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Wilkes University - Wilkes-Barre, Pennsylvania

The news of today reported by the journalists of tomorrow.

Campus welcomes 32 Panamanian students

By Maddie Davis and Sean Schmoyer
Co-News Editor and Asst. News Editor

On Jan. 31 the newest group of students in the IFARHU program arrived on campus. The group consists of 19 students from all eight of the provinces in Panama. This IFARHU group marks the third to arrive on campus.

The Office of International Engagement, who sponsor these students, welcomed 19 new IFARHU 3 students and 13 of the returning IFARHU 2 students. The office has also welcomed MEDUCA 10, the newest MIRE group, IFARHU 1 and four UTP students in the past few years.

MEDUCA students are apart of Panama Bilingue, a five-month program that brings in older students to learn different curriculum and skills to become english teachers in Panama. MIRE students are diplomats from Panama who come to the university for a semester to take different classes to broaden their education. UTP students are college students enrolled at the Universidad Tecnológica de Panamá who come to the university for a semester to take engineering classes.

The IFARHU program started three years ago when the government of Panama reached out to Wilkes University to start to identify student populations in Panama who could take on the task



Courtesy of the Office of International Engagement

IFARHU groups 2 and 3 arrived at Newark Liberty International Airport in New Jersey on Jan. 31.

of learning a brand new language in a new and foreign culture. These students would be given the opportunity to study English at Wilkes University depending on their test score in their province's student center.

Each of the eight provinces in Panama has an IFARHU student center to help spread education to those in Panama

who cannot afford or do not have the ability to travel and attend other high schools. Each province's center usually sends two of the top scoring students with the IFARHU program to Wilkes University to study. However with the newest group, IFARHU 3, they have sent

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Accounting students offer free tax services

By Maddie Davis
Co-News Editor

A group of Wilkes University's accounting students are offering free tax services to the campus and the surrounding community of Wilkes-Barre during this tax season.

The Jay S. Sidhu School of Business and Leadership has made this possible with the Volunteer Income Tax Assistance (VITA). The tax assistance is specifically for individuals whose household incomes are less than \$54,000 who file federal, state and local tax returns.

The students have already provided services on Feb. 9 and will hold two more appointment days on Feb. 16 and Feb. 23 from 9 a.m. to 3 p.m.

As part of the program, students are required to take an advanced taxes class taught by Dr. Cynthia J. Chisarick their junior year to be eligible for consideration for the VITA program. Select students are then chosen to be student coordinators for the program.

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Local hotspot 'Bart & Urby's' closes indefinitely, page 4



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Valentine's Day Oreo Dipped Lady Bug, page 11



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Will a Republican run against Trump?, page 15



The Beacon/Kirsten Peters

WBB & MBB: Both teams beat King's, men clinch playoff berth, pages 12 & 13

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: Feb. 6 weekly meeting

By Sara Ross
Staff Writer

Student Government held their weekly meeting on Wednesday, Feb. 6, and it started with the continuation of the club requests from last week and news about upcoming events.

The American Pharmacist Association (APhA), had its second week of discussions. APhA is looking for funds for five students to go to the 2019 Annual Meeting & Exposition. Originally, they wanted \$3,423 for the trip, but Student Government approved a motion allocating only \$2,068 with 30 members approving, two opposing, and zero abstaining.

Phi Beta Lambda also made another reappearance to follow up on their request

for funds for 15 students to go to the 2019 State Leadership Conference from Mar. 22 to the 24. They received their total requested amount for the trip of \$1,650 with the motion passing with all 37 Student Government members giving their approval.

Chemistry Club came back as well to continue the discussion about obtaining \$2,860.20, in order to attend the American Chemical Society National Meeting. At the event, they will be accepting two awards, the Commendable Student Chapter Award, and the Green Chapter Award. Chemistry Club received their total requested amount with the motion passing with 26 in favor, 11 opposing, and zero abstaining.

Additionally, the Wilkes Theatre Department came back to discuss attending

the Southeastern Theatre Conference this spring. Student Government allocated a motion to give them \$2,250, which was \$250 more than the original amount, and it passed with 31 approving, four opposing, and zero abstaining.


Finally, the Youths for Human Rights club were looking for recognition to form their club on campus. However, after much debate and a revote, the motion failed for them to receive recognition. Student Government members thought they were quite similar to the UNICEF club and were not sure of how well the Youths for Human Rights would do if recognized.

Moving on from second-week discussions, Adventures in Science, is being held on Apr. 26 at Wilkes University where they are inviting

fifth grade students from local schools. This year's theme is, "Science is SnOW Cool!" Adventures in Science is requesting a total amount of \$2,500 to cover some of their expenses for the event.

Student Government had a vote for their nominations for the Student Government Member of the Month and the Club of the Month. Brooke Mazzotta was the Member of the Month, while the Asian Cultural Society was the Club of the Month.

MSC discussed an upcoming trip to an Off-Broadway play on Feb. 16. They also have events planned for Black History Month.

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Beacon Briefs: The upcoming happenings on campus

Compiled by Sean Schmoyer

Blood Drive Scheduled for Feb. 14

Wilkes University and the Red Cross will be hosting a blood drive from 10 a.m. to 3 p.m. on Thursday, Feb. 14, in the Henry Student Center lounge. Walk-in donors are welcome or you can make an appointment by calling 1-800-RED-CROSS or going online at www.redcrossblood.org. The American Red Cross is specifically in need for blood and platelet donors. The Red Cross will also be handing out free t-shirts for those who donate.

Free and Confidential STD/STI Testing

Free and confidential gonorrhea and chlamydia testing will be offered on campus by Caring Communities. They will be conducted on campus at Wilkes University's Health and Wellness Services on the first floor of Passan Hall. Testing dates will be held on Feb. 12, from 11 a.m. to 1 p.m.; Mar. 12, from 11 a.m. to 1 p.m.; and Apr. 9, from 11 a.m. to 1 p.m.

Valentine's Day Global Coffee Hour on Feb. 13

The next Global Coffee Hour will be on


Wednesday, Feb. 13 in the Savitz Lounge on the second floor of the Henry Student Center. The theme will be related to Valentine's Day and will feature a chocolate fondue pot with sweet treats. The coffee hour will be held from 2 p.m. to 4 p.m.

Women's and Gender Studies Conference

Proposals for the Annual Women's and Gender Studies Conference at King's College are now being accepted. Proposals are due Friday, Feb. 22 and must be submitted online.

The theme is "New Narratives of

Gender in the Media" and students, faculty, staff and community members are all encouraged to participate in the conference. Sessions will include research and poster presentations, panel discussions, video screenings and performance art. For more information or any questions or concerns about the WGS conference please contact Dr. Jennifer Thomas at Jennifer.Thomas@wilkes.edu.

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Upcoming Events: 2019 Spring Semester

February

13 - Post Cuffing Szn Poetry Slam
13 - Global Coffee Hour
14 - Be Your Own Bae (WUPB)
14 - Red Cross Blood Drive
19 - Boost Your Social Presence Lecture (FBA)
19 - Free Emergency Car Kits (CC)
19 - Bowling Night (CC)
21 - Minute-To-Win-It (WUPB)
28 - Rodeo Night (WUPB)
22-23 - Vagina Monologues
24 - Mall Shopping Shuttle

March

14 - Themed Bingo (WUPB)
16 - Glow Night at Skyzone (SD)
19 - Free Tire Gauges (CC)
19 - Movie Night
22 - Medieval Times (SD)
24 - Ice Skating & Pizza (SD)
28 - Fondue Night
31 - Mall Shopping Shuttle

WUPB denotes Wilkes University Programming Board

CC denotes Commuter Council
SG denotes Student Government
SD denotes Student Development

Want your event featured in the calendar?

Email: TheWilkesBeacon@wilkes.edu

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Pharmacy, nursing students take on Script Your Future challenge

By Cabrini Rudnicki
Co-News Editor

Pharmacy and nursing students are collaborating for the 2019 Medication Adherence Team Challenge.

The challenge has Wilkes students working with health profession students from across the country competing in the 2019 Medication Adherence Team Challenge. The challenge is a two-month long competition to raise awareness for taking medication as directed.

Medication Adherence Team Challenge is a part of the Script Your Future, a campaign started by the National Consumers League in 2011. Since starting the challenge, nearly 65,000 patients have been directly counseled by the 15,000 health care students involved in the challenge. The challenge has reached more than 24.5 million consumers about the importance of medication adherence.

National Consumer League's mission is to protect and promote social and economic workers.

"Understanding your condition and taking the medicine correctly are important steps toward a longer, healthier life," says the official Script Your Future website. "Not taking your medicine as directed can do more than just send you to the hospital -

almost 125,000 people die every year because they do not take their medicine as directed."

According to the National Consumers League, three out of four patients do not take their medication as directed, which could lead to serious complications.

Sponsors for the challenge include American Association of Colleges of Pharmacy (AACP), the National Association of Chain Drug Stores (NACDS) Foundation, the National Community Pharmacists Association (NCPA), and the American Pharmacists Association (APhA).

Wilkes students involved include Agnes Stypulkowski, Amber Ankudovich, Antonia Gobo, Cody Morcom, Danica Benson, Jamie Campbell, Katelin Ivey, Meghan Muretta, Nicole Hughes, Rachel Wood, Sarah Hughes, Sergey Svintozelskiy and Zaleena Rasheed

Katelin Ivey, a P2 pharmacy student at Wilkes, is one of the student coordinators of the event.

"We will be talking to patients in the community about medication adherence, making sure they are taking it on time, taking it in the correct way," she explained. "Along with that, we will be focusing on three disease states: cardiovascular, asthma, and diabetes."

The students will go to events around the area in order to do community outreach.

"We've been in contact with a lot of the

pharmacies around the area, including the Medicine Shoppe, Albert's, Nockley Family Pharmacy, as well as looking into Volunteers of Medicine," she said.

Ivey is proud to be one of the students participating in the event.

"It feels amazing, it feels like something greater than myself. I never thought that as a student I'd be able to have opportunities to go and make a direct impact on patients' lives like this."

This is Wilkes' first year participating in the challenge. Dr. Troy Lynn Lewis, an assistant professor of pharmacy, brought the challenge to the school upon seeing how great of an opportunity it would be for her students.

"We know medication does not work unless patients are actually taking their medication. This is a nationwide issue, and it is what the events across our community are aimed for," she explained.

The challenge started Jan. 1 and will end March 22. The most recent event took place Feb. 2 at the St. Nicholas Church before the evening mass. The students held an information session for proper medication adherence as well as took blood pressure from the church goers. Six to seven more events are planned for the rest of the challenge season.

"For this concentrated time, the students are in the community promoting medication

adherence. They will hold different events, with the events being centered around chronic disease states," she explained. "Our pharmacy students are targeting these patients to make sure they are taking their medication everyday."

"We are competing against pharmacy schools across the nation," she explained. "The winners are announced in April and the winning schools get stipends, award, and a press release. There is some incentive."

"I think [this challenge] is important because it is something that they will see everyday when they are practicing," said Lewis. "I think it is also important to be a patient advocate. I am making sure they are advocating for real life issues in the community."

The community can follow the Wilkes' Script Your Future team on their Facebook page. For more information on the challenge, visit syfadherencechallenge.ning.com. Participants will be using #SYFchallenge and follow the campaign @IWillTakeMyMeds.

For my information for when the next Script Your Future community outreach event will be held, please contact Dr. Lewis at troy.lewis@wilkes.edu.



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Family Business Alliance to hold 'boost your social presence'

By Sean Schmoyer
Asst. News Editor

On Feb. 19 the Family Business Alliance will be hosting an event on campus on the second floor of the Henry Student Center, in the Miller Room.

Registration for the event will be at 11:30 a.m. and the workshop titled "Boost Your Social Presence" will be from noon to 1:30 p.m. with two guest speakers, Holly Pilcavage, business development and operations at Coal Creative, and Jack Reager, president of Blackout Design, Inc.

Pilcavage and Reager will be speaking about the importance of social media presence for small family businesses, how to create a presence on social media outlets and tips and tools to better market oneself on social media.

Coal Creative was a small business that started off as a portfolio website in 2008. Pilcavage joined Coal Creative in 2013 and with her skill set and the help of the other members of the business grew into an award-winning marketing agency.

Blackout Design, created in 2003 by Reager, focuses on integrating technology with marketing solutions to help clients with marketing and strategy, web and development and print and graphic design.

