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# THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

The news of today reported by the journalists of tomorrow.

## Shielding campus from false tracking rumors

By Sean Schmoyer  
News Editor

Recently, rumors regarding the Wilkes Shield app have been circling campus, detailing that the app is tracking students' locations. The rumor is urging students to leave their phones behind, which presents more than one dangerous concern.

The app contains the COVID-19 self-assessment, alongside many other beneficial features, and the university has been pushing use of the app. In the Colonels Combat COVID guide book, the university identifies the Wilkes Shield app as a free public safety app, which will have users carry out a short questionnaire to help monitor their health and potential exposure to the virus.

An important note in the Colonels Combat COVID guide is that the Wilkes Shield app does not collect personal data: "Personal information is not captured or recorded by the University and results remain private."

Statements like these are important because they address potential concerns before they may arise, including the tracking rumor.

Students should know the app is not tracking their location.

On Sept. 8, the Wilkes University Police Department released a statement to the student body by email, in which students were encouraged to download the Wilkes Shield app.

"We are happy to report that over 600 community members utilize the Wilkes Shield public safety app each day to assess their wellness - a solid number, but one that

we'd like to see increased as COVID numbers have risen since the start of the semester. Please consider downloading and using this free app as a daily reminder to assess your health before coming to campus."

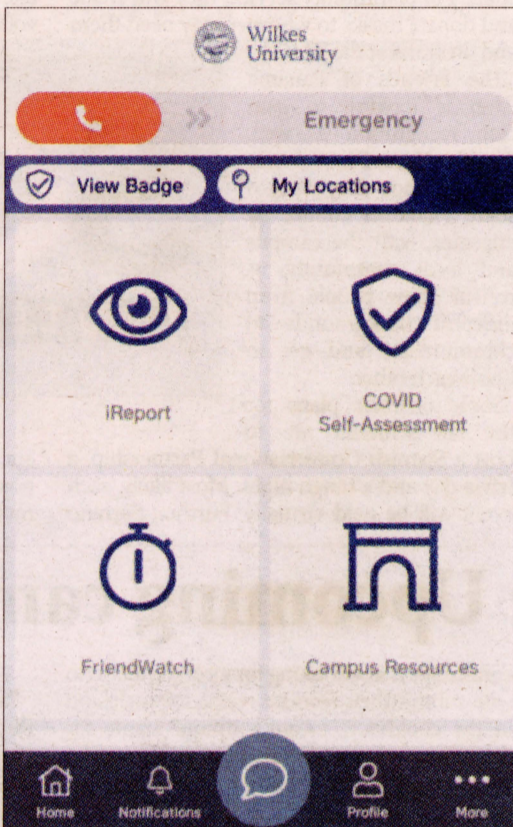
Wilkes University Police Department Chief Christopher Jagoe explained the only case when a student's location would be tracked.

"To be clear, the app does not track users unless they have activated the emergency button to summon first responders via the 911 center," said Jagoe. "In such a case, the app uses GPS coordinates to provide the general location of the user to assist in the response (particularly if the person cannot speak) and can show the movement of the user."

"Once the event has ended, the call for service is closed out, and the app no longer tracks the person's position. We do not (and could not) require the campus community to download or use the app. This is simply a free service provided by the campus."

Students also can let their friends track their locations using the app's FriendWatch feature. FriendWatch allows a user to designate a friend from their contacts to give access to their current location until the user feels safe. This is meant for a student who has to walk somewhere late at night or maybe has gone for a walk and doesn't feel safe.

With FriendWatch, users can inform a



friend that they do not feel safe, and if they were to stop moving for an extended period of time, their designated contact would know something is wrong.

**RUMORS, page 4**

## Head coach John McNichol's past, present and future with Wilkes women's soccer

By Ariel Reed  
Co-Sports Editor

Women's soccer head coach John McNichol may be one of the newer faces on the coaching staff at Wilkes; however, he has been involved and intertwined with the Wilkes-Barre area for a long time.

McNichol grew up in the Philadelphia area and is a graduate of the Colonels' cross-town rival, King's College. He happened to meet his wife while in college, and stayed in the Wilkes-Barre area due to her familial ties and career opportunities. These elements resulted in McNichol's desire not to leave the area.

"I grew up in the Philadelphia area in West Chester, and went to King's," said McNichol. "That's where I met my wife. Her family was up here, and she got a job teaching chemistry at Meyer's High School right out of college. She had a really good job, and I knew this area would be home for me."

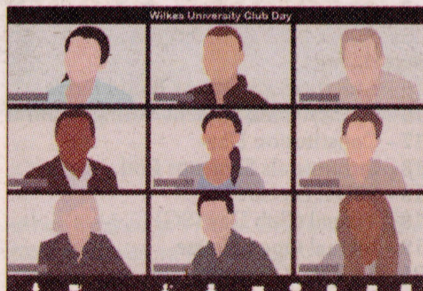
In his senior year at King's, he was asked to be one of the coaches for a summer soccer

**MCNICHOL, page 24**



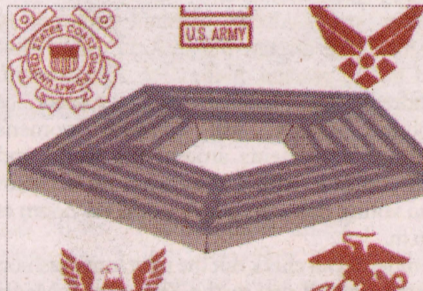
The Beacon/Sara Ross

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The Beacon/Zarqua Ansari

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Courtesy of Ryan Martel

**A day in the life of football player Ryan Martel, page 20**

# News

Have a breaking story or a press release to send? Contact news editor: Sean.Schmoyer@wilkes.edu

## Student Government: Sept. 9 weekly meeting notes

By Sara Ross  
Asst. News Editor

On Sept. 9, Student Government held its second virtual meeting, and it featured two club proposals and discussions on how each of the classes will proceed with their fundraising and socials this semester.

First on the agenda was a presentation from Courtney Dolan, president of the Stress Management Through Art Therapy Club. She is seeking to receive recognition of the club on campus. The club's mission is to establish a safe place for those with any form of artistic ability and provide them with a creative outlet to help alleviate stress. It will teach about the advantages of art and how it can have a positive impact.

If approved, some events the club plans to host include paint, craft and pottery nights. They have taken precautions to ensure that their activities follow COVID-19 guidelines, as

they will pre-package and sanitize crafting and art tools, as well as space all participants 6 feet apart. For community service, they will create and donate masks to whoever may need them and do crafts at the YMCA.

The Friends of Panama Club is looking to gain club recognition as well. President Jesus Rios Serrano explained how they want to share Panama's culture by engaging with the campus and local community, as it will allow people from different backgrounds to communicate and get to know each other.

Some of their plans for the fall semester are to host a Spanish Conversational Partnership, a trivia day and a bingo night. Most likely, each event will be held virtually. Further, Serrano

wants to focus on finding volunteering opportunities. In spring 2021, they would like to sing karaoke, coordinate soccer and volleyball games and host Trenzas Day, which would provide students with the opportunity to get braids done by Panamanian hands.

Next week, Student Government will vote to approve both the Stress Management Through Art Therapy Club and the Friends of Panama Club.

Moving forward, Vice President Brooke Mazzotta requested \$6,000 for the Club Hub to cover the costs of ordering crafting supplies and providing funding for its work-study positions. She was allocated this amount in a motion of 81 percent in favor and 19 percent

abstaining.

Other business included the class reports. The sophomore class would like to sell lanyards and are brainstorming social ideas to host through Zoom. The juniors are planning to distribute mask extenders to students, while the seniors will be opening a virtual store.

The Commuter Council, Programming Board and RHC are finalizing plans for giveaways. The Multicultural Student Coalition has two events coming up in September: The Welcome to Our Neighborhood Social and the Latin Cafe. The first event was planned for Sept. 15 but has been postponed. The Latin Cafe will be hosted on Sept. 23.

Finally, within the next few weeks, Student Government will be conducting elections for the first-year class.



[Sara.Ross@wilkes.edu](mailto:Sara.Ross@wilkes.edu)  
Graphic by Madison Hummer

## Beacon Briefs: Upcoming campus events

Compiled by Sean Schmoyer

### Pennsylvania Student Voting Summit

The virtual Pennsylvania Student Voting Summit will take place from 1. to 4 p.m. via Zoom on Sept. 16. There is no cost to attend, and the summit will be recorded and made available for viewing after the event.

The summit will feature a presentation from the Pennsylvania Department of State on college student voting and election updates; a voter engagement strategy session led by the Students Learn Students Vote Coalition; breakout sessions for networking and learning (with focus areas on community colleges, Pennsylvania State System of Higher Education institutions, student poll worker recruitment, a deeper dive into voter engagement strategies and the newly created state Student Voting Coalition).

### The Taste of Wilkes 2020 Home Edition

The Taste of Wilkes Committee has moved to a new virtual format, which will include a cookbook of recipes, a physical book and a PDF version as well as a virtual gift basket auction.

Members are calling for the members of the campus community to submit their favorite recipes to be included in the cookbook. The

committee is also looking for virtual chefs who will: submit their favorite recipe for inclusion in the cookbook, create a unique name for their dish and provide a short story about why the dish is special to them.

### Year of the Vote Constitution Day Events

Constitution Day events will take place all day on Sept. 17. It will start with the Constitution Day public reading at 11 a.m. of the Frederick Douglass speech, "Declaration of Sentiments," the Sojourner Truth speech, "Ain't I a Woman" and the Maya Angelou poem, "To Form A More Perfect Union" on WCLH.

Amy Sopcak-Joseph, assistant professor of history, will discuss the historic events that led to the passage of the 19th Amendment. Andreea Maiorean, assistant professor of political science, will compare women's suffrage movements around the world and will conclude with a discussion on activism and voting rights in today's world via Zoom at 6 p.m.

Students can check out the interactive fashion installation all day in the Karambelas Media and Communication Center outside the Sordoni Art Gallery to see waves of feminism fashion, learn about the waves of feminism and how they strategized to create change for women.

### Parking Ticket Appeals

Parking Services will be working remotely this fall semester, as such all Wilkes University parking citation appeals will be conducted via email. Appeals should be directed to parking@wilkes.edu.

When making an appeal, make sure to include: your name, WIN, the number on your parking citation (located at the top right of the citation), your Wilkes parking permit number (if applicable) and the reason for your appeal.

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### Upcoming Events: 2020 Fall Semester

#### September

- 15 - American Red Cross Blood Drive
- 16 - Pennsylvania Student Voting Summit
- 17 - Constitution Day
- 18 - Intramurals Sign-ups End
- 18 - SBDC Lecture
- 18 - Virtual Club Day (SG)
- 19 - Virtual Open House
- 21-25 - RHC Giveaway
- 23 - Latin Cafe
- 23 - Dr. Cant Honors Lecture
- 27 - Lambda Kappa Sigma Virtual 5K
- 28 - Dr. Schicatano Zoom Lecture

#### October

- 7 - Major General Roberson Honors Lecture
- 15 - Virtual Career Fair
- 27 - Dr. Toll Zoom Lecture
- 31 - Halloween

#### November

- 7 - Virtual Open House
- 11 - Veterans Day
- 25 - Holiday Recess begins
- 26 - Thanksgiving

Want your event featured in the calendar?  
Email: [TheWilkesBeacon@wilkes.edu](mailto:TheWilkesBeacon@wilkes.edu)

# A new face ushers in a new era of writing:

## Dr. David Hicks named director of the Maslow Family Graduate Program

By Anna Culver  
Staff Writer

Among the new faculty added to Wilkes University at the beginning of the Fall 2020 semester was Dr. David Hicks. With teaching experience at Regis University and Marywood University, in addition to being an accomplished fiction writer, Hicks was named the new director of the Maslow Family Graduate Program in Creative Writing.

Hicks was the co-founder and co-director of an MFA in Creative Writing program in Denver, Colo. Originally from the Bronx area of New York, where he earned his Ph.D. in American Literature at New York University, Hicks taught literature for many years before applying to Wilkes University.

"In my forties, after I had some stories published, I changed my career focus from a literature professor who occasionally wrote fiction to a fiction writer who occasionally taught literature," said Hicks. "Eventually, that led to starting up a successful MFA program there, every aspect of which I thoroughly enjoyed."

At Wilkes, the Maslow Family Graduate Program in Creative Writing is a nationally recognized low-residency graduate program. The graduate program offers three-semester and five-semester MFA programs.

Hicks explained that "low-residency" means that our students are working adults who come to campus for week-long residencies, one in January and one in June, to enjoy workshops, craft lessons, literary readings, genre instruction, guest speakers, business-of-writing panels, internship preparations and the great pleasure of being surrounded by other writers.

Then, everyone goes home and studies one-on-one (via email, phone, zoom or LIVE) with an accomplished author, such as a member of Wilkes' faculty, who gives them feedback on their book critiques and writing projects.

Paul Riggs, dean of the College of Arts, Humanities & Social Sciences, said, "We are very fortunate to have hired Dr. Hicks into this role. He has the perfect blend of skills and experiences to take over. The program has a national reputation, but many other colleges and universities have created similar programs since Wilkes pioneered the low residency model."

"In addition to producing great writers with publishable new works of literary art, our challenge is to maintain our reputational position, while at the same time delivering the program more

efficiently. Dr. Hicks founded and ran a similar program at his previous institution, so he is in a great position to meet all these goals."

Hicks explained that he and his wife were looking to move back to the east coast to be closer to their families, with his wife originally from the Kingston area. Her

available, I couldn't believe my luck," said Hicks.

When it comes to being a professional writer, Hicks has the skills to advise students in navigating the challenges they are going to face.

"I've successfully navigated the very difficulties that they're worried about,"

no matter how successful – remembers what it was like to want to be a writer, to want to write a book and have it published. The result is that we all treat our students with compassion and empathy, never condescension."

Previous Director of the Maslow Family Graduate Program Dr. Bonnie Culver said, "Wilkes did a national search, and Dr. Hicks was one of the finalists that was brought to campus for an in-person interview in January. Since he has started with the program, I have gotten to know him as an advisor, teacher, writer and friend. I look forward to seeing what he does in the future."

Hicks elaborated on his plans for the future of the program, stating, "For starters, we're going to become more inclusive and representative. To that end, our recruitment, our hiring and our curriculum practices are currently being reviewed and revised. We're also going to expand our reach beyond our MA and MFA program."

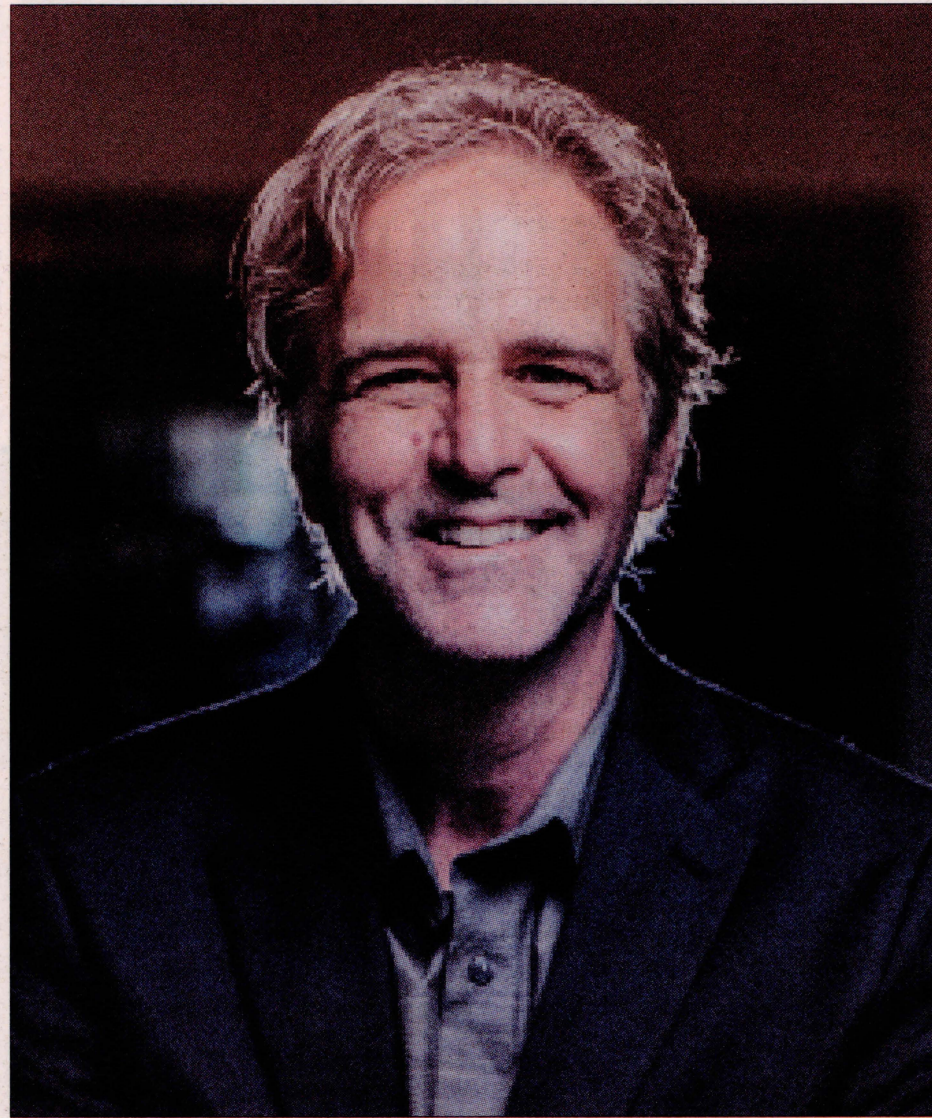
The program plans to do so by offering master classes to writers all over the country, targeting those who are interested in finishing book projects under the guidance of top-notch authors and instructors.

Another way is by offering an introductory graduate class in creative writing for college seniors, which would then allow these students the ability to apply for the program at Wilkes with a one-semester transfer credit.

Finally, the program plans to offer free writing workshops in the community, especially to the members who would not ordinarily get the chance to tell their own stories.

Outside of work, Hicks likes to go hiking in the woods. He said he has plans to be hitting the Appalachian Trail as soon as possible. He also was part of a cover band in Denver. He plays the saxophone in his band, "The Plagiarists." Hicks notes that he is looking to start another band while at Wilkes.

Hicks is proud to lead the program, and Wilkes University is excited to welcome Hicks into the Colonel family and see all that he can accomplish in the position.



Dr. David Hicks

Courtesy of David Hicks

mother worked at Wilkes University, which introduced him to the campus.

"When my wife and I decided to move from Colorado back east to be closer to our families, I looked in this area for my 'dream job.' I had co-founded and co-directed an MFA in Creative Writing program in Denver, so when I saw that the creative writing director's position at Wilkes was

said Hicks. "I don't have much natural talent, and I didn't have any connections in the publishing world, but I worked hard, persisted and learned a lot from a variety of authors and teachers."

Hicks continued, "Finally, I acquired an agent and had my work published – relatively late in life. And it's not just me – every faculty mentor in our program,



@wilkesbeacon  
Anna.Culver@wilkes.edu

Editor's Note: The writer Anna Culver and source Bonnie Culver are related; however, Bonnie Culver was used as an expert source for the article.

# Eden, a Vegan Cafe continues to adjust to COVID-19 guidelines

By Sara Ross  
Asst. News Editor

Almost every morning, Christian Pilosi, owner and head chef of Eden, a Vegan Cafe, prepares to open to customers around 11:30 a.m. He takes care of cleaning the kitchen, and Carlie Coolbaugh, his counterperson, washes down tables, counters, door handles and other surfaces.

On any usual day, all these cleaning procedures are part of the daily routine at Eden, but with COVID-19, they have become more frequent to ensure the safety of their customers.

The pandemic has impacted many of the aspects of running a restaurant, and according to Pilosi, he has been fortunate that both his locations in Scranton and Wilkes-Barre are still running smoothly. At their Wilkes-Barre cafe, however, they have only been open since October 2019, and adjusting to COVID-19's regulations on the restaurant industry has not come without its challenges.

"At the beginning, it was very different and slow," explained Coolbaugh. "We didn't know what to anticipate just because we are so new."

Back in March 2020, the pandemic made it difficult for many businesses to keep their doors open, and Eden was no exception. They had to rely on using delivery and pick-up services for takeout, as they were not offering indoor dining. Eden had to start utilizing Grubhub, a mobile food ordering and delivery platform, during quarantine to boost revenue.

In May, restaurants in the area were also provided with the chance to apply for an emergency loan courtesy of George Brown, the mayor of Wilkes-Barre. Eden, especially, was grateful for

the outside help.

"Mayor Brown was very generous to restaurants. He provided us with the opportunity to apply for no interest, no payment loans, and Eden received a \$7,500 loan," said Pilosi.

Treats, a bakery in Bethlehem, every Tuesday, but they had to halt these orders temporarily.

Additionally, Eden is open at 25 percent indoor capacity, though as of Sept. 21, they will be able to be at 50

to the cafe. Students, including junior, Sydney Rochette, often come to Eden and like being able to take their food outside.

"While it's warm, it's nice to have the option. I feel more comfortable eating outdoors," said Rochette. "Hopefully, they will continue to have this seating into the fall."

Eden even got creative with their menu and expanded with a few new items. The "Summer Picnic Plate" and the "Phriends from Mars Burger" are now part of their specials.

Other adjustments include spacing out their tables and adding a plexiglass cover in front of the cash register to further ensure both their employees' and customers' safety. Coolbaugh appreciates this addition because she spends the majority of her day behind the counter. There is a small note to remind customers to wear a mask when approaching the register as well.

With customers, Pilosi claims he has not had too much trouble with getting them to follow COVID-19 guidelines, but he has found some walking in without masks. To encourage customers to abide by COVID-19 guidelines, they have placed masks for sale at the front counter.

After a long day, around 6 p.m., Eden closes with the same routine. Coolbaugh and Pilosi wipe down the restaurant, and turn the open sign to closed. As each day passes, it has become easier to overcome the challenges COVID-19 has thrown their way. More than anything, the situation has taught them how to be resilient and stay positive even through the most unpredictable of times.



The Beacon/Sara Ross

Eden, a Vegan Cafe has extended its seating outdoors due to COVID-19's regulations on the restaurant industry.

Even with this assistance, Eden was still facing obstacles. With their distributors, Pilosi and Coolbaugh had to shift gears, as at the beginning of the virus, it was hard to acquire shipments of product. They usually receive desserts from Vegan

percent. Until then, they have been attracting more customers by providing the option of outdoor seating.

Now, since school is back in session, their most popular customers, Wilkes University students, have been returning



@wilkesbeacon  
Sara.Ross@wilkes.edu

## RUMORS, from front

Again, this feature does not give any notice to the University Police Department, nor does it save any information about the user's location. After the user designates they are safe, the app stops sending information about their location.

There are two dangers to rumors about an app like this. The first is paired with the rumor reporting that underclassmen were being told to leave their phones behind when going out.

Lindsay Becker, president of It's On Us and senior criminology major who uses the Wilkes Shield app in case of an

emergency or in case she sees a violation, expressed concerns with students going out without their phones, especially to events like parties.

"It's extremely irresponsible, apart from the fact that they are endangering others by possibly spreading a deadly disease, but it is dangerous for themselves as well. What happens when a freshman gets separated from friends and lost? There are a million and one things that can happen. People don't think bad things will happen to them, but it happens," said Becker.

Becker also identified that the app allows for easy reporting. Through the iReport feature, students can report not just incidents like abuse, assault and other

crimes, but they are also able to report power outages, maintenance issues and violations of the COVID-19 policies.

For students who are still worried about bringing their phone places with an app like the Wilkes Shield app, Jagoe emphasized that there was nothing to worry about.

"The decision to have a phone in your possession at all times is purely a personal one. Having their phone allows them to make calls if they need assistance or receive emergency texts if there is an imminent threat to the campus, such as a crime of violence," said Jagoe. "As discussed, the Wilkes Shield app does not track the location of its users in the

same manner some phones do for COVID exposure."

The idea Jagoe is referring to is that other apps, like party apps, already track locations by enabling their users to receive alerts that people are in their area. In addition, Google and Apple do similar things with their COVID-19 tracking apps that let those with the virus notify others around them that they have it.

The Wilkes Shield app does not track users' locations; instead, it does give them a variety of tools to stay safe, whether that be from crime, hazards or COVID-19.



@wilkesbeacon  
Sean.Schmoyer@wilkes.edu

# Career Fair goes virtual: Handshake app becomes imperative

By Genny Frederick  
News Staff Writer

The Career Fair is a staple of Wilkes University's fall semester, but this year, students will talk to employers from the comfort of their own homes. On Oct. 15, students will be able to attend the Career Fair on Handshake, the virtual recruiting platform all students have access to.

Handshake should not be new to students, as the Center for Career Development and Internships has been encouraging students to use the app. This year especially, the virtual aspect of the platform has proven to be helpful.

If students plan to go to the Career Fair, the first thing they must do is create a profile.

"Students have to fill out as much as possible in their profile on Handshake because that's what will spark that employer's interest in the student," explained Monica Morrison, a career peer ambassador in the Center for Career Development and Internships.

The Director of Internships and Parent Programs Sharon Castano, as well as intern Ashlee Przywara, provided direct

instructions on what to do after creating a profile on Handshake.

According to the two of them, students need to register for the 2020 Fall Internship and Career Fair by logging into Handshake, clicking on "events," then clicking "fair search," and finally, clicking "Wilkes University Fall 2020 Internship and Career Fair."

Students will be able to browse the list of employers in attendance for the Career Fair and can request to meet with companies they are interested in. From there, students can meet employers in an online setting, either as a one-on-one session or a group session.

This change can seem confusing, but there are benefits to a virtual fair.

Carol Bosack Kosek, the director of Wilkes Career Services, explained the bonuses that can come from the online version of the Career Fair.

"The nice thing is you can have your resume out, and you can have little notes about the organization," said Bosack Kosek.

However, Castano also noted manners students must remember for Zoom etiquette. "You still want to think of this event

like an in-person fair and dress and speak to impress," said Castano. "Watch virtual mock interviews to prepare, and refer to your interviewer as Mr., Ms. or Mrs., unless otherwise stated. Be aware of your virtual background, stay present, take notes, ask relevant questions if prompted during the interview, and finally, mute your microphone in group meetings if you are not the one speaking."

Morrison has her own advice for the Career Fair.

"Just be open and vocal to them because the employers want you to come up and talk to them. They're just as eager to find good students as you are to find an internship."

Many students do not have experience with Zoom interviews, but the Center for Career Development and Internships will help with everything students may need for the Career Fair from interview practice, reviewing resumes or assessing career goals.

If a student is looking for a little extra advice or preparation before the Career Fair, they must download Handshake and schedule a meeting through the platform.

Students should take advantage of the Center for Career Development and


Internships, as Morrison explained how useful the center has been for her.

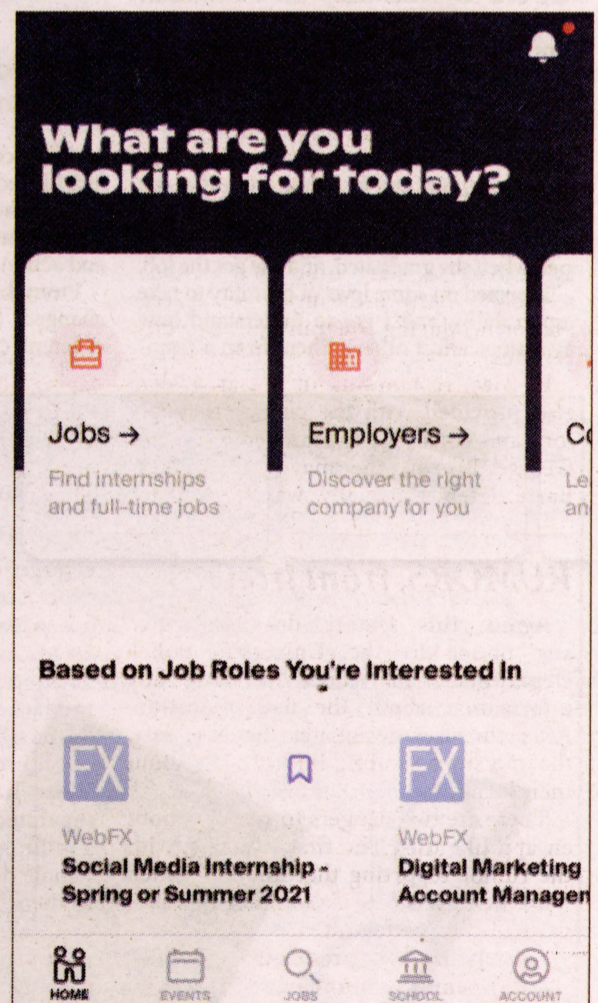
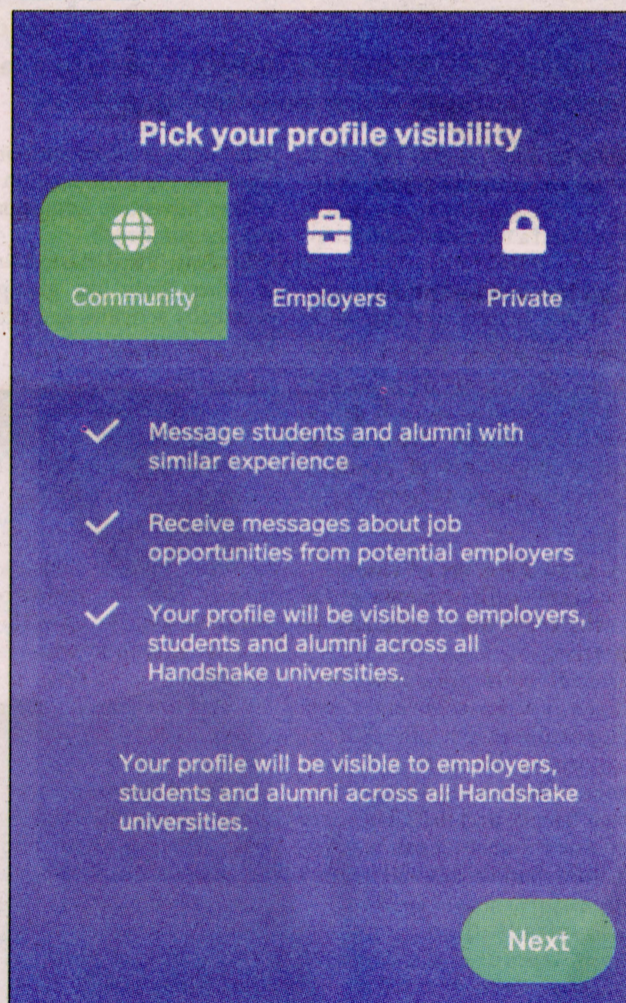
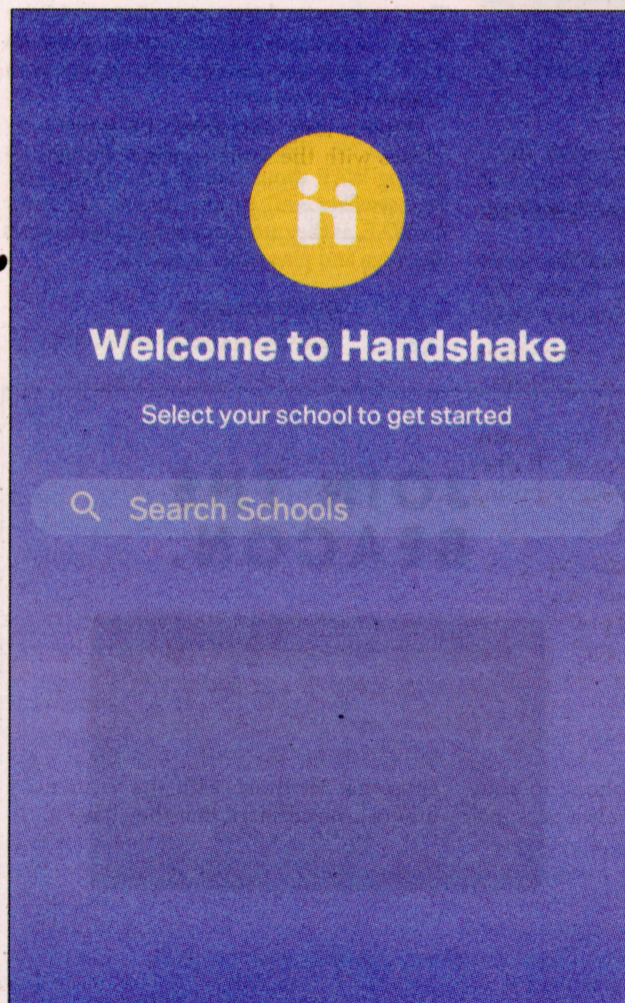
"It's just such a good resource we have on campus, and it's right behind the sub," said Morrison. "Knowing that that's right there, and that I can ask any questions about my resume for grad school or my personal statement, I just feel so comfortable that I can ask right away."

As much as the students appreciate the help, the members of the Center for Career Development and Internships enjoy helping as well.

"My favorite part of my job is watching students I work with succeed, and that doesn't always mean earn a high salary, sometimes it means students find a job that they love because of an internship opportunity we found. It helped to clarify their career goal," Castano said.

Students should also visit the center's website for additional tips on all aspects of career development, interviews and internships.

 @wilkesbeacon  
Genevieve.Frederick@wilkes.edu



# Building today's Wilkes Adventure Education with Jill Price

By Sean Schmoyer  
News Editor

Hiking up the steepest of hills, making your way across a ropes course and traveling to and exploring the Grand Canyon all are possible activities no matter how used to the outdoors someone is.

That is one of the driving ideas behind Wilkes Adventure Education, better known as WAE. Those who work and participate with WAE know that another driving force behind the program is the coordinator Jill Price.

"Jill is sensational," said Rachele Papacena, a P2 pharmacy student and WAE facilitator. "She makes you feel like you are part of something really awesome and is great at creating a team that feels like a family. She has enhanced my college experience inside and outside of WAE, and I can't imagine Wilkes without her. I've learned so many great lessons from Mama Bear."

Price graduated with a degree in English from Indiana University of Pennsylvania but had no idea what she was going to do.

"When I graduated, I got an offer to go work at a Boy Scout camp, and I blew them off once before. I was supposed to go visit them and interview for the job, and I got scared because what most people don't know about me is I'm a really big chicken at heart," Price explained.

Afterward, Price sent an email to the person in charge and faced the truth that she had let them down, a moment that has stuck with her, and by luck, the position was still open when she graduated, and she got the job.

"I learned on some level of humility to take responsibility, and I got to understand how my actions affect others. Then, from a team-



Courtesy of Jill Price

Wilkes Adventure Education Coordinator Jill Price is joined by three generations of WAE members at the Great Smokey Mountains National Park.

building component, I got to play tag. As a kid, I loved recess, and even as a young adult, I loved playing. So, through play, I got to learn a ton about myself and a ton about leadership and action."

From there, Price's career path and lifestyle changed. She found herself working at a different campus and going down a career

path that focused on outdoor education. Then, eight years ago, the position of coordinator of Wilkes Adventure Education had opened up, and she got the job.

In time, Price started to plant the seeds of other ideas like glamping, biking and eventually activities and programs like WAE Day.

Alongside Anthony Fanucci '18, who was then a first-year student at Wilkes, Price brainstormed ideas, and the acronym of WAE was born. Price identified that it was the students who worked with her that helped to make WAE what it is today.

Price had to rely on student facilitators to help teach other students how to go outside and be responsible adventurers while preserving that close and tight-knit bond that has always been essential to WAE.

Edison Fowler, senior mechanical engineer and WAE facilitator, explained how WAE has helped him grow over the years.

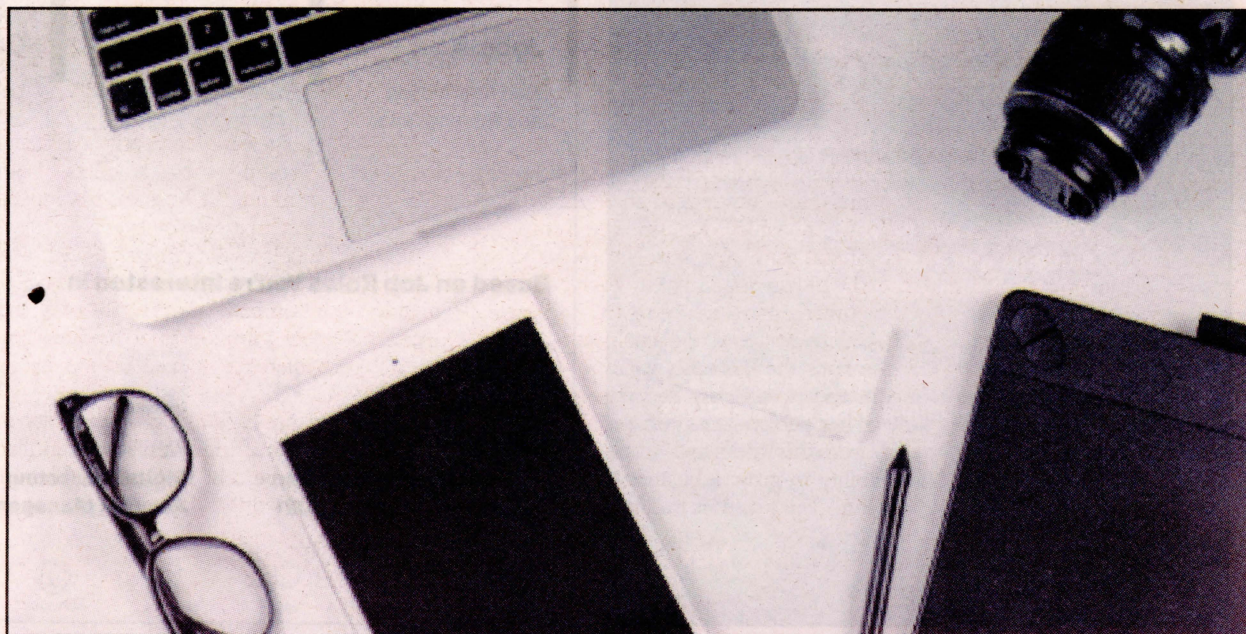
"WAE has given me opportunities that I would have never had access to, like going on a week-long trip to Ireland for spring break," said Fowler. "Working through WAE, and with Jill, has also given me the chance to continue to push my comfort zone and try new things. I've always been really introverted, but taking leadership roles like facilitating has caused me to gain a lot of confidence in myself and my abilities as a leader."

Those who have met Price would know that she is often a force of positive energy who helps teach the students of WAE the ways of the outdoors so that they can do the same. That cooperation between students and Price became a core part of WAE, as the program grew in size and became the organization students know today.

Despite the challenges presented by COVID-19, those who are interested in joining WAE should reach out to Price (Jill.Price@wilkes.edu) or any student facilitator for WAE, as they are continuing to host events like yoga and plan other activities.



@wilkesbeacon  
Sean.Schmoyer@wilkes.edu



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or editor. Freshmen and all majors  
welcome on staff!

Contact: Sean.Schmoyer@wilkes.edu

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# Life, Arts & Entertainment

Have any restaurants that should be reviewed or artists to be featured? Contact life, arts and entertainment editor: [Maria.DiBuo@wilkes.edu](mailto:Maria.DiBuo@wilkes.edu).

## The moody foodie's peanut butter yogurt bowl combo

By Anna Culver  
Staff Writer

This is a super simple breakfast that does not take more than five minutes to make, and all on your own. It also can function as an afternoon snack with apple slices.

**Ingredients (measurements vary with portion size):**

1) Yogurt – I love Chobani Greek Vanilla Yogurt, in case you didn't know.

2) Peanut Butter

To make this, just mix together the peanut butter and yogurt to get to the consistency that you want. The consistency should be light and fluffy and does not stick to the roof of your mouth. You can stick to this basic peanut butter and yogurt mixture, which is amazing. But some additional goodies can be added for a more filling and well-rounded meal.

**Toppings:**

Bananas, strawberries, apples, granola, honey and chocolate chips are all options.

**To make the photo:**

Mix together the peanut butter and yogurt to your liking. Next, cut up a banana and lay that on top. You can then add as much or as a little granola as you want. I use is the Honey Almond Granola from Good & Gather Organic. You can drizzle some honey over the top to give it a little extra sweetness.

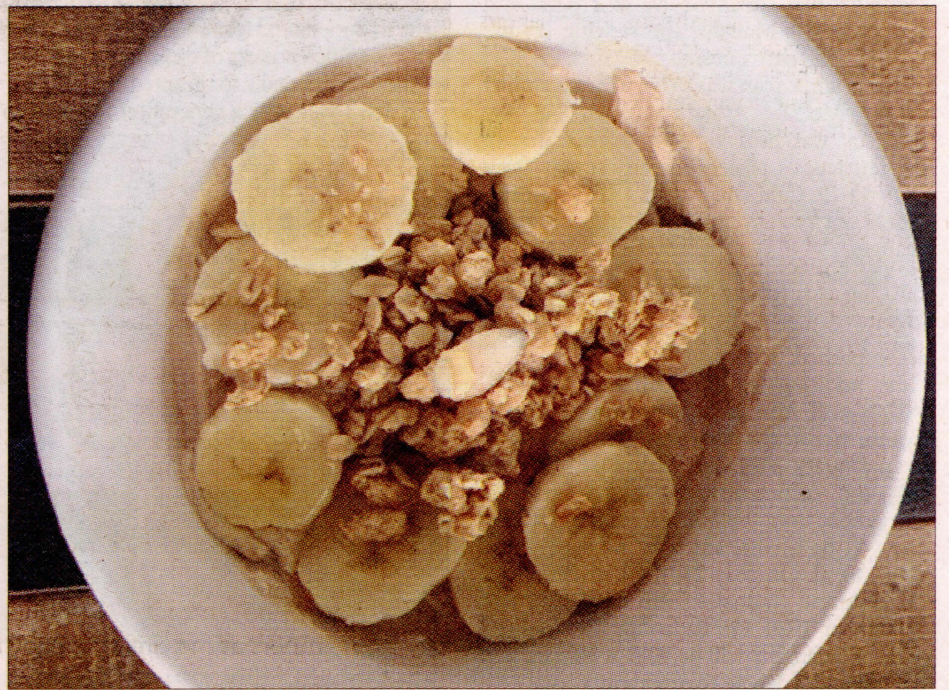
**Calorie Disclaimer:**

Depending on what you are using for this recipe, your calories are going to change because of different products, different amounts and personal preference.

*Food Allergy Warning: Nuts and dairy*



[Anna.Culver@wilkes.edu](mailto:Anna.Culver@wilkes.edu)  
Graphics by Anna Culver



The Beacon/Anna Culver

This protein-packed snack is great for any time of the day. It can be customized with personalized toppings for a nourishing meal.

## Internships give a glance into possible career choices

By Judah Lyles  
Staff Writer

Some college students worry about their future, and with the decreasing generational job placement rate, these worries may be well-founded. However, this line of worrying is the last thing students need on their plates with the stress of homework, exams, performances, clubs and other activities.

Through Wilkes, there are multiple resources and opportunities to help students take a hold of their future and shape it themselves. The Center for Career Development and Internships is a resource located behind the Henry Student Center on campus. The office is filled with people eager to help

individuals discover the benefits of internships — one of whom is Sharon Castano, the director of internships and parent programs.

One of the biggest benefits of internships is being able to “be sure that the work you will be doing in your career will be something that you will enjoy,” she said.

If you have trouble sitting still for long periods of time, the Center for Career Development and Internships can help you figure out what internships are best for you. There are several unique companies that offer internships to Wilkes students, one of which is extremely familiar to the Wilkes community.

For those who have done yoga with some furry friends on campus, an internship with Buttinhead Farms might be the perfect future

match.

Buttinhead Farms is dedicated to giving customers an “unfor-goat-able” experience, and owner Ashley Raspen could use the help of someone who is social media-savvy. COVID-19 has helped her to learn and adapt to the times, as well as noting the importance of social media and virtual business pushes.

She runs the business primarily on social media and is too busy keeping up with “all 750 of her personalities.” Raspen is excited to learn from this intern and “teach young people the ability to grow a business from virtually nothing.” The position is currently filled, but future openings are possible.

An internship opportunity that is available is with Kaki Intimates, an intimate, bridal,

baby and loungewear company dedicated to ethically creating their products. With COVID-19 in mind, the business has moved fully online with no in-person events.

With a social media intern, owner and founder Amber Watts would love to “be able to grow the company more with sales and indirectly grow jobs for local workers and make a real difference in what fashion can be today.”

Internships are a fulfilling opportunity to shape one's future. Inquiries about unfilled internships can be sent to Castano ([Sharon.Castano@wilkes.edu](mailto:Sharon.Castano@wilkes.edu)).



[@wilkesbeacon](https://twitter.com/wilkesbeacon)  
[Judah.Lyles@wilkes.edu](mailto:Judah.Lyles@wilkes.edu)

# Degree conferral held; first doctoral degrees in nursing awarded

By Sean Schmoyer  
News Editor

On Sept. 12, President Greg Cant and Interim Provost Terese M. Wignot carried out the first online degree conferral ceremony from inside the lobby of Weckesser Hall. The ceremony was streamed live at 1 p.m., and a recording is available for viewing on the Wilkes University website.

The original plan was to have the ceremony in the McHale Athletic Center, but the conferral was held virtually instead due to the restrictions placed on the campus from COVID-19. Cant stressed that the ceremony should not lose any grandeur because of these changes.

“The fact that we are not able to celebrate on campus does not reduce the significance of the day or diminish what it is that you have accomplished,” Cant said.

In addition to the online conferral, Wilkes will host the 74th Annual Spring Commencement honoring the graduates from January 2021 and May 2021. On that day, the commencement march will be carried out from the Marts Center to UCOM and will be accompanied by a bagpipe and drum band. On May 23, the University will celebrate the graduates from May 2020 and September 2020. On each day, the graduate student ceremony will be held at 10 a.m. and the bachelor’s degree ceremony at 3 p.m.

Cant spoke directly to the graduates, “Of all the classes that have graduated from Wilkes, you, along with the class of 2020 that graduated in May, will be remembered for the experience you had unlike any other in the history of Wilkes. You adapted, preserved, accepted loss, continued to achieve, found new ways to connect with one another and came to understand more than any other class all the significant parts of our campus life that we should never take for granted.”

“If there was ever a generation to adapt to

these circumstances, it’s you. Who better than you to understand how to connect to each other in this digital world that we have come to depend on over the last past six months?”

This ceremony also marked a first, with four graduates earning a Ph.D. in nursing. Cant also recognized the graduates and alumni who chose to pursue health care careers.

“We celebrate your dedication and compassion, your commitment to the well being of others and to keep us healthy and safe,” said Cant.

Wignot carried out the conferral of degrees and addressed the graduates.

“None of us anticipated that we would continue to experience the global pandemic. The fact that all of you adjusted and continued to preserve for some of you in a completely new learning environment, and for all of you in the environment of the global pandemic. I know this means we have taught you well and we are proud of you. You probably won’t remember the words that Dr. Cant or I say today, but you will remember that you were a very special part of the history of Wilkes University.”

Cant closed the ceremony with congratulations to the graduates and acknowledgment that the graduates are now members of Wilkes’ alumni.

“Graduates, you give us good reason to believe that all of our futures will be brighter and made better because of you,” said Cant in his closing remarks. “May you find great pleasure in all your endeavors and enjoy the satisfaction of working for the greater good that will come from it. We always hope your travels will lead you back to Wilkes. You have earned our congratulations and very best wishes, may you carry with you all the blessings of our 88 year history. You are now and forever a part of Wilkes, and Wilkes forever is a part of you.”



The Beacon/Sean Schmoyer  
President Greg Cant honored degree recipients virtually on Sept. 12.

[@wilkesbeacon](#)  
Sean.Schmoyer@wilkes.edu



## BEACON BUMPS

*Each week, the Wilkes Beacon staff adds a song to their Beacon Bumps playlist. Look below for this week's list of songs.*

<p><b>Kirsten Peters</b>, Editor-in-Chief: <a href="#">She Wouldn't Be Gone</a> - Blake Shelton</p> <p><b>Sean Schmoyer</b>, News Editor: <a href="#">Piece of Bone</a> - Mantaraybryn</p> <p><b>Sara Ross</b>, Asst. News Editor: <a href="#">Own It</a> - Bailey Bryan</p> <p><b>Genny Frederick</b>, News Staff Writer: <a href="#">Cocoon</a> - Milky Chance</p> <p><b>Maria DiBuo</b>, LA&amp;E Editor: <a href="#">Zealots</a> - The Fugees</p> <p><b>Emily Cherkaskas</b>, LA&amp;E Staff Writer: <a href="#">Stranded</a> - Red Vox</p> <p><b>Breanna Ebisch</b>, Opinion Editor: <a href="#">as long as you care</a> - Ruel</p>	<p><b>Zarqua Ansari</b>, Asst. Opinion Editor: <a href="#">Butterflies</a> - Samsa</p> <p><b>Jordan Daniel</b>, Opinion Staff Writer: <a href="#">Talk Too Much</a> - COIN</p> <p><b>Dylan Mehl</b>, Co-Sports Editor: <a href="#">Guard Your Heart</a> - Big Sean</p> <p><b>Ariel Reed</b>, Co-Sports Editor: <a href="#">More Than My Hometown</a> - Morgan Wallen</p> <p><b>Chris Gowarty</b>, Sports Staff Writer: <a href="#">Cardigan</a> - Don Toliver</p> <p><b>Steffen Horwath</b>, Staff Photographer: <a href="#">Running Red Lights</a> - The Avalanches</p>
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# Colonel's Closet re-opened Monday-Friday for the fall semester

*Kristin Osipower encourages students in need to visit in-person or order online*

By Maria DiBuo

Life, Arts & Entertainment Editor

Nestled inside the Interfaith Office on the second floor of the Henry Student Center lies Colonel's Closet, a food pantry available to students, staff or faculty members who may be in need of extra assistance obtaining essential items.

Colonel's Closet offers a variety of goods, from non-perishable to fresh foods, as well as personal and household care items. According to the College and University Food Bank Alliance, 30 percent of college students are food insecure, increasing the importance of Colonel's Closet on campus.

"If we can help them take care of the essentials and alleviate some of the burden so they can focus more on their studies or other necessities, that's a win-win for the university," said Kristin Osipower, who oversees the Colonel's Closet, when speaking of the purpose of the pantry.

Colonel's Closet began in 2016, when Osipower took on the role at the

university. Throughout the years, it has grown, with more students stopping in each year. Throughout the COVID-19 pandemic, the pantry provided for both students and staff who stayed near campus, as well as those who were commuter students, already residing in the Wyoming Valley area.

In addition, supplemental funding received from the university, as well as the CARES Act received by the university, were used to purchase gift cards for students who were in need or food-insecure. Those at Colonel's Closet also directed students toward other resources in the community.

"Statistics pointed in the direction that we would see an increase in need because of COVID, but can I say definitively that the increase is because of COVID? I can't say that," explained Osipower. "We have seen more students using it this year, but it could be because it's becoming more apart of the university fabric and people know that we're here."

According to Osipower, throughout the first two weeks of the semester, there have

***"There are some students who come, and there's a hesitation for a variety of reasons. I just like to remind students that there will come a day when they'll be on the other side of things. The best way to repay me is to pay it forward, just helping out efforts like this, wherever they go in life."***

***- Kristin Osipower***

already been 10 in-person orders, as well as 15 online orders — a large increase in online ordering from the previous school year, where the online system was utilized by only three students.

"We're pushing that a little more this year with COVID too, and it's working out really, really well," said Osipower.

Students interested in frequenting Colonel's Closet are encouraged to make appointments with Osipower and schedule a time to come into the pantry. From there, individuals can come in and choose the products they need. Changing from last year, items are limited to two of a kind, due to the increase in usage seen this semester.

Products in the Colonel's Closet are sourced through the pantry's fund, as well as through the CEO Foodbank located in Pittston, which supplies fresh produce to Colonel's Closet, helping to keep the fridge fully stocked. Additionally, many items in the pantry are obtained through donations from students, faculty and staff.

"I have some tips for making responsible donations," said Osipower. "Donating is not a time to clean out the pantry, or if you are, which we all need to do sometimes, please check the expiration dates beforehand."

For individuals interested in donating to the pantry, Osipower recommends checking in with Colonel's Closet before donating, as the need for certain items in the pantry varies from week to week, in addition to the fact that the pantry staff attempts to stock items that are palatable for college students.

"And then it's little things, like not every student comes to college with a can opener. They don't think about that," explained Osipower. "So if you can make the choice where there's a pop top lid, it's so much easier for college students, especially those that live in residence halls."

For Osipower, her main concern is ensuring those in need, especially students, feel comfortable coming to Colonel's Closet if they are in need, as occasionally, there is a stigma associated with frequenting food pantries, according to [moveforhunger.org](http://moveforhunger.org). For this reason, Colonel's Closet maintains confidentiality among its visitors.

"There are some students who come, and there's a hesitation for a variety of reasons," explained Osipower. "I just like to remind students that there will come a day when they'll be on the other side of things. The best way to repay me is to pay it forward, just helping out efforts like this, wherever they go in life."

Appointments for Colonel's Closet are available from 11 a.m. to 1 p.m. Mondays through Fridays this semester, and can be made by emailing [kristin.osipower@wilkes.edu](mailto:kristin.osipower@wilkes.edu). Additionally, online order forms can be found at [wilkes.edu/studentpantry](http://wilkes.edu/studentpantry).

"They're here for a reason, and my reason is simply to help them," said Osipower.



The Beacon/Steffen Horwath

Kristin Osipower, campus interfaith coordinator, pictured in front of the Colonel's Closet food pantry.



@wilkesbeacon  
Maria.DiBuo@wilkes.edu

# Liz's Craft Corner: Preventing nightmares with a dreamcatcher

By Liz Cherinka  
Staff Writer

Dreamcatchers are very popular for their aesthetic qualities and their real purpose — preventing nightmares.

According to legomenon.com, dreamcatchers are associated with Native Americans, but can be traced back to the Ojibwa Chippewa tribe in particular.

The Ojibwe word for dreamcatcher asabikeshiinh means “spider,” which refers to the web inside the hoop. A “spider woman” was said to watch over the tribe but as the tribe grew, the spider woman found it hard to watch over everyone. That is where the first dreamcatcher came from.

The dreamcatcher attracts all dreams. Good dreams are allowed to pass through, down the feathers to the sleeper, and bad ones get caught in the web, eventually being destroyed by the light of the morning.

The materials you will need are one metal ring, suede trim, one paint brush, hot glue and a hot glue gun, twine, beads and feather. Any of these materials can be purchased at craft stores, such as Joann Fabrics or Michaels, or even Amazon. The materials are fairly affordable.

Grab your metal ring of any size. Then, grab suede trim of any color of your preference. This tutorial will be using red.

Take your Mod Podge and a painting brush — a sponge brush is easier to use. Put the Mod Podge using the brush on the metal ring in small sections and carefully wrap the suede trim around the metal ring, meeting the two sides together and leaving no gaps.

Continue this until you wrap the whole ring with the suede trim. Make sure to work quickly so the Mod Podge doesn't dry before the suede sticks to it. Also, make sure you hold each suede section you wrap until it dries so it doesn't unravel.

The very beginning probably won't stick with just Mod Podge, so you will hot glue it. Once you finish wrapping the whole metal ring, hot glue both ends together and to the ring, being careful not to burn yourself (I did during this). It's OK if it is a bit messy, you will have

the opportunity to cover it.

Next, take any color twine; brown is typical but any color will do. I am using brown for this tutorial. Colors can add more fun, but it is ultimately up to you. Cut a lot of twine because you will use a lot. If you run, you can tie more on, though.

Then, tie a knot using the twine onto the bottom where you hot glued the ends. Wrap the twine around the ring, and pull it through under itself to form a loop.

Continue this around the whole ring and space the loops out because the webbing gets smaller as you move into the center. Now that you're at the first twine curve, wrap the twine around that the same way you did for the ring and continue this until you reach the middle. Make sure to pull it tight so it looks like a spider web.

When you get to the center, you can either tie a knot and leave a hole in the center or you can put a bead. In order to add a bead, string the twine through the bead, wrap it around the twine above it and tie a knot.


At this stage you have freedom to do as you choose. Typically, feathers are added onto the bottom but you can add yarn or fabric. Also, you can add details around the perimeter.

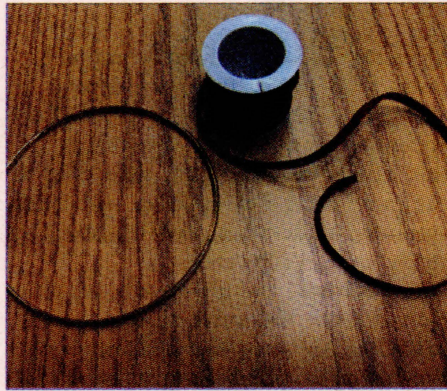
Feel free to use colored twine with coordinating colored beads and flowers, or add yarn of various colors with flowers around the perimeter.

In order to add feathers, cut three pieces of the suede trim to your desired length. Cow hitch knot the three pieces onto the bottom: two on either side of the knot and one on top of the knot to cover it.

Hot glue a bead onto each one of the suede “strings”. Then, hot glue a feather into every bead. To finish, you're going to add a loop to hang it. Grab suede trim, loop to your desired size, and hot glue the ends together to make a circle. Cow hitch knot the loop on the top.

That finishes the dreamcatcher. No you can hang it above your bed so you have no more bad dreams.

 @wilkesbeacon  
Elizabeth.Cherinka@wilkes.edu



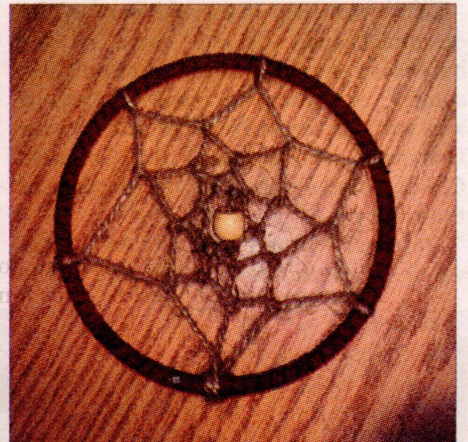
Step 1: Gather your materials



Step 3: Cut away any loose fabric



Step 2: Wrap the fabric around the ring



Step 4: Knot the twine around the ring and add a bead at the center



Step 2 completed



Step 5: Tie additional fabric pieces at the bottom

# Student Government announces Virtual Club Day for Sept. 18

## *How the changes in format will allow for flexibility in club advertising*

By Emily Cherkauskas  
*Life, Arts & Entertainment Staff Writer*

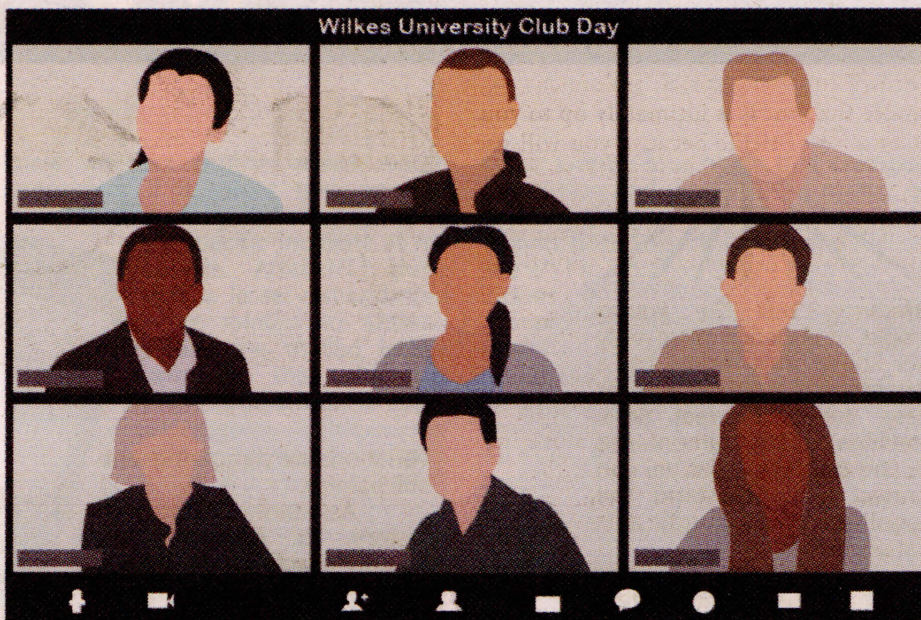
With over 100 clubs and organizations on campus, Club Day is an important staple of the beginning of the school year for Wilkes, allowing students to socialize and meet with clubs that match their interests. However, the COVID-19 pandemic has caused many events all over the country to be cancelled, leaving the plan for Club Day hanging in the air.

After careful consideration and planning, Student Government has decided that the best option for students and clubs to get the best experience would be to hold a Virtual Club Day event on Sept. 18.

Student Body President Kevin Long explained the board's decision to make the event virtual this year.

"Due to the pandemic, it would put students in harm's way to hold a large event, as we usually do," said Long. "So, over the past few weeks, the Student Government Executive board has rolled out many different ideas in order to still advertise our wonderful clubs on campus."

Student Government is planning to set up posters with QR codes and links around campus that students can scan with their phones. The link will then lead students to a website that will have every



club listed.

Because of the virtual design and format, Long noted that clubs are now able to advertise for the full school year, instead of just one day, allowing for flexibility.

"When a student clicks on the individual club link, it will take them to a page that the club itself will customize with information, pictures, videos, etc.," Long said.

Megan Pitts, activities coordinator for

student development, also acknowledged the advantages and benefits of a virtual Club Day. She explained that clubs can hold live Zoom sessions throughout the afternoon for any students who are interested in Wilkes' clubs and organizations. These live sessions will be recorded for anyone who is unable to attend.

"If a student can't attend sessions, they can still access all of the great information," Pitts said.

Lindsey Scorey, communication studies sophomore and e-mentor, positively detailed the change in events, believing that it is a suitable replacement given the current circumstances. She also believes that the virtual format will grant more freedom to clubs in how they operate.


"I would think that each club should have its own method based on club members' needs," she said. "Clubs should adapt to what each member wants."

As an e-mentor, Scorey still has hope that the changes will be beneficial for first-year students.

"I think it's smart to do virtual clubs," Scorey said. "I'm not sure if it will give the full experience for them, and I'm not sure if it will be a full replacement of Club Day, but the changes are still good nonetheless."

In replacement of the McHale Athletic Center being filled with tables, the Henry Student Center will be decorated by Student Government in preparation for Sept. 18.


"We realize that this may not be the most ideal or traditional set-up for the event," Long said. "But, in the time of crisis, this is the best way to advertise our clubs."

 [Emily.Cherkauskas@wilkes.edu](mailto:Emily.Cherkauskas@wilkes.edu)  
Graphic by Mia Walker



The Beacon/Steffen Horwath  
The barren McHale Athletic Center where Club Day would have been in-person.





## Remembering 9/11:

By Breanna Ebisch, Judah Lyles  
Opinion Editor, Staff Writer

September 11, 2001 was a day that—though blue skied and sunny—will haunt millions of Americans for the rest of their lives. The devastating losses of thousands of innocent people continues to shape the nation—even nineteen years later.

Every year, September 11th is defined by one question: Where were you when the first plane struck? For many Americans, the answer to that question is one they will never forget. I was sitting in my cubicle. I was eating breakfast. I was on my way to work. They can remember every miniscule detail of that tragic day in our nation's history.

For Gen Z, the answer is not so simple.

Our generation, better known as "Gen Z," is the first generation to grow up in a post-9/11 era. Anyone older than us knew life before September 11th and felt the immediate

difference, but the young people of America have only ever known this reality. For a generation that did not witness these events in real time, retellings and documentaries are the only way that we can connect or understand the magnitude of the horrific acts that occurred.

The violence and terror that has ruled the nation since the devastating events that unfolded in New York, Pennsylvania and Washington D.C. almost two decades ago is unprecedented and the young people of America have had to burden the weight of this new reality more than any other generation.

Due to our constant exposure to violence and tragedy through countless mass shootings, a terrifying climate crisis, wars and death across the world, terror around every corner and a floundering economy, we have gained a sense of desensitization to such events. September 11th could be marked as the initial start of the world we have grown up in.

This, we believe, is the biggest difference between Gen Z and prior generations. For most Americans, 9/11 was the first and biggest tragedy that they have experienced while for Gen Z, every day seemingly brings a new tragedy. Whereas for many Americans, September 11th was a turning point into a new, violent culture, for Gen Z, this is all that we know.

We interviewed members of the Wilkes community to demonstrate the generational differences between viewpoints on 9/11 and the

variations are staggering, but still painful.

Assistant professor of history, Dr. Amy Sopcak-Joseph teaches within the Global Cultures Division and mainly focuses on nineteenth-century US history. She is one of millions of Americans that can remember exactly how her day went on September 11th, 2001.

"On 9/11, I was a sophomore at Dickinson College in Carlisle, PA. I went to a 9:30 am class, and the professor mentioned that she just saw on the news that a plane had crashed into the World Trade Center. But we didn't really think anything of it, and we had class as usual. I went to the student center after class and everyone there was watching the news on the TVs - that's when I really saw what happened. My friends and I were glued to the TV for the rest of the day." Sopcak-Joseph recalls about the fateful events that unfolded almost two decades ago.

Although she was a young adult still figuring out life at the time, Sopcak-Joseph does remember the significant shifts that became apparent after 9/11. The most obvious one being the extra measures of security against terrorist attacks that became evident not only in airports, but in all aspects of daily life.

Dr. Jonathan Kuiken,

another assistant professor in the history department in Wilkes, was also a young college student in Boston at the time 9/11 happened and can remember the exact details of the day. And like many other American citizens, he has a frightening personal connection to the tragic events.

"Many of the people in my neighborhood and my town worked in New York. In fact, my best friend's father (who was like a second dad to me) worked at the World Trade Center and I believe that his office was somewhere above the 100th floor. When I saw the news coverage of the Towers, I was convinced that he had been killed. I called his house over and over, but the lines were all busy. Finally one of the office assistants at my school told me that she would keep calling for me because I was in a panic. When she got through, she found out that my friend's father had actually cancelled his morning meetings that day to get caught up on some work at home. That decision saved his life because he was the only person from his office

A World Forever Changed and the Constant Reality for Gen Z

to survive. I spent that evening sitting on a beach north of Boston because it was the first time in my life that I had ever seen a sky with no airplanes in it." Kuiken recalls his haunting memories connected to September 11th.

"While I was sitting there with my girlfriend (who is now my wife) two F-15 fighters flew over the beach and nearly blew out our eardrums. They were patrolling around Boston and were a visual reminder that nothing was ever going to be the same again."

In the classroom, both professors are used to teaching subjects that their students weren't alive to experience and this is certainly no exception as college students today either have no recollection of September 11th or weren't born yet.

"As a history professor, I'm used to teaching events that happened before my students were born. I

stress the idea that 'everything has a history,' from the way we currently communicate and use technology, to the partisan political environment, to the current economic situation. 9/11 is one important event that contributes to American culture today, but it's part of a more complicated history of the turn of the 21st century," says Sopcak-Joseph.

Unlike all of Gen Z, Sopcak-Joseph and Kuiken have a clear memory about both 9/11 itself and the terrifying and uncertain time that followed after the attacks happened in several places in the Eastern United States.

This feeling and period of time is what stays with Sopcak-Joseph even nineteen years later. Similar to the anxiety that many students today carry with them everyday when attending school in fear of a mass shooting occurring, the American population experienced a fear like no other in the months and years following 9/11.

"The period of uncertainty and unease, even straight-up fear, in the weeks afterwards has stuck with me. After September 11, Americans didn't

know whether another attack would happen or if it might take another form. This fear contributed to a very specific incident at my college. After 9/11, there was a lesser-remembered scare related to anthrax - someone mailed letters containing the substance, which is poisonous, to some Congressmen. This only contributed to Americans' everyday anxiety - it wasn't clear where the anthrax letters came from or what the motive was," She explains and continues to recall a story of how that anxiety fostered at her own college when a student decided to send his friend a letter full of powder, which was crushed-up candies, but resulted in closure of the school for an investigation.

This anxiety is remembered by everyone who witnessed September 11th. Kuiken also looks back at the fear that quickly became deeply embedded in American society following the attacks and became the new normal which is still prominent today.

"After 9/11 a deep sense of anxiety began to permeate our society and our politics. People wanted to be assured that they would be kept safe and that led to some poor decision-making by our t o

As people who experienced first hand the

tragic twenty-four hours that changed our nation and world in the matter of minutes along with claiming thousands of lives, both Sopack-Joseph and Kuiken see 9/11 in a different light than the Gen Z does.

Senior psychology major Julie Chropowicki and sophomore DDMA major Danielle Morris both belong to Gen Z and were too young to remember the tragic events of 9/11 themselves. All the knowledge and everything they know of that day has come from secondary sources such as their family or time spent learning the subject in school.

"In school, we mostly learned about the event itself and the facts of what happened. From others, I learned more of how they found out, if they saw it, and their accounts of what happened throughout their day. It was more subjective when learning through people while in school they tried to keep it mostly objective," Chropowicki explains when reflecting on the education she has received on 9/11 over the years.

This is the only reality Gen Z has known. Having grown up in a violent and different world than previous generations, 9/11 changed everything, but to the most affected group, the day is only a memory from others. However, the young people of America have still felt the pain left behind from September 11th in their own ways.

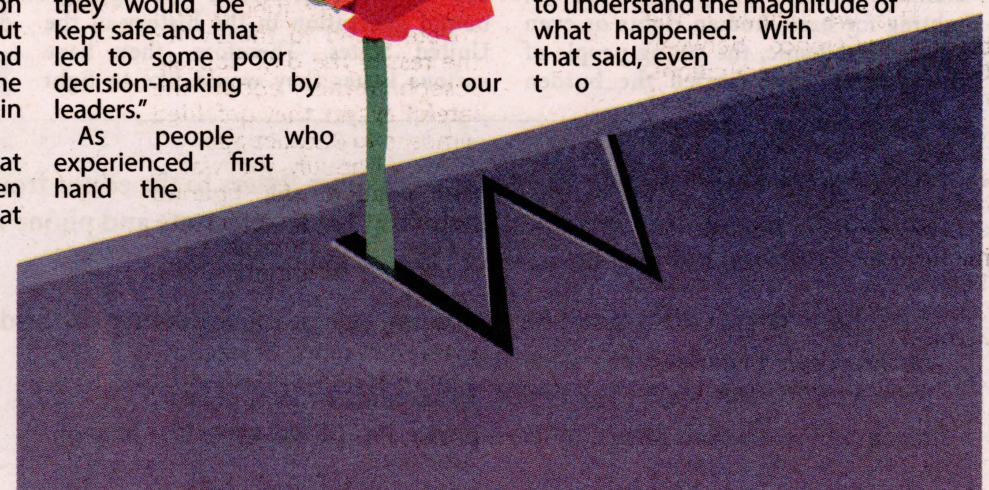
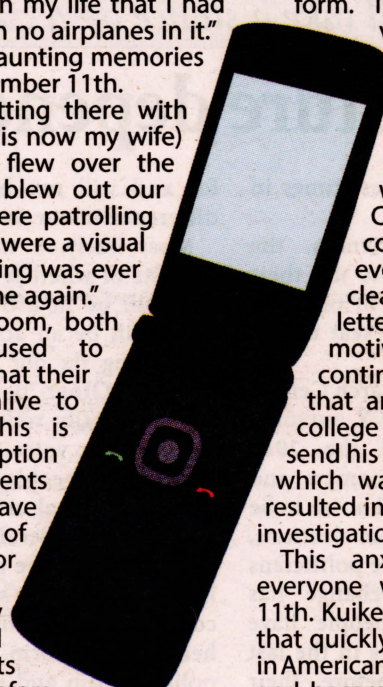
"I probably had a better understanding of the events when I reached middle school; that's when I think I truly began to understand the magnitude of what happened. With that said, even

this day I still cannot fully wrap my head around what unfolded. Every year it hits me in a new way. On the anniversary, I always think about those affected on that day, and what must've been going through everyone's mind," says Morrison.

"The most shocking thing to me was hearing the voicemails of the passengers on the hijacked planes. I can't imagine what they must have felt in that moment, knowing that they couldn't get the chance to hug their loved ones again." She continues, feeling the gravity of the emotions that are associated with those heartbreaking messages. Chropowicki pinpointed the sadness of this detail about September 11th as well.

Both Wilkes students recognized that growing up in a post-9/11 world never felt different to them because this is all they have ever known. But understanding what occurred on September 11, 2001 helped them grasp why certain precautions are in place such as airport security and recognizing their reality is much different from older generations.

This year, on the nineteenth anniversary of 9/11, the members of Gen Z and the countless Americans who lived through that day will be mourning all the innocent lives and will never forget the tragic events that changed the world.



@wilkesbeacon  
Breanna.Ebisch@wilkes.edu  
Judah.Lyles@wilkes.edu  
Page Design: The Beacon/Mia Walker  
Mia.Walker@wilkes.edu

# Opinion

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2020-21

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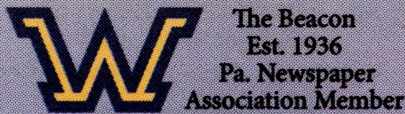
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Lead Designer - Mia Walker  
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141 S. Main Street  
Clayton and Theresa Karambelas  
Media & Communication Center  
Wilkes University  
Wilkes-Barre, PA 18766  
Phone - (570) 408-5903  
[www.thewilkesbeacon.com](http://www.thewilkesbeacon.com)

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## Our Voice

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

# Register, vote like your future depends on it

It is 2020, and one of the biggest, let alone important, presidential elections is taking place. Many young people will be of voting age and will be able to use their voice in an election that will certainly make history. It is crucial for everyone, especially young voters, to hit the polls or send in an absentee ballot this November.

The future of our nation, lives and freedom is at stake, which is why it is crucial to use our constitutional right on Election Day.

Generation Z is the latest group to attain the ability to vote after reaching the necessary and required age. Yet, many are not aware of the importance resting on their shoulders in terms of the 2020 election.

The millions of people who belong to Gen Z have experienced an unprecedented landscape unlike any other generation.

From the constant devastation occurring everyday, whether it be in the form of another mass shooting, drastic damages due to climate change, terrorist attacks, a struggling economy, countless videos of police violence, fighting for basic human rights or even a global pandemic, the young people of this country have carried the burden

of arguably one of the hardest times in America's history.

Because of these experiences, the need for Gen Z individuals to use their voice for change is critical in order to alter who holds the highest seat in our government.

According to the Pew Research Center, Gen Z, Millennials and Gen X outvoted the older generations in the 2018 midterm elections. Baby boomers and older generations have been known to be the prominent demographic in elections, which usually keeps the same politicians in office. Although the change has been slow and younger people have been showing up at the polls in the last two elections more than before, their presence has ever been so necessary.

Now is the time for Gen Z to finally show how much their opinions matter. By voting, they will help fix the issues that their generation has had to endure for almost two decades.


According to NPR, there will be about 24 million Gen Z-ers eligible to vote in November. They are all born after 1996 and are the most diverse and digitally-bound generation in the history of the United States. Therefore, they have various issues they would like to fight

for and will not hesitate to make the difference in our nation.

Most likely, a top issue of concern consists of whether or not the president that will be in office for the next four years will be an activist and contribute to helping fix our broken and divided country. Other issues that Gen Z-ers are potentially reflecting upon prior to casting their votes include basic human rights for all people, no matter their race, gender or sexual orientation.

There are several other issues at play that voters will be deciding upon. Some include funding to save the environment, continued pandemic response, potential healthcare reform, gun control laws, police reform and immigration policies. These hot-button issues only encompass a fraction of deciding factors for where to place one's vote.

There are many other topics Gen Z individuals are primarily concerned with before making their final decision on who to vote for in the 2020 election; however, no matter their choice, it is imperative that the millions of young people show up at the polls, and vote like their future depends on it.

 [@wilkesbeacon](https://twitter.com/wilkesbeacon)  
[TheWilkesBeacon@wilkes.edu](mailto:TheWilkesBeacon@wilkes.edu)

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# President Trump's privileged disrespect for the military

By Liam Flynn  
Staff Writer

On July 18, 2015, at the family leadership summit in Ames, Iowa, President Donald Trump recalled long-time Arizona senator and former U.S. Navy soldier John McCain saying something that Trump considered to be an insult to him and his supporters.

"I said, 'Somebody should run against McCain,' who has been, in my opinion, not so hot," said Trump. "And I supported him for president! I raised a million dollars for him. That's a lot of money! I supported him. He lost. He let us down. But he lost. So I never liked him much after that, because I don't like losers."

Amid audience laughter, the moderator, Republican pollster Frank Luntz, interjected, "But he's a war hero!"

Trump responded, "He's not a war hero. He's a war hero because he was captured. I like people that weren't captured."

Trump even resisted lowering the flag over the White House when McCain died.

Trump's understanding of heroism has not evolved since he became president. He seems to genuinely not understand why Americans treat former prisoners of war with respect.

The president certainly does not understand why pilots who are shot down in combat are honored by the military. On at least two occasions since becoming president, according to three sources with direct knowledge of his views, Trump referred to former President George H. W. Bush as a "loser" for being shot down by the Japanese as a Navy pilot in World War II.

When the president canceled a visit to the Aisne-Marne American Cemetery near Paris in 2018, he blamed rain for the last-minute decision, saying that "the helicopter couldn't fly" and that the Secret Service wouldn't drive him there.

Neither claim was true.

Trump rejected the idea of the visit because he feared his hair would become disheveled in the rain, and because he did not believe it important to honor American war dead, according to four people with firsthand knowledge of the discussion that day.

In a conversation with senior staff members on the morning of the scheduled visit, Trump said, "Why should I go to that cemetery? It's filled with losers."

In a separate conversation on the same

trip, Trump referred to the more than 1,800 marines who lost their lives at Belleau Wood as "suckers" for getting killed.

Trump is a person born of privilege who views people not as individuals, but as pawns. This transactional worldview explains the fact that he simply cannot fathom why anyone would volunteer to serve. It is incomprehensible to him.

In Trump's mind, nothing is worth doing without the possibility of a significant monetary reward or boost in status.

performative patriotism.

He's had a lifelong love affair with military pageantry. Despite being a Vietnam war draft-dodger, Trump said he felt as if he truly was in the military because he attended an upstate New York military prep school. But then, Trump ran for president, and his view of the institution changed, especially when it clashed with his conservatism.

As commander-in-chief, Trump sent as many as 6,000 troops to the U.S. - Mexico border, where he hoped he could use the military to detain illegal immigration.

was moving."

Trump invited him to his Mar-a-Lago resort for a personal meeting, which Gallagher has used as a springboard for TV appearances and apparel sales.

Against the objections of top Pentagon officials, Trump issued full pardons to two Army officers convicted of murder. After the killing of Qasen Soleimani last month and Iran's retaliatory strike on an Iraqi base housing U.S. military personnel, Trump said there were no U.S. casualties. Two weeks later, the Defense Department said 34 troops had been diagnosed with concussions or brain trauma. Trump, normally one to luxuriate in the gory details of battle, downplayed their symptoms as "headaches" and "not very serious."

Democratic National Committee senior spokesperson and adviser Lily Adams recently said, "Trump doesn't know what it means to sacrifice for our country, and he clearly has no respect for the brave men and women who have. Veterans and fallen soldiers should be venerated, not insulted and mocked by anyone, especially the commander in chief."

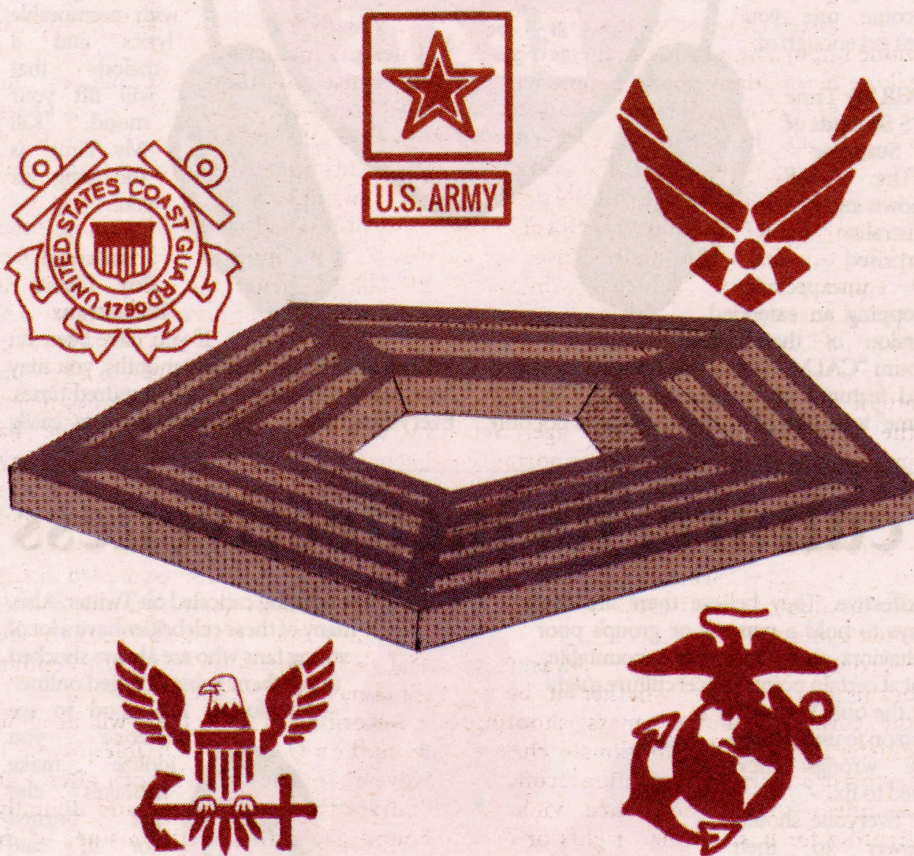
This all ties into what I have noticed since Trump ran for president - he is a poser.

Think of your loved ones and relatives in the military that are overseas risking their lives. Think of the veterans who are fortunately here to tell their stories. You would probably be enraged if someone came up to you and called someone you know who was killed in action a "loser."

Why does our president get a pass?

You would think he would get slandered by every decent American citizen, but somehow he still has a huge following that continually makes excuses for him.

He can not tweet his way out of this one. Trump does not respect the military.



As Goldberg noted, after then-chairman of the Joint Chiefs of Staff Joe Dunford had delivered a White House briefing, Trump asked aides, "That guy is smart. Why did he join the military?"

Trump loves to pose in the reflected glory of veterans, but his tone changes as soon as military personnel don't agree with his own narrative. Throughout his decades in public life, Trump has exemplified the idea of hollow,

The Posse Comitatus Act of 1878 states that can not happen.

Some of the troops who were deployed domestically were ordered to serve their country by painting portions of Trump's border wall.

More recently, he restored the rank of Eddie Gallagher, a convicted war criminal whose fellow Navy SEALs described as "freaking evil," "toxic" and "perfectly O.K. with killing anybody that

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Liam.Flynn@wilkes.edu

Graphic by Zarqua Ansari

# Bre's Beats: A variety of songs you need on your playlist

By Breanna Ebisch  
Opinion Editor

Over the last few months, plenty of new music has been released and loved by fans across the globe. If you are looking for something new or are tired of listening to the same songs on repeat, then look no further.

## as long as you care – Ruel

The young Australian singer released his first single in almost a year, and it's astounding. Using his signature sound of pop and soul that relies heavily on instrumental, and his unmistakable but unique voice, "as long as you care" is a song you cannot miss out on. The catchy lyrics and upbeat melody make it impossible not to instantly put the track on repeat and sing along.

The single is the beginning of a new era for Ruel, as an accompanying EP is set to release titled, "Bright Lights and Red Eyes," which is hinted at multiple times throughout the chorus. "as long as you care" needs a place on your playlist, especially if you are looking for something brand new and different.

## Magnolia (Alone) – August Kamp

Although this song is off an album released in 2019 entitled "19: The Musical," the fresh indie-pop sounds of up-and-coming artist August Kamp needs to be added to your

playlist. "Magnolia (Alone)" immediately pulls you in from the beginning and uses rare techniques to keep listeners wanting more.

Every lyric is incredibly honest, and while the whole song tells a meaningful story, it will immediately become a new favorite the moment you hear it. Between a combination of high energy beats and slow but sultry vocals from Kamp, this song is sure to become one you can't get enough of.

## Kill My Time – 5 Seconds of Summer

The well-known and loved Australian band surprised fans by unexpectedly dropping an extended version of their latest album "CALM," which was released in March and featured an unreleased song. "Kill My Time" is an instant hit and showcases not only

the band's musicianship, but frontman Luke Hemmings' incredible vocals. The pop rock sound that 5SOS has claimed over the last

few years is evident throughout this song, which only enhances the appeal of the new track. Longtime fans of the group will not only enjoy the newest taste of their music, but will fall in love with this single. If you are looking for something new with memorable lyrics and a melody that will lift your mood, "Kill My Time" is the song for you.

## Backyard Boy – Claire Rosinkranz

If you have been on TikTok at all in the last few months, you may have heard this song a couple hundred times. Everything about "Backyard Boy" is easily

lovable, from the indie feel to the lyrics one cannot help but sing along to.

The song got its start on the popular social media app, but deserves to be heard by everyone. It's an instant mood-lifter and sure to make individuals smile – let alone become a fan-favorite rather quickly. The lighthearted lyrics and melody are aspects that are missing in a lot of music today, but Rosinkranz, a relatively unknown artist, captures both aspects perfectly.

## Cardigan – Taylor Swift

"Cardigan," the leading single from her record-breaking album, "folklore," is not only a work of songwriting and musical genius, but is a one-of-a-kind song. Part of the intricate storytelling that Swift used throughout the album, this song captures heartbreak and love in stunning lyrics, while displaying the change in Swift's latest pop sound. Taking on the alternative and indie tone of music, "Cardigan" is definitely a song that should be on one's playlist, if only to experience the honest and true emotions that are openly portrayed and only add to how incredible the single is overall.

Make sure to add these songs, and you will potentially discover your next favorite. You won't regret it.



[@wilkesbeacon](https://twitter.com/wilkesbeacon)  
Breanna.Ebisch@wilkes.edu

# What is cancel culture, its ineffectiveness in our society

By Jordan Daniel  
Opinion Staff Writer

While some are worried about contracting COVID-19, celebrities, corporations and fandoms have many other concerns on their minds. That concern is "cancel culture," the new way to shame others on social media platforms and damage reputations.

Cancel culture first came to be around 2017 when people started "canceling" celebrities, brands and organizations online after their problematic actions and statements would surface on the Internet. Although many social media users participate in this act, others do not understand its popularity and the potentially drastic effects.

"I think that cancel culture is not as effective as it appears to be because instead of encouraging the misdoer to do better and own up to their wrongs, it just pretends as if they do not exist," said Lindsey Scorey, sophomore communication studies major and women's and gender studies minor. "This just allows us to pretend they are no longer causing an issue if we don't pay attention."

Most students on campus find cancel culture

ineffective. They believe there are better ways to hold a person's or group's poor behaviors and statements accountable, but at certain points cancel culture might be the only option for a person to understand the wrongs they need to fix.

"Everyone should answer to their actions," said Donald Ballou, junior communication studies major. "However, people should not pay for deeds done five years ago of which they have grown considerably from. If the person hasn't shown growth, maturity or amended their offenses, then cancel culture could be justifiable."

Over the past couple of months, many celebrities have

been getting canceled on Twitter. Also, many of these celebrities have a lot of young fans who are always shocked to see them being dragged online.

"It doesn't feel good to see someone you idolize make mistakes and get burned for it," said Haley Katona. "However, the real truth is that celebrities are human beings just as we all are. We all make mistakes, but we aren't reprimanded and banned for life. Accountability is integral, but growth is more important."

Some well known celebrities

that have been canceled on Twitter recently are Ellen DeGeneres, Shane Dawson, Doja Cat and Sebastian Stan. Even brands like Ben & Jerry Ice Cream and companies like Walmart have also been in the spotlight of cancel culture.

It is easy to see when a famous person or group is being canceled on Twitter. Usually they are trending on the social media app with the hashtag preceding their name and the words "is over party."

Cancel culture is not as effective as it should be when helping celebrities and organizations learn from their mistakes. Some think there are some instances where canceling people has to happen in order for them to realize their wrong doings.

"People should get canceled for committing rape or sexual assault and anything that pertains to denying certain human beings their rights," said Katona.

Also, Scorey stated, "If there was any good reason for canceling someone, it would be for extreme slander or injustice in some variation."



[Jordan.Daniel@wilkes.edu](mailto:Jordan.Daniel@wilkes.edu)  
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# Acknowledging the blatant racism in medical education

By Zarqua Ansari  
Asst. Opinion Editor

Gatekeeping in the medical community is a mistake. The same argument that's used by pro-life folks can be applied to racism in medicine: What if that student you denied education could have cured cancer?

Last week, I attended an online panel with three doctors and a medical school student to discuss the disparities in education they faced as people of color.

As a black woman, Dr. Rosalind Gregory-Bass said her experiences working in Wisconsin and Atlanta were greatly divided. Both places had a lot of healthcare facilities that she could work at, but a general sense of mistrust was evident in the southern city. It is unfair that a person who did the same amount of work and has the same credentials as a white doctor would be treated differently simply because of their race.

Gregory-Bass also talked about her struggle to support her family while she was in medical school. Resources directed at medical students with children failed her because they didn't account for the race disparity. She was able to find a solution when she sought out resources targeted for

black people, showcasing the importance of acknowledging race and issues that prevail as a result. Resources, like the one Gregory-Bass mentioned, should be made available around the nation to ensure equal opportunity or success for all people.

Dr. Gary Butts talked about the progress toward equality we have made in the medical community, but claims that we are still far from reaching true equality. He expressed his relief at people recognizing problems and wanting to help.

A key step to moving in the right direction is to call out racism for what it is. Racism is prevalent in more clever ways now. There may not be signs that say, "Whites Only," but blatant racism is a cause for struggle for black students regardless.

The point of the panel wasn't to highlight unfair treatment of just Black folks. A graduating class in any field should be reflective of the diversity of the country the class is in. It would be just as bad to have an 80 percent black class as it is to have an 80 percent white class. The defining features for medical school should not be the diversity, but rather the skill.

While on the topic of the BLM Movement and the potential for constructive change in the politically tumultuous environment,

Butts also discussed the importance of extending the movement towards Native Americans. Indigenous folks are often left out of discussion. Butts wanted to clarify that BLM is a catalyst for change for all marginalized groups, not just Black people.

In a society where zipcode determines life expectancy, a common social determinant of health explored by Dr. Gary Bloch, it is increasingly important to understand that students of all backgrounds should be accepted into healthcare.

A Stanford study found that minority patients benefit from having minority doctors. The differences are greatest for Black Americans. According to PubMed.gov, when compared to white patients, they are two-to-three times as likely to die of preventable heart disease and stroke.

Brianna Spell, a medical student, explained some interesting statistics. Growing up, males are encouraged to pursue jobs in the STEM field. However, as they get older, women take on STEM education.

As a Black person and as a woman, Spell highlighted the lack of support for her study in the STEM field by academic advisors.

She cited a common incident experienced by Black students across the nation: 'Maybe

this isn't for you. You should try something else. Do you have someone in medicine already? Otherwise this might not be for you.'

Spell disputes these questions and concerns.

"If I have the grades, why do you dissuade me from it?" asked Spell.

Other people don't face challenges like these. Diversity offices were a large factor in Spell's search for schools. She encourages people to speak up when they face racism in class in order to point out how normalized it has become and how unflinchingly people take prejudiced remarks.

Diversity offices offer many opportunities for marginalized groups. When minorities are starting off in a deficit in society, it is important to give them the extra support they need to level the playing field.

The medical field, and other fields, need to acknowledge prejudices and make a move towards reaching equality for people of all backgrounds. All professions could benefit from diverse representatives, and everyone would learn from each other in the resulting inclusive environment.



@wilkesbeacon  
Zarqua.Ansari@wilkes.edu

# Going beyond the Instagram story social activism rave

By Breanna Ebisch  
Opinion Editor

Activism and social movements have found a new home in the ever-changing digital age. While protests, campaigns and word-of-mouth are still valid and commonly used methods of working to create change in the world, social media has added a new dimension in allowing people to contribute to movements and show their support for things they believe in.

In May, when the Black Lives Matter Movement was once again brought to the forefront of America's attention after the tragic deaths of George Floyd and Breonna Taylor, social media found a new purpose. Feeds and timelines on popular platforms, such as Twitter and Instagram, were flooded with posts being shared or reposted in support of the movement.

Ranging from posts containing the facts about the recent events to sharing the horrific videos of the retaliation from the police during peaceful protests across the country,

BLM received support and attention from millions of people, not only in America but across the globe.

Gone were the typical spring break pictures, selfies and reminiscing on past trips. Social media was turned into a weapon of change.

But what does sharing a post to your Instagram story really do?

On #BlackOutTuesday, a day organized by the music industry to protest racism and police brutality, millions of people posted a simple black square in solidarity with the movement. From celebrities to ordinary people, Instagram was flooded with spreading awareness.

However, after this, arguably a day many participated in for "clout," or to show support but not do anything beyond this one post, a large amount of the population simply stopped caring about being part of the activism working against racism in our country.

There is no denying that sharing posts on one's Instagram story or actively tweeting about a social issue does bring attention to the movement and shows one's support, but that

is only the first, minor step in truly working towards making a difference.

Holding conversations with friends and family about topics or issues going on the world helps educate others about one's beliefs and opens up new perspectives that others may have not seen before.

Safely participating in local protests or fundraisers related to the particular social issues one cares about is another large step that can get individuals actively involved with fighting for change. Donating to national or local organizations, and sharing what one has done, is another way to actively play a role in taking action for an issue one may feel strongly about.

There is no amount of participation too small.

Signing petitions became a widely popular course of action to show support when social justice began the unintentional online campaign for BLM. Since then, petitions through the Internet have become available for everything from abolishing ICE or saving Planned Parenthood. It only takes seconds to

sign and share with friends, and many of these petitions are responsible for change on many issues.

Social media does play a crucial role in social movements and change. Spreading awareness through one's online presence is an incredible idea that came to be in only the last few years.

That simple post might plant the thought in someone's mind who had never thought of an issue before or will start a conversation with one of their friends.

There are several benefits to using the wide expanse of social media and the Internet in terms of showing support for a cause.

Next time, one absentmindedly posts something to their story or newsfeed on social media, they may be prompted to think about the meaning behind their actions and going beyond a single post toward creating tangible change.



Breanna.Ebisch@wilkes.edu  
@wilkesbeacon

# Sports

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## 2020-2021 NFL Predictions: Beacon sports staff edition

### Beacon Sports Staff

With an abundance of offseason moves, there are plenty of questions going into the 2020-2021 NFL season.

Tom Brady to Tampa Bay was the talk of the NFL offseason, as the 20-year veteran enters his 21st season with a new team for the first time in his career. He joins a Tampa offense with plenty of weapons, including Mike Evans, Chris Godwin and returning Rob Gronkowski.

Last year's most valuable player Lamar Jackson will look to bounce back from an early playoff elimination to the Tennessee Titans, meanwhile Super Bowl MVP Patrick Mahomes looks to add another Lombardi trophy to his mantel, after signing a \$500 million contract this offseason.

With a spectator-less and uncertain season on the horizon, our sports staff made several predictions as to what this season will entail.

#### Sleeper Team

**Dylan Mehl:** "My sleeper team for the upcoming NFL season is everyone's hype team from last year, the Cleveland Browns. I see the Browns having a bounce-back season, following a disappointing 6-10 record last year. I smell a playoff berth in this team's future with another year for Odell Beckham Jr. and Baker Mayfield to develop a connection, an improved defense and a new coaching situation."

**Ariel Reed:** "I am taking the Colts as my sleeper team behind the new veteran quarterback Philip Rivers. This is the best offensive line Rivers has had, and giving someone with his IQ that amount of time with the Colts' weapons, has to equal success."

**Chris Gowarty:** "The Pittsburgh Steelers are my sleeper team for the 2020-2021 season. The Steelers are finally back to full health on the offensive end, and with a top tier defense to back them up, there are big things in this team's future."

**Baylee Guedes:** "Pittsburgh is my sleeper team; a healthy Ben Roethlisberger and JuJu Smith-Schuster back together will create an offensive

connection that was missing from last year's team. The other offensive weapons in James Conner, Diontae Johnson and James Washington will help to create an elite offense this season."

#### Bust Team

**Dylan Mehl:** "The Dallas Cowboys are my bust team this season for many reasons. There is so much hype around this team that they can't possibly live up to expectations; however, I will double down on this and project them to miss the playoffs this season with a tough schedule, new coaching staff and over-hyped defense holding them back."

**Ariel Reed:** "The Tom Brady-less Patriots are my bust team for several reasons. They lack offensive weapons and have multiple players sitting out on the defensive end due to COVID-19."

**Chris Gowarty:** "I do not believe in the Patriots offense this year under Cam Newton and do not see them succeeding. I don't trust Newton in the Foxborough weather conditions, especially with an offense lacking weapons."

**Baylee Guedes:** "The Packers and Aaron Rodgers fall off this season, and we see a huge decline in Rodgers' play. While some of this is due to Davante Adams being Rodgers' only receiving option, I do think this is the beginning of the end for Rodgers."

#### Bold Predictions

**Dylan Mehl:** "The Houston Texans will become the sixth team in NFL history

to have three wide receivers over 1,000 yards receiving."

**Ariel Reed:** "Tua Tagovailoa will be the Miami Dolphins' starting quarterback by week three."

**Chris Gowarty:** "Tom Brady will have over 5,000 passing yards and 35 passing touchdowns."

**Baylee Guedes:** "T.J. Watt will break the single-season sack record."

#### MVP

**Dylan Mehl:** "Yes, it is the chalk pick, but I am going with Mahomes. He and the Chiefs have the best offense in the NFL with weapons like Travis Kelce, Tyreek Hill and Sammy Watkins. Mahomes' stats are sure to impress. The team will be winning games, and there is no voter fatigue as Jackson won the award last year."

**Ariel Reed:** "Back-to-back MVPs are incoming for Jackson. I predict he will lead his team to a 15-1 record this season, locking up the one seed in the AFC. The dual-threat quarterback's stats are going to be out-of-this-world again."

**Chris Gowarty:** "Mahomes is my MVP for the upcoming season, and he really is the easy pick. The quarterback of the number one offense in the league is going to prove why he got paid this offseason."

**Baylee Guedes:** "My MVP this season is Russell Wilson. With an improved defense behind him, I think Seattle's team is good enough to carry an MVP player in voters' eyes. With how talented Wilson is, he is my choice."

#### Super Bowl

**Dylan Mehl:** "I am taking the Baltimore Ravens to win Super Bowl LV over the Tampa Bay Buccaneers. The Ravens have

the most complete roster in the league, and after an embarrassing playoff exit last year, this team behind Jackson and John Harbaugh will be on a mission. As for Tampa Bay, I believe Brady proves he still has it with a team full of weapons but will come up short."

**Ariel Reed:** "The MVP Jackson will also win his first Super Bowl this year, as the Ravens defeat the 49ers in the big game. Jackson will lead an explosive offense to a narrow win over San Francisco."

**Chris Gowarty:** "My Super Bowl prediction is that the Pittsburgh Steelers will play the Tampa Bay Buccaneers, with Pittsburgh capturing yet another Lombardi trophy. This team is my sleeper team for a reason, and I see them going all the way behind a healthy offense and a top-three defense in football."

**Baylee Guedes:** "I am taking Brady to win his seventh Super Bowl, as I have Tampa Bay winning over the Pittsburgh Steelers. Brady has too many weapons this year to not succeed, and he will prove his doubters wrong yet again."



#### Rookie of the Year

**Dylan Mehl:** Henry Ruggs III  
**Ariel Reed:** Tua Tagovailoa  
**Chris Gowarty:** Joe Burrow  
**Baylee Guedes:** Joe Burrow

#### Defensive Player of the Year

**Dylan Mehl:** Nick Bosa  
**Ariel Reed:** J.J. Watt  
**Chris Gowarty:** Khalil Mack  
**Baylee Guedes:** T.J. Watt



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 Graphic by Mia Walker

# A day in the life of a Wilkes football player: Ryan Martel

By Dylan Mehl  
Co-Sports Editor

Getting up for an 8 a.m. is no easy task for some students. But for Ryan Martel, a second-year football player, the routine starts at the early hour of 5:15 a.m.

Team lifts are from 6 to 8 a.m. every Monday, Wednesday and Friday under the current schedule, but players must get there 15 minutes early, due to new safety precautions for COVID-19.

"It's weird, especially since I'm from Connecticut where we have some restrictions, but I am used to working out in my own gym," said Martel.

Players on the team are now required to work out in specific sections of the gym, wear masks at all times, limit their workouts to 50 minutes and disinfect all equipment after use.

During the morning lift, Martel works out with an assigned group of two or three people to minimize the amount of contact with other players, thus reducing the spread of germs.

Smaller pods are able to keep teams together as a unit. The people in his group are the only ones allowed to come into contact with the weights on their rack until they're disinfected for the next group.

With many restrictions in place, players currently only get 50 minutes of workout

time and 10 minutes of post-workout sanitation.

After morning lift, much of the team gets breakfast to re-energize. An omelet and some potatoes is how Martel prefers to refuel. Protein shakes are also a big part of Martel and his roommates' daily routine, as they look to build muscle mass.

This semester, a relatively normal school day starts after breakfast. Martel finds himself going to class like anyone else. As an athlete, he has study hall every day to ensure that he remains academically eligible for his potential season.

Looking forward, Martel and the other football players would like to get back to on-the-field workouts and practices as soon as possible.

This could be coming in a few weeks; however, just because athletes may be back on the field does not mean everything will be back to normal.

The on-field workouts will again be limited to certain groups at that time, yet they will certainly be bigger than the small groups for lift. The main goal of this work is to be able to integrate safe competition in the spring of 2021.

"This decision was very difficult, as we know how deep the love of the game is for our student-athletes and that intercollegiate events are an important part of campus life for our entire community," said Dr. Andrea E. Chapdelaine, chair



Photos courtesy of Ryan Martel

Ryan Martel (center) got into position to snap the ball to his quarterback.

of MAC President's Council and Hood College president per gomacsports.com, when originally postponing fall 2020 athletic competition in July.

The MAC conference, like many others, is trying to get their student-athletes back to competing but not risking their safety in doing so.

"I just can't wait to get back on the field and work on our craft until we are able to play other schools," said Mike Goralski, sophomore tight end. "Whether that be in the spring or next fall, I'm just excited to play football."

For Martel, getting back on the field is a mission that goes deeper than some other players, as his last season was derailed due to injury in September. He fractured his left ankle during the team's bye week.

"I basically haven't played football in two years, and that's a long time for me," said Martel. "I have been craving football for the longest time and can't wait to just get back out there and start playing again."

This mindset is what motivates Martel throughout the day. He knows he needs to eat right and keep his body in the best possible shape for when his chance to hit the field comes again.

After a day of school work and working out, Martel must once again have a protein-filled dinner to remain in football shape.

Football, however, is not the only extra

curricular for Martel, as his everyday schedule includes roles in both Student Government and WCLH radio.


Being a class representative comes with several responsibilities. His duties include attending weekly meetings, discussing ideas for on campus events and ultimately voting on what happens around campus for Wilkes students.

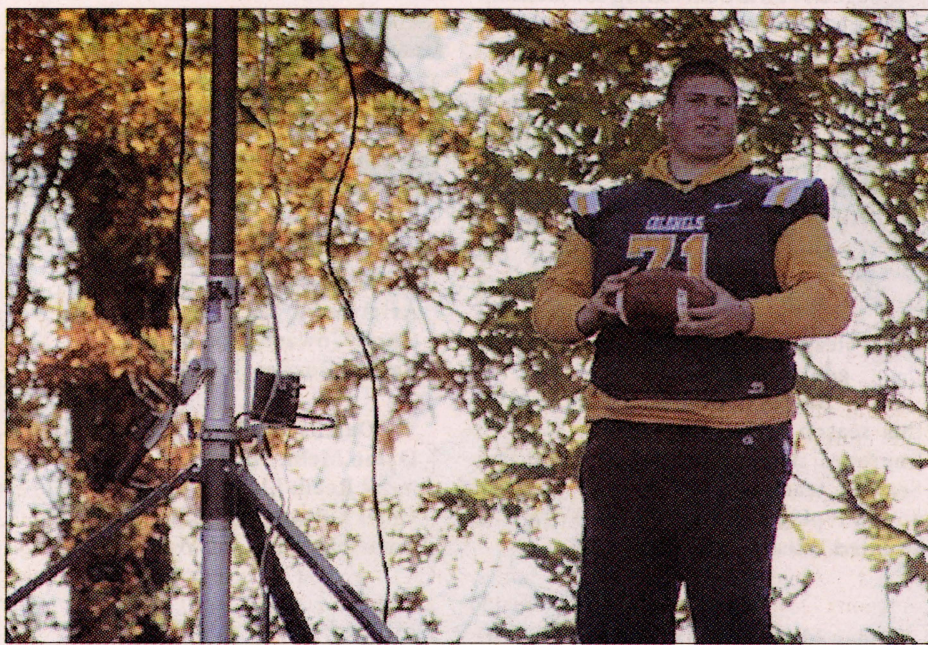
"It allows me to meet more people and get more connections to further develop relationships with people here at Wilkes," said Martel.

Martel then spends many of his evenings inside the WCLH studio as a radio personality on "The Huddle," a sports show. He is on this show every Tuesday, Wednesday and Thursday, where he hosts his own segment, "The Penalty Box," on the Tuesday editions of the show.

"I love doing radio," said Martel. "I like talking my mind about sports with someone who is as passionate about sports as I am. To be able to go on-air live with two co-hosts and talk about what I love, I just feel as if I am in my element."

Martel usually ends his nights relaxing with his roommates, watching a game or playing some Wii sports before heading to bed around 11 p.m. to get a good night's rest for the next day ahead.

 @wilkesbeacon  
Dylan.Mehl@wilkes.edu



Injured Martel caught a hillside field goal attempt while video-taping the football game.

## MLB: Playoff positions, new format and monthly awards

By Chris Gowarty  
Sports Staff Writer

With three weeks left in the 2020 MLB regular season, many teams are making their final push to earn a spot in the postseason.

In the shortened 60-game season, 16 teams will be in the playoffs for the first time in MLB history. With six more teams making a run for the World Series title, MLB will implement a new postseason format, which includes more games than the usual 10-team setup.

There will be four rounds in the 2020 postseason, no different than the previous eight MLB seasons.

Instead of the postseason opening with the usual one-and-done wildcard game, there will be a new best-of-three Wild Card Series with all games hosted at the higher seed's home ballpark.

The opponent seeding for both the American League and National League will be as follows:

Wild Card Series (Best of Three): No. 1 seed vs. No. 8, No. 2 vs. No. 7, No. 3 vs. No. 6 and No. 4 vs. No. 5.

Division Series (Best of Five): No. 1-8 winner vs. No. 4-5 winner and No. 2-7 winner vs. No. 3-6 winner.

Championship Series (Best of Seven): No. 1-4-5-8 winner vs. No. 2-3-6-7 winner.

World Series (Best of Seven): American League Champion vs. National League Champion.

The top three seeds (No. 1-3) go to the division winners of each league. In the AL, the Tampa Bay Rays hold the top spot in the East, as well as the best record in the AL (28-15). It is backed by their strong performances against the New York Yankees this season, with an 8-2 record against the Bronx Bombers.

In the AL Central, the young Chicago White Sox are leading the charge by a slim margin. The Cleveland Indians and the Minnesota Twins are behind by only one game, as of Sept. 9.

In the Western division, the Oakland Athletics lead the Houston Astros by 4.5 games.

In the NL, the Atlanta Braves lead the NL East with the help of their Cy Young Award candidate Max Fried and free-agent acquisition Marcell Ozuna.

The Chicago Cubs lead the NL Central, thanks to a strong campaign by Yu Darvish, who is second in the NL in ERA behind Cincinnati's Red Trevor Bauer.

In the West, the Los Angeles Dodgers are steam-rolling their way to the postseason

with the best record in MLB, 32-12. A large portion of their success is due to their newly acquired superstar Mookie Betts and a healthy Clayton Kershaw.

The next three seeds (No. 4-6) will go to the second-place finisher of each division in order of record. In the AL, the second-place teams are the Toronto Blue Jays, Indians and the Astros. In the NL, the second-place teams are the Philadelphia Phillies, St. Louis Cardinals and the San Diego Padres.

The final two seeds (No. 7-8) go to the teams with the next best record, regardless of their division and place.

These teams will be listed as the "Wild Card teams," as the first and second place teams have an automatic bid into the playoffs.

In the AL, they are the Twins and the Yankees.

In the NL, they are two surprise teams in the San Francisco Giants and the Miami Marlins.

If there is a tie for the champion of the division or any other postseason spot, there will not be a tiebreaker game, unlike what would usually happen in a regular season.

The first tiebreaker will be decided on the team's head-to-head record, second will be decided on their intra-division record and the third will be decided on the record

of their final 20 division games (plus one more until the tie is broken).

The first full month of the MLB season saw many players showcase their best abilities in the field.

On Sept. 2, the organization handed out the monthly awards to those that stood out during the month of August: In the AL, the White Sox saw two of their own sluggers take home hardware, as outfielder Luis Robert won AL Rookie of the Month and first baseman Jose Abreu won AL Player of the Month. Indian Shane Bieber, won AL Pitcher of the Month. Athletics closing pitcher Liam Hendriks won the AL Reliever of the Month award, the second of his career (July 2019).

In the NL, the Padres had two recipients for monthly awards, as utility infielder Jake Cronenworth won NL Rookie of the Month, and shortstop Fernando Tatis won NL Player of the Month. Darvish had an impressive August for the Cubs, taking home the NL Pitcher of the Month award. Closing pitcher Kenley Jansen of the Dodgers won the NL Reliever of the Month (June 2017).



@wilkesbeacon

Christopher.Gowarty@wilkes.edu

## NBA: Playoff update, how each team currently matches up

By Baylee Guedes  
Staff Writer

The NBA playoff run has been thrilling for fans to watch. Currently, there have been several game sevens, buzzer beaters, upsets and overtime periods.

The Bubble, located in Orlando, Fla., has provided an inconceivable atmosphere.

In the East, the Celtics defeated the Raptors in their series, 4-3. Boston punched their ticket to the conference finals by pushing tempo and keeping their intensity level up for the entirety of the game.

Throughout the playoffs, the Celtics have jumped out to early leads. To maintain their level of success against Miami, they will need to carry that first-half tenacity into the second half.

Raptors, the reigning champions, felt the loss of finals MVP Kawhi Leonard in the home stretch of the series. Their lack of a true superstar and closer has proved difficult for them to win in close-scoring contests.

The Miami Heat upset the No. 1 seed Milwaukee Bucks in a quick five-game

series. The Heat may have taken the series 4-1 over Milwaukee, but the Bucks did not make it easy. Each game was close in score, and game four went into O.T. with the Bucks coming out on top.

A major part of the Bucks' lone win can be attributed to small forward Khris Middleton's performance, which was just shy of a triple-double with 36 points, 8 rebounds and 8 assists.

Milwaukee's Giannis Antetokounmpo, who was assumed to carry this team through the series, was slowed down by an injured ankle.

Shooting guard Jimmy Butler has been a vital leader for the Heat, as his maturity sets the pace for their offense.

In the West, the Nuggets squared up against the Clippers. The Clippers lead the series 3-2, and they started off the series with a huge blowout.

Leonard and Paul George have been playing a major role in the Clippers' success, as they were among the high-scorers in the wins.

In most recent games, the Clippers have found themselves having to scrap and fight

back against their foes.

In a press release by NBA.com, Leonard said, "We've got a lot of work to do still. We're still fighting."

The Clippers are hungry for a win, and their style of play reflects that. If the Clippers clinch the series, it will be the franchise's first time making it into the Western Conference finals in team history.

The series between the Houston Rockets and the Los Angeles Lakers was assumed to be close, with both teams bolstering strong rosters; however, the Lakers dominated the series 4-1.

The small-ball Rockets and the stacked line-up of the Lakers added a competitive aspect to the series.

James Harden and Russell Westbrook challenged the Lakers' defense with their finesse, but the Rockets lagged behind, as they lack the depth that the Lakers have.

Los Angeles has LeBron James, Anthony Davis and Kyle Kuzma as reliable performers. Recently, Rajon Rondo has been found in his "playoff" form, which has added versatility to the Lakers' style of play. COVID-19 has taken away a key element

of the playoffs – the fans. It has not only made it hard for fans to cheer on their teams, but it is also hard on the players. The season started with fans in the bleachers and now ends with virtual fans.

A major part of the game is the hype of the crowd. The players have had to find a way to keep the game going while there are no spectators to cheer them on. Leaders like James, Butler and Harden have kept their teammates going.

The spectator-less playoff series has not seemed to affect the level of play and tenacity that the players have demonstrated on the court. If anything, the NBA Bubble has seemed to increase the intensity of the games which makes any basketball fan happy.

NBA Conference finals are anticipated to start on Sept. 15. The Celtics will meet the Heat, as they did in the 2012 Eastern Conference Finals. Out West, the Lakers are still awaiting the winner of the series between the Nuggets and the Clippers.



@wilkesbeacon

Baylee.Guedes@wilkes.edu



The Beacon/Ariel Reed

Getting to know...

# Kevin Long

## Senior Cross Country Runner

### The Beacon: Senior Spotlight

**Why Kevin Long was selected:** Long has been a consistent runner for the Colonels over the past four years. His resilience and ability to persevere through tough races has earned him recognition.

**Name:** Kevin Long  
**Year:** Senior  
**Major:** Biology  
**Minor:** Sports Psychology  
**Hometown:** Goshen, N.Y.  
**High School:** Goshen HS  
**Position:** Top 7 Runner

of it. These years at Wilkes are going to fly by faster than you think.

**Favorite place to eat?**  
Catherines, a restaurant in Goshen.

**What is one thing you cannot live without?**

I cannot live without sports. For me, whether watching or participating, sports provide that time to get away from the common stressors in life.

**Something no one knows about you?**

What people don't know about me is I tend to like sports teams not from my region. In football, I am a Denver Broncos fan, and soccer I am an LA Galaxy fan. However, I am indeed a Yankees fan, that being the only N.Y. team I am a fan of.

**Most influential person in your life and why?**

My father. He always has an answer to every question and has experience in just about everything. He's a cancer survivor, and someone who truly lives life to make sure it is the best it can be everyday despite whatever the world throws at him. Lastly, he knows me better than myself, and with that, knows how to push me to be the best I can be in life.

**Quote to live your life by?**

"To give anything less than your best, is to sacrifice the gift." – Steve Prefontaine

**Anyone to give a shoutout to?**

I'd like to give a shoutout to my girlfriend Morgan Serkes, who goes to Siena College. She's always been there through the best and worst times and is the hardest working person I know. As well, I'd like to give a shoutout to Alanah Guerrero for being a mentor all four years I've been at Wilkes. Through her guidance, I've become the person I am today in more ways than one.

**When did you decide to start your sport?**  
I started running back in seventh grade.

**Why did you choose to play your sport?**  
Ever since I could walk, I was a soccer player, and my coaches always said I had phenomenal stamina and speed as a winger. In middle school, Coach Lewis (the high school cross country coach) asked me to come out and try track and field in the spring of seventh grade. From then on, I fell in love with the sport and never turned back. I still love soccer and watch it religiously, as well as play, but my skill in running proved to be better than my skill with a soccer ball in the end.

**Best sports memory at Wilkes?**  
My favorite memory in cross country is easily when the team finished in third place of 14 teams last year at the Queensborough Invitational in New York City. I was so happy and proud to see us compete as a true team and bring a trophy back to Wilkes.

**Best non-sports memory at Wilkes?**  
My favorite non-sport memory is hard to decide on. I would have to say it is homecoming season when the campus is decorated and alumni come to visit.

**Favorite thing to do during practice?**  
Core, at the end of practice, it teaches you when you're already tired how to dig deeper and keep going.

**Post-graduation plans?**  
Medical school, and then joining a sports medicine practice in my hometown.

**Advice for underclassmen?**  
Take every moment in and make the most

- Compiled by Ariel Reed, Co-Sports Editor

Getting to know...

# Kacee Diehl

## Senior Field Hockey Player

### The Beacon: Senior Spotlight

**Why Kacee Diehl was selected:** Diehl has been a reliable force for the Colonels' defensive line. She started all 18 games and shot 100 percent during the 2019-2020 season.

**Name:** Kacee Diehl  
**Year:** Senior  
**Majors:** Accounting & Finance  
**Hometown:** Drums, Pa.  
**High School:** Hazleton Area HS  
**Position:** Defender

COVID-19, but try to get involved with as many things as you can while you're here because, even though we go to a smaller school, we have the advantage of being able to do a lot of things. Use this time to learn and grow and figure out what you want and go from there.

**When did you decide to start your sport?**

My best friend and I decided to play field hockey in fourth grade. Now, she plays for Scranton, and we have competed against each other every year so far, which is funny.

**Post-graduation plans?**

Immediately after graduation, I plan to start studying for the CPA exam. Hopefully by that time, I have accepted a position in either auditing or tax at a public accounting firm. I have no idea where I want to work, so opportunity is going to be a major role in the decision of my work location.

**Why did you choose to play your sport?**

At first, it was a fun thing for me and my friends to do, so it was more for the social aspect. As I continued with field hockey, I really started to love playing, and I also loved how it forced me to stay in shape.

**Favorite place to eat?**

I really like eating at the buffet in Whole Foods. I don't know if that is my favorite, but it's definitely up there.

**Best sports memory at Wilkes?**

My favorite memories with the team are when we would go to the Susquehanna tournament each year at the end of our preseason. This was always such a fun time because we would stay overnight and it was an opportunity for the whole team to really bond. It was a nice break coming right from preseason and is a fun start to the beginning of the regular season.

**What is one thing you cannot live without?**

Right now, probably Gmail.

**Most influential person in your life and why?**

The most influential person in my life is my grandma. I always admired how she keeps her house so clean, how she is always reading a new book, how she did the crossword puzzle in the newspaper she read everyday, and how active she continues to be. She is definitely a very bright woman, and she does so much to keep her mind and body healthy and happy. She is also so invested in my life and my family's life. These are all super simple, little things, but I think they are significant too.

**Best non-sports memory at Wilkes?**

My best memories are mostly with my teammates and friends that I've met throughout the last couple years. I cannot pick just one, but the memories that stick are the ones I got to spend hanging out with the people that are now my best friends.

**Quote to live your life by?**

"Your potential is endless."

**Favorite thing to do during practice?**

My favorite thing to do in practice is fun conditioning drills. We have a favorite game called Moneyball that is super fun and competitive, but at the same time, you are so exhausted afterward.

**Anyone to give a shoutout to?**

I want to shout out to Sarah Myers, who was our field hockey coach my freshman and sophomore year, Dr. Wang, my advisor, and Professor Chisarick.

**Advice for underclassmen?**

It is going to be a little tougher now with

- Compiled by Ariel Reed, Co-Sports Editor



The Beacon/Ariel Reed

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**MCNICHOL, from front**

camp at Bucknell University. From there, McNichol realized that his true calling was to be a coach, despite his previous career interests.

“I was always around coaching. That week long camp at Bucknell made me think, ‘Hey, this is something I could do long term,’” said McNichol. “That’s when I got the offer to be a grad assistant, as long as I kept up my academic work. I absolutely fell in love with it.”

McNichol always had the notion that he would end up in a coaching position, he just did not realize that he would end up at the collegiate level.

Even through his early schooling days, McNichol always debated whether or not he would want to go into teaching or business. He seemed to find out that coaching is a mix of both.

“Growing up, I was always torn between business and teaching, and to be honest, coaching is a blend of both,” said McNichol. “I was a marketing major. I think with marketing, it associates with the recruiting side of things. Coaching is teaching. This is my career, and I could not think of a better job for me. I absolutely love it.”

McNichol started his coaching career at Pennsylvania Tech College in Williamsport, Pa. When he got this opportunity, he did not relocate his family closer to where he worked because he knew that he wanted to stay local to the Wilkes-Barre community. In his

heart, he knew he would eventually end up at Wilkes University.

“When I got my first full-time head coaching job, it was at Penn College, and I was driving an hour and a half one way to get there because I knew I wanted to be back in this area,” said McNichol. “I always had my eye on Wilkes. I felt that every couple of months, there was something new that Wilkes was doing. On top of the great majors we had here, it was always something I kept my eye on, and fortunately when the job opened up, I was able to get it.”

Despite the postponement of the Fall 2020 season due to COVID-19, McNichol has enjoyed the extended “time off,” as he has been able to spend some well-needed quality time with his 3-year-old son.

When McNichol’s son was first born, he was still coaching at Penn College. He spent three hours a day commuting to work. He felt this put an emotional toll on him from missing out on some key moments of his son’s early days.

“We have a son who just turned 3 last week, so he has taken up a lot of time,” said McNichol. “It has been really nice these last couple of months, as rough as it has been being home, it was really nice to see him everyday and make up for that time we lost. It’s really hard when you are in season – it’s a lot of late nights and long weekends. I know when he was first born, I was driving three hours a day to get to-and-from work.”

Even with the delayed start of the season, McNichol still finds ways to keep himself



Photos: The Beacon/Kirsten Peters

Head coach John McNichol questioned a call made during Wilkes’ Sept. 7, 2019 contest against RIT.



McNichol instructed forward Jessica Egan, one of last year’s captains, during their Sept. 21, 2019 contest against No. 19 Arcardia.

occupied with soccer. The team has recently been cleared to begin preseason training outdoors while wearing masks, ensuring social distancing and in small group pods.

“This past week, we were able to begin training as a team. We are starting to take things week by week and seeing how things are going,” said McNichol. “We have been social distancing with masks on, but it has been great to be getting together – getting outside in small groups in different areas of the field. Some people are seeing each other more than others, but we are very fortunate to have that.”

Pod and masked formatted practices have their frustrations, but the safety of the players has been the sole intention.

“Practicing within our pods and with masks on has had its difficulties, only because we of course all miss being able to practice all together, but overall everyone is super happy to even be on the field playing soccer in small groups,” said senior defender Niamh Harkins.

The delayed start to the season has not only allowed the players time to physically prepare for the upcoming season, but it has also allowed them to train in ways they have not previously experienced.

“The delayed season has allowed me and the team to get extra training in, lifts in and film sessions that normally we would never have gotten the chance to do,” said Harkins. “Overall, we have been given the opportunity to get better and further our skills, speed and strength so that we will be more prepared for the spring then we could’ve ever been in the

past.”  
The benefits of additional training time should present themselves in the upcoming season, as the Colonels are looking to avenge their semifinals loss from last season.


McNichol started his career at Wilkes three years ago, but his impact and coaching style has proven to touch his players.

“I’ve loved playing for Coach McNichol these last three years,” said Harkins. “He came into the program and really helped me improve my soccer game, confidence and leadership skills. He not only is a great coach but a great person who supports us and is there for us in every way possible.”

McNichol has found himself excited to come into work throughout the entirety of his coaching career due to the amount of inspiration he gets from his players.

“We have a great group that works really hard and well together. They make my job very easy – I love coming to work with them everyday,” said McNichol. “I can’t think of a better place to be in my life right now. I hope to continue this for the rest of my professional career.”

As the weeks go by and there are less COVID-19 cases among athletes, the sports teams are gaining more normalcy in respect to the busy lifestyle they are accustomed to. McNichol and his roster are no different, as they will continue to adjust and prepare for the possible soccer season in the spring.

 @wilkesbeacon  
Ariel.Reed@wilkes.edu