Colonels' standing in conference play, Wilkes drops to 0-1 overall and Muhlenberg excels to 1-0.

Wilkes has nine remaining contests in their ten game season. All of the remaining games are conference games. Five of those games will be played at Schmidt Stadium, including the highly anticipated Mayor's Cup matchup with crosstown rival King's College.

The Wilkes Football team returns to action in week two against Lebanon Valley College where they will open MAC Freedom play.

## Remaining Games:

9/17 MISERICORDIA 1 PM  
9/24 @ Widener 1 PM  
10/1 FDU-Florham 1 PM  
10/8 Bye Week  
10/15 @ Delaware Valley 12 PM  
10/22 ALBRIGHT 1 PM  
10/29 LYCOMING 1 PM  
11/5 @ Stevenson 1 PM  
11/12 KING'S 12 PM  
(Mayor's Cup)



Spectators fill the newly built bleachers at the Ralston Athletic Complex

The Beacon/Purvit Patel



Sophomore Michael Murphy #25 dives for a loose ball in the home opener at Schmidt Stadium.

Wilkes University recently completed part of a \$1 million project to upgrade its athletic facilities. The home bleachers were completed in time for the Friday Night opener. Newly constructed restrooms are expected to be open in time for the homecoming festivities at Schmidt Stadium.



# Starting a sport easy is as sending a text

## Joining intramurals with ease; online system put in place

By Danny Van Brunt  
*Sports Co- Editor*

What are you waiting for? Intramural sports at Wilkes are played all year and now it is much easier to sign up.

Stefan Thompson, the assistant men's basketball coach, decided to change the way Wilkes students sign up for intramurals. The sign-up page is now online at [www.imleagues.com/wilkes/registration](http://www.imleagues.com/wilkes/registration).

Imleagues is a website that is partnered with more 400 different countries. Thompson believes it should get more students involved with intramurals.

This way of signing up is unique because people can access the website almost like a Google Doc. Anyone can add themselves to a sport, add a team of people to a sport and recommend other sports to be played. Online sign ups should help with efficiency, schedules and rosters. Another benefit is that students can access the sign up page from their phone, and then can receive

notifications about their upcoming games.

The two sports that are available for this fall so far are flag football and soccer. The fall intramural sports tend to have a lower amount of players than in the spring. Thompson thinks there are many students busy with fall sports and many first-year students who do not know how to join. There are enough people to play these two sports so far, but it is not impossible to get another sport requested.

"If there is a sport that you would like to play within the intramural program that is not available, contact me. If there are enough players interested, I will look into it and potentially order equipment," Thompson said.


Thompson recalled one year when students wanted to play field hockey in the spring. A few players originally contacted him asking what they would need to do to get the sport added to the program. Thompson told them that if they come back with about 15 people,

then they would have the sport funded for them. The students came back with enough people and the equipment was ordered.

During the games, work study applicants work side by side with Thompson to help run games smoothly. Thompson focuses on site coordination and his work study applicants are usually the referees. Luke Modrovsky is considered the assistant director of intramurals because of his involvement and enthusiasm.

"I enjoy intramurals because it offers sports that can be both competitive and relaxed at the same time," Modrovsky said.

Intramurals are important to Thompson. He enjoys watching his students getting competitive and having fun. However, the most important part to him is that the students sign up. He wants as many people as possible to sign up this year so there is always enough students to play.

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To sign up go to:  
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Getting to know...

# Marcellus Hayes

## Senior Football Player

By Purvit Patel  
*Sports Writer*

Name: Marcellus Hayes #7

Year: Senior

Major(s): Marketing

Hometown: Camp Hill

High School: Camp Hill High School

Position: Defensive Back/Corner Back

Q: What was the driving force for your decision to come to Wilkes?

A: Having the chance to get a great education and being able to play Football. Also the people that I met when I came to visit.

Q: What are your hopes for the upcoming season?

A: I hope to flip our record from last year and become a top team in the MAC.

Q: What are your hopes for your next season as a Colonel?

A: This is my last season, but I hope the guys can take something positive from my season this year and use it to better their season next year.

Q: When/Why did you first begin playing football?

A: I began playing in 5th grade when I had nothing else to do with my free time. But as time went on football became my outlet.

Q: Do you have other sports/ interest/hobbies off of the field?

A: I enjoy snowboarding, playing basketball and just hanging out with the homies.

Q: Who would you say is the most influential person in your life? Why?

A: I can't say one person was the most but my family has really driven me to become the man I am today and the man I want to be in the future. Hard work really does pay off and they have pushed me in ways I don't think they even know.

Q: A quote you live your life by?

A: "Blood Makes You Related, Loyalty Makes You Family"

Q: What does "Be Colonel" mean to you?

A: It means finding a way to make things work even though times can get hard. Being resilient and picking yourself up when you get knocked down.

Q: If you could have dinner with a famous person, who would it be?

A: Brian Dawkins he was one of my favorite players as a kid and the things I could learn from him are endless.

Q: Does the football team have anything they would like to inform the student body?

A: This year the football team will give you something to cheer for.





Getting to know...

# Dre Roberts

## Senior Football Player

By Purvit Patel  
*Sports Writer*

Name: Dre Roberts

Year: Senior

Major(s): Criminology and  
Sociology

Minor (s): Psychology

Hometown: Dunellen, New Jersey

High School: Dunellen High  
School

Position: Defensive Back

Q: What was the driving force for  
your decision to come to Wilkes?

A: The balance between  
academics and athletics. I felt  
as though I couldn't find that in  
other schools. Yes I got recruited  
to play football here, but the  
academic side is just as important  
to me.

Q: What are your hopes for the  
upcoming season?

A: To "Find A Way" in the words  
of my head coach Trey Brown. As  
a team we struggled to finish close  
games in the second half. My  
hope is we can turn that around  
if we can manage to do, I expect a  
winning season for the team.

Q: What are your hopes for your  
next season as a Colonel?

A: As a team, compete and finish  
towards the top of the conference,  
personally I just want to be one of  
the most dominant players at my  
position.

Q: A quote you live your life by?

A: Nothing worth having comes easy.  
You want something in life you work  
for it, there are always going to be  
obstacles in life but all obstacles can  
be overcome. If it was easy it wouldn't  
be worth it.

Q: What does "Be Colonel" mean to  
you?

A: What Be Colonel means to me:  
family, and hard work. We are all  
Colonels and that's something we all  
have in common. Also I believe from  
academics to athletics us as Colonels  
all work extremely hard.

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

A: Muhammad Ali, I just admire his  
work ethic, and the way he about life  
and his profession. His mentality,  
and philosophy about many things I  
would like to talk to him about.

Q: Does the Wilkes Football team  
have anything they would like to  
inform the student body?

A: Just be ready for a good season,  
the team has been hard at work.







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