



Est. 1936
Pa. Newspaper
Association Member
Volume 68 Issue 14

THE BEACON

The news of today reported by the journalists of tomorrow.



Breaking the Silence
students stage protest
more on page 4

Above: Erica Chambers, organizer, brands herself with Eric Garner's iconic last words at the Black Lives Matter protest

The Beacon/Rebecca Voorhees

News

Have a breaking story or a press release to send? Contact the news editor: sarah.bedford@wilkes.edu

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Beacon Briefs

Off Campus Federal Work Study Positions Available

The Civic Engagement Office has several off-campus federal work study positions available at local non-profit agencies. Please contact Megan Valkenburg at megan.boone@wilkes.edu for more information.

Tax Form 1098-T Tuition Statement is Now Available

Tax Form 1098-T Tuition Statement is now available online. You can access your 1098-T online at mywilkes.wilkes.edu. Enter your username and password, select Student Services tab and then select Tuition Statement (Form 1098-T) under My Records.

Relay for Life Yankee Candle Fundraiser

The Yankee Candle fundraiser run until February 28 benefitting Relay for Life. The candles must be purchased from a selling member or you can order online. Just ask any Relayer for more information or email justin.davis@wilkes.edu.

PBL Soda Tab Collection

Wilkes PBL will be doing soda tab collection for donation. Soda tabs will be donated to the Ronald McDonald House. Donations will be collected in any of the jars around campus until April 18.

Alumni Association Scholarship

Do you have a parent or grandparent who graduated from Wilkes? If so, you may qualify for the Alumni Scholarship. Deadline is Feb. 27.

Sophomore Bus Trip

Join Student Development on a Mystery Bus Trip just for sophomores on Saturday, March 14. The cost is \$10 and includes transportation and dinner. Sign up at the Information Desk.

"Soul Food Wednesday" in Honor of Black History Month

In honor of Black History Month, Dining Services, The Office of Diversity and MSC are bringing the Wilkes Community "Soul Food Wednesday" in the Henry Student Center Cafeteria.

SG notes: IEEE, Big Event approved; GSA, Spring Fling

By Taylor Ryan
Staff Writer

On Wednesday, Wilkes University's Student Government held their weekly meeting.

Last week IEEE Student Chapter requested funding for the annual Engineering Olympics. This event invites local high schools to come and compete in the all-day event. The organization requested \$3,895. This money will go towards t-shirts for volunteers, food, maintenance, awards for the students and the supplies needed to put together each event. Student Government allotted IEEE \$2,370 to be used for events, t-shirts and maintenance.

Another follow up on last week's meeting, the annual Big Event will be held on April 25, this year's total coming to \$3,292.77. This total was passed and the Big Event organization will be given the total needed to put on this university wide event. The new design was also discussed along with what colors to use. The final details are still being worked out.

New business that was covered in this week's meeting, a non-club request, was a senior project request. A group of 8 students in the EES and ENV department were

accepted to present their projects at The Geological Society of America. They have requested \$2,000 to cover the registration fees, lodging and extra workshops. Student Government will cast their final vote in the meeting next week.

Other topics that were covered included the budget for Spring Fling. The Spring Fling dance will be held at Genetti's on the square, on March 27 from 6-11 p.m. Tickets will go on sale February 23 and then again after Spring Break. The theme is Black Tie this year and the favors will be champagne glasses. To try and change things up a little more this year, there was a new idea of a live band instead of the DJ that is usually brought in for these events. This live band would cost about six times what is usually paid for a DJ. This brought some discussion to the topic. Student Government will make the final decision in next week's meeting.

The council reviewed the Treasurer's report. The current budget is as follows: All College: \$46,786.37, General Funds: \$2,706.20, Conference: \$2,875.00, Spirit: \$1,250.00 for a Student Government total of: \$53,617.57.


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National Book Award winner, Phil Klay lecture

By Sara Pisak
Asst. Opinion Editor

2014 National Book Award winner for Fiction, Phil Klay, visited the campus on Feb. 10, as part of the Spring Writers Series, an English Department event sponsored by the Allan Hamilton Dickson Fund. Klay, a Marine Corps Veteran, is gaining national attention and honors for his recent collection of fictional short stories, entitled *Redeployment*. In *Redeployment*, Klay brings to life the realities soldiers face both during deployment and on the home front. During his stay on campus, Klay lent his writing and his public speaking talents to students, serving as a class guest speaker, writing workshop conductor and guest of honor at a public reading.

Seemingly unphased by the public attention and his new found literary rock star status, one only needs to speak with Klay for a few minutes before realizing that under his cool, laid-back demeanor is an extremely well-read and well-versed author. Taking time to speak in Dr. Kuhar's Postmodernism Literature Class, Klay and students discussed and analyzed three of his short stories, "Redeployment," "Bodies" and "Ten Clicks South" which are located within *Redeployment*.