Blackout Design and Coal Creative are both businesses centered in Pennsylvania with Blackout Design being located in Dunmore PA and Coal Creative functioning out of Wilkes-Barre.

Coal Creative joined the Family Business Alliance just this year along with Blackout Design. This event is also a way to start the year with a strong showing of partnership.

Both Reager and Pilcavage answered questions from the Family Business Alliance about how to best start marketing a business on social media, during a presenter spotlight they posted online.

"The best way for someone to start marketing their business on social media is to choose which channel(s) reach your target market/audience and be sure to align your branding. Once you are up and running, stay consistent and be engaging," said Pilcavage.

"With any digital initiative (or marketing

for that matter), we suggest clients start by identifying what their goals are," said Reager. "Transactions like email signups, product sales/new business inquiries, or just general awareness should be positioned in your social efforts as you look to drive the audience. Be clear with your call to action and ensure the whole chain works before you publish."

The Family Business Alliance for 20 years has stated its mission as being a trusted resource to empower regional family-owned businesses through educational programs, networking, counseling, and guidance.

Susan Reilly, executive director at Family Business Alliance, said, "FBA is a membership organization where we are focused on the family and business. We provide education benefits for family businesses. Family business accounts for 65% of the national economy, that can include anything from a pizza shop to Comcast. Our focus is to educate them on topics and issues like business succession from one generation to the next."

Reilly expressed that FBA is important because it serves the population that is the largest provider in the area, and because a

central goal is to keep family business together and being successful in a changing world.

FBA partners with both Wilkes University and Penn State Scranton, as such there will also be an event at the Hawk Lecture Hall in the business building at Penn State Worthington Scranton. Their event will be held earlier in the morning from 8:30 to 10 a.m.

This year marks FBA's 20th anniversary. This year has already marked the beginning of new partnerships with businesses like Blackout Design and Coal Creative.

Reilly said, "A lot of firms are small, so taking a step back and marketing themselves is difficult. That is the reason for this event."

Once again the event will be hosted on Feb 19 on the second floor of the Henry Student Center, in the Miller Room from noon to 1:30 p.m. The event will be open to free to attend but registration is needed to attend the event. Registration begins at 11:30 a.m. Any student interested in registering should visit <https://www.wilkes.edu/FBA> for more information.



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Bar-goers react to local hotspot 'Bart & Urby's' closure

By Luke Modrovsky
Editor-in-Chief

After just under a decade and a half of business, the lights have turned off and the final note has been sung at a local establishment, as Bart & Urby's has shuttered its doors.

The late owner, Brian Urbanas, died on Jan. 25 after a long battle with multiple sclerosis. His parents, Patsy and Joe Urbanas have decided to close the bar in order to sell both the business and the building.

Urbanas had an optimistic view for Downtown Wilkes-Barre. On the business website, that view was emphasized.

"Bart and Urby's has been in business since 2005," a message posted in the 'About' section of the website said. "We were ready 1 year prior, but there were no street lights and RC Movies was not yet opened. Once those were in order, we finally opened on 10/31 of 2005. It was amazing to see all of the support from family and friends, as well as the Downtown revitalization. When we first bought the property, it was a ghost town. Now, after 10 years and lots of hard work, we are still standing."

The business's website also pointed to

Wilkes University's gateway as a barrier knocked down into the Downtown.

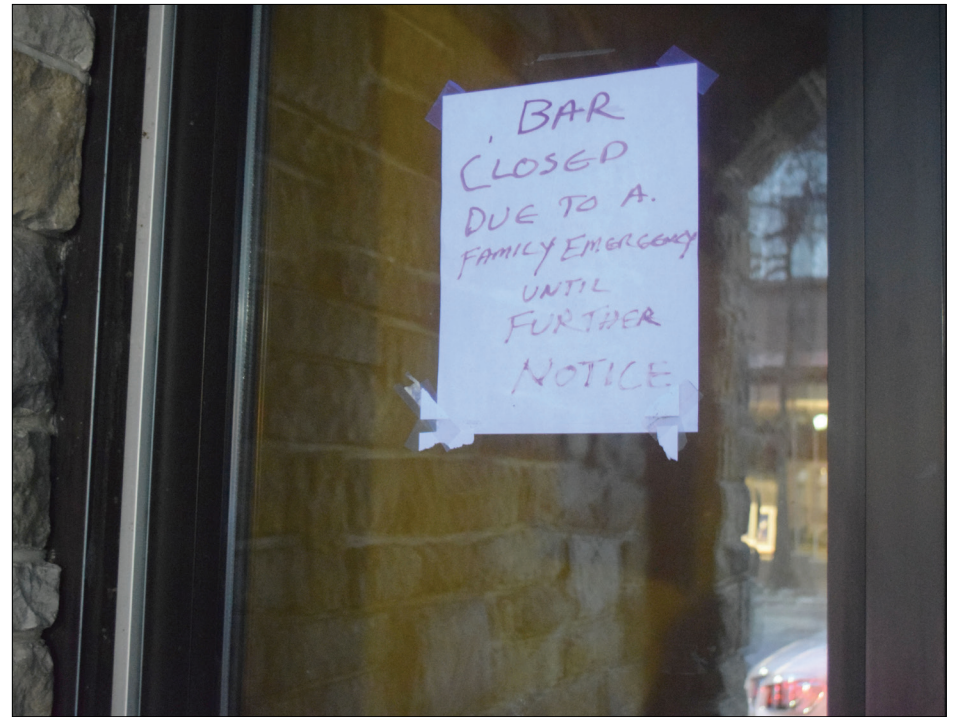
"With Wilkes University turning what was once Bartikowsky's into a gateway, to Wilkes, as well as many new restaurants, we firmly believe that Downtown Wilkes-Barre is getting better and will continue to do so..." the website read.

The east campus gateway, constructed in 2015, connected parts of the Wilkes campus directly to South Main Street.

The business, located at 119 South Main Street, offered the traditional bar setting with a few twists and turns. Bart & Urby's described itself on Twitter saying it had "great food and unique drinks in a laid back atmosphere."

Wilkes alumnae Brittany Mudlock '18 and Maddie Andrews '17, along with senior communication studies student John Rey all agreed with the description. Mudlock, Andrews and Rey were all frequent fliers at the establishment that accepted Wilkes 'Flex' dollars, money that was able to spent at local restaurants through a university dining plan.

Mudlock and Andrews indicated that Urbanas was one to greet customers, as well as the positive atmosphere in the bar.



The Beacon/ Maddie Davis

A handwritten sign posted on the doors reads "Bar closed due to a family emergency until further notice."



The Beacon/ Maddie Davis

A 'for sale' sign sits in the front window of Bart & Urby's. The establishment announced they would be shutting their doors due to the owner passing.

"It was a very friendly place, not many places where the owner would come out and greet you," Mudlock said.

"They knew your order," Andrews said. "They always knew what you wanted unless you changed it up a little bit. You don't have that very often in Wilkes-Barre."

"They always remembered you. The owner would always come out and say hi. It was just one of those places where you felt like you were at home."

Mudlock and Andrews both pointed to the specialty nights that the bar ran, such as wing night, mac-and-cheese night, boneless bite night and taco night.

"They had great deals and some of the best mac-and-cheese in the area," Mudlock said. "For \$5, they'd bring out a bowl bigger than my head." Andrews agreed with Mudlock on the mac-and-cheese take.

The establishment also provide other advantages, Mudlock said.

"It was just a good night (out) because they would be open late, Mudlock said in frequenting Bart & Urby's. "It was probably my favorite night of the week."

"I would go every Wednesday with a bunch of different people," Andrews said. "It was kind of like our hangout."

While the last final call has been made, Mudlock said the memories are forever.

"The memories were being able to go with my friends and have a good night," Mudlock said. "It was the best time going with a huge group. It was fun to play trivia on trivia night."

"I'm really sad that it's going away. Other places are not unique to the area like Bart & Urby's was."

Andrews said she was saddened when the news broke, and it hopeful she'll find a new regular spot.

"It was a bummer when I found that out," Andrews said. "It was like 'Oh, I have to find a new hangout, apparently.'"

We've been going to Arena Bar and Grill (on Coal Street), but we'll see."



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PANAMA, from front page

more than the usual two.

Greivin Yoshvan Gonzalez, one of the 17 IFARHU 2 students, commented on the development of his English language while apart of the IFARHU and IEP program at Wilkes.

"I have learned how to interact with people from different cultures and how to be a leader of a team," said Gonzalez. "When I came here for the first time I could not speak any English, now I feel confident about my English, cause I can have conversations with American people."

Rosa Ponce Sanabria, Director of International Engagement commented on the relationship between Wilkes and the IFARHU program in Panama.

"We started working with them to identify the study population who could be able to take on the challenge. We started to work with students living in student centers, boarding school-like rest halls, that the government funds for students coming from communities with no nearby high schools," said Sanabria. "From those student centers, we chose students with the highest academic standards that had already proven financial need."

The IFARHU program has two phases, the first is a college readiness program that provides students with language instruction and other academic foundation and skills needed to be prepared for college work.

The second phase is a full tuition scholarship to any undergraduate program being paid by the government of Panama which rests on their scores on the IELTS test, an English comprehension test.

Students in the program arrive in the United States in January or February and complete their first phase in early December. After their first year, the students come back to the university after a short holiday break and begin either taking undergraduate classes or continue in the IEP or UPP program.

"It was really challenging, it was difficult," said Gonzalez. "I used to be with my family every weekend, it was difficult because I could not spend time or talk with my family. As time passed I felt better because with my friends it felt like another family here in America."

Students have said the program is challenging as they have to adjust to

American food, culture and other aspects different from their culture back in Panama, all while having to learn English and pass their exams at the end of the year.

"I was always fully confident that the support systems within the university would provide the students with the support they needed to be academically successful," said Sanabria. "The first group for us was like a pilot project, we were working to understand the needs of the students so that we could provide them with the support they needed."

"As we and the students have grown we have become better and stronger as an institution to help them the way they need. We have not had any attrition from the group, so the program has proven quite successful," said Sanabria.

Sanabria and Student Aides within the Office of International Engagement described the three years as being filled not with challenges and issues, but with growing pains as the program has had to adjust to the growing size of students coming into the program.

David Heinz, a Student Aide commented on the issues of the lack of personnel in the office.

"One thing we have been struggling with is manpower, we stagger trips for each group because we need enough student aides to manage these groups well and be able to get to these events on-time and enjoy these different trips while maintaining the safety and unity of the group," said Heinz. "We look for team players and people who are flexible and willing to jump at opportunities to help in the office place."

IFARHU hopes to see the students in the program give back to their communities in Panama after they graduate with their sought for Bachelor's degrees from Wilkes University.

"We work a lot in pride and heritage to help them feel the beauty and feel that connection with their home country. I think they realize how much they can give back. I am very hopeful that their goal (after graduating) will be to go back and help their home country," said Sanabria.

"We have students who whenever they go back to visit their family they are talking to other students. They are becoming, already, role models for other students in those centers and schools they have graduated from," she added.

"Seeing them get good scores on their

test and seeing them become independent students, is one of the best parts of working in the program. The fact that you watch them struggle with English on their own and build a relationship with them to help them to then see them finally gain enough experience to become students at a United States university is pretty much the most rewarding aspect of my job," said Heinz.

Antonio Pineda Morales Santiago and Faustino Rodriguez Machado, both IFARHU 3 students, commented on the challenges they have faced so far and their hopes for their future within the program.

"Some of the challenges I have faced while here are the weather, the language, the food and being far away from my family," said Morales Santiago. "The hardest challenge is being away from my family because I am used to being with them and sharing things with them. I didn't expect to be this far away from them."

"I hope to learn the English language very well and to know more about the American culture," said Rodriguez Machado.

Juana Pimentel, an IFARHU 1 student who is pursuing her bachelor's in hospitality commented on the challenges she has faced apart of the program.

"The challenge was to tolerate one of the supervisors in the center," said

Pimentel. "I was always fighting with her and discussing with her everything that I did. Everything that I did for her was wrong."

"When I was in my junior year, she started to say to me, 'I am doing this for you. I am trying to help you."

"My hardest challenge at the beginning was living with her, then it was to let her leave me."

"Being here the hardest challenge was assimilation and living far away from my brother. He is my best friend," she added about the challenges she faces being away from home.


"The first year when I came here it was just a challenge for me to learn the language," she said. "I wasn't expecting to do anything, and I didn't think it was going to be hard."

She also commented on what helps her being away from home.

"What motivates me to stay here and fight for everything is to support my family."

For more information about the Office of International Engagement in involved in, please contact Ms. Rosa Ponce Sanabria at Rosi.Ponce@wilkes.edu.

Editor's note: Maddie Davis is a student aide in the Office of International Engagement.

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Courtesy of the Office of International Engagement
Juana Pimentel giving a campus and city tour to the newest group of IFARHU.

Campus Interfaith starts lunch-and-learn series with Islam

By Cabrini Rudnicki
Co-News Editor

Campus Interfaith's monthly lunch-and-learn series began on Feb. 6 with a topic titled "Islam: Between Truth and Myth."

The event, which was held in the Miller Room of the Henry Student Center, was hosted by the Almeky family including Dr. Essam Almeky, his wife Dr. Azza Almeky, and their sons Mustafa and Abdul.

The event started with Dr. Essam Almeky asking the audience to talk about what they know about Islam.

Most of the audience knew minimally about the topic. Monotheism, the Quran, the Arabic language, media portrayal of Islam and the pillars of faith were all brought up by the audience.

Dr. Evene Estwick offered her knowledge on the topic by speaking about the religion's widespread reach.

"I know it's one of the widest practiced religion in the world, and like Christianity, there are many different types of the religion," she said. "I also know there is an emphasis on family and helping one another."

Kristin Osipower, the campus interfaith coordinator, spoke about the images that come to mind upon hearing the word "Islam."

"I think of images of the mosque, how the women dress, and how the religion is, justly and unjustly sometimes, intertwined with politics and culture."

Dr. Essam Almeky addressed the stereotypes and misconceptions that belong to Islam. He began by explaining the basics of Islam.

"The meaning of Islam is submission and surrender to the will of God," he explained. "You reach peace by submitting and surrendering yourself to God."

Essam Almeky also described the two elements of Islam, the articles of worship and the articles of faith.

"(The articles of worship) are something you can recognize when you see that person, and the articles of faith are something that cannot be seen, but only God can see."

Articles of worship include dress and acts of ritual, while articles of faith are a person's inner true feelings and beliefs.

Muslims believe in one all powerful God, explained Almeky.

"That God, in the arabic language, we call Allah," he explained. "But if you ask a Christian (arabic-speaking) person about God, they will say Allah too. The words are exactly the same."

According to Almeky, God has sent messengers to mankind starting with Adam from Adam and Eve and ending with the prophet Muhammad. God also sent books to guide the followers of Islam.

"We are here for a testing period," he said. "What happens in college? They assign a professor to you and give you a book. There is always a teacher and there is always a book, and a day of



The Beacon/Cabrini Rudnicki

From left to right: Dr. Azza Almeky; Dr. Essam Almeky; Abdul Almeky

judgment where you will be tested on what you achieved. God is testing us with everything that we go through in our life."

Essam Almeky also spoke about the concept of destiny in Islam, relating the concept to the idea of someone choosing to drop or hang on tight to a glass cup.

"It is your choice to pray, it is your choice to drop the glass, it is your choice to hold on to the glass, no one forced you. So it is your choice to sin and no one forced you to do the right thing. But God, because he created us, he gave us all the knowledge of our consequences, but we still have free will."

"Muslims believe in destiny because God knows everything," he continued. "He knows what's in the heart, but he does not force you to sin."

The family then began to describe the action of praying to God.

Abdul Almeky, son of Essam Almeky as well a Wilkes student, performed the traditional prayer to God for the audience.

Dr. Essam Almeky, described how Islam is a way of life.

"If you have problems with a child, you will find an answer in the Quran, if there is a problem between husband and wife, you will find a solution in the Quran," he said. "You can find the answer to any problem you have in your life."

The lecture series will continue next month with a lunch-provided information session on another religion.



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TAX HELP, from front page

These student coordinators are the communicators between the program held at Wilkes and the IRS who make sure that everything is going the way it should throughout the 3 weeks they are providing their services. They also focus on enforcing ethics regarding tax services and making sure everybody understands their responsibilities. The coordinators also have to review all of the returns.

The two student coordinators for this years program were Christine Quinn and Sam Eyler, two senior students in the Business and Leadership School. Both students are entering their second year as coordinators.

Quinn clarified that the program sees about 20 to 30 people a week. She also noted that the services are more likely to help to be used by community members

rather than students.

Eyler focused on the benefits that the student volunteers gain from the program.

"Business-wise everything is pretty competitive as far as AVITA goes it's great to volunteer and use your major and career direction and tie that in," said Eyler. "Having some of that experience to fall back on really makes a big difference when applying for jobs and internships."

Ed Lukowski, a first-year volunteer for the program, talked about why he chose to be apart of the program.

"I chose to take part in this program because I had heard it is a great learning experience and very helpful for anyone looking to go into the field of taxes," he said. "The most rewarding aspects of this program is that you get to learn through experience and help the community."

Although the program is a community-

based project, the students also commented on how the services benefit them and overall its rewarding effect on the students.

"I feel that as an accounting major it is a great opportunity to gain experience with preparing returns," said Quinn. "I do find that VITA has many rewarding aspects as it advances me in my career while being able to help the community as well."

Eyler added how the leadership role is rewarding to him and his peers.

"This year since I have the leadership role, it is going to be rewarding just helping everybody take that first step career-wise," said Eyler. "It is a great feeling being able to interact with a client."

Quinn and Lukowski also commented on the outreach that the Business and Leadership School has participated in

with this program and how it is important overall.

"It allows the school to stay in touch with the community," said Lukowski. "It shows that Wilkes University and the Sidhu School students want to help and reach out to the community to show we are here for them."

"It helps build a professional relationship while the students are preparing returns. It is beneficial because the students are able to apply classroom concepts to real-life scenarios," Quinn added.

The program will continue to provide services until the end of February. To schedule an appointment, please call (570) 408-4710 and provide your name and return phone number.



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Life, Arts & Entertainment

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

Pharmacy students shine a light on opioid awareness with an interactive presentation

By Natalie Stephens
Asst. LA&E Editor

A group of pharmacy students put together an interactive presentation for the Wilkes community to help raise awareness about opioids and the importance of taking action before someone becomes addicted.

Opioid use has reached the level of epidemic according to the Pennsylvania Department of Health, "In, 2016 there were 2,235 opioid related deaths." Wilkes University Pharmacy students who put together this presentation aim to combat these statistics through education and awareness.

"We want to focus on prevention methods and educate the younger age because the demographic keeps shifting," said Jamey Mikovich.

The National Institute on Drug Abuse found that 25% of young people aged 12 to 25 who began abusing prescription

medications at age 13 met the clinical criteria for addiction at some point in their life.

Raising awareness on how to safely take medications and what is actually in the medications a person is taking is an important aspect to raising opioid awareness. "Not just how to deal with addiction and how to heal from that but how to avoid that happening altogether and how to be safer with medications," said Anna Ermlich.

By having the pharmacists of tomorrow shine a light on these issues shows that the younger generation is looking ahead towards the future and being proactive in their efforts to deal with the crisis so that moving forward the statistics of opioid related deaths will hopefully decrease.

This action will also allow communities as a whole become more aware of warning signs as well as becoming more educated on what is in the medication they or a family or friend are taking.

The interactive portion of the presentation was a Kahoot that asked a variety of opioid related questions to the audience. They tested their knowledge before the presentation to see what everyone knew prior to their presentation and then at the end to see how well they were paying attention and if they may have learned something new.

"I was impressed with the results at the end being that the attendees were very engaged and interested in the material," said Matt Kaster.

The presentation gave many students the opportunity to test their knowledge of opioids and addiction as well as educate them on some topics that they might not have been aware of prior to attending.


If anyone would like more information



The Beacon/Nicholas Filipek

L to R: Kiersten Wiedwald, Jamey Mikovich, Anna Ermlich, Matt Kaster, Mary Ann Chapin, Devanshu Kothari

regarding Action Before Addiction please contact Matt Kaster at matthew.kaster@wilkes.edu.

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You are not alone: What I've learned through four years of sobriety

By Nicholas Filipek
Managing Editor

Hi, I'm Nick, and I'm an alcoholic.

It might seem to be a bit of a cliché way to start an article about alcoholism, but it took me a long time to be able to say the words, and truly understand what they mean.

I loved drinking, truly. When I first started going to parties and hanging out on the weekends, I considered it a sport. I wanted to be MVP. I had made a weird connection somewhere in life that the more alcohol you were able to drink, without passing out or puking, the manlier you must be.

In that awkward stage of life where you start transitioning from an adolescent to an adult, it seems like you want to speed the process up and act like an adult sooner than what you are actually ready for.

Soon however, those awkward years passed and I was an adult and I had now taken my "weekend warrior" status and switched it to full time player. Every day I had to drink. At first, it was like I was some weird vampire, waiting for the sun to go down in order to feel like I had waited to socially acceptable limit of when to have your first drink of the day. That would go on to change, and I would find myself day drinking on the weekend, and starting to drink almost immediately after getting off of work.

This went on for years, and I was honestly really content. As long as I was able to get up and go to work for my 40 hours a week,

what did it matter what I chose to do with my remaining time? This was strengthened by the fact that my frame of mind had led me to believe that I was not hurting anyone either, other than myself--technically. With that small detail, I was able to rationalize it out. I was exercising my own free will and if I wanted to destroy the body I had, what did it matter to anyone else?

I would go on to in fact destroy my body, and toward the end of this second job, I could barely perform my first, actual job that paid me. I was going to work either so hung over that I was still in fact drunk, or grabbing the "hair of the dog that bit me" before going into work, just to be able to function.

Thankfully, I have four years of sobriety as of Feb. 9, but cannot guarantee that as you are reading this on its print date, or maybe weeks later that I will still have not had a drink.

It is a day-by-day process, which really had to be started out as an hour-by-hour process in the beginning. I cannot

overestimate myself at any point, because that's when things could start to go wrong. I used to always say, "I could stop whenever I wanted to," not realizing the hollowness of the words coming from a drunkenly belligerent blowhard.

The true test of strength for me did not come from me relying on myself however, but seeing that I could not handle my alcohol obsession on my own.

In fact, it would take the help of several people, some of them being medical professionals, to get me feeling better about not having alcohol in my system. That was just the physical addiction side of it; the mental hurdles were taller, scarier and forced me to be truthful with others and myself.

Jumping those mental obstacles could only be overcome with a security blanket of a room full of strangers to help me. Their words would fill my head and mentally relax that paranoid feeling that we all face at one point or another, "no one is going through what I am going through, no one

can relate"

The truth of the matter is that there were a lot of people around me, who knew exactly what I was going through. Many of them helped guide me on my way to being the person that I am today.

The lesson here is that despite the fact that most people want to be "self made" and stay away from seeking help, it is unlikely that you can make it through this life alone. If you are going through something, there is more than a probable chance that someone around you could be going through something similar, so why should the two of you suffer in silence? Reach out and let someone know.

This place we exist in is large, and quite honestly frightening as all hell. I mean, think about it, we live on a giant rock spinning around an even bigger ball of ignited flammable gas, circling around in endlessness, BUT we are doing it all together. All seven billion of us are in this together.

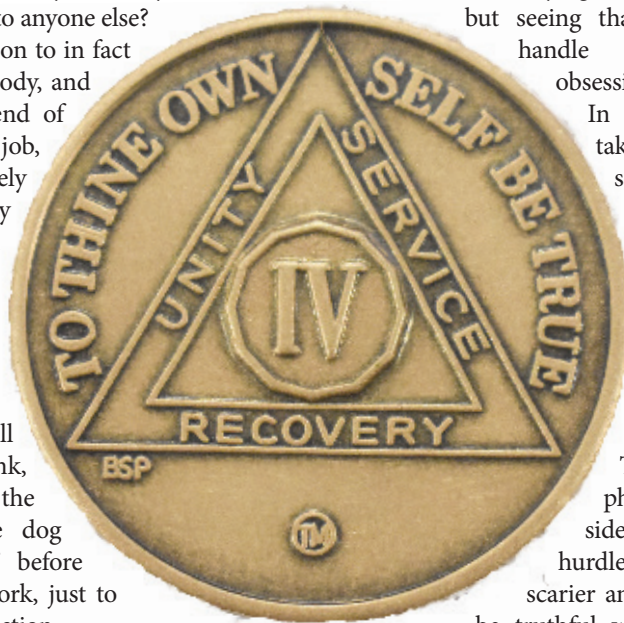
I would welcome anyone who read this and felt the need to want to reach out to me, to do so. I know that first step is the hardest, and you do not always know who to talk about it to. I can be that random person who helped you out once, or can become that person who you talk to every day.

You don't have to be alone.



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Photo: The Beacon/Kirsten Peters



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Wilkes University students on celebrating Valentine's Day

By Anna Culver
Staff Writer

Valentine's Day is just around the corner and it is a holiday that there are a lot of mixed feelings about. Traditionally, Valentine's Day consists of gifts, couples and love but even though it can be perceived that way, Valentine's day gives some people the chance to express their love for one another and their friends.

Valentine's Day means different things to individuals as they look towards celebrating the holiday this year. For example, it is often overlooked that some people are in long distance relationships with their significant other and cannot always celebrate with them. Samantha Verespy, a sophomore communication studies major at Wilkes University, is in a long distance relationship with her partner and has been for a little over a year and a half.

"Valentine's Day to me means much more when I am able to be with my partner. At this moment, it's just another

day. I cannot physically be with Dan (her boyfriend), so I am choosing to just kind of ignore the holiday this year. In a year that he is here, it is a big deal. We go all out and have big shows of affection and go out for fancy dates. So it boils down to I base the value on the presence or lack of presence of my partner," said Verespy.

Verespy continued that when her and her boyfriend do get to celebrate together, they often exchange a series of smaller gifts throughout the whole day on Valentine's Day, exchange one more gift of a larger scale and then go out on a date for dinner.

Valentine's Day, though, for some people is just another day that does not have a particular significance. Many people who are not in relationships also dread Valentine's Day. Nicholas Whitney, a senior history major at Wilkes University, argued that it is not necessary to dread it.

"I treat like a normal day. I let everyone

else enjoy it who wants to; I'm not a Valentine's Scrooge that'll ruin the day for everyone else. But I'll do an internal eye roll every time I see some overly-extravagant display of affection that's done specifically for Valentine's Day," said Whitney.

He continued on to say that his plans for Valentine's Day typically involves taking advantage of all of the discounted chocolate and sweets by buying them in stores the day after.

To others, Valentine's Day is for celebrating love with friends, family members, or partners. Celebrating Valentine's Day could be anything from watching movies and eating junk food with friends or receiving cute cards.

"I like to give gifts out. It's nice to see people happy on a day that may not be too happy for most especially small things, silly little Valentine's Day cards with cheesy pickup lines," said Lindsey Becker, sophomore criminology major at Wilkes

University.


She went on to explain that her plans for this year on Valentine's Day involve spending the day celebrating with friends and spreading her love for them.

Many still receive gifts from family members like Cheyenne Jenner, freshman biology pre-veterinary major at Wilkes University.

"I normally receive stuffed animals and one year a really cute little necklace of a silver teddy bear holding a little gold heart. The necklace was her favorite gift."

Jenner continued that she is not really celebrating this year but that her parents sent her a gift of a stuffed dinosaur and chocolate strawberries to share with her friends.

Though Valentine's Day comes only once a year, many people still have different ways yo celebrate it, whether someone is in a relationship, single, or just wants to spread the love for any of the people in their lives.

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The Beacon/ Madi Hummer




The Beacon's Featured Photos of the Week

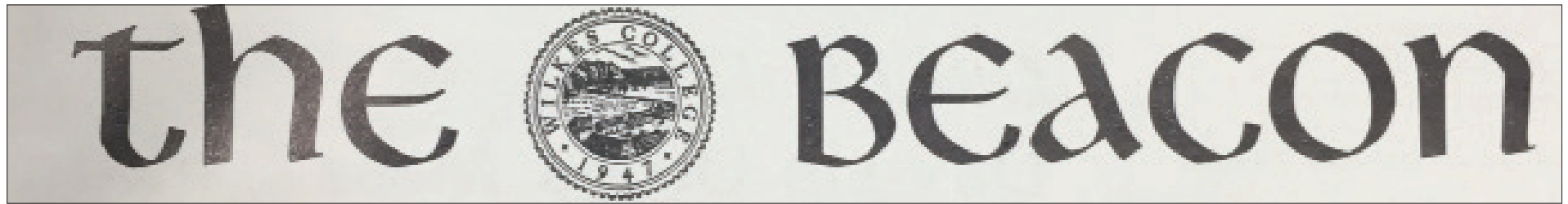


Wilkes University gets a taste of spring before more snow

It is said that the sky is the limit and the weather has not disappointed. The Wilkes University campus has been embracing the fluctuating weather, showing off the architecture that the University has to offer.



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Valentine's Day has us all feeling the love, make it last

Editor's note: These articles appeared in the Feb. 12, 2013 (Vol. 66, Issue 13) and Feb. 10, 2015 (Vol. 68, Issue 14) issues of The Beacon. 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. Curious to see more online? Check out www.beaconarchives.wilkes.edu to dig through a Wilkes University treasure.

This week, we revisit two articles that can help make your romantic relationships flow smooth.

-Complied by Luke Modrovsky, Editor-in-Chief

By Bill Thomas
Arts & Entertainment Editor

One thing all relationships have in common is that they take work. Some more than others. In the spirit of Valentine's Day, flowers, puppy dogs and all those sappy sweet things people think of when they think L-O-V-E, The Beacon sat down with Robert Bohlander, a psychology professor who's also worked as a marriage counselor for 24 years, and Jane Elmes-Crahall, a communication studies professor who teaches classes in interpersonal communication, to come up with these...

FIVE TIPS FOR MAKING IT LAST

1. Be Yourself

Have foresight. No one wants to spend the rest of their lives sacrificing their self-identity for someone else's happiness, and no one wants to be with someone who isn't really who they thought they were.

"During the dating phases, people become like chameleons," Bohlander said. "They want to be exactly like what the other person wants, so you're really not seeing completely who they really are. People think 'Oh, she wants this now, so I'll do it, but after we've been together for a long time it'll change.' They think that after a while the hard part's over, that they don't have to work as hard. But it doesn't get easier as times goes on, it gets harder."

2. Find a Balance

Being in a relationship does not mean being fused at the hip. It's important to remain your own person and to not be afraid to ask for, or offer up, alone time.

"Sometimes couples want different levels of that. One wants to be together 95 percent of the time, the other wants to be apart 95 percent of the time," Bohlander said. "Ideally,

you want a balance between connectedness and separateness, so, yes, there will be things you want to do on your own, but there are other things you do as a couple."

3. Don't Wait

If something's bothering you, get it off your chest. Don't just sweep it under the rug because, chances are, later on it will come up.

"When things are going well, we don't talk about it. When things are going bad, that's when we talk about. 'We've been together for 15 years and you still don't know the kind of birthday cake I really like.' Talk about stuff early, before it festers and causes resentment," Bohlander said. "A lot of time when people arrive in marriage counseling, it's kind of late because there's so much animosity and resentment built up."

Talk things through, but, as Elmes-Crahall added, "don't fight dirty" and don't get bogged down in debates over who's "right." Be candid, but use tact and be mindful of your partner's own thoughts and feelings.

4. Be Logical

Speaking of being mindful. Obviously, romance is all about emotion. But a real relationship needs a mix of emotion and logic to be successful.

"If you say you're in this for the long haul, that's a logical decision and you have to learn how to communicate," Elmes-Crahall said. "The biggest skill needed is what we call dual-perspective, or empathy. Even if there's tension there, try to think about things from the other person's point of view. Don't become so wrapped up in 'What does this mean for me?' You need to establish the ability to find out from their point of view what may be causing the tension. ... Pay attention to their non-verbal communication as well."

Self-reflection and open-mindedness are also necessary.

"It's good to get some insight into how you came to your current perspective on relationships," Bohlander said. "That can help you see, 'OK, this is how it was in my family, this is what I raised to value, but it doesn't have to be that way. If I'd grown up in a different family, I might see things differently.'"

5. Don't Give Up

One thing Bohlander wants people to know is that there's always hope. "Even if there's a setback, a big blowout or whatever, learn from that," he said. "Anytime two people try to get along, whether it's a friendship or a working relationship, there's always going to be rough spots. You have to believe that this relationship will still be intact six months from now."

Meanwhile, Elmes-Crahall shared own insights gained not just from her profession, but personal experience.

"This is not me being the interpersonal communications professor, but the person who's been married for 27 years," she said. "Be open to surprises. Don't think because you're with the same person for a long period that things are predictable. There will always be surprises and changes, and if you trust the person enough, then change doesn't have to be a problem. In fact, it can bring you closer together."

By Justin Topa

Asst. Life, Arts & Entertainment Editor

After months of planning, sweaty palms and a well-written song, the girl had finally said yes to her suitor.

The story of Natalie Smirne and Jake Parrick began officially on April 7, 2012, a semester after Jake had set his eye on Natalie and began to win her over.

Parrick and Smirne are both graduates of Pittston Area Senior High School, but didn't get to know each other until sharing a biology class at Wilkes University during the fall 2011 semester. It was during this course that Parrick saw an opportunity to get to know Smirne.

He would head to class a half hour early each day so that he could move Natalie's desk into place, conveniently next to his own.

After more than two years, Jake still finds that small acts of kindness help to keep the relationship thriving.

They shared their first "official" date seeing a scary movie, but the way in which Jake asked Natalie to be his girlfriend was much less ordinary. He brought Natalie to a secluded cottage, rowed her out to the middle of the lake and played her an original song. Parrick said that grand romantic gestures can be essential for winning over the right girl.

"She deserved it," said Parrick, who added, "If you're going to do something, do it in a big way."

Jake said that, like most guys, he feels pressure this time of year to make Valentine's Day special for Natalie.

"Sometimes, I feel like I set the bar so high last year that I constantly have to do better with each year," explained Parrick.

Parrick shared that there are a few rules to keeping a successful relationship, most of which he has learned since the couple started dating. One essential element for a successful relationship is trust, began Parrick.

"I love how trusting she is and it really is important in a relationship to have that sense of trust," said Parrick. "Of course, there is no reason she shouldn't trust me, either," Parrick added.

Parrick also cites being able to compromise in order to make his partner happy as another important element of dating.

"For instance, she's really cold all of the time and I'm really hot all of the time," he explained. "It could be the middle of the summer and she'll ask me to turn the heat on in the car and, of course, I do so she's comfortable. In the meantime, I crack the window hoping for a cool-down."

The most important 'rule' for dating, according to the happy boyfriend, is that you must continue the excitement most couples share at the beginning of their relationships well into the years. Parrick says he and Natalie continue to experience new adventures together, keeping the relationship a very happy one.

SNACK CORNER

VALENTINE'S DAY OREO DIPPED LADY BUGS

INGREDIENTS:

Oreos - Chocolate chips - Red chocolate wafers - Heart shaped sprinkles - Candy eyeballs

INSTRUCTIONS:

1. Melt the red chocolate wafers in the microwave according to the instructions on the bag.
2. Melt the chocolate chips in a bowl and then place the chocolate into a sandwich bag.
3. Cut the tip off of the sandwich bag.
4. Cover half of the Oreo with the melted red chocolate.
5. Place the Oreo on parchment paper.
6. Using the melted chocolate chips, draw a horizontal line across the Oreo where the red chocolate begins and then a vertical line from the center of the horizontal line to the end of the Oreo creating a "T" shape.
7. Using the melted chocolate chips, place two dots on the bare Oreo and place the candy eyeballs on top.
8. Press the heart shaped sprinkles into the red chocolate.
9. Repeat as many times as necessary.
10. Enjoy.

Jordan Fritz, Staff Writer



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COLONELS CONQUER MONARCHS

By Kirsten Peters & Ben Mandell
Co-Sports Editors

Women's Basketball

On Saturday, the Wilkes-King's Rivalry took a step in a different direction, as the Wilkes women's basketball team picked up a 58-55 win against their rival. This was Wilkes' first victory against King's since the 2013-2014 season.

It was also Senior Day for Wilkes, where they honored both Ashley Caster and Gab Giordano.

"Today we did a very good job defensively in our zone," said head coach Tara Macciocco. "It hasn't been there in past games and today it was. We put it together and made a couple shots."

Against King's, Wilkes flipped the script from earlier in the week, thanks to huge games from Giordano and sophomore Maddie Kelley. The pair combined for eight three-pointers and scored 39 of Wilkes' 58 points.

The Colonels jumped out to an early 7-0 lead off of baskets by Caster and Kelley, as well as a three-pointer from Giordano.

After the Monarchs secured a couple of free throws by Mackenzie Yori and one from Alexis Steeber, Wilkes scored seven more points to go up 14-3.

By the end of the first quarter, Wilkes had continued to answer King's and maintained the lead 23-14.

Both teams seemed to make defensive adjustments, causing the game tighten up on both ends. The second quarter saw spurts

of offense, but when both teams went into halftime Wilkes carried a 32-25 lead.

It took over two minutes to see the first points go on the board in the third quarter, when Steeber took the ball in the paint and put up a layup for King's.

The score stayed at 32-27 for the next minute and a half until Kelley hit two three pointers, expanding Wilkes' lead to 11. However, Steeber made another layup for the Monarchs to cut their deficit down to seven before the third period buzzer sounded.

Wilkes hung on for their lives in the fourth quarter, as the Monarchs, led by Steeber and Yori, came at the Colonels with everything they had for the remainder of the game.

King's went into the final minute and a half down by five, but they cut the lead down to just two with 41 seconds remaining.

After Wilkes made a few free throws and King's continued making baskets, the game came down to one last shot attempt from Samantha Rajza. Luckily for Wilkes, her attempt was after the buzzer and off the rim.

"We have been in so many close games," said Macciocco. "Today, they didn't just make shots for 40 minutes, but they also played extremely hard for 40 minutes."

Wilkes now has four conference wins this season after going the last two seasons without one.

"I have always set my goals and expectations high, maybe higher than they should be," said Macciocco. "For us to have four conference wins in this league is tough, considering the stretch we went through the last couple years. I'm very proud and

impressed."

Wilkes will look to continue its push to postseason play, as they have two games remaining, one against Delaware Valley and one against FDU-Florham.

Men's Basketball

The Colonels punched their ticket back to the MAC Freedom playoffs with a win over cross-town rival King's.

"We feel comfortable heading into the tournament," said Wilkes head coach Izzi Metz. "Road teams historically win in the tournament, so anyone can win. We need to continue taking things one game at a time."

When King's and Wilkes' men's basketball teams met on Jan. 16, the Monarchs shocked the MAC Freedom and beat the Colonels by nearly 30 points. The Colonels used this game to get revenge on their rival with a 76-51 win on the Senior Day.

Prior to the game, Wilkes honored their five seniors: Clay Basalyga, Tommy Bowen, Connor Evans, Marcus Robinson and Zach Walser.

"We had a good energy level today for many reasons," said Metz. "It was senior day, the game was for charity and we were playing our rival. I also think we have been playing really good basketball the last few weeks."

Wilkes started all five seniors in this game to honor the group, and they hung in with the Monarch's starting five. After about four minutes, Wilkes trailed 8-6. This caused Metz to put in his normal starters, taking Walser and Basalyga out for Mark Mullins and Rob Pecorelli.

Almost instantly, Pecorelli knocked down a couple of three-pointers for the Colonels, and they went on a run to take a 19-10 lead.

"That was huge," said Metz, noting Pecorelli's performance coming off the bench. "He's been starting all year and you never know how he is going react coming off the bench, but he showed good maturity and did a good job for us."


Wilkes continued to roll on the offensive side of the ball, as they shot 9-19 on three-pointers in the first half, including a buzzer-beater from Evans to put Wilkes up 46-26, seemingly draining life out of the Monarchs.

The second half followed the same map as the first meeting between these two teams. Instead of King's being up big and holding the lead, it was Wilkes. The Colonels kept the Monarchs from fighting their way back into the game and finished with a 25-point win.

Wilkes finished with Pecorelli leading the team in points with 17, followed by Evans who had 15.

The Monarchs were led by Jake Pawliczak who scored 12 points.

Wilkes now officially advances to the conference playoffs with the win. They will be joining Delaware Valley, Eastern and the current top seed DeSales. Their final two games will help decide seeding. Delaware Valley lost Saturday, meaning Wilkes' match up with the Aggies on Tuesday could help decide who has to travel to DeSales or Eastern.

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A Senior guards Marcus Robinson and Connor Evans smile as they wait on the floor to go back into the game.

B Senior guard Gab Giordano, who scored a game-high 21 points, fiercely guards King's point guard.

C Senior forward Ashley Caster looks to score in the paint, increasing the Colonels lead to 11 in the first quarter.

D Sophomore guard Maddie Kelley swishes three crucial shots behind the arc, contributing to her 18 points.

E Giordano and Caster embrace as the

rest of the Colonels join in celebration following their victory.

F Senior guard Zach Walser forces the King's defender backwards as he drives into the paint for the two-point shot.

G Junior guard Rob Pecorelli sandwiches between two defenders to make a pass across the court.

H Senior guard Clay Basalyga holds the ball above his head looking for the open pass, while senior forward Tommy Bowen calls for the ball down below.



Kay Yow Breast Cancer Fund/Senior Day game shapes up to be successful on all fronts for the Colonels: Women's basketball defeats King's for the first time since 2014 and men's basketball gains revenge since their midseason loss to King's.



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.

Should Valentine's Day be considered a holiday?

Everyone enjoys feeling loved, receiving gifts, and getting attention and affection from those they surround themselves with. These are some of the core elements of Valentine's Day, but do these elements need to be grouped into one specific day of the year potentially for the wrong reasons?

From as early as elementary school, people are encouraged to buy gifts for all of their classmates on Valentine's Day. This is how the perception of the significance of Valentine's Day began for many people. You were told that the more people that that you buy gifts for, the more you will get in return.

This can instill a materialistic mindset in young children that they will always have to buy and receive gifts on Valentine's Day. Who would not want to receive gifts? The ingrained concept typically continues throughout adulthood as well.

On Valentine's Day, people typically give their significant other materialistic things like the generalized gifts of teddy bears chocolates and roses," said Eric Kong, junior at Wilkes University.

In addition to the materialistic mindset being instilled at a young age, these gifts are also scattered throughout every store and do not even require that much thought to go out and pick up. If Valentine's Day is coming up, people can go to the store,

travel through the aisles in less than five minutes and leave with chocolate covered strawberries and roses.

Due to this, Valentine's Day being considered a holiday has become a stable and quite enormous source of income for many retail companies like Walmart, Hallmark and local flower shops, just to name a few. It was originally commercialized by card and candy companies strategically to sell more products and acquire revenue and people have been buying in to this scheme ever since.

It is just not necessary to spend upwards of fifty dollars on a bouquet of flowers that will die in a week or ten dollars on an extravagant card that will end up in the garbage to show someone that you care about them. Instead you can actually spend quality time with them, compliment them, or help them out in some way.

"It's definitely overrated. It's all about buying someone's love in a way. No one would settle for a stay at home date on Valentine's Day because they just want their partner to spend money," said Hannah Simerson, first-year student at Wilkes University.

There are some cultures that celebrate Valentine's Day in a traditional way where a women cooks a meal and a man buys a piece of jewelry. The couple would enjoy sitting together

and sharing history of when they first got together and when they were younger.


"I remember my uncle's wife would cook him dinner and he got her a necklace or something," said Ana Iris, first-year Panamanian exchange student at Wilkes University.

Nowadays, it is evident that many are straying away from this and heading more commercialized with gifts and candy. It would be nice to go back to when people could just spend time together at home enjoying a meal or talking about the years that they have been together.

Finally, and arguably most importantly, you can buy your significant other, your family, friends, etc. gifts and tell them that you want them in your life any day of the year.

"If you love someone, you should continuously show them affection throughout your relationship rather than on one specific day," said Kong.

Essentially, you can say that about any holiday too, especially when there are gifts involved. However, Valentine's Day is merely based on love when holidays like Christmas are based on religion and birthdays on the celebration of birth where gifts are a tradition.

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Mail: 84 West South Street, Wilkes-Barre, Pa. 18766 Attn: *The Beacon*

Will a Republican run against President Trump in 2020?

By Neil Murphy
Staff Writer

The United States is arguably the most divided it has ever been since the end of the Civil War in 1865. Politics have become so polarized, separating each other to names like snowflake liberals or backwoods conservatives.

There are families around the country can't even speak to each other normally at a holiday Thanksgiving dinner if they know they support different candidates.

Despite knowing how divided we are between parties, I will argue that we are even more divided inside our own political parties.

Some may not realize it, but when you think of a Democrat you think of a liberal, and when you think of a Republican you think of a conservative, right? Well in today's climate, we are seeing a lot more differences.

On the left, you can have your normal average liberals like Hillary Clinton or you can even have your democratic-socialists like Bernie Sanders or Alexandria Ocasio-Cortez.

But did you know you can even have Democratic conservatives like those in the Blue Dog Coalition? Well, New York Representative Anthony Brindisi and Californian Representative Lou Correa prove that very existence.

If that's not a lot of diversity from good ol' D.C., look at the individuals that are putting in their bid to become the next president. Corey Booker, Elizabeth Warren, Kamala Harris and more are just examples of individual diversity in the Democratic Party.

There is so much more diversity being outwardly shown in politics from the left for 2020.

Now there aren't really any forms of complaining on the left, or at least none in the news. Things seem for the most part unified, right? No shame or harm done in being a different Democrat.

Well, what if I were to say that individuals on the left have the opportunity to be more free to choose how they identify and how they act in politics compared to the right?

Hear me out, I am not trying to imply that the right silences liberal Republicans or even Libertarian politicians, because clearly they are not. Just look at Senator Rand Paul and the other 56 partisan Libertarians in office.

However, with 2020 rolling around, we are hearing only candidates from the Democratic Party taking a slice of the pie and not Republicans.

For crying out loud we heard about the CEO of Starbucks making a claim before anyone from the right.

According to a survey done by Politico, more than 55 percent of Americans disapprove of the President, while the highest peak was a 52 percent approval rating in March of 2017. How can nobody be running against the president on the right unlike the rest?

"Well, you know, they probably just like the president." Well, you may be right, but why is nobody speaking out on the right? Either way, this doesn't seem like it'd really be fair for someone to not be able to do, whether the president belongs to your party or not.

There are many things to consider as to

why this could be in question. The first would be if another Republican would run for president, it would just split the party into two, weakening their chances of holding onto control for another four years. Another could even be something completely opposite.

Some Republicans want to run but don't want to jeopardize their careers as someone who challenged the President of the United States.

I would argue that the second option from above is the most likely answer as to why one will not run for the presidency on the right. Looking back at the 2016 election, I can see why they wouldn't want to run against Trump. Really, the only one who is a "big name" now would be Cruz, but he still has the reputation of "Lying Ted" and more.

There are some Republicans that have been very critical of Trump's work in office.

The aforementioned Paul, Governor John Kasich of Ohio and Representative Justin Amash of Michigan are constant critics, and two of the three have previously ran against him. Why are they not doing anything now?

It's because of Trump and his divisiveness. Sure, they may run, but it will be hard getting past the rhetoric spewing from Trump. Looking back previously at 2016, he essentially tried bullying his competition out of the picture.

Jeb Bush was probably the biggest victim next to Marco Rubio and Ted Cruz. He tried ruining their careers by tarnishing them with ad hominem attacks.

To sum this up, I will give my final

opinion. I firmly believe if a Republican like Kasich runs for president again, he could possibly dethrone Trump and get him out of office.

Would I think a scenario of a Republican challenging Trump could actually happen? I would say no and I would not blame a Republican who wouldn't.

In the end, we are people, who share the same common belief. We want to succeed as a nation, and we have our own opinions on how we want to do so.

Instead, due to our great divide, we can't seem to get past that, constantly calling things a difference in morals trying to shut down arguments.

Once we learn to better ourselves and accept that we all have differing opinions, and that's okay, we can move on and become successful as a nation and learn to grow from each other. That is one of our core and intrinsic values as Americans.

We are Americans, and we need to see that John Dickinson was right when he said, "By uniting we stand, by dividing we fall."

ELECTION 2020

Graphic by Savannah Pinnock



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What do you think? Will President Trump's opponent be a Republican?

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Starting anew: is it possible to reinvent yourself?

By Jennifer Boch
Staff Writer

From self-help books to, motivational speakers, Western culture is riddled with messages of identity and reinventing yourself. Individuals often want to change who they are and change how people view them, usually out of a belief that this would improve their life.

However, after speaking with anthropology professor Dr. Linda Winkler, it is clear to me that these questions of identity and reinventing yourself are more complicated than many realize.

In anthropology, identity can be defined as a complex structure of core values, roles and relationships within your culture. According to Winkler, in some sense, an individual has multiple identities that depend on the situation you are in.

How you appear in different environments to others is a key component in your identity. For

example, when you are with your family, you have a distinct identity that is different from your identity at work.

Furthermore, culture shapes your understanding of who you are as a person. However, these specific components are all intertwined and affect each other.

Therefore, when you add or try to change a layer of identity, you must reconcile it with the other pieces. I look at this anthropological view of identity as a puzzle, with each piece being a unique part of who you are.

This includes your name, gender, relationships, religion, worldview and other components of culture. Dr. Winkler juggles several aspects of her identity when she completes her research in Tanzania. To those she works with she is an anthropologist, scientist, personal friend and a woman.

In some situations she encounters, it is better to emphasize her identity as a scientist and in others she prioritizes her identity as a friend and adopted

community member.

Another one of the topics Winkler discussed in our conversation was how college can modify your identity. American college life is a culture, with shared experiences, rituals and values.

But, most importantly, college gives you many opportunities to add new layers as you join clubs, make friends, and complete internships and other career experiences.

Many view college as a transformative time in life and believe that you “find” yourself in college. But Winkler explains that while college is a culture and impacts your identity, it only does so if you are open to its influences and are an active participant.

If you have cemented your identity before attending college, then you might experience a level of culture shock.

In the end, reinventing yourself is better understood as adding new aspects to your existing identity. You are you and the core values, roles and


relationships that make up a person cannot be completely changed.

Winkler explained that the idea that “anybody can be anybody” is simply not true.

This is not to say that a person cannot better themselves and change aspects of their identity. People often try to do this by rebranding themselves, and only show certain aspects of their identity to the world and others.

Your roles as a college student, family member, friend and employee will remain even if you try to change who you are.

So, instead of reinventing yourself, immerse yourself in cultures and develop and add to your existing identity. Pick up a new hobby. Join a new club. Learn a new language. Interact with those who are different from you. And most importantly, just be true to yourself.

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Transcendentalism: The art of smelling the roses

By Savannah Pinnock
Opinion Editor

For decades, the cultural maxim of smelling the roses has been well-known and frequently referenced in times of distress and discouragement. It is used to raise the spirits of the dispirited and to boost the morale of the overworked.

In a nation fueled by rugged individualism and the concept of sleeping when the job is done, it is clear to see why it is frequently referred to.

However, adages such as wake up and smell the coffee, the term “look alive” in popular culture and be “wide eyed and bushy tailed” have captured an oppositional image. These sayings paint an intricate picture of Americana ideals.

Essentially, American ideals are in opposition to the concept of smelling the roses. Taking a brief look at the Eastern world, it is clear to see how a Western, American ideology of rapidity contrasts with Eastern notions of taking one’s time.

Thus, it is clear to see that American values are not quite in line with the idea of smelling the roses. It must also be said that our values are not necessarily negative. In fact, they have provided the impetus necessary for the Industrial Revolution, the institution of skyscrapers and much more.

But what can be said about this frequently used adage? Can smelling the roses be beneficial to the well-being of a person?

According to many writers and poets during 18th century Britain ranging from William Wordsworth to Samuel Coleridge, the answer is a resounding yes. These writers were known for advocating for smelling the roses, sometimes even in a literal sense.

They believed that by recognizing the beauty in nature one could access the spiritual nature of reality. This concept is known as transcendentalism. By practicing transcendentalism, one can experience a sense of sublimity which comes as a result of smelling the roses.

But what is the sublime? And what are the benefits of tapping into the sublime as a consequence of smelling the roses?

According to English associate professor Sean Kelly, “for Immanuel Kant, the sublime is the experience one has when the Reason encounters a limit that is interpreted as a sign of the infinite.” In other words, it is something that cannot be articulated due to its grandeur.

The sublime can often cause an individual to have awe inspiring experiences known as sublime moments. During these moments, one can often find oneself at a loss for words at the sight of natural phenomena.

Kelly states that he often has “sublime”

moments frequently when writing about literature and ideas.” He also makes it clear that one’s sublime moment need not be limited to a natural phenomenon.

In his own experience he compares his experience of the sublime to that of being “like the narrator in Ben Learner’s novel Leaving the Atocha Station who we see walking around in an art gallery, waiting for his sublime moment that doesn’t come. However, the sublime seizes me when I don’t expect it.”

Kelly believes that tapping into the sublime can benefit someone by offering one a “sense and a reason for faith that there is a greater purpose to life, to other people, to art that is worth nurturing and fighting for. It takes us beyond the aesthetic experience to an ethical one.”

Sheylah Silva, a Wilkes student, adds to this idea by stating that her “last sublime moment I had was during the blood moon when I stayed up to watch it and my breath was just taken away by the sight.” In line with many sublime moments, this moment happened in response to natural phenomena.

However, it may not be the same for another individual, it varies. To Silva, in order to tap into the sublime it “involves awareness, really. Simply pay attention because you won’t know when it could

happen.”

With this being said, it is clear that smelling the roses is not a suggestion that should be taken lightly. If practiced effectively, it can allow one to have experiences that come as a result of paying attention to the little things.


So next time you’re on your daily commute, be sure to pay close attention to the natural phenomena that are occurring around you.

Life is not about monotony and completing a nine to five whether that be in a job or on an academic level.

Life is to be lived to the fullest. So wake up and smell the coffee but be sure to smell the roses too.



Graphic by Savannah Pinnock

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Meet the Majors

This week's major: Earth & Environmental 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.



Emma Sukowaski

Junior

I grew up going on camping trips and spending time outdoors in National Parks. I even had a rock collection. I knew this major would guarantee I could always be outside in beautiful places. I plan on going into Environmental Consulting or working for a government agency such as the DEP or PennDot. I think being a Geology major will help me succeed as a woman in the sciences by allowing me to work with professionals on environmental and geological issues and find solutions to them.



Elizabeth Brown

Junior

I have always been attracted to the beauty of flowing streams and the small ecosystems that develop in them and I really want to work towards preserving them for the rest of my life. I hope to focus on maintaining the qualities of water and making sure society does not have a negative impact on water systems.

I believe my major will guide me to be a more aware citizen to what is going on.



Hannah Thornton

Junior

After a west coast road trip with my dad after high school, I fell in love with geography and the environment as a whole. Seeing that Wilkes has a great environmental science program I decided to follow my passions and get involved! I think it will get me more involved with not only my career but the environment I live in.



Morgan Balliet

Senior

My love for the outdoors pushed me towards environmental science and geology, I am so happy I made the choice to switch and love what I do. When I graduate in May I plan to get a job in environmental consulting or GIS analysis. Working with the environmental science department has taught me so many invaluable things which will be a great help in my career.

Just another generic album from another generic band

By Parker Dorsey
Asst. Opinion Editor

RHYTHM REWIND with Parker Dorsey

Palisades are an interesting newer band that started off as a Motionless in White clone, transitioning into electroniccore/EDM rock and then finally settling into post-hardcore/metalcore. While Erase the Pain is a much higher step in quality than their previous output, that isn't really saying much.

To put things in perspective, their debut record Outcasts sounded like the B-side of Creatures-era Motionless in White.

Their sophomore release Mind Games was an abomination of teenage lyricism and electronic pseudo-rock. Next up was their self-titled, which was a mature step in the right direction but was overall a safe pop rock record.

Which brings us to album number four. Erase the Pain, dropped at the tail end of 2018, is a competent album and is much more mature than their previous releases. It has strong vocals, solid instrumentation and very polished production. Some

of the riffs hit hard. The music makes excellent background noise if you're at the gym and need a dose of adrenaline.

Now that seems like a harsh criticism. But this album doesn't do anything to stand out from its contemporaries. The songs all seem to blur into one, as they're all very formulaic and have the same theme when it comes to lyrics. It's like listening to the same song on repeat ten times. It's aimless, although the band clearly didn't intend it to be.

The artwork for the album is an image of the ouroboros: a universally recognized symbol of a serpent eternally swallowing its tail in a cycle of destruction and rebirth.

"The idea behind this whole album is that we all experience so much pain in life, but it's always possible come out the other side and find happiness," said frontman Lou Miceli in a statement on Spotify. "You don't have to be a prisoner to whatever's happened in your past—you can choose to start over again, and become something new."

The lyrics revolve around a protagonist who seeks to be saved. While such a stereotypical trope would make an

interesting concept album if done correctly, here it is retold in almost every song. It gets stale very quickly and loses the impact it could have had.

Influences here can be heard ranging from Of Mice & Men, Linkin Park and even hints of Periphery. The riffs are repetitive and bland. It just feels uninventive.

There is nothing here pushing the envelope and it sounds like just another modern rock record. Keep in mind their self-titled came out just in 2017. It's possible the short gap between albums could have had an effect here.

Palisades, alongside Ded, Ice Nine Kills, Like a Storm, Red Sun Rising and Starset are one of several new bands being heavily pushed and promoted by the SiriusXM Octane radio station. Like everything that gets promoted, there are hits and there are misses.

Unfortunately, Palisades fall into the category of catchy but forgettable. It's a shame, because there is a lot of energy on this record and it's clear the band is evolving.


The album itself doesn't do anything particularly wrong. On the flip side, it

doesn't really do anything particularly well either. The take away from this album is the fact that it presents one with a generalized, not tedious but not necessarily interesting sound. It is an album that embraces mediocrity.

It is as if the album is intentionally stuck in neutral, unsure of what direction it wants to take. That makes this album what it is: mediocre.

Parker's Picks: "Fragile Bones," "War"



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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

SB: Brown travels to Florida for NCAA convention

By Tonya Creasy
Staff Writer

Caitlin Brown, senior nursing student and softball player at Wilkes University, was one of the 40 ethnic minority students in the country who was selected to attend the National Collegiate Athletic Association (NCAA) convention. The convention took place in Orlando, Fla. from Jan. 23 through Jan. 26.

The NCAA focuses on respect, integrity and responsibilities on and off the field to help student-athletes prepare for their future. They are committed to making changes to better sports and athletes as a whole. They look for new ways to keep the athletes safe while playing on the field with better equipment.

The NCAA is a non-profit athletic organization founded in 1910. It was created to provide opportunities for student-athletes in a higher education.

Upon attending the NCAA convention, Brown noted, "It was an honor to be able to attend and represent my team, the athletic department and the university."

Brown's head coach Sarah Maulorico echoed similar sentiments, reflecting on the honor it was to have one of her players be selected.

"I am unbelievably proud of everything our players do, but to have one of our own represent Wilkes Softball, and the University as a whole, is a really something special," said Maulorico.

Softball is known to be a sport that requires teamwork. Brown believes that every player and position on the team is equally important to each other and the game.

At the convention, Brown learned new skills to work with others effectively. She found that teamwork can be incorporated in a work environment and day-to-day life.

"The team's chemistry is good," said Brown's fellow teammate Sydney Cogswell. "We all hang out a lot outside of practice. Many of our girls room together every year. This makes for a good dynamic once we're on the field because we build up trust and respect for

one another off the field."

In addition to sportsmanship, culture and diversity are also very important.

The NCAA is in tune with the constant changing of society, its cultures and the problems they may bring. Some of the things they are working to change off the field is the way that people look at the LGBT community, mental health issues, sexual violence issues, interpersonal relationships and harassment.

Along with other universities, Wilkes University is becoming more active in

Softball helped mold Brown into the person she is today by meeting extraordinary people and being influenced by her coaches, as well as helping her identify her strengths and weaknesses and develop many skills.

Brown stated that Maulorico helps sculpt and mold the team and focuses on building character.

"One thing that coach said that always stuck with me was, 'I'm molding you into people that will give back to society and people who she (Coach Maulorico)

and academic career.

Motivation is a very important key to success. Brown stays motivated during pre-season and trainings because she knows how important the performance and the work being put into it beforehand is. She believes in working to be at her best in order to be able to push her teammates to become even better. Putting in the practice is a very important factor to achieving your goals.

Brown aspires to become a nurse after graduation and continue into graduate school. She balances herself between her academics, sports and officer positions throughout nursing to achieve her goals.

"She has been an excellent example to the players that have come in behind her, showing them that we do not get outworked," said Maulorico. "Her work ethic has allowed our program to make major strides during her tenure, and I am confident her influence will be felt for many years after she has graduated and moved into the world of nursing."

