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THE BEACON

Nov. 19, 2013

The news of today reported by the journalists of tomorrow.

Volume 67 Issue 9

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Colonels fall short after leading fourth quarter, full recap and photo gallery online



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The Beacon/David Lee

Nov. 19, 2013

Contact editor: christine.lee@wilkes.edu

Arrest powers, weapons considered for Public Safety

Leahy to decide whether to allow officers to possess arms, have ability to apprehend individuals

By Christine Lee
News Editor

The administration is considering the issue of whether the office of Public Safety should possess weapons and have powers of arrest.

As part of the recent assessment the office has undergone over the past year, one of the recommendations made by the firm Margolis, Healy and Associates was to have a hybrid force of both armed and unarmed officers.

Public Safety Manager Jerry Rebo said becoming armed and having powers of arrest means part of the staff would be Act 120-certified, meaning they would be trained to be police officers and the rest of the staff would be Act 235-certified, meaning they are authorized to carry weapons such as mace.

Rebo noted there are five Public Safety officers who are Act 120-certified, but he said all of the Public Safety officers' training would not discontinue under the new rules.

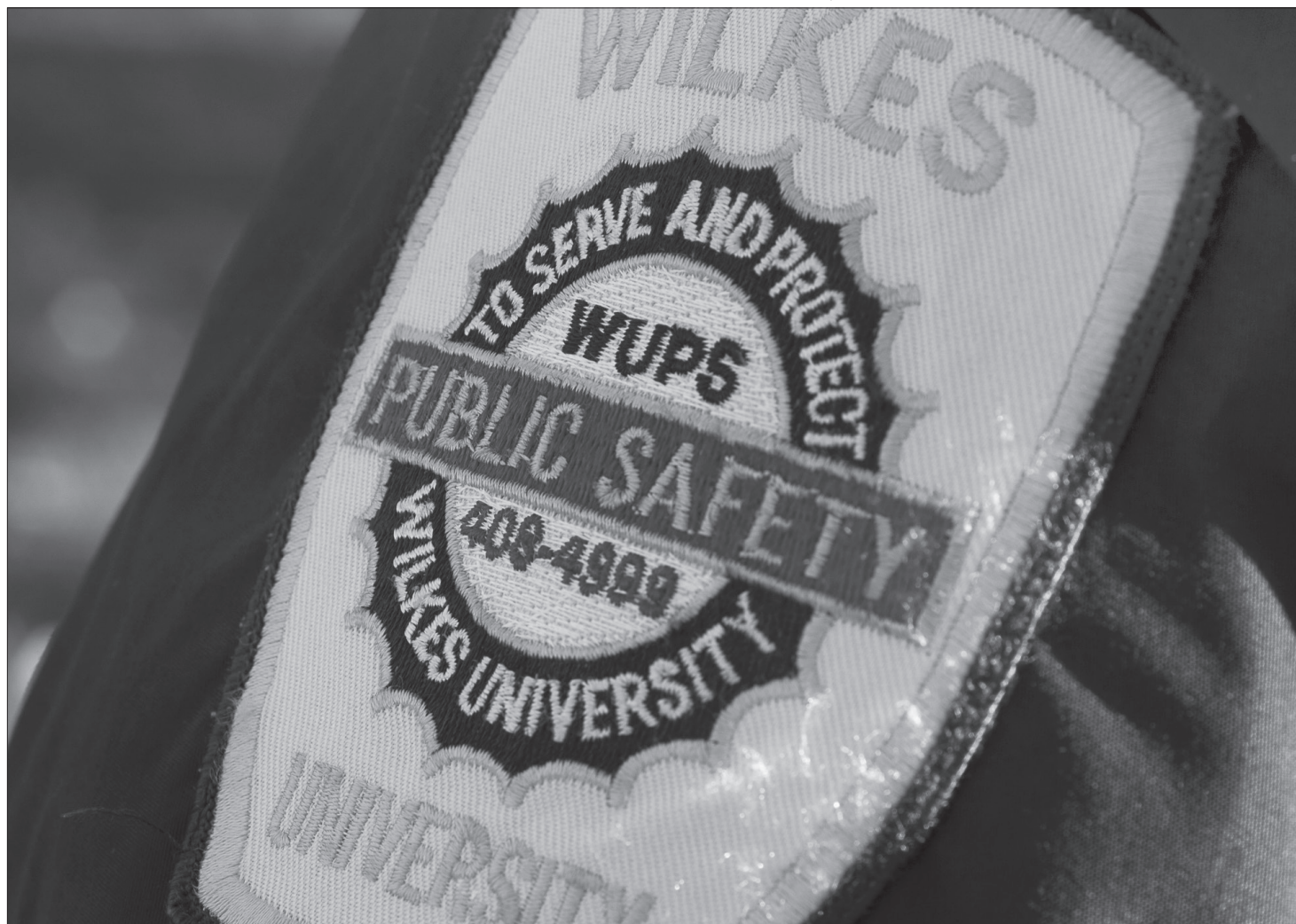
"All of them would be highly trained and their training would not just stop because they have Act 120 training, they will continue to do training while they're here at Wilkes," Rebo said.

Rebo said all officers would receive investigatory and weapons training. They would also continue to be trained on self-defense and carry firearms and tasers.

However, Vice President of Finance and General Counsel Loren Prescott said the decision for Public Safety officers to carry weapons and have powers of arrest is one that President Patrick Leahy is obligated to make. Prescott said that decision is being made based on the on-campus forums with faculty, staff, students, the cabinet and the Board of Trustees.

"With all of that information, the president will make a decision," Prescott said. "It's also based on the recommendation we've received from Margolis, Healy and Associates. They have recommended a so-called hybrid force, which is a combination of officers who have sworn powers and are armed, (and) also officers who have public safety officer training but are not armed and sworn."

Prescott said there have been discussions within his cabinet on the issue of Public Safe-



The Beacon/David Lee

The recent assessment by Margolis, Healy and Associates suggested creating a hybrid force of Public Safety officers with weapons, such as tasers and firearms, and investigative and self defense training to accompany police officer training. The decision on whether to become armed is being considered by President Patrick Leahy.

ty possessing weapons and having powers of arrest, similar to the forums held with the rest of the campus community.

Rebo explained that having these certifications will mean officers will have the power to arrest and take people into custody on-site for incidents such as the one that occurred Nov. 4 when a female undergraduate student was

robbed of her cell phone around 8:59 p.m. in front of the University Center on Main Street parking garage.

They would also be able to fill out all legal paperwork, keep a person in a holding cell and take suspects to the magistrate's office to be arranged.

"If an incident happened on campus from a

minor violation like underage drinking to an assault, rape, they would have the power to arrest right there on-spot and take people into custody," Rebo said.



@cleespot
christine.lee@wilkes.edu

THE BEACON

Editorial Staff 2013-14

130 S. River St.
First Floor, Conyngham Hall
Wilkes University
Wilkes-Barre, PA 18766

PHONE: (570) 408-5903

WEBSITE: thewilkesbeacon.com

Editor-in-Chief: Jake Cochran
Managing Editor: Anne Yoskoski
Design Editor: Paul Kaspriskie
Online Editor: Shawn Carey

News Editor: Christine Lee
L&A&E Editor: Alyssa Stencavage
Opinion Editor: Carly Yamrus
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Input sought to decide future of Wilkes app

Lack of use, feedback leaves fate of app uncertain

By Nicole Zukowski
Assistant News Editor

Feedback on the free Wilkes mobile application for iPhones and Android devices is being sought for continued access to the app. Last fall, Wilkes made the free mobile app accessible through iTunes and Google Play for the students to stay up-to-date on what is happening on campus.

Now there is discussion about whether or not to discontinue the free app service due to the low number of users and high cost of maintenance.

It also features courses schedules that are accessible from your Live system student account. One could view grades, course news, classmate lists, discussions and forums, course contents and the course calendar.

It also offers a calendar of events for all the activities, and news, scores and schedules of the sport teams.

The campus community can also view weekly dining menus, stay up to date with all of the latest school news, search and contact fellow students, staff and faculty in the directory, along with viewing the campus map.

"We have not got very much feedback on

the app or usage on it for that matter," Dean of Library and IT Library John Stachacz said.

In reference to possible improvements of the app, Stachacz said that without feedback and with the cost, possible alternatives are being thought of.

"It will cost an awful lot more money to improve the app and we are trying to be cost conscious," Stachacz said.

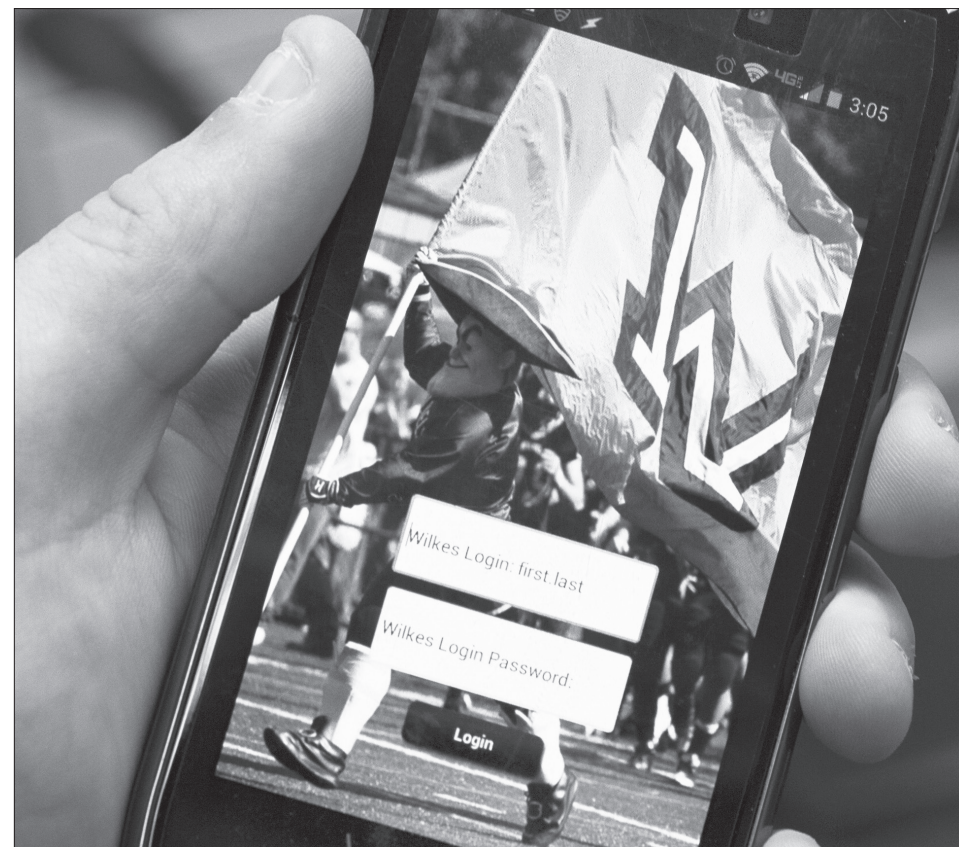
He said students' input will help determine if the Wilkes mobile app is worth continuing in the future. Stachacz has approached the Student Government board asking for this exact input at its Oct. 2 meeting.

"We do not want to spend more money on something that did not make a big splash," Stachacz said. "I am looking for more feedback from the students to decide if the app is worth continuing."

To download the app, log in with a Wilkes ID and password in lower case only, iPhones capitalize first letters. Send feedback and comments directly to Stachacz at john.stachacz@wilkes.edu.

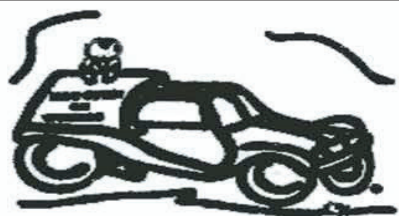


@wilkesbeacon
nicole.zukowski@wilkes.edu



The Beacon/David Lee

Dean of IT John Stachacz is seeking feedback from students on the future of the Wilkes mobile app. The feedback is essential for the continuation of the Wilkes mobile application for iPhone and Android smart phones.



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Anatomy

of an Administrator

By Justin Topa
Staff Writer

Dr. Mark Allen is the father of two children, instructs courses and serves Wilkes University as the dean of students.

The dean of students is mainly responsible for serving in an advocacy role and resolving any challenges a student may face in and outside of a classroom setting.

He is also responsible for the departments of Residence Life, Health Services and Counseling, Food Services and Student Development which encompasses student activities, community service, interfaith programs, internships and leadership programs among other things.

"You don't remain in this position as long as I have if you don't feel a strong sense of community," Allen said. "As the dean of students, you need to feel that students are supported and you need to also enjoy working with them."



The Beacon/Archives

Dean of Students Mark Allen holds high regard to leadership in life and uses his knowledge of leadership theory to instruct students.

The nature of the students and the positivity that I feel in this position has kept me here this long."

Aside from this position, Allen, who holds a doctorate in leadership and change theory, stays busy by teaching Wilkes students in busi-

ness administration at the master's level and courses centered on leadership offered to undergraduate students.

He says he enjoys visiting his son, who is a professional jazz musician and works at the University of the Arts in Philadelphia, Pa., and his daughter, an opera performance major, in Washington, D.C.

Allen has been working at Wilkes University since 1986 and says he has seen a lot of change during his time here. He says that he expects more change in the future, as well.

"Higher education is fast-paced and will look a lot different 10 years from now through technology and higher costs for education," the dean said. "My goal 10 years from now would be to make sure that, within this setting or whatever setting or position I may end up in, I continue to be current with the trends and making sure we are offering the services and programs that are relevant to keeping up with that change."

The dean of students says that one of the things he is most proud of in regards to his career is his staff.

"My success in this position is extremely dependent on how well my staff performs," Allen said. "Throughout my career, any successes that I have had are shared with the really good people I am blessed to work with. A large part of my job is to recognize their strengths. I would never want to exclude them."



@wilkesbeacon
justin.topa@wilkes.edu

SG Notes: Two new groups seeking club recognition

Two Air Force ROTC programs must revise constitutions to be open to all Wilkes students

By Nick Durdan
Staff Writer

Student Government was left without consensus after two club recognition proposals that reopened old wounds of a previous debate.

The Gold Bars Club and Arnold Air Society, both clubs belonging to Wilkes University's Air Force ROTC programs began its week one discussions for official Wilkes club recognition.

The Gold Bars Club is designed to train individuals in Air Force ROTC to become officers. They plan to represent Wilkes across the country and further leadership of Wilkes students in a positive light.

The Arnold Air Society helps develop leadership, teach communication skills, and enhance professional development for those in Air Force ROTC to learn more about the Air Force.

According to the Student Government constitution, to be a club at Wilkes, all students must be eligible for membership. A revision of both clubs' constitutions must be revised for club recognition to be rewarded.

Student Government members compared this controversy to the Society of Women Engineers. Junior class representative Peter Tuzzo gave his insight on the issue.

"Even though it is open primarily to women, men can join. If they revise their constitution to match ours, they should be allowed to be a



The Beacon/Archives

The Air Force ROTC waits for SG recognition vote next week on two new programs to become official campus clubs.

club," said Tuzzo.

Opinions of both clubs being catered narrow audience also raised controversy. Student Government members argued that Air Force members would be the primary members, such as SWE members being primarily comprised of women.

Student Government president Ian Foley gave the final words on the week new debate.

"They must revise their constitution and have them adhere to ours," said Foley.

A decision and constitution revision from both clubs is slated for the coming weeks ahead, and then a recognition vote will proceed.

Capital Projects, which uses unused activity fees for clubs has four planned project proposals to help improve the Wilkes University campus.

The first project plans to purchase new strengthening equipment for the Marts Gym fitness center. After trade-in values the projected cost is \$28,620.

The second project calls for five new picnic tables to be placed between Kirby and Chase halls, and one or two in the grass near the Cohen Science Center. The cost is slated at \$4,172.03.

Two hundred folding chairs were considered for project three to potentially replace some

chairs that have been broken or stolen that are normally used for Wilkes functions. This cost is around \$2,350.

The final project proposal would be to purchase the Ebsco-Discovery Service used as a reference at Farley Library to become a search engine for all library databases. The least well received of the four plans; the cost is planned for \$20,000.

Student Government will vote for the best of the four proposed plans next week.

The Nursing Students Organization requested funds for a conference in Harrisburg. The cost for their conference is estimated at \$2,762.29 and they are asking \$1,600 from Student Government. This decision will be voted upon, at the next meeting.

Student Government parliamentarian Anthony Bartoli commented on the views of members abstaining in votes. An abstention is when a member declines to vote yes or no and remains neutral on decisions being voted upon.

"Abstentions should only occur when total conflict is reached, when you know you would have a bias about a vote, that is when it is necessary to abstain," said Bartoli.

The proposed budget is as follows. All College: \$7,844.11. Spirit: \$1,485. Conference: \$2,750. General: \$7,332.47. This gives Student Government a total of: \$19,411.58.



@wilkesbeacon
nicholas.durdan@wilkes.edu

Beacon Briefs

Graduate Studies information session

Wilkes' graduate studies program will host an information session Dec. 2 from 6 to 8 p.m. in the Henry Student Center Ballroom. Department faculty members, financial aid representatives and Graduate Admission staff will be on hand to answer any questions. For more information, contact (570)408-4235, email graduatestudies@wilkes.edu or go to www.wilkes.edu/graduatestudies. Registration for the event takes place at www.wilkes.edu/InformationSession.

Senior portrait sessions

Seniors are invited to have professional portraits included in the pages of the 2013 to 2014 Amnicola Yearbook.

Session will be held Nov. 18 to 22 in the Henry Student Center first floor lounge with the exception of Wednesday, where they will be held in the Hiscox Room on the second floor.

For an appointment go to www.ouryear.com to schedule and Wilkes' code 222 or call 1-800-OUR-YEAR (800-687-9327) to schedule an appointment during business hours.

There is no cost to be photographed for the publication. Contact Kayla Cauthon: kayla.cauthon@wilkes.edu or 570-408-4111 for more information.

Zebra dance-a-thon to raise funds for orphans in Tanzania

Zebra Communications, the student-run Public Relations agency, will host a dance-a-

thon fundraiser to benefit Embrace a Child in Tanzania from noon to 6 p.m. on Nov. 23 in the Henry Student Center Ballroom.

The money raised will sponsor four children in Tanzania who have been orphaned because of AIDS. Teams of five to eight people are required. Admission is \$5 per person on each team.

To register, account members will be available during club hours in the Student Center on Tuesdays and Thursdays until the event day. At least two team members must be dancing at all times.

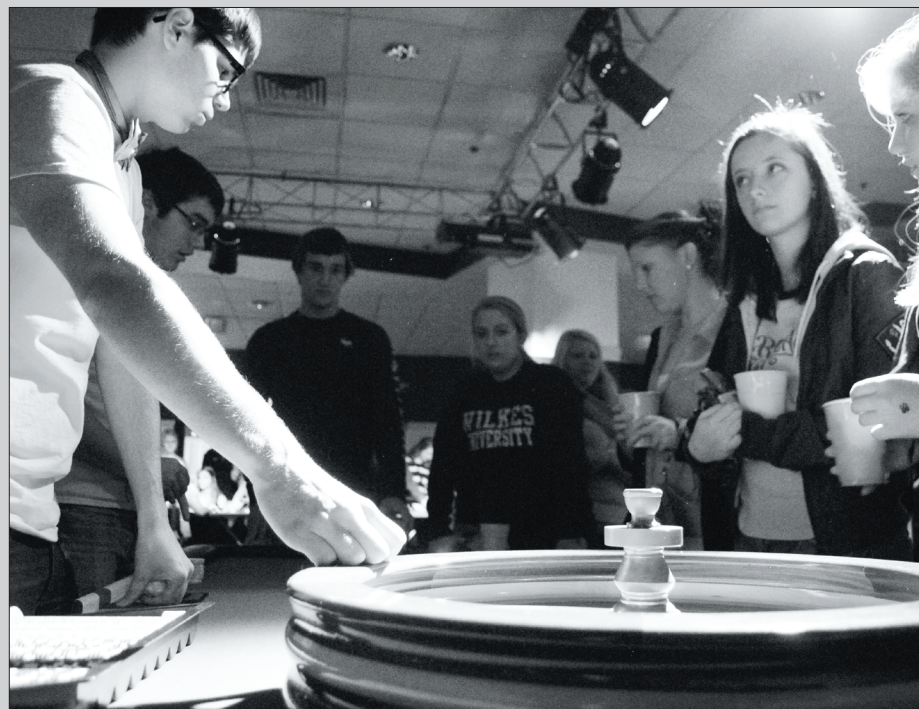
Spectators are welcome to attend, donate and bid on the dance teams to keep them dancing. Contact Jane Elmes-Crahall for further information at jane.elmes@wilkes.edu or 570-408-4162.

Commuter Council annual New York City bus trip

Commuter Council is sponsoring its annual bus trip to New York City, scheduled for Saturday, Nov. 23, and costing \$25. The trip is open to all students, faculty, and staff, and tickets will be sold Tuesdays and Thursdays from 11 a.m. to 1 p.m.

Participants are allowed to choose their own agenda for the day in New York. Contact the Commuter Council President at christopher.cousin@wilkes.edu for more information.

Casino Night well received



The Beacon/Jake Cochran

On Friday Nov. 16, Student Government hosted the fall semester casino night, many prizes were awarded ranging from a Macbook Pro to Broadway tickets. To see more photos from Casino check the photo gallery at www.thewilkesbeacon.com

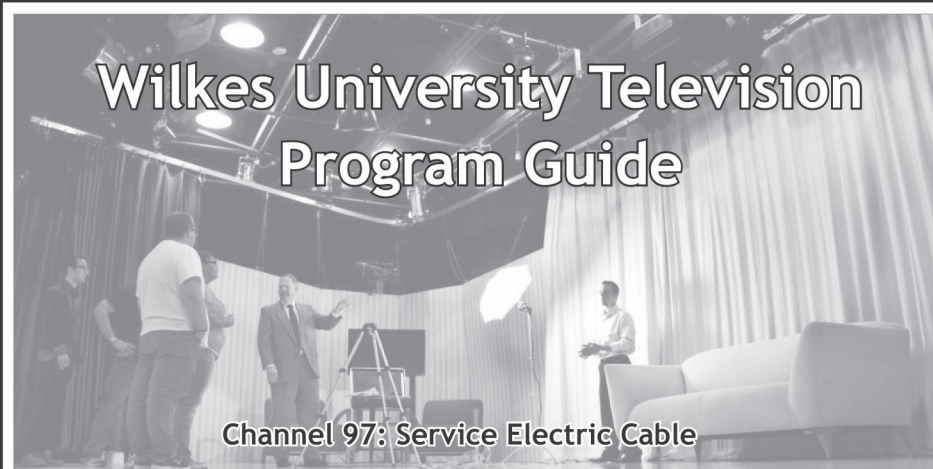
Students help out community



The Beacon/Jake Cochran

On last Saturday November 17, members from the National Society of Leadership and Success teamed up with members from the Health and Wellness Club, as well as the Ski and Snowboard Club, to help out at the CEO Foodbank in Wilkes-Barre by packaging and distributing boxes for the upcoming Thanksgiving holiday.

Wilkes University Television Program Guide



Channel 97: Service Electric Cable

Monday, November 18, 2013

6:00pm Breweries of Wilkes Barre
6:30pm An American In Normandy
7:30pm Wilkes Now
8:00pm Wilkes Barre: Making A Difference
8:30pm Outstanding Leaders: Eli Wiesel
Classic Arts Showcase

Tuesday, November 19, 2013

12:00pm Wilkes Now (Live)
6:00pm Comedy Tonight
7:30pm Wilkes Now
8:00pm Breweries Of Wilkes Barre
8:30pm An American In Normandy
Classic Arts Showcase

Wednesday, November 20, 2013

6:00pm Put On a Happy Face
7:12pm Showbiz Kids
7:30pm Wilkes Now

8:00pm Lincolns of Springfield
9:00pm Don Juan In Hell
Classical Arts Showcase

Thursday, November 21, 2013

6:00pm Magic To Do
7:00pm The Pharmacists
7:30pm Wilkes Now
8:00pm The Amazing Story Of Irwin Weinberg
8:30pm Mavericks At Work
Classical Arts Showcase

Friday, November 22, 2013

6:00pm This Land Is Your Land
6:30pm Showstoppers
7:00pm Wyoming Valley Media
7:30pm Wilkes Now
8:00pm The Pajama Game
Classical Arts Showcase

6 | FUN CORNER

Madam Calypso's Future predictions

Horoscopes for Nov. 19 week

ARIES (March 21- April 19) - You have let someone special down in a terrible way. Never make a promise you don't intend to keep.

TAURUS (April 20- May 20) - That old car you've been meaning to tune up; now is the time to take on a project like that.

GEMINI (May 21- June 21) - You'll find a like minded group of people to hand out with soon. It's you times five.

CANCER (June 22- July 22) - A trip is in your future. It may be filled with drama and calamity, but you'll have amazing stories to tell for the rest of your life.

LEO (July 23- August 22) - Think you're off the hook? Think again. Someone knows about that little transgression and is waiting for the right time to talk to you about it.

VIRGO (Aug. 23- Sept. 22) - You have become a magnet for chaos lately. Make sure you shake off all the drama before you get down to what really matters.

LIBRA (Sept. 23- Oct. 22) - You're feeling confined, but you won't be feeling that way for long. Think about study abroad. It could be the trip that defines your life.

SCORPIO (Oct. 23- Nov. 21) - Don't think you're alone in worrying about how everything will turn out. People that love you are just as worried. Remember that when they repeatedly ask how you are.

SAGITTARIUS (Nov. 22- Dec. 21) - Your phone has been ringing off the hook, but no call has been from that special someone. Maybe you have a bad case of tunnel vision.

CAPRICORN (Dec. 22- Jan. 19) - My, aren't we anxious today. You shouldn't have put yourself in this situation, but now that you did you'll just have to ride it out.

AQUARIUS (Jan. 20- Feb. 18) - You're missing summer, but you have a long way to go before you are in your favorite element again. Go for a swim in a heated pool. It's the closest you will get besides taking a tropical vacation.

PISCES (Feb. 19- March 20) - You're passionate, but sometimes that's not enough. Try seeing things from a brighter side, things will start looking up.



Find The Five Differences



Submissions ?

The Beacon staff wants your submissions!

E-mail them to wilkesbeacon@gmail.com.

November 19, 2013

Contact editor: alyssa.stencavage@thewilkesbeacon.com

Polish Room: Keeps heritage, tradition alive

By Alyssa Stencavage
L&A&E Editor

Hidden in a far corner on the second floor of the library is a room devoted to keeping Polish traditions going strong.

Created in 1950 when the university we know today was still "Wilkes College," this room is dedicated to the memory of all those from Poland who came to settle in the Wyoming Valley.

It was relocated to Farley Library from Parish Hall Guard Building, after Dr. Eugene Farley made a visit to the University of Pittsburgh and was impressed by Nationality Rooms there. As a way to allow individuals to express cultural heritage, he then encouraged the making of a room here on campus.

So began the Polish Room, with its many ethnic objects like Polish books, paintings, sculptures, maps, weavings and traditional clothing as well as colored pisanki eggs, backed by the present day Polish Committee which had its beginning in 1937. The idea was to mimic the style of Zakopane in Poland's Tatra Mountains.

One of the world's leading block engravers, Stefan Mrozewski, is credited with the room's design, and the birch furniture featured in the room was handmade by Stefan Hellersperk of Dallas.

One look at the Polish Room would show the seemingly overwhelming array of artifacts scattered throughout. Quilted tapestries and oil paintings line the walls, portraying famous Poles and American Revolutionary war heroes significant to the country.

At the top of the fireplace mantle sits a wooden eagle, whose presence greets guests as they enter the room. Representing pride, patriotism and power, this white eagle is a national symbol of Poland. Wooden dolls and figurines dressed in traditional Polish attire sit beside the eagle, closely accompanied by a display of colorful and detailed Polish garments.

An object likely to draw anyone's attention is a handmade mask of Jesus, donated by the Polish Committee's founder and first president Mrs. Marie Kocyan. Considering the size of the room, just outside the room larger displays can be seen. Common to Polish/American families and passed down through the age are a variety of handmade Christmas tree ornaments, which can be viewed under glass.

All of the objects in this room are donated and imported from Poland.

In addition to the rich history the Polish Room holds, monthly meetings are conducted by committee members to discuss ideas and plans.

"We were very active at one time," Bernadine Tarasek, president of the Polish Room Committee, said. "It's slowing down, but we still do what we have to do."

The committee's biggest efforts go to planning the annual Kosciuszko Ball, where guests come dressed up and enjoy special music, a slow-dance band and dinner, among other things.

This ball is also where the annual Polish Room committee scholarship winners are introduced, accompanied by a parent or significant other. These scholarships began at \$500, but have been increased to \$1,000 and \$3,000 over the years. These scholarships are available to freshmen and up, and the number of applicants varies from year to year.

However, to be eligible for the scholarships, students must be Luzerne County residents and have some kind of Polish heritage, even if that means only one person in the family has a Polish background. Students submit an essay regarding their Polish heritage, each of which goes through four people on the committee. The essays are numbered rather than by name, and in the end the two students most in need are deemed the winners.

"That's the fairest way to do it," Tarasek said. "The essays they write are beautiful; they really tell it nice."

Invitations for the ball are sent out as well as sponsor letters to certain people, including past guests. Donations are made, which go toward the scholarship money for students. At the ball, students and whoever accompanies them are given an opportunity to say a few words about receiving the scholarship, or they can choose to read their essays.

Usually every year the color theme and centerpiece displays for the ball change.

"It's really beautiful, a really nice change," Tarasek said. "It's a long time going on – I'd hate to see it stop. It's the only Polish tradition left; we'd like to keep it going. Everything in this world is changing, we've been lucky."

Another Polish Committee event coming up is the Christmas Eve Wigilia dinner for Polish families, which will be held on Dec. 10 in the Ballroom. Perogies, cabbage and fish are just some of the food options for the dinner, and those who feel like singing can join in the Polish songs.



The Beacon/Alyssa Stencavage

The Polish Room, a room unknown to many on the Wilkes campus, contains a wide variety of artifacts donated from Poland that carry special meaning.

Yet another Polish gathering is the food tasting, another project of the Polish Committee, the next of which will be in the spring. People can come sit, look around and visit and, again, delight in the variety of Polish foods that are donated. This all happens right outside the Polish room – and better yet, it's free.

Cookbooks are also sold to help with funds.

Beyond the many activities and artifacts that stand in honor of the Polish Room, the Polish Committee has also sponsored Polish artists and their works, such as recitals by Polish virtuosos, performances by dance groups, lectures, folk art displays, dramatic presentations and two conventions.

Especially considering all that the room represents, some on campus see a true importance of a place that deserves attention.

"The Polish Room is dedicated to the Polish immigrants who came to this area in hopes of a better life, the same as every other person or ethnic group who came to America," Head of Technical Services at Farley Library Helenmary Selecky said. "It contains folk art, books, costumes and all types of artifacts common to Eastern Europe in general, and Poland in particular."

The Polish Room has been a part of the Farley Library since the "new" library opened its doors in 1968. Farley, Wilkes' first president, offered space in the library to various local ethnic and civic groups to help promote their cause, and a group of Polish-American women took him up on his offer.

The Polish Room is unique in this area. I don't know of any other permanent exhibit of this type in all of Northeastern Pennsylvania."

Capturing the essence of Polish history, this room really serves to keep anything pertaining to Polish Heritage going, and it gives people with this heritage the chance to come and feel at home again in Poland.

Despite all that the Polish Room has to offer, its existence doesn't seem to be well known.

"Many people don't know about it until the tasting, or unless we bring them in from outside and tell them to come in," Tarasek said.

Tarasek, who only found out about the room about 20 years ago when she started bringing some older women for visits, encourages people to "come and see all the Polish tradition."

"Learn about the customs and see the different things they probably don't even know about," she said. "Everything has history."

Even if you're not of Polish background, the Polish Room might be a place to consider visiting. For those who are, the room can be a nice reflection on that heritage. Simply notify Selecky or Tarasek of your interest. There will be a book to sign and someone will walk around with you as you explore.

For more information, visit www.wilkes.edu/polishroom or contact Tarasek at 570-824-8323 or Selecky at helenmary.selecky@wilkes.edu.



@wilkesbeacon
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Pintresting: with Anne Yoskoski
Mini cornucopias "adorable Thanksgiving gift"



Discussing 'The Walking Dead' with Jake Cochran
All out war has begun on both TV and comic fronts



This week back in history... with Sarah Bedford
Have a Bad Day Day: Nov. 19

Wilkes Barre pop singer joins US Navy to find stability to pursue music career

By James Jaskolka
Assistant Online Editor

Ashton Zanecki, a pop artist and former Wilkes student, recently announced he will be putting music on the side as he spends the next six years as a part of the United States Navy.

Zanecki cleared up a few misconceptions about the announcement, stating that it definitely isn't a permanent career change, but rather a learning process which will allow him to sort out his life a little better.

"Music definitely has huge place in my life, but I haven't quite figured out how to make it fit into my life," he said. "(The Navy) kind of focuses on making sure I have a solid foundation, but I don't see myself ever giving up."

Zanecki also said that this definitely not the end of his music career. While he isn't sure how much free time he'll have, he wants to continue to write music while in the service – something he said is essential to his being, as it has shaped him into who he is today.