Afterwards, Klay conducted a private workshop with students, who had the privilege to discuss a wide range of topics in an intimate setting. Klay divulged some of his favorite authors both in the short story genre and beyond, crediting Isaak Babel, T.S. Eliot, Flannery O'Connor and Fyodor Dostoyevsky as a source of inspiration. Klay was quick to anecdotally include, to break-up the monotonous time he spent in military training, he memorized T.S. Eliot's *The Wasteland*. Klay was also eager to discuss

the process of acquiring a literary agent and the process of submitting manuscripts to students interested in possibly following in his footsteps.

Similarly, when conferring about business, Klay let his personality shine through, informing students he never considered "an author" as a job title. Klay jokes, "Writing is a shameful side-habit that is not to be talked about." He continued to elaborate, "Writers are weirdoes, who spend a lot of time alone imagining other people."

It was asked if a particular story stood out in Klay's mind, whether it was for challenges the story presented, character development or favoritism. Klay responded by stating, "Each story presents a different challenge." Klay expanded upon this notion, by detailing as

a war veteran these stories required him to not only complete research but to sometime relive and "dwell in a negative place or to write from a negative character voice," thus each story occupies a different personal sentiment for the author. Klay also discussed the way in which his stories are linked throughout this text. Klay asserts that each story "is not a one-off." The first few vignettes "help to inform the reader's perception of the latter stories." Klay persists, "Jetted against the



The Beacon/Gabby Glinski

Junior English major Gabriella Romanelli, shown above, has a conversation with Phil Klay at a book signing on his visit to Wilkes University.

backdrop of war, all the stories assist in what needs to be a conversation." As the workshop concluded, an obvious observation was that Klay has created a far sweeping, everyday conversation centered on the elements of combat that might have otherwise been overlooked.

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Klay holds public reading: "Bodies," "Ten Clicks South;" Q & A

By Sara Pisak
Asst. Opinion Editor

A public reading by Phil Klay held in the Henry Student Ballroom at 7 p.m. on February 10, 2014 offered fans not affiliated with Wilkes University the opportunity to hear Phil Klay read two of his short stories: "Bodies" and "Ten Clicks South."

Klay's narration adjusted with each story, filling the audience with varying accents of characters and emotional narrators. Guests were also afforded the opportunity to learn more about Klay himself during a question and answer portion of the evening.

Klay shared personal stories about his time serving as a Public Affairs Officer in Iraq. Klay regaled the audience with the reason

behind his decision to join the military. The audience learned of a long standing tradition of service in Klay's family, telling the audience of his father, who served in the Peace Corps and his mother, who worked to secure medical aid for others. Klay states that he was drawn by the phrase, "Be men for others" as a reason to join the Marine Corps.

Other spectators were concerned with Klay's style and perception of writing. When discussing if he viewed his writing as a coping mechanism, Klay states that he is now "more connected to those who have not served" after completing *Redeployment*. Klay also answered inquires, about the use of profanity and shocking images throughout his text. Klay asserts, he does not push the boundaries

too far. He states, "These aspects deserve to be thought about because people carry these things with them." Klay continues, "These are for understanding but should not be used gratuitously."

Klay concluded his reading by discussing his upcoming projects. Although he is not willing to divulge details, Klay promises he is authoring a new project as we speak. Those in attendance were also able to have Klay's book signed before the reading officially came to a close, wrapping up Klay's insightful day shared with students.

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Phil Klay:

- Graduate of Dartmouth College.
- U.S. Marine Corps Veteran.
- Served as a Public Affairs Officer.
- Received an MFA from Hunter College.
- Writings have appeared in The New York Times, Washington Post, Wall Street Journal, Newsweek, Granta, Tin House and various other publications.
- 2014 National Book Foundation, 5 Under 35 Honoree.
- 2014 National Book Award Winner, Fiction.

Students protest in support of Black Lives Matter movement

By Pat Walther
Asst. News Editor

Students of Wilkes University joined together on Feb. 12 to support the Black Lives Matter protest movement. Assembling in the SUB during club hours, they distributed signs with facts, statistics and the famous "BlackLivesMatter" hashtag to each participant. The protesters stood in the center of the SUB in an effort to make their presence non-negotiable.

Organized by seniors Kayla Rooney and Erica Chambers, the protest's mission was to voice student opinions in relation to the recent criticisms of law-enforcement in the shooting deaths of Michael Brown and Tamir Rice, among others.