Despite being an excellent example, Brown does not take all of the credit for her accomplishments, noting that all of her coaches have influenced, supported, believed and pushed her to strengthen her skills for her future. However, she believes that she would not be able to succeed without her family, especially her mother and grandparents.

"My family has been there for me 110 percent. They have been there for me through all of the ups and downs," Brown said. "Without their support and sacrifices, I would not be here right today."

Having a big support system helped Brown strive to chase her dreams, emphasizing the point that opportunities are endless if you are willing to put in the work.

"Take any opportunity that is given to you because you might regret it if you don't. Success takes work. Capitalize on every little success. It's the little things," Brown stated.



Wilkes Athletics/Steve Finkernagel

Senior softball player Caitlin Brown was selected as one of 40 ethnic minority students in the country to attend the National Collegiate Athletic Association (NCAA) convention in Florida this past January.

changing the culture, starting with a few people or even a team of athletes. Brown believes that working together with her team and other student athletes, they can take on cultural issues.


During the convention, Brown also gained insight on what type of person she is by using the DISC assessment. This personality and traits assessment is a tool used to describe human behavior in different situations and learn more about one's self.

would want to work with," Brown said.

According to many of Brown's teammates and her coach, Brown is a hard worker and a natural leader.

"Caitlin is the type of player that everyone looks up to," said teammate Megan Magoon. "She plays the game with all her heart and leads by example in all aspects of life."

Brown initially decided on Wilkes because it is a smaller school and that helps her to stay focused on her athletic

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MBB & WBB: Colonels travel to Misericordia

By Ben Mandell & Kirsten Peters
Co-Sports Editors

DALLAS, Pa. -- On Wednesday night, Wilkes men's basketball was able to take the next step in locking a playoff spot with a 69-54 win over Misericordia.

"This was a big win for us because of how good Misericordia has been," said Wilkes head coach Izzi Metz. "The five years I have been here, they have been the most consistent team."

The game saw a match-up between two of the MAC Freedom's best players: Jason Kenny on offense and Marcus Robinson on defense.

The first half saw the two go at it, but the second differed. Kenny found himself sitting the bench, shooting just 2-12 from the field.

Both teams were hot from the start, with a three-pointer from Misericordia's Alec Rodway kicking off the scoring.

The Cougars had some early trouble with the officials, as Kenny, reigning conference player of the year, argued a no-foul-call. His plea gave him a technical foul, helping the Colonels build a lead.

Misericordia was led by Justin Iton with 12 points, Rodway was behind him with eight and Kenny had just four. The Cougars failed to get any other players on the scoresheet in the half. As a team, the Cougars shot 28 percent.

Wilkes was able to gain a comfortable first half lead with nine points from Mark Mullins and eight points from Tommy Bowen. Wilkes shot 44 percent for the half.

Behind their post players, Wilkes was able to take a 32-24 lead going into halftime.

Wilkes came out firing in the second half,

and Misericordia's shooting woes continued. The Colonels built a 21-point lead behind solid play from Mullins, Bowen and Rob Pecorelli.

"We try to just take our best shots," Mullins said. "We have a lot of guys who can score. Between Pecorelli, Robinson, Bowen and both Jack Bova and Landon Henry off the bench, we have plenty of scoring depth."

The Cougars made things interesting with 12 minutes remaining, as head coach Will Chandler decided to pull his starters to get a spark from the bench.

Ryan Coyle, Sean Gorman, Brendan Leonard and Tyrell Mann came on the floor, and they quickly cut the deficit down to as low as 11 points.

"They brought in some young guys and we knew they would make a few shots," Robinson said. "We had a veteran group out there, and we knew what we needed to do."

Ultimately, the Colonels were able to hold off the Cougars' attack, with Misericordia shooting just over 31 percent from the field.

"We played good defense, but some of them were missed shots," Metz said. "I do think some of it was our defense, but we saw the way they could get the ball inside and we had to take that away if we wanted to have a chance."

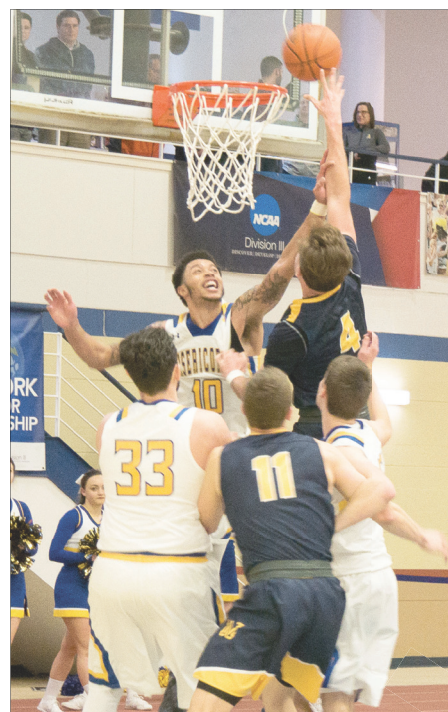
Mullins finished with a team-high 20 points, followed by Robinson who had 15. Bowen finished with 13 points and 11 rebounds to record a double-double.

On the women's side of the court, the Wilkes women's basketball team couldn't build off of a solid first half, as they lost to local rival Misericordia, 60-34.

The Colonels entered the game with a 7-14

(3-7) record while Misericordia came in at 18-3 (7-3). After suffering a loss last week, the Cougars lost their spot in the national rankings.

The first half was a lot more competitive than the teams' records would suggest. Wilkes went shot-for-shot with Misericordia throughout the whole first half, heading into halftime only trailing by one point, 26-25.



The Beacon/Kyle Kraemer
Senior Tommy Bowen secures the basket under the net for Wilkes.

Senior Ashley Caster was crucial to the Colonels game play, as she led both teams with 11 points in the first half.

Japriya Carroll led Misericordia with seven points, followed by three other Cougars who had five points heading into the break.


Both teams struggled finding their shots, as Wilkes shot just 34 percent from the field and 0-9 from behind the arc. Misericordia wasn't any better, shooting 27 percent from the field and 15 percent on their three-pointers.

The shooting struggles continued for the Cougars in the third quarter, as they went the first six minutes with just two points. However, the Cougars turned things around and went on a 17-4 scoring run to close out the third quarter 45-32.

"We were looking to get some steals out of our man defense," said Misericordia head coach Jason Rhine. "We ended up coming away with them in more of a zone set up. It helped spark the team and we started making shots."

The fourth quarter started with the Cougars staying hot. Paige Wampole found her way to the boards. Misericordia grabbed 11 points in the first five minutes, while Wilkes failed to score a point.

Wilkes finally scored their first points of the fourth quarter with 3:30 remaining on the clock. Freshman Jordan Harrison put home a layup and sophomore Kristie Najdek hit a long two-pointer, resulting in all of the Colonels fourth quarter points to finish the contest.

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Winter Sports Schedules

Men's Swimming

*10/6 @ FDU-Florham W 152-51
10/20 @ Mount Saint Mary W 153-46
10/27 vs Immaculata W 158-25
*11/3 Lebanon Valley W 171-19
11/3 Dickson L 107-92
11/17 Diamond Invitational 2nd
*12/1 vs Lycoming W 109-96
*12/8 vs Arcadia L 183-79
*1/13 @ Misericordia W 145-112
1/26 @ Marywood L 153-73
*2/2 @ King's L 133-72
2/14-2/17 MAC Championships
* MAC

Men's Ice Hockey

10/26 @ SUNY Canton L 6-4
10/27 @ SUNY Canton W 7-5
*11/3 @ Elmira L 5-2
*11/9 vs Stevenson W 4-2
*11/10 vs Chatham W 8-4
*11/16 @ King's W 3-0
11/20 @ Hamilton L 3-2 OT
*11/30 @ Manhattanville W 5-3
*12/1 @ Neumann W 5-4 OT
*12/7 vs Utica L 2-1
*12/8 vs Nazareth W 3-2
12/19 vs Bryn Athyn W 4-2
1/5 @ Post W 3-1

1/12 vs Anna Maria W 5-2
*1/16 @ Lebanon Valley W 6-5
*1/18 vs Lebanon Valley W 6-3
*1/21 vs Elmira TIE 4-4
*1/25 @ Chatham W 1-0
*1/26 @ Stevenson L 3-2 OT
*1/31 vs King's W 4-0
2/2 @ Bryn Athyn W 5-1
*2/8 vs Neumann W 5-4
*2/9 vs Manhattanville L 5-2
*2/15 @ Nazareth 7 p.m.
*2/16 @ Utica 7 p.m.
*UCHC

Women's Ice Hockey

10/26 @ King's L3-1
10/28 vs Oswego L 5-0
11/2 vs Nazareth L 10-0
11/3 vs Nazareth L 0-7
11/10 @ Neumann L 7-3
11/17 @ Chatham L 5-0
11/30 vs SUNY Canton L 7-1
12/1 vs SUNY Canton L 6-2
12/7 @ Morrisville L 6-0
1/5 @ Stevenson L 5-1
1/11 @ Post L 3-1
1/12 @ Post L 4-2
1/18 @ Lebanon Valley L 4-1
2/6 vs Lebanon Valley TIE 1-1
2/15 vs Utica 5 p.m.
2/16 @ Utica 3 p.m.



WIH: Colonels earn first tie against Lebanon Valley

By Kendyl Kalish
Staff Writer

WILKES-BARRE, Pa. -- The Wilkes University women's ice hockey team took on the Lebanon Valley College Dutchmen Wednesday night at the Toyota Sportsplex. With the tie, the Colonels earned their first point in program history.

The last time these teams played each other was Jan. 18, when the Dutchmen came out on top with a 4-1 victory at the Hershey Park Arena in Hershey, Pa.

Going into this game, Wilkes' record was 0-13-0 and Lebanon Valley's was 4-16-0.

Lebanon Valley has played four games since their home game against the Colonels. The Colonels, however, had their first game since their last matchup against the Dutchmen on Wednesday night.

In their time off, Wilkes head coach Earl Utter noted that the Colonels have been working on some skills and have actually shortened some of their practices, allowing them to just go out and play some hockey.

This proved to work for the Colonels, as they maintained a lead for just about the entirety of the game.

The game started out relatively fast paced. There weren't many shots on goal for Wilkes during the first period. The Dutchmen outshot the Colonels 11-5.

With 2:56 to go in the first period, Wilkes' Shauna Tubbs scored the first goal of the game with an assist from Kendall Castro and took the 1-0 lead.

After that goal, there was a two-minute

hooking penalty on Wilkes' Laura Brzezinski. Lebanon Valley was unable to capitalize on the penalty, leaving the Colonels with the 1-0 lead at the end of the first period.

The second period also saw two other penalties on Wilkes University. There was a two-minute checking penalty on Brzezinski with 15:36 remaining. Shauna Tubbs also received a tripping penalty with 5:31 remaining.

However, Lebanon Valley was unable to score on the power plays. During this period, the Colonels were playing well on the penalty

kill. At the end of the second period, the game was still 1-0 in favor of the Colonels.

Prior to the third period, Utter reminded the players of their success thus far in the game, urging his players to "continue to do the things they're doing."

Considering that this was the first time the Colonels were able to enter the third period with the lead this season, Utter was thrilled with his team's play.

During the third period, there was a penalty on Lebanon Valley's Chloe Glass as well as two penalties on Wilkes' Laurene

Fraser. Despite the power plays, the score remained 1-0.

With 1:12 left to go in the game, Lebanon Valley decided to pull their goalie to get an extra offensive player on the ice.

Wilkes goalie Ally Joly noted how she was hoping the Dutchmen wouldn't score, but the Colonels found themselves in their first bout of six on five hockey, which they had never encountered prior to this game.

"I was thinking, I don't want them to score, but it's what happened," said Joly. "This was our first time ever playing six on five with them having an empty net, so it was just a bad bounce and it went in, but that's the game."

Lebanon Valley pulling their goalie ultimately helped them, and with 0:17 left in the game the Dutchmen's Olivia Cindrich got a goal assisted by Amy Templeton to tie the score at one.

At the end of regulation, the game was still tied, causing them to head into a five minute five-on-five overtime period. Neither team scored during overtime.

Due to this, the game resulted in a 1-1 tie, earning the Colonels their first point of the season and improving their record.

The Colonels have two games remaining, back-to-back contests against Utica College. The Colonels will face the Pioneers in their last home game of the season on Friday, Feb. 15 at 5:00 p.m. at the Toyota Sportsplex.

"We're going to come back Friday, get back at it and go hard," said Tubbs on the Colonels final matchups of the season.



The Beacon/Sean Connelly

The women's ice hockey team led 1-0 for the majority of three periods in their contest against Lebanon Valley, ultimately tying 1-1 following overtime.



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Winter Sports Schedules

Women's Basketball

11/8 @ Neumann L 85-75
11/10 vs PSU Hazleton W 93-73
11/13 vs Susquehanna L 79-66
y-11/16 @ Marywood L 82-76
y-11/17 vs #8 Scranton 69-47
11/20 vs PSU Wilkes-Barre W 89-61
11/26 @ Juniata L 89-63
12/1 @ PSU Harrisburg W 67-64
*12/5 vs Misericordia L 78-54
*12/8 @ Manhattanville L 83-50
1/3 vs Centenary W 63-51
*1/9 @ #22 DeSales L 86-46
*1/12 vs Eastern W 82-75
1/14 vs Rutgers-Camden L 90-82
*1/16 @ King's L 73-59
*1/18 vs FDU-Florham W 83-78

*1/23 vs Del. Valley W 56-45
*1/26 @ Eastern L 82-68
1/28 @ Valley Forge L 75-70
*1/30 vs Manhattanville L 81-72
*2/2 vs DeSales L 85-52
*2/6 @ Misericordia L 60-36
*2/9 vs King's W 58-55
*2/12 @ Delaware Valley 6 p.m.
*2/16 @ FDU-Florham

*-MAC Freedom
y-Cross County Challenge

Wrestling

11/3 @ Ned McGinley Invite 5th
11/10 @ Gettysburg Invite 2nd
11/17 @ Otterbein W 30-21
11/17 @ Averett W 27-12
11/17 @ Greensboro W 33-10
11/17 @ Bluefield W 49-0
12/1 @ Ferrum L 20-15
12/1 @ S. Virginia W 35-16
12/1 @ McDaniel W 34-8
12/8 @ Elizabethtown W 24-10
12/22 Wilkes Open
1/5 @ S. Maine W 18-17
1/5 @ #19 Stevens W 27-24
1/5 @ #25 Messiah L 26-16
1/5 @ Camden CC W 54-0
1/11 @ Springfield L 20-17

1/11 @ Ohio Northern W 31-16
1/11 @ #21 Wash. & Lee W 24-12
1/12 @ Wis.-EAU Claire W 22-20
1/12 @ Oswego W 34-6
1/27 vs Lackawanna W 36-12
1/27 vs PSU-Behrend W 37-9
1/27 vs Oneota W 22-19
2/1 vs Penn College W 36-12
2/8 @ #6 Ithaca L 35-11
2/10 @ King's W 43-9
2/15 @ Scranton 6 p.m.
2/16 vs Keystone 12:30 p.m.
2/17 @ Futures Mid East 9 a.m.
2/22-2/23 @ SE Regionals 9 a.m.

Men's Basketball

11/13 @ PSU Hazleton W 80-60
x-11/16 vs Bethany W 88-68
x-11/17 vs Leb. Valley W 83-81
11/20 vs PSU W-B W 87-81
11/28 vs Drew L 67-65
12/1 @ Clarks Summit W 106-55
*12/5 vs Misericordia W 81-78
*12/8 @ Manhattanville W 91-87
12/18 vs Albright W 85-77
y-12/29 vs #25 Scranton L 74-64
y-12/30 vs Marywood W 74-70
1/2 @ Susquehanna L 88-64
1/5 @ Messiah W 80-73
*1/9 @ DeSales L 97-85
*1/12 vs Eastern W 94-74
*1/16 @ King's L 81-53

*1/18 vs FDU-Flor. W 96-53
*1/23 vs Del. Valley L 99-90
*1/26 @ Eastern L 79-69
*1/30 vs Manhattanville W 76-62
*2/2 vs DeSales W 78-77
*2/6 @ Misericordia W 69-54
*2/9 vs King's W 76-51
*2/12 @ Del. Valley 8 p.m.
*2/16 @ FDU-Flor. 3 p.m.

*-MAC Freedom
x-Lebanon Valley tournament
y-Cross County Challenge





Getting to know...

Mark Mullins

Junior Basketball Player

The Beacon: Male Athlete of the Week Feb. 2 - Feb. 9

Why Mark Mullins was selected: Mullins leads the Colonels in scoring at 16.1 ppg., attaining a nine-game streak for scoring in double figures. He was offensively instrumental in wins against DeSales, Misericordia and King's.

Name: Mark Mullins

Year: Junior

Major: Corporate Finance

Hometown: Binghamton, NY

High School: Chenago Valley HS

Position: Guard

Driving force for your decision to come to Wilkes?

I wanted to come to Wilkes due to the ability to explore different majors and meet new people, the size of the university and the fact you can know a lot of people and not everyone is a stranger, as well as the opportunity to play basketball for Coach Metz, where the culture of Wilkes Basketball is a brotherhood of being great friends and doing what we love.

Post-graduation plans in terms of a career?

I'd like a job in a big city working for a large corporation. I want to explore the opportunity of living in a big city while I'm young.

When/Why did you first begin playing?

Before I can even remember, I've had a ball in my hands. My dad played when he was younger and both my brother and sister did, so watching them play made me want to play.

Favorite thing to do during practice?

Offensive-Magedden with Rob and Clay.

Hopes for this season as a Colonel?

I hope to have the opportunity to play for and win a MAC Championship.

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

I would say a bigger locker room with TVs, a Play Station and maybe a pool table.

Other interests or hobbies off of the field?

Relaxing on the couch, watching sports or netflix, playing videogames or playing other sports/intramurals during the summer.

Favorite building on campus?

Starbucks. I drink way too much coffee, and it's the only place I focus well enough to get a lot of homework done.

Favorite professor?

Sharon Castano. She helps outside of class with job/internship searches to excel your professional life.

What came first? The chicken or the egg?

The chicken. An egg can't be hatched without the warmth of a chicken.

Favorite meal to eat on campus?

A chicken cheese steak with ranch and hot sauce from Grille Works.

Most influential person in your life?

My dad. He is always there for me. As I've gotten older, I've grown closer with him by being able to watch and talk sports. Everything I do, I hope to make him proud. Whenever I fall short, he's always the one to give advice on how to do better next time.

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

Marilyn Monroe.

A quote you live your life by?

"Unless life gives you sugar and water, your lemonade is probably gonna suck."

What does "Be Colonel" mean to you?

It means to make the most of everyday, put your best foot forward and lead by example. By being a Colonel, you can start a chain reaction that will get the team their best outcome for the season.

Anyone to give a shout-out to?

SAD6, except for Allison Peet.

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/Kirsten Peters

-Compiled by Kirsten Peters, Co-Sports Editor

Getting to know...

Abby Keating

Sophomore Swimmer

The Beacon: Female Athlete of the Week Feb. 2 - Feb. 9

Why Abigail Keating was selected: Keating secured the Colonels lone victory in their meet against King's; she touched the wall at 2:21.44 in the 200 Backstroke, beating her competitors by nearly six seconds. The win complemented her second place finish in the 200 IM.

Name: Abby Keating

Year: Sophomore

Major: Pharmacy

Hometown: Spring Grove, Pa.

High School: Spring Grove Area HS

Position: IM, Distance, Freestyle, Butterfly and Backstroke

Favorite professor?

Dr. Ken Klemow. He has made biology enjoyable and funny.

Favorite building on campus?

The SUB.

Favorite meal to eat on campus?

When the SUB serves beef wellington during their upscale nights.

Coke or Pepsi?

Neither; Dr. Pepper is superior.

What came first? The chicken or the egg?

The egg. Dr. Klemow taught me that the egg evolved first.

Most influential person in your life?

My mother. She is not only my twin, but my mentor in every way.

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

Robin Williams. I would love to understand his feelings and learn about his life and career.

A quote you live your life by?

"The journey is never ending."

What does "Be Colonel" mean to you?

It means being the best influence possible and being a leader to others.

Anyone to give a shout-out to?

Coach Thomas Limouze. He has greatly advanced both swim teams and has pushed me to do great things.

-Compiled by Kirsten Peters, Co-Sports Editor

Driving force for your decision to come to Wilkes?

Wilkes has the pharmacy program that I sought for when looking at schools, as well as a relatively new swim team that I knew I could grow with.

Post graduation plans in terms of a career?

After graduation, I would like to work in a hospital pharmacy setting.

When/Why did you first begin playing?

I started swimming when I was five years old because it was the only sport that could hold my attention.

Favorite thing to do during practice?

Doing relay starts with the team.

Hopes for this season as a Colonel?

Hopefully, I can win the gold medal in the 400 IM at the MAC Championships, as well as place in the top three for my other two events.

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

Our women's team is very small; I would like to see more numbers.

Other interests or hobbies off of the field?

I love my dogs and watching Netflix.



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The Beacon/Kirsten Peters

NBA Trade Deadline: What this means looking ahead

By Kevin Singhel
Staff Writer

Months of rumors and speculation have finally come to an end, as Thursday marked the NBA's trade deadline. Once the trade deadline has passed, teams can no longer acquire players from other teams, essentially making this each team's last opportunity to improve their rosters before postseason play.

This trade deadline was particularly interesting due to the presence of the "super-team" that is the Golden State Warriors and LeBron James leaving the Eastern Conference for the Lakers in the off-season.

The Warriors have won back-to-back titles, and recently added All-Pro center Demarcus Cousins in the offseason. This made some teams in the West hesitant to pull the trigger on trades, as they felt they couldn't challenge the Warriors in a seven game series.

However, with LeBron James out of the Eastern Conference now, his streak of reaching eight straight NBA Finals could be in jeopardy. He now has to go through Golden State to keep his incredible streak alive.

Anthony Davis was by far the biggest name on the trade block this trade

deadline, and while he wasn't moved to another team, the majority of trade rumors seemed to revolve around him. Davis sent shockwaves through the basketball world when he demanded a trade from the New Orleans Pelicans a few weeks ago, and teams have been scrambling to acquire him ever since.

The Los Angeles Lakers were the frontrunners to acquire Davis, as they were looking to pair him with LeBron James and potentially challenge the dynasty of the Golden State Warriors. The Lakers offered a package that included their entire young core of Lonzo Ball, Kyle Kuzma, Brandon Ingram, Ivica Zubac, and draft capital in the form of multiple first round picks.

However, New Orleans balked at the offer and instead opted to hear what other teams can offer them in the offseason. Teams like the New York Knicks or Boston Celtics may be able to offer similar young talent or draft picks in the offseason that the Pelicans may value more in the long run.

While the Celtics wait for the offseason to make a move for Anthony Davis, their main competitors in the East wasted no time in acquiring deadline talent. The Milwaukee Bucks, owner of the best record in the NBA, got even better as they acquired Nikola Mirotic from the Pelicans in exchange for two role players and four second-round draft picks. Mirotic looks to be a huge boost for the Bucks' frontcourt, and his 16.7 points per game should pair nicely with MVP candidate Giannis Antetokounmpo.

The Toronto Raptors currently sit in second place in the Eastern Conference, and they will look to improve on their record with the acquisition of longtime Memphis Grizzlies center Marc Gasol. Gasol was sent to Toronto in exchange for Jonas Valanciunas, Delon Wright, CJ Miles, and a 2024 second round draft pick.


Gasol has been one of the NBA's top centers this season, and he will slide in perfectly alongside Raptors' superstars Kawhi Leonard and Kyle Lowry. In addition, Toronto did not give up any major rotation

players in the deal, and also didn't give up any high draft picks that could impact their future. This is a great deal for Toronto as it solidifies their position as title contenders without overly mortgaging their future.

Other major trades around the league include the 76ers acquiring Tobias Harris from the Clippers and shipping former number one overall draft pick Markelle Fultz to the Orlando Magic.

Harris is a solid pickup for the 76ers, as he led the undermanned Clippers into the thick of the playoff hunt. Fultz has been plagued with shooting problems since his arrival in the NBA, and the Sixers finally had enough of his shooting woes and shipped him out of town. The pieces the 76ers received back from their various trades should allow them to compete with the rest of the East's elite like the Celtics, Raptors and Bucks.

With the passing of the trade deadline and all deals complete, teams will now prepare to make their final postseason push. With all these trade deals, the NBA postseason looks to be extremely competitive, especially in the Eastern Conference in particular. This season is shaping up to be one of the most exciting seasons in recent memory.

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