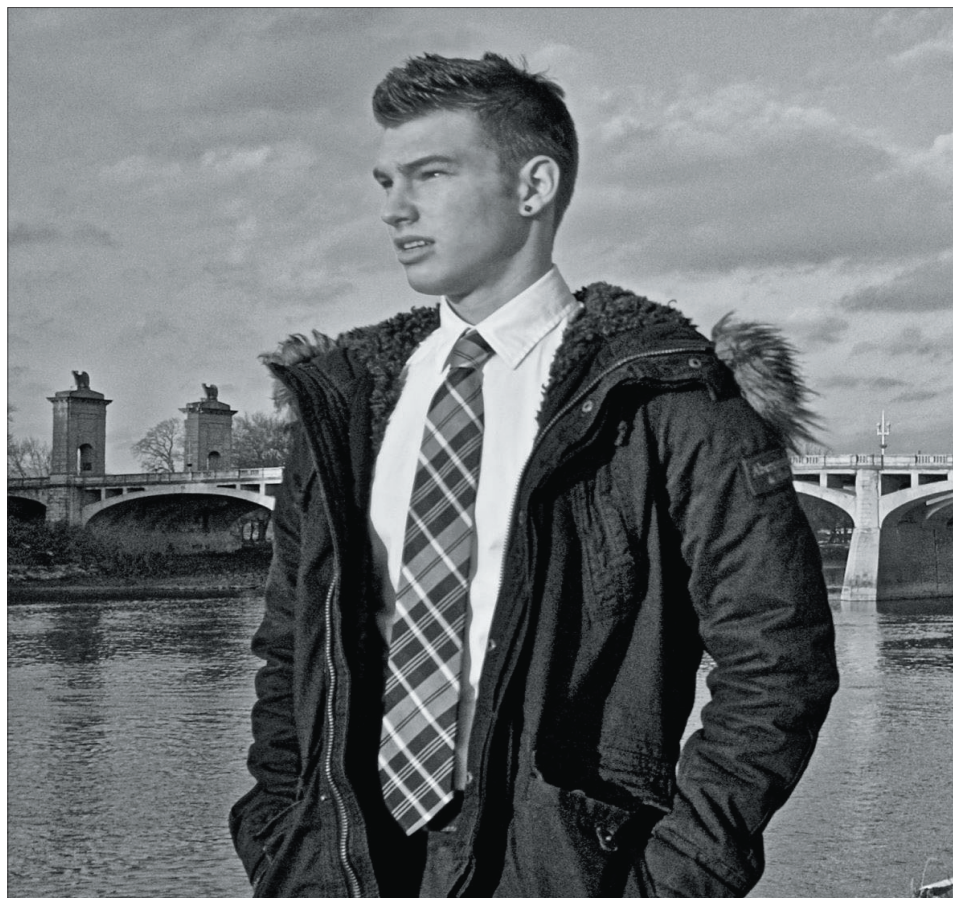
"Music definitely let me express myself and allowed me to be who I wanted to be," he said. "I never felt like I could be who I wanted to be until I started pursuing music...in art, you can do whatever you want to do and be who you want to be."

With his music holding such a powerful place in his life, it comes as no surprise that Zanecki would do whatever it takes to make it work – like joining the Navy, or before that, spontaneously moving to Wilkes-Barre with only a few dollars to his name.

Zanecki left Wilkes after his first semester because the price tag was too high, but quickly missed the area after returning to his hometown of Annapolis, Md., citing extensive family history and the city's odd individuality as reasons for returning last summer.

"It just feels like home to me. The people here are so different than anywhere I've been."

Zanecki is most known for his recent single "1,000 Grand," but has also gained a decent on-line following from collaborating and producing



Courtesy of Marissa Spryn

Ashton Zanecki, pop singer, producer and former Wilkes student, recently announced he has joined the U.S. Navy, but said that his music career isn't over.

music with YouTube sensations – one song he produced was featured in a Shane Dawson video, gathering more than 1 million views.

Zanecki said a huge theme in his music is staying true to yourself – something, he said, that is hard to come by in modern society.

"You can distract yourself your whole life... you can get lost in the whole world

of nothing if you never wanted to try to find yourself... that's why it's really important to be yourself."

To hear Zanecki's music, readers can go to <http://www.youtube.com/user/ASHTON-ZANECKI>.

@wilkesbeacon
jamesjaskolkabutler@wilkes.edu

Wilkes heading to NYC Dec.7

By Jennifer Magnotta
Correspondent

Rockefeller Center, a Broadway matinee and lunch at Carmine's are just a few of the planned stops during a day trip to New York City sponsored by the Wilkes University's Student Development Saturday, Dec. 7.

"This is something our department budgets for every year," Jessica Short, Wilkes University Student Development graduate assistant said.

"This trip has become a tradition and offers students an affordable opportunity to see the city during the holidays, an opportunity they may not usually have," Melissa Howells, Wilkes University Student Development coordinator said.

The trip costs \$25, including transportation to and from, for the aforementioned stops plus a few free hours before returning to the university.

To be part of the trip, students can sign up at the information desk on the first floor of the Student Union Building.

When a student signs up, the name will be automatically entered into a "lottery system." Once the lottery is closed, all students are assigned a number. SD uses a random number generator to pick 50 numbers and then notifies students.

If selected, students will meet at the Marts Gym for morning departure at 8 a.m.

"This trip is possible because Student Development allocates funding for day trips, as well as a multitude of other offerings throughout the year," Howells said.

Short said the trip is worth the investment.

"Although it is not purely educational, this trip benefits students by giving them new experiences they might not have had before. It is also a nice break from all of the studying," Short said.

@wilkesbeacon
jennifer.magnotta@wilkes.edu

Sodexo introduces new food item options for Wilkes students

By Samantha Earley
Correspondent

Wilkes students who are rushing between classes no longer have to choose between hunger and getting to class on time. Now those students can get a sandwich or salad, soda or bottle of water and a bag of chips, piece of fresh fruit or cookie for a simple meal.

The university's dining service provider, Sodexo, has introduced Resident Express to Rifkin Café, located at the entrance of Rifkin.

Resident Express was designed as a meal plan for students who dine in the Henry Student Center, but don't have the time to visit the dining hall or want to avoid lines during its busiest operation hours.

Sodexo introduced a few new items and

changed a few of the classic recipes. The biggest change is the new menu, called Fresh2.

"The new menu is based upon trends and student preferences and delivers a new type of variety into the menu," Jason Klinetob, marketing coordinator for Sodexo Dining Services said. "We know from our student research that adding an increasing number of choices to the daily menu is not the same thing to as adding variety. Students want different high-quality choices every day – a mixture of innovative trendy choices and comfort food from home – and this menu provides that."

The offerings include an abundance of fresh seasonal produce, and half of all menu choices meet wellness criteria for reducing fat, calories, sodium and other nutritional attributes as defined by Sodexo's registered

dietitians. The nutrition information is communicated on Sodexo's Mindful Menu signs.

The food services revamped its Red Hot Chef station into a Mindful station.

"Mindful are foods that balance nutrition with enticing flavors to create an indulgent way to enjoy health," Klinetob said.

The company's hope is that making "mindful choices" becomes second nature for students in the workplace and at home with their families.

Sodexo has added a vegan bar near the vegetarian station to offer patrons more of what they've been asking for and meet the continuing dietary restrictions.

"I'm happy to say we now have a soy milk dispenser," Klinetob said.

A few ideas are in the works for next semester but nothing has been finalized yet, Kline-

trob said. Sodexo will be taking the feedback that has been provided to them in the last few weeks from the dining surveys and use it to improve make the dining experience in all of its locations.

Klinetrob said students should always be on the lookout for new items added to the menu each week. It will introduce foods from different regions or past favorites during Late Nite dining.

He said Sodexo also takes menu suggestions into consideration when creating later menus. If students have a favorite food item from home, they can write it on a comment card, fill out the online feedback form or send it to dining services through an email.

@wilkesbeacon
samantha.earley@wilkes.edu

Beauty Basic: What do your eyebrows convey?

By Ashley Evert
Assistant L&A&E Editor

Circulating around the internet are hilarious photoshopped photos of celebrities without their eyebrows. Considering the way people look bare-browed, it makes one see how important eyebrows are to the overall look of a person.

Many models and makeup artists agree that if they had to choose one cosmetic to apply before they left the house and forget all others, it would be their brow powder or pencil. Eyebrows frame the eyes like a good haircut frames the face.

Though they may not admit it, both men and women frequent salons and mall kiosks to get their caterpillar brows plucked, waxed and threaded. Most people who come in the salon I work at tell me that they don't trust themselves to do their own eyebrows.

They either over-tweeze, giving themselves a look of surprise, or don't do enough and have bushy, untamed brows lend an unkempt look to wearer.

While these unfortunate mishaps keep me busy at the salon, I wanted to share a bit of knowledge I've acquired about one of the most important beauty basics out there: grooming eyebrows.

Eyebrow shape and size goes in and out of fashion just like bell bottoms in the 70s and big hair in the 80s. In the 30s, eyebrows were groomed to be very thin and had a very soft



The Beacon/Ashley Evert

The three points to measure when grooming eyebrows are the beginning, arch and end.

"c" shape without much of an arch. In the 40s through 60s, the pinup brow was popular with a thicker beginning, defined arch and thinner end like Marilyn Monroe and Bettie Page.

In modern day, a more natural brow is often seen on the runway. The style is tamed but not over plucked; there is a defined arch but it is not dramatically angular.

Of course, I am always an advocate for the client choosing whichever eyebrow shape he

or she feels comfortable with. I, myself, sport the classic pinup brow while a close friend of mine loves the bushy, natural brow look.

Despite personal preference, there is a way to measure eyebrow dimensions regardless of thickness. There are three points to measure in an eyebrow: the beginning, the arch and the end.

To measure the outside, or beginning, of the eyebrow, place a pencil or any thin, straight object from the corner of the nose straight up to the inside corner of the eye. Where the pencil hits the brow, it should begin. Any hairs on the "inside" of the pencil above the nose are "unibrow" hairs and should generally be removed.

To measure the arch, pivot the pencil from the corner of the nose to the middle of the iris. Where the pencil lies on the brow is where the arch should be.

Pivot the pencil from the corner of the nose to the outside corner of the eye to find where the eyebrow should end and remove any hairs on the outside of that point.

Of course, there are always exceptions to the rule but generally those are the three measurements that are used to measure a flattering eyebrow for an individual's specific features.

Next week, hair removal and filling in eyebrows will be discussed, so check back to learn how to achieve a set of perfectly groomed eyebrows.



@wilkesbeacon
ashley.evert@wilkes.edu

College Cuisine: Cheap, easy eats for busy students

Cheesy chicken crescents

By Ashley Evert
Assistant L&A&E Editor

This super easy dinner is ready in less than an hour. For a quick, delicious meal that tastes like something momma used to make, assemble the ingredients and throw it into the oven while you study.

The Basics:

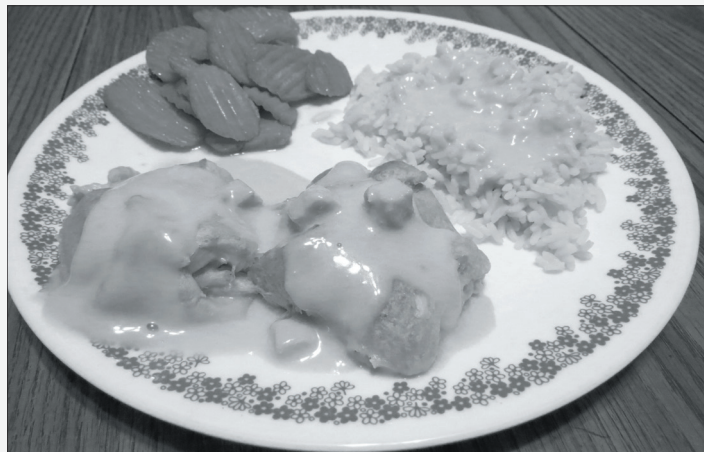
Cook Time: 20 to 25 minutes
Prep Time: 15 minutes

Ingredients:

1 ¾ cooked cubed chicken or 5 oz. canned cooked chicken
½ cup shredded cheddar cheese
8 oz. can of crescent rolls
1 can cream of chicken soup
1 cup milk

Tip:

Serve with brown sugar glazed carrots and rice for a delicious home-style dinner.



Instructions:

1. Preheat the oven to 375 degrees.
2. Combine chicken and ¼ cheese in a bowl.
3. Separate crescent dough into 8 triangles and place 3 tbsp of the chicken mixture onto each triangle.
4. Roll the crescent to the end with the mixture inside.
5. In a medium saucepan, combine soup, milk and ¼ cup cheese. Heat until the cheese melts.
6. Pour half of the soup mixture into an ungreased 8 or 9 inch pan and reserve the remaining soup mixture for the sauce.
7. Arrange the filled crescents in the pan over the soup mixture and bake for 25 minutes until golden brown.
8. Serve with the remaining sauce poured over top of the crescents.

The Beacon/Ashley Evert



@wilkesbeacon
ashley.evert@wilkes.edu

The Play List of the week

Back before the days of stolen music, On-The-Go play lists and YouTube; there was a time when people would sit down and have to weigh their musical choices with care because it took longer than two minutes to make a play list of all the songs they thought would sound awesome together.

Luckily that time has passed, so each week WCLH and The Beacon will be teaming up to bring an emotional soundscape for your audio pleasure airing each Wednesday at 3 p.m. on 90.7 FM or worldwide at WCLH.org, here's a little tease of what will be spinning...

With the Sitar theme from last week, it started to get a psychedelic towards the end, so roll with that theme. Expect a ton of panning, changes within sound, and stuff that isn't typically used, to be used, break out the headphones for full effect.



The Wilkes University Jazz Band presents their Fall Semester Winter Concert

The Wilkes University Jazz Band has their fall semester winter concert approaching, with the performance date set for Thursday December 5 at around 8 p.m.

The groups is set to perform a wide variety of material ranging from Dizzy Gillespie to renditions of Frank Sinatra.

Andrew Lynch senior Intergrated Media major said, “The show is going to have a pretty wild variety.”

He continued on saying that, “The concert is going

to have a bunch of different stuff from some pretty old school ‘Hey Arnold’ style jazz, and then some out there stuff like ‘Take Me Out to the Ball Game.’”

Lynch finished by teasing the idea that the rhythm section has something different and interesting up their sleeves for the audience with a new rendition of a Jimmy Hendrix song.

The group will be sure to have something for everyone in the audience that night by casting their wide net of musical variety



Nov. 19, 2013

Contact editor: carly.yamrus@wilkes.edu

Social media anxiety prominent in younger generation

By Carly Yamrus
Opinion Editor

Checking.
We are always “checking” something.
Checking our e-mail, our Facebook, our Twitter, Instagram, Pinterest, Snapchat, Vine.
Scrolling.
We are scrolling, and checking, and scrolling, and locking our phones.
Unlock, scroll, check, scroll, check, scroll, lock phone.
I have this problem. I’ve had this problem for years. After years of thinking, “Well I just really like my phone,” I’m finally giving it up. I don’t like my phone.

It is easy to argue “just use it in moderation,” or “just leave it at home,” which are all practical arguments in theory.

However, you wouldn’t tell a smoker to “just leave their cigarettes at home.” Or an alcoholic to “just drink in moderation.”

I’ve known that social media is an addiction for some time now, but what I never realized was the emotional toll it can take on an avid user.

The habit, coined by Julie Spira, author of *“The Rules of Netiquette,”* is called Social Media Anxiety Disorder.

SMAD refers to the compulsory and anxious behavior associated with not only social media, but also the phone itself.

SMAD, which is now ironically a Twitter tag, can be identified in many different ways.

You may have SMAD if you cannot get through dinner without checking your phone for updates or messages, if you cannot go out without your phone charger, or feel anxious that your phone might die.

Other “symptoms” would be deleting your posts when they do not get enough likes or comments and constantly refreshing your



The Beacon/Dan Lykens

Excessive cell phone and social media use can lead to feelings of anxiety over shortened battery life, lack of social media updates, missing text messages, and getting a respectable number of “likes” on statuses and pictures posted.

feeds for updates.

You may have SMAD if you feel anxious when you cannot immediately answer a message, and if you sleep with your phone.

Aside from these symptoms, the overall concept of “creeping” is as emotionally unhealthy as it gets.

Social media does not agree with “what you don’t know can’t hurt you,” since anything and everything can pop up on your screen as you scroll and check.

Now I’m not a doctor, but if you think you have Social Media Anxiety Disorder, then you probably do.

The problem with social media is that every-

one has it. What makes quitting so hard is that everyone else’s lives are still connected, even if you decide to leave.

The goal is to not care that everyone else has social media and you don’t.

The best way I can think of getting over SMAD would be to delete all social media accounts completely.

Quitting anything is a conscious effort. The first step is admitting you have a problem.

If you cannot bring yourself to delete the accounts, make a promise to yourself to only use the websites once or twice a day, and for the reasons the websites were intended.

Leave your phone at home, or in your back-

pack or purse. That way, you are not itching to take it out of your pocket every second you get bored.

SMAD is not recognized as a medical disorder, but it is a real issue for some people.

It can be a challenge to get over it, especially if you have been using your social media and phone for years.

Although it may take some time, it will be worth it in the end when your social media accounts hardly matter to you at all.



@wilkesbeacon
carly.yamrus@wilkes.edu

Typhoon Haiyan victims in desperate need of food, supplies

By Lyndsie Yamrus
Assistant Opinion Editor

The vast majority of us do not have any idea what it’s like to have to beg for food and clean water, and we certainly don’t know how it feels to lose our entire families.

If you thought Hurricane Katrina or Sandy was bad, Typhoon Haiyan was on a whole different level.

Nothing but horror stories have come out of the Philippines after Typhoon Haiyan -- one of the most powerful and destructive storms in recorded history.

As accustomed to earthquakes, floods and other natural disasters as they were, Filipino residents were not at all prepared for this ca-

lamity. When word caught on about the expected typhoon, a World War II-like city of chaos arose as people fled in fear, trying to catch a plane, any plane, out.

Filipino residents described the typhoon as “worse than hell.” There were stories of children being ripped out of their parents arms by the ripping winds. Loved ones floated by, having been drowned in the foul waters, as their families struggled to survive.

Many accounted the trauma experienced during the storm as desperate sobs and cries for help echoed throughout the town.

Bodies now line the ravaged streets, especially in Tacloban, one of the areas hit hardest by the typhoon.

Affected towns have become lawless as in-

dividuals loot and pillage homes and business, or what’s left of them, in hopes of acquiring even a little bit of food. Eight died in a wall collapse as Haiyan survivors stormed a government-controlled rice warehouse.

Medicinal supplies are limited -- most were destroyed in the typhoon, and even the undamaged supplies are now running out.

Parts of the country are in complete shambles to say the least, and residents now suffer in grief, despair, sickness and hunger that is extremely difficult for us to even imagine.

And that’s just it. While it’s difficult to imagine what others across the globe are experiencing, it’s entirely too easy to read the news, say “How devastating ...” and continue about your day as you normally would.

The Philippines needs aid, badly. Their government has failed to appropriately prepare and coordinate in aid operation, and many in charge were victims themselves.

I urge you to find a way to become involved, even just by donating \$10. There are plenty of organizations: World Food Programme, Red Cross, Doctors Without Borders, Salvation Army, Save the Children and the International Medical Corps. All accept donations, and there are many more to choose from.

Remember, you might be a “broke” college student, but you have way, way more than these people will ever have, especially now.



@wilkesbeacon
lyndsie.yamrus@wilkes.edu

Colonel Critiques

‘Deadly Heat’ perfect for fans of ‘Castle’ show

By Anne Yoskoski
Managing Editor

Fans of the television show “*Castle*” will love the newly released “*Deadly Heat*” by Richard Castle. The main character of the show is a novelist, and after teaming up with Detective Kate Beckett, he starts writing a new series of mystery novels, the “*Heat*” series, based on Beckett and himself. Jameson Rook and Nikki Heat team up to solve cases all across New York City, propelling them into danger and possibly love.

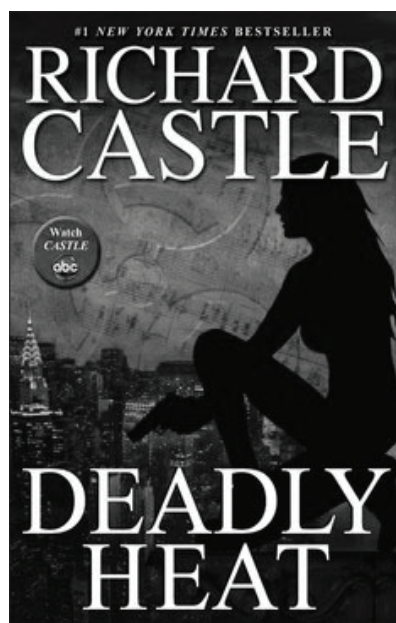
What I didn’t know was that the show’s writers actually published Richard Castle’s books. Just as they are in the television show, the books are based off of cases on which Castle and Beckett work together. In fact, even the covers are the same ones that they periodically show in the show when Castle does book signing or is seen in his office.

The plot of the latest Richard Castle thriller is one that will be familiar to fans of the show, as “*Deadly Heat*” follows the plot line of Beckett’s own life issue: the death of her mother. In the show, her mother is killed years earlier and she avenges her death. In the book, Castle turned it up a notch making her death not just a homicide, but an ordered hit from a CIA station chief. Castle also gave himself a Pulitzer Prize, and Nikki and Jameson find a terror plot buried beneath an already lethal situation.

On top of the fact that Nikki has her mother’s death and a terror plot to worry about, a serial killer starts terrorizing her precinct. Just to add some more suspense, the killer has singled out Nikki as his next victim.

The book is unrealistic and fabulous. While the plot elements are completely over-the-top and out of control, the way that they weave together is seemingly flawless. Superheroes don’t come out of nowhere to save someone, and everything could have a possible explanation.

Nikki is just like Beckett in her mannerisms and tone of voice, while Jameson is a suaver version of Castle. This makes sense because the writers of the show know what they are doing, but I also love the way that it is believable that a real man named Richard Castle could have written this book. Fans will see Castle try to hide his boyish charm and fail, while new readers will see a hero in Jameson, and follow him and Nikki into the twisted world that is the alternate Manhattan of the “*Heat*” series.



@annieyoskoski
anne.yoskoski@wilkes.edu

‘Thor’ sequel heavily reliant on bad humor, jokes

By William Amos
Staff Writer

“*Thor: The Dark World*” sails high in first at the box office, earning \$85.7 million after only its first week in theaters.

Chris Hemsworth reprised his role as The Mighty Thor in this darker and somewhat grittier sequel wherein Asgard is set upon by a new and alarming threat when Malakith, leader of the Dark Elves vows vengeance upon the Gods for thwarting his chance to rule the universe and cast it back into the darkness from whence it was born.

Thor: The Dark World has all the makings of a hard-hitting, non-stop action-adventure story, but for the fact that it relies too highly upon moments of slapstick humor that are more fitting for an Abbott and Costello movie.

Natalie Portman returns as Jane Foster, the beautiful astrophysicist who captures the heart of the god of thunder. Following Foster into danger once more is Darcy Lewis, a sarcastic hipster chick who interns for Jane Foster and though she is meant to deliver comedic relief, she really only comes off as annoying and the film would do just fine without her.

“*Thor: The Dark World*” suffers from too many jokes, whether its a whacky scientist who runs around without trousers or a supposedly silver-tongued intern whipping wise-cracks while really contributing nothing to the plot. The humor is just exhausting and after the fourth time seeing the same punch line regurgitated, I found myself asking, “why is this funny?”

Christopher Eccleston makes for a formidable challenge as Thor’s nemesis, Malakith, who seeks destroy Asgard once and for all. Eccleston is evil, menacing, and viciously cold - the perfect villain to challenge the Mighty Thor. I would have liked this film much more if there was more of Malakith and less Darcy.

Anthony Hopkins is Odin, king of the Gods and father of Thor. As great as actor as he is, Hopkins is really just a talking head, like in the first Thor, who says a lot and does very little, leaving all the hard work to Thor.

Flashy special effects, tense action sequences, and zany quips leave me hanging on what exactly “*Thor: The Dark World*” is trying to do. Should I be on the edge of my seat? Are my sides splitting from the hilarity of it all? I don’t know. I’m not against the occasional joke in an action flick, but this one seems to rely too much on humor to pad out the action, otherwise, we’d have a really good movie.

“*Thor: The Dark World*” is in theaters now, but it’s just another Redbox or Netflix pick in my opinion.



@wilkesbeacon
william.amos1@wilkes.edu

M.I.A. ‘Matangi’ controversial, loud and proud

By Eric Casey
Staff Writer

M.I.A. is coming back with “power, power,” as heard at the end of her new song “*Come Walk with Me*.”

M.I.A.’s long awaited fourth album titled “*Matangi*” was released November 1st and has landed at number 23 on the Billboard 200 Albums chart. It also debuted at number 1 on the US Dance/Electronic Albums chart.

The new album has a loud sense of urgency.

It wasn’t until 2007’s RIAA Gold certified “*Kala*” she received a breakout hit. “*Paper Planes*,” which now she calls, “an accidental hit”, reached number 4 on the Billboard Hot 100.

It brought new fans into her weird, zany, and politically outspoken life. Other popular songs from that album such as “*Jimmy*” and “*Boyz*” have become regular performances at her concerts.

A recent concert in NYC had a live Skype message on a big screen showing Assange praising M. I. A. and saying, “she’s the world’s finest megaphone for the truth.”

Her new album shows a different direction aside from her usual “electro-rap”.

There is an organic feel to the whole album and features many Middle Eastern and “Asian folk” instruments. They are often mixed in with hypnotic mind twisting digital manipulations to not only the sounds, but also her voice.

Standout songs include the single “*Bad Girls*” which was released last year to critical approval. The video garnered MTV awards and a 2013 Grammy nomination.

Other standout tracks include her singles “*Bring the Noise*”, “*Come Walk with Me*”, and newly released “*Y.A.L.A.*”...which I believe could be her next big hit.

Human rights activist and Philanthropist M.I.A. is sure to continue on being controversial- remember the middle finger incident at the 2012 Superbowl? She is outright loud and proud.

“*Mantangi*” is sure to be right up there in the ranks as one of the best albums of the year when major music publication magazines put their lists out by December.

This new record is fantastic and I give it an A+.



@wilkesbeacon
eric.casey@wilkes.edu

the 101

By Jake Cochran

Editor-In-Chief

This could end up being the most cliché article ever, but it won't be. This isn't any other garbage .gif-based internet article, this is hard opinion based news, damnit.

The point of this 101 is to get the reader best prepared for the college experience that no one will actually talk about: the joy of sleeplessness and caffeine overdoses.

Reading that, the first thought to come to mind should be, "Hey I like sleep and I'll just work ahead so I don't have to drink enough caffeine to kill Nikki Sixx."

If so, great, but it's far too late to work ahead. Judgment hour is nigh and the guillotine that is deadline is about to drop and leave a headless victim if that paper doesn't get finished. That won't be good.

Here's the scene: the last few weeks of the semester are here, and the workload has piled up to the 8x10 ceiling of your private little piece of hell. The last big push before the semester is over the horizon, and now it's time to grab the 'work' hammer and smash the face of that workload.

The only problem is time, squandering away all those hours on Stumbleupon and Tumblr have come back with vengeance because the Dropbox closes at noon tomorrow and if that paper isn't in there, your GPA will take a nice nosedive into the dirt.

So now there's no other choice, it's time for an all-nighter, maybe even a multi-day work binge depending on how poorly the semester was squandered away yelling at 12-year olds on Xbox Live. But honestly, the semester was a bear trap waiting to spring, no shame in falling for the GTA V-Call of Duty bait.

With the work-bed made it's time to take a nap. This may seem like the most counterproductive idea of all time, but trust me, all the work will be done after this nap. Not really, but go to bed with work on your mind, set the alarm for two hours, wake up and all the ideas will be there.

Once the mild-coma is over, grab the nearest caffeinated substance and gobble that down like the Cookie Monster. Put whatever headphones or speaker system is around to the three-quarters volume mark and open some word documents.

The best recommendation is starting everything all at once because becoming disenchanted with an assignment is bound

Every week, Opinion Editor Carly Yamrus and Assistant Editor Lyndsie Yamrus, or a guest writer give an informative crash-course on the most random subject they can think of that week. Their views do not reflect those of The Beacon, its staff or Wilkes University. This week Jake Cochran promotes unhealthy lifestyles...

Finals Survival: Caffeine & Sleep

to happen, but when there are three windows open before the cursor hits desktop it's significantly harder to get completely off-track.

Twenty minutes from the last sip of that sweet, caffeinated nectar, there should be a significant change in the speed of the keystrokes, and ideas from the depths of that gray matter will spill out like a broken dam. Expect the use of words from SAT Prep to somehow find their way onto the screen and extensive metaphors to embed themselves like ticks within the flesh of that document.

Once the dust settles around 6 a.m. the birds will begin to chirp and those literary superpowers will disappear just as they magically appeared, but now there are hopefully at least three assignments refined and tweaked, sitting on that desktop, ready to be handed in.

But here is the critical part that separates those that stand on the podium from those that just finish the race and take the participant medal. Find a person, give them that newborn paper and tell them to rip into it.

If there isn't anyone around, bust out the webcam and do some public speaking 101 stuff. Read the paper verbatim on webcam and watch it back. This will be the best way to find where the errors are, and it'll help with the overall tone of the paper. Just don't look at the thing that's holding the eyes in your skull, it's probably drained of color and crypt-keeperesque.

With the dreaded editing done, walk that bad boy across campus and turn it in.

After handing the papers in, find a nice landing spot because that mortal body is about to fall apart like a shuttle burning up in the atmosphere. Happy finals week.



The Beacon/ Jake Cochran

This very article and layout was done with the help of caffeine and sleep deprivation. Creativity and madness often go hand in hand.

Caffeination Effectiveness Scale

When it comes to getting work done, there are few things that are as completely necessary as being effectively caffeinated. This is my pseudo-scientific scale that rates my go-to caffeine selections, based on the criteria of energy level, duration of kick, productivity, creativity and focus. I may not be a doctor and have little to no scientific basis for these ideas, but this paper is in your hands right now, and you can bet your ass I was effectively caffeinated to make that happen. Below you'll find my suggestions, listed from worst to best:

Coffee: It tastes like old shoes and it's warm. I don't have time for this. I'm not trying to look like an intellectual. I don't need to brew up a pot of coffee. If I was going to sit around and talk about feelings, I'd prefer hemlock so the conversation could end quicker. Coffee might be some people's go-to but it gets a terrible score on my scale.

Monster Energy Drink: At one point in time I would have said this was the best out there, but at one point in time people thought the world was flat, that time wasn't the brightest moment in history and the opinion of my 10-year-old self should be valued equally. Just like coffee, it might be for some people but those people don't include me.

Rockstar Energy Drink: On a taste standpoint this isn't the worst thing in the world. A couple sips of this will have you feeling motivated but that's only because I'm pretty sure this is what they put in hummingbird feeders. Rarely can you feel the sugar in a drink, but this is definitely one of those instances. It's useful and workable, but by no means my first pick.

5-Hour Energy: In a world where everyone wants to pretend that their unhealthy habits are actually healthy, this would be the best choice. But the biggest problem with these is the idea that compared to alcohol, it's the shot equivalent of energy drinks. It'll send you from feeling great, to "I need to go lie down and die." Handle these with care.

Amp Energy Drink: This is probably my second most frequent energy drink of choice, but it's not based on the idea it's second best. Blue Amp or Purple Amp are really the only ones worth drinking ever, the Green one is just syrupy, the Red one is like cough medicine, and I don't think anyone has ever drank an Orange Amp, (just check Rifkin, they never move). But convenience is a huge factor in this. I'll be at the Beacon office any given day, creativity and motivation are running low, I grab one of those blue bad boys and, BAM! Pages are magically laid-out. Purple is acceptable but Blue is the go to here.

Red Bull: These are my bread and butter. Realistically, I burn through a case and a half of these on any given production week, if there was Red Bull Breathalyzer Test I'd blow a .75 on Saturdays easily. The reason why is not because of power, but the idea that these are long lasting and don't get from incredibly creative to incredibly off-topic too quickly. Some of my best ideas come from this and have saved my collegiate career more than Wikipedia.

Cocaine Energy Drink: Rarely in my life have I found an excuse to be this amped up; rarely, but that does not mean never. The times I've been downing these bad boys were, some last minute creative Christmas shopping, before Jiu-jitsu worlds and writing a twelve page law paper. Needless to say all that stuff was crushed; Christmas was great success, worlds I blew out everything in my knee in the first round and didn't know until I was driving home, and that paper saved my GPA. Err on the side of caution here, but I'm not your mother, do as you will.



@wilkesbeacon

jason.cochran@wilkes.edu

Frank's mid-season NFL game recap and analysis

Frank Passalacqua

Sports Editor

As the 2013 NFL season just reaches past mid-way, we all can all agree the year is flying by.

It becomes apparent to the average NFL fan, which teams start to stand out. Whether it be for becoming an elite team, or for being labeled as a joke, this is the time of year where standings and predictions become important.

Everyone knows the elite group of teams like the Denver Broncos, New England Patriots, and Seattle Seahawks were expected to be contenders, but who saw the Kansas City Chiefs starting off the season at a perfect 9-0? Before we get into the best and worst of NFL teams, let's start off with that 'middle class' if you will.

After watching the first 10 weeks of the NFL year, there are a few teams who are flat-out inconsistent on a weekly basis. It works out perfectly, because those teams are the ones with a 5-win record. Yes, the Arizona Cardinals, Chicago Bears, New York Jets, Dallas Cowboys, and the Philadelphia Eagles all have five wins to date.

I would include the Green Bay Packers in this section, sitting at 5-4, but their recent injury to Aaron Rogers is the only reason they aren't 7-2.

Looking at the teams mentioned before, the biggest issue that strikes this team is inconsistency. There is no other way to put it. The Philadelphia Eagles opened the season on fire against the Washington Redskins, and Chip Kelly seemed to be an offensive-mastermind. Well, that light quickly faded as the Eagles have yet to gain solid ground at an even 5-5 record. Yes, they too have dealt with their share of injuries, but there are times that high-

ly acclaimed offense struggled to even score a touchdown in an entire game. With Nick Foles playing at an out-of-this-world level, I expect them to find their groove and break away from the pack.

Looking at the Cowboys and Jets- they are a toss-up each week.

Dallas recently got blown out 17-49 to the New Orleans Saints, who literally picked them apart on every aspect on the field and made them look like a high-school team. With player breakdowns in Dez Bryant and an apparent mid-season collapse, the Cowboys have not been on a good run. Maybe it was that last-second heart breaker to the Detroit Lions that broke the team chemistry.

Now, the New York Jets are another team with a perfect definition of inconsistency. The Jets have a solid defense; there is no denying that. With one of the best run-stopping defensive lines in the game, all they would need is some flare to their offense, right? Absolutely, because that was not a trick question.

I think the problem lies in rookie quarterback Geno Smith. Obviously, as a rookie, this is kind of expected. However, it is Smith that I blame for the team not easily sitting with the top-five teams in the NFL.

Smith has thrown for only eight touchdowns in nine games, but has 13 interceptions and three lost fumbles.

I don't get it. The Jets are the only team that have stepped up and beat great competition, like the New England Patriots and New Orleans Saints, but fail miserably other weeks and get blown out to the Cincinnati Bengals 9-49, and fall to teams like the Titans and Steelers.

That leaves the Chicago Bears and Arizona Cardinals. Both teams speak for themselves and continue to flip-flop each week. The Car-

dinals are dealing with a new quarterback this season, and the Bears keep missing big opportunities to come away with the win. Regardless, both teams lack any form of...consistency.

Next, we'll get into the teams that are looking at a good draft pick. First, the Atlanta Falcons receive my vote for most upsetting team of the season. They lost no key players during the offseason, and just look like a mess each week. At 2-7, they can sit this one out and re-think for 2014.

Getting into the obvious, the Jacksonville Jaguars are just inexcusably bad. At 1-8, they statistically are the worst team in the NFL. The Tampa Bay Buccaneers are also 1-8, which is kind of shocking to me as well. They gained a good number of players this offseason, like Darrelle Revis and Dashon Goldon, but have a disastrous offense. Releasing quarterback Josh Freeman and losing Doug Martin to injury are certainly keys to their failure.

We also have the notable teams who we can just shake our heads at each week; the Minnesota Vikings, Houston Texans, Pittsburgh Steelers, and I'll even throw the New York Giants into this discussion. Adrian Peterson is the Vikings, and that's that. Looking at the Texans, what in the world happened to them? They ended last season at 12-4 and looked to be a serious Super Bowl contender, and this year they sit at 2-7. As for the Steelers, what can you say, their age is showing. I did include the Giants, only because of their 0-6 start and the pace Eli Manning is on to break a season-high interceptions thrown record. They are, however, on a three-game winning streak, but don't look now.

Lastly, we have the teams growing their playoff beards early. I briefly touched on the Chiefs in the beginning, but that story is amazing. Last year, they sat at the bottom of the

NFL with a record of 2-14. With the addition of head coach Andy Reid and some solid draft picks, they are the only undefeated team in the NFL. In fact, they are so good, they have allowed less points this season (111) than the Jaguars have managed to score so far (115).

The Patriots are expected to be in the running each year for top-caliber teams, and they never disappoint. The departure of Wes Welker in the offseason and injury to Rob Gronkowski definitely set their offensive pace back a few weeks, but mid-way through the season, teams better watch out.

Seattle is second in the league with a record of 9-1, and always manage to come out with a dramatic win. Whether it is a crazy comeback to barely win the game or just a blow-out, Seattle has something good to cheer for on Sundays. And the last team I will brag about is the Denver Broncos. Of course they are a great team, Peyton Manning is their quarterback. Each week, Peyton puts on a spectacular show and the Broncos are probably everyone's pick to reach the Super Bowl. However, head coach John Fox has been hospitalized due to a stroke, so it'll be interesting to see how they cope with that.

A tell-all game will be when the Chiefs face the Broncos in their Week 11 matchup, that'll be a good one.

Silent but deadly teams, comfortably sitting at 6-3, are the Carolina Panthers, Detroit Lions, San Francisco 49ers, and Indianapolis Colts. Without getting into detail, they are wild-card teams that have a good chance to catch fire and make some major upsets in the playoffs.

Let's see how the rest of the season unfolds.



@wilkesbeacon

frank.passalacqua@wilkes.edu

Richie Incognito: locker room bully or media made monster?

Drew Feniello

Staff Writer

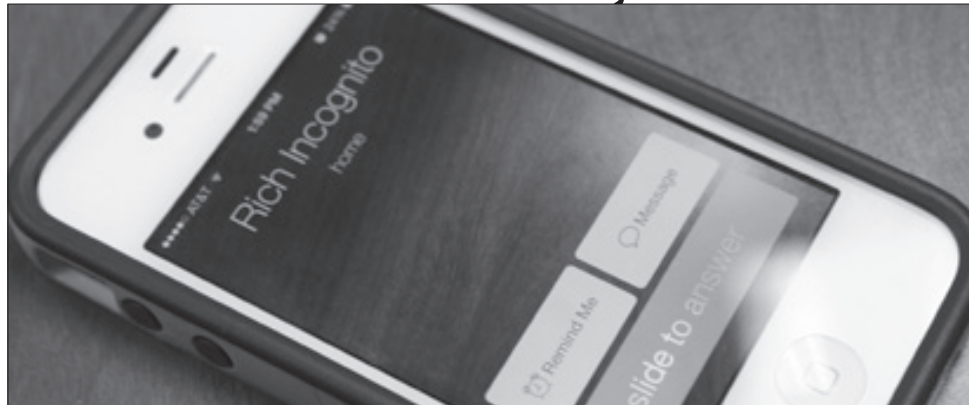
Mid-way through the NFL season, the media should be talking about playoff pushes, teams who aren't living up to expectations, or players making a statement for MVP honors.

Instead, media outlets such as ESPN & the NFL Network have been talking about a bullying scandal that happened/is happening in the Miami Dolphins organization.

A few weeks back, it was reported that Dolphins tackle Jonathan Martin had left the team for personal reasons. As the media tends to do, they jump the gun on how and why the situation occurred, most of the time making biased judgments that can affect the way we as fans look at both teams and players.

It was reported that Dolphins starting guard Richie Incognito had been bullying Martin to a point where Martin became emotional distressed, causing him to leave the team.

Incognito strongly denied these accusations, tweeting at ESPN NFL Insider Adam Schefter: "Shame on you for attaching my name to false speculation. I won't be holding my breath for an apology."



As the days went on, more reports came out attaching Incognito's name to this negative situation, with the media presenting us with information about how Incognito has been a bully since college, players hate him, and supposed actions he took against Martin.

Texts were revealed from Incognito to Martin, where Incognito used slurs that may not be written in any paper.

Incognito blames these texts on the persona of the locker room, saying how things said in the locker room are not meant for the public ears, but rather for a group of grown men who spend countless hours a day with each other,

more than they spend with their individual families.

Players and analysts have backed Incognito, while others, including former Jets linebacker and current NFL Network Analyst Bart Scott, who said "He would have got a swift kick in the butt and would have been thrown out the door. It's no way we would've allowed him to come in here."

Incognito, along with Dolphins quarterback Ryan Tannehill have stated that they thought that Martin and Incognito were the best of friends, with Incognito stating to Fox's Jay Glazer in an interview that he always had Mar-

tin's back.

Some have called Martin "soft" and reports state that the Dolphins' coaches asked Incognito to "toughen up" Martin.

While none of us know what exactly transpired in the Dolphins' locker room, one thing we know for sure is that the media has turned this situation, where a grown man is going through depression, into a circus.

You cannot watch an episode of SportsCenter without hearing one analyst comment on how he or she perceives the situation. As I sit here and write this, I have received a text message from ESPN regarding the situation.

The media has blown this entire situation out of proportion, leading us to believe Incognito is this monster. With bullying having such a strong impact in the lives of people, especially kids, the media has now made Richie Incognito the face of bullying in America, without ever having heard a statement from Jonathan Martin.

We have seen this happen before, and now the Miami Dolphins organization has had the media damage their reputation, and the lives of both Richie Incognito, and Jonathan Martin.



@wilkesbeacon

drew.feniello@wilkes.edu



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Contact editor: frank.passalacqua@wilkes.edu

Wilkes men's basketball team announces captains Season opens as Colonels look to build off last year's 11-13 record

By Frank Passalacqua
Sports Editor

Nothing is more exciting than the start of a season. Jitters, nerves, being anxious, and finally being able to play after an off-season of practice is what fuels college basketball teams for a playoff bid come March.

Players on the Wilkes men's basketball team have a mindset for this season: "This is it." The general feeling was this is their year to redeem themselves after last year's 11-13 record, going 4-10 in conference play.

This is a new year, with new players and a new mindset.

Wilkes opens up its season Nov. 16 against Penn State Allegheny in the Washington & Jefferson Tournament.

Recently announced, the Wilkes men's basketball team named three captains for their season. Devin Dunn, Patrick Furst and Chris Shovlin will be deemed tri-captains for this year.

Dunn is a sophomore guard who averaged 1.3 points and 1.1 rebounds in the 10 games he played last season. After an off-season of development, Dunn reflects the privilege of being named captain in only his second year on the team.

"It's a true honor; I couldn't have done it without the support of my teammates, every single one of them," Dunn said. "They all accepted me as a captain from day one, and I couldn't have asked for them to react any better way. It would be a tough job without this team."

Second captain is forward Patrick Furst, who, in his senior year, looks to add to his impressive 7.3-point and 3.1-rebound junior campaign. Furst played in 23 games last year.

"Our team as a whole has put in a huge amount of time and work into pre-season conditioning," Furst said.

"The captains all agreed on taking the pre-season to the next step in order to have the right mindset for the season. Day in and day out the whole team has been in the weight room working out trying to get stronger and quicker and almost everyday of the week we were in the gym either playing or conditioning ourselves for the season."

Last but not least is senior guard Chris Shovlin. After returning to Wilkes after a six-year break from his original 2004-06 campaign, Shovlin picked up right where he left off.

Last season, Shovlin averaged 21.1 points, a Freedom Conference best, 5 rebounds, and 6.5 assists. His play earned him First Team All-Freedom honors last year for adding a versatile attack to the Wilkes offense.

Looking back to what hindered the basketball team previously, Coach Rickrode made



The Beacon/Zobaida Azad

Guard Devin Dunn, at left, gets set on defense during a recent practice session for the Colonels at the Marts Center. The 6-2 guard from Staten Island will be one of the team captains for the 2013-14 season.

sure to emphasize team unity going into this season. The word "family" has been adopted by many sports teams today, and the basketball team chose to make the meaning more than just a word, but a team lifestyle.

"We choose to constantly use the term "family" when we are around each other because it let's everyone know how close to one another everyone is on this team," Furst said.

"Everybody on this team has put in so much work in the off-season. The Wilkes men's basketball "family" is motivated and ready for a successful season.

"The one thing about our team this year is

the fact that everyone has dealt with adversity sometime in their career at Wilkes or in their lives," Furst said. "What makes the team this year different from the team last year is our chemistry and how close-knit of a group we all are."

Dunn concurred with the statement regarding team chemistry and attributed last year's season as a means for improvement.

"Coach Rickrode has done a great job at increasing the chemistry and getting is all ready for a great season," Dunn said.

"Last year was a rough year, there was no true chemistry, along with the injuries. We

could never get it going last and practice wasn't half as intense as it is this year. The team now feels like more of a family, with everyone pulling for each other and willing to help the team in anyway they could."

The team plays its first home against Baptist Bible College at 7 p.m. Nov. 19. After games at Baptist Bible Nov. 19 and Rosemont College Nov. 23, the Colonels open Freedom Conference play at 8 p.m. Dec. 4 at the Marts Center.



@wilkesbeacon
frank.passalacqua@wilkes.edu

Cheerleading team dealing with a unique problem this season



The Beacon/David Lee

to handle as a full time student, it's also a physical strain on their body. Members have a lot to remember with over forty different cheers to remember,"

Seniors Lauren Para and Keri Skvarla agreed with their coach. "All cheers are alike, and it is hard to remember all of them considering all of them are different in a different kind of way," said Para and Skvarla.

"We like to joke around that we have a four word vocabulary. Blue, Gold, Wilkes, Colonels, Go," is usually what you will hear us cheer at the games said Skvarla.

Although cheer is not a Division III sport here at Wilkes, cheerleaders like Para and Skvarla hope it can be soon.

"The past few years it has been a club, and we want it to be more than a club," said Skvarla and Para.

Coach Pluskey said, "It's just as physical as others sports and requires same amount of work as others sports do at Wilkes."

If the cheer team here becomes recognized as a Division III sport, they would be able to compete against other colleges in competitions. Para and Skvarla suggest giving cheerleading some consideration before writing it off "they should try cheerleading, it's a lot of physical work that is put into it that people don't see," they said.

"We definitely think it is a sport because it requires a lot of physical activity. It's a lot more than just cheering and dancing," said Para.

"Stunting is dangerous and everyone has to work together to avoid injury," Skvarla added.

The cheer team starts off practice a week before school starts when they have cheer camp. They then work from that week all the way until the end of February, when the basketball season is over.

"When one season is done, the other is just beginning" said Para.

Skvarla and Para said that everyone on the team considers themselves family. "We feel like we are closer than other cheer teams are, we consider ourselves sisters."

The cheer team will be doing its last football game on Saturday at King's College. They will then be on the basketball court a few days later, cheering on the Basketball team.

"I'm kind of worried about basketball season. I don't know how we are going to fit everyone behind the basket, I really don't know what we are going to be doing," said Para.

Come check out the cheerleading team at 7 p.m. Tuesday, Nov. 19, at the Marts Gym as the men's team takes on Baptist Bible College in its home opener.



@wilkesbeacon
brandon.gubitosa@wilkes.edu

This years' cheerleading team features the largest roster in it's sixty nine year history. It also has a male member on the roster for the first time in seventeen years.

By Brandon Gubitosa
Sports Writer

also has Tyree Mrykalo, who is the team's first male cheerleader in 17 years.

Two of the seniors, Lauren Para and Keri Skvarla, have been with the team throughout their four years at Wilkes. To them, this year is completely different than their other years as a cheerleader at Wilkes.

"When we started off freshman year we were two of the eight girls on the team" said Para and Skvarla. "We remember whenever we were short a person, coach would have to run out in her heels and fill in as a base for one of our stunts."

Former Wilkes cheerleader Lauren Plus-

key is currently entering her fourth year as coach. She started here in 2010 and has watched the team grow in numbers over the past few years.

Currently, the team cheers at all the home football and basketball games, and when the team is playing locally. They practice twice a week for two hours working on routines, and doing stunts in the gym.

"Stunting is unique from high school cheer as they are doing college level stunts," said Pluskey. College level stunts are three people high, and include a base and two flyers.

"It's a lot of work," said Pluskey "It's a lot

For this season, the Wilkes University cheerleading squad is the biggest squad in the 69 years of cheerleading here at Wilkes University.

The cheer team was founded in 1944, becoming one of the first activities at Wilkes. Since its inception, there has never been a team that has had as many members as the team has this year.

This year, they have 33 members, four of them being seniors. This year's team

Getting to know...

Chelsea Brown

Junior Basketball Player

by **Jake Cochran**
Editor-in-Chief

Chelsea Brown is a junior marketing major and plays forward on the women's basketball team. Brown has averaged in the double digits for points in each game played this year, with 14 and 16 respectively. Brown has also amassed a solid defensive presence with 4 blocks and 5 steals in the first two games.

What is your role on the basketball team?
I think my role is just to obviously produce some offense for our team, rebounding, defense, and things like that.

Would you say you are a motivational leader for the team?

Kind of, I'm not a captain but I think the freshman look up to all the upperclassmen a little bit.

Since you've played all three years here at Wilkes, what has the biggest change been?
Well freshman year is especially hard to adjust to the pace of college basketball. So I definitely had to adjust there and then, the whole new coaching staff, and the new teammates is different but it is a good change.

What was the thing that drew you to Wilkes?

I liked the small school, I wanted to kind of close to home, I'm about two hours away so it's not really far but it's not really close and then I liked the size of it; the classrooms and then obviously the basketball program.

Do you have any pregame rituals that you have to do to have a good game?

I always listen to music, I usually stretch around and I usually have a Powerbar but that's pretty much it.

Do you have a set playlist that you have to listen to before the game?

Kind of, it's just like pump-up music, like rap and hip-hop stuff.

Like what specifically?

Oh god, um, probably some Nicki Minaj, Drake, stuff like that.

Are you superstitious at all before your games?

Not really.

There's nothing specific that you have to do?

No, not really, Elena Stambone, one of my teammates, we usually have a little handshake that we do but that's pretty much it.

When you're on the court, do you stay focused on basketball or do you let your mind wander?

No I pretty much stay focused on the next play, on what we're going to run, what we need to work on, stuff like that.

What is the most fulfilling play you can have when you are out there?

I don't know, maybe a good defensive stop

and then transition to the lay-up or something like that.

Do you get more joy from playing defense or offense?

I don't know it's kind of hard, I like both. It's definitely a good feeling when you make a huge defensive stop and then get another score off of that and shut their defense down.

What was your best game you ever had here at Wilkes?

Maybe last year when we played Delaware Valley the first time.

So what happened then?

It was just like really good press defense and we were able to get a lot of baskets off of the lay-ups and stuff.

Do you have any goals for the season?

Win the MAC Championship, we want to go further than we did last year.

Do you have personal goals you set for yourself?

I guess just try to make more foul shots, be more consistent, just make sure I'm playing my roles to the best I can.

Is there anyone or thing you try and emulate when you are on the court, is there anything you try to make sure and do?

I want to make sure that I am driving and being aggressive, trying to get the basket, score, rebound.

Do you have a motivational mantra that you repeat to yourself?

Not really I just think to always stay positive and to do well, just think about what I'm doing and keep doing it.

Is there anyone you want to thank?

I think my parents, they definitely help me keep working hard in the offseason or the summer because sometimes it gets hard to continue to play throughout the whole year. So they definitely motivate me to keep working and pushing through and stuff like that.

The Beacon/Jake Cochran



@wilkesbeacon
jason.cochran@wilkes.edu

'You Do What?!' Fencing puts students En Garde

Introducing alternative sports to the world one weird look at a time



The Beacon/Jake Cochran

Both participants are hooked up by electrical wires to a device that tells when a point is scored. Due to the fast paced nature of the sport, spotting who makes contact first when fencing is typically far too difficult to do with the naked eye. In some instances, even the pads have sensors to detect legal and illegal hits.

by Ashley Evert

L&A&E Assistant Editor

"You Do What?" is one incredibly unathletic girl's journey to explore alternative sports. Check back every week for my take on sports I once knew nothing about and now find fascinating.

Personally, when someone says fencing, I think about that intense scene in the James Bond movie, "Die Another Day", where Bond and Gustav Graves fight until blood is drawn. It's all swishing swords, the clang of metal, and eyes burning with bloodlust.

This fight, however, is an enigma in professional fencing. Fencing that isn't played for cinematic drama to physically harm the opponent is played using foils, not actual blades.

Foils resemble long, thin swords but actually have a type of button on the end that presses in when a player is hit. The foil is hooked up to a machine that allows judges to award points easily.

There are three types of fencing, foil, sabre and épée. The Fencing Club at Wilkes primarily practices foil fencing with the beginner students.

"The goal of the sport is to basically hit your opponent before they hit you," said Rita Willard, a sophomore undeclared student.

The game is very strategic and position-

based. Footwork is of huge importance and there are exercises used to practice different footwork techniques.

"Those exercises can be anything from practicing footwork to practicing lunges on each other and critiquing each other," Willard said. "Footwork is key, and your feet don't want to be where they need to be so you have to practice positioning."

Fencing Club practices run on Monday, Wednesday and Friday from 6 p.m. to 8 p.m. in the basement of

Downtown Arts on 47 North Franklin St.

Practices are separated by skill level. Beginners are grouped together and learn the basics while more advanced fencers spar with each other.

"When we went to our first fencing club

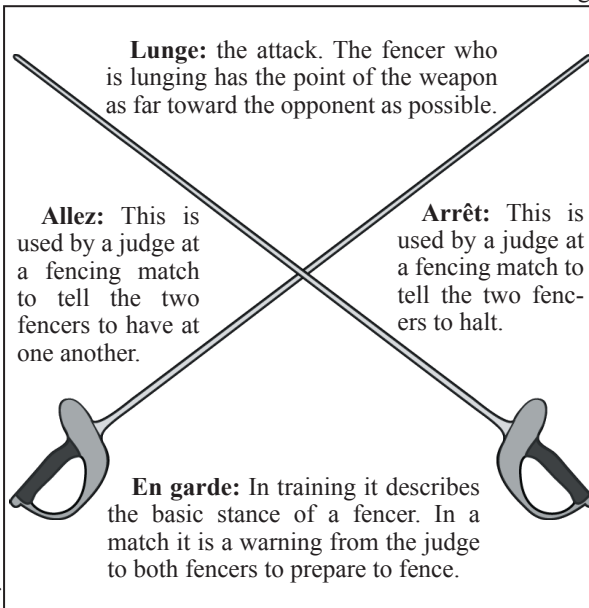
meeting, he [the instructor] put us in front of mirrors and started teaching us different ways to move. You learn how to get better footing and

balance," said Em Leonick, sophomore English major. "Fencing Club will literally teach you everything from the bottom up."

The Fencing Club offers a full semester of free lessons to students. The club has equipment that students can borrow until they decide if they are going to stick with it or not. Equipment for fencing includes jackets called lames, pads, face

masks and foils.

Most of the equipment only protects the torso, so the rule is to aim below the neck and above the waist to avoid serious injury. Fencing is co-ed and because fencers aim for the chest, female participants wear a hard plastic chest protector.



"The guys would apologize before we had a match because they knew that's where they were going to hit us and we'd say, 'No, man, we're good. We're padded,'" Leonick said.

"When we found out that there was a fencing club here we all kind of looked at each other and said how this is college and we need new experiences, so let's fence," Leonick said.


"It's a low pressure atmosphere, everyone is super nice and not judgmental of the fact that you're just learning," Willard said.

Fencing is a non-contact but still very physical. Willard described the stance as constant squatting. "Back straight, knees bent, it's all thigh work. You can feel it," she said.

"It's a great workout... you don't notice until the day after when everything hurts," Willard said. "I definitely felt myself getting used to the posture and getting quicker."

"I stood up a lot straighter," Leonick agreed. "My posture was amazing. You become really aware of your body."

Students can contact Dan McCune, the adviser for the club, at danmccune@wilkes.edu for more information.

 @wilkesbeacon
ashley.evert@wilkes.edu

Artist Profile: Chad Stanley and Jim Lennox



The art of Chad W. Stanley, a Wilkes faculty member, and Jim Lennox, a former faculty member, are being featured in The Sordoni Gallery until Dec. 15.

The paintings of Stanley, an associate professor in the English department at Wilkes, share a common theme, literature. He says his artistic style is expressionistic.

He came to Wilkes in 2005 after receiving his graduate's degree at Connecticut University.

"It's really thrilling to have this shown at Wilkes," Stanley said. "It's inspiring, and it's more than a hobby to me because it deals with literature."

Before studying English and literature, Stanley attended Pratt University in upstate New York for minor graduate studies.

"Pratt was more of a liberal arts school, and I wanted more than that," Stanley said. He would transfer to Syracuse for painting, eventually switching majors. Before becoming

an English and history major, Stanley also studied physiology.

Sculptor Jim Lennox had also taught at Wilkes University, beginning in the 1990s. Lennox grew up on a farm learning construction and fabrication skills, which is still used in his work.

"It is a very joyful experience to translate an idea from a drawing, or a thought I have in my head, into a three dimensional object," Lennox wrote in his biography.

Lennox sculpts primarily with metal.

"Over the years I have taught myself how to move and manipulate the metal into compound curves," Lennox wrote.

Jim Lennox's work is in the main gallery, titled "*nine-O-one: Jim Lennox Sculpture and Paintings.*" "*Visual Literacy: Paintings by Chad W. Stanley*" are in the Sordoni Art Gallery Annex, the room adjacent to the main gallery.

Gallery hours are from noon to 4:30 p.m. Tuesday through Sunday.

Story by Rasha Shaker, Correspondent