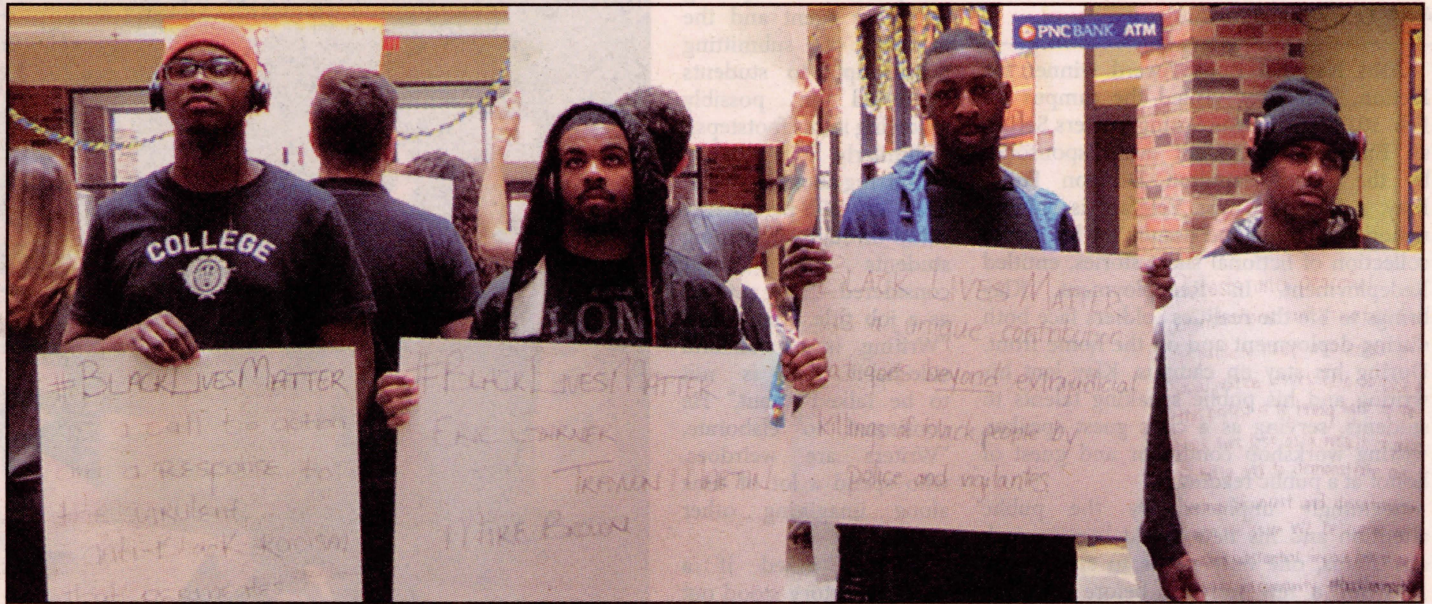
"We just felt like it was time for us to make our voices heard about this issue," said Rooney. "I feel like a lot of us on campus have been talking about it ever since (Black Lives Matter) started. It's hard to know if people would want to join in with something like this, but we knew it was finally time to do something."

Rooney makes it clear that the fact that February is Black History Month is no coincidence, either.

"We came up with the idea in January and thought maybe we could wait until February for Black History Month and tie it all together," Rooney said.

The Black Lives Matter movement and its accompanying hashtag started after the fatal shooting of 17-year-old Trayvon Martin in 2012. George Zimmerman, the shooter, was acquitted of all charges against him in a highly controversial court case.

The movement rematerialized after the



The Beacon/ Becca Voorhees

Jaleel Sterling, Jared Powell, James Womble and Shemar Gadson protesting for #BlackLivesMatter.

death of Michael Brown and acquittal of Officer Darren Wilson in his death on August 9, 2014 in Ferguson, Missouri.

The student protest was not without its critics, though. One student walked through protesters carrying a sheet of notebook paper with the "AllLivesMatter" hashtag written on it. The social media app YikYak was filled with anonymous users criticizing the actions of the students along with Wilkes University for allowing the protest to happen.

Senior Jaleel Sterling, who was among the protesters, commented on the dissent with, "If you really thought all lives matter, you'd

be standing with us.


"I'll be honest, I didn't even want to do the protest at first," Sterling said. "But the way you deal with (the criticism) is you focus on the bigger picture and send a positive message."

A movement inspired by Black Lives Matter called Muslim Lives Matter was started after the triple-murder of Muslim students on February 10 close to the campus of the University of North Carolina, Chapel Hill.

Sterling, a practicing Muslim, had this to say: "It was scary to see three people

get killed, shot in the head, over a 'parking dispute.' It's like people are targeting all of Islam just because of a select few people who are evil."

"The way the perpetrators or victims are portrayed in the media always differ based on race. It's disgusting, the way the media chooses how to cover these stories. They sensationalize them and then downplay other things that happen," Rooney commented.

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Wilkes' campus counseling offers help to any student in need

By Sarah Bedford
News Editor

Mental health awareness is a common topic for college students nationally.

While feelings of sadness or anxiousness are common, 30% of surveyed students from two to four year institutions reported feeling, "so depressed that it was difficult to function" at some time during the year, according to a 2011, American College Health Association assessment.

While depression has influence on academic performance, it also can have long term affects such as increase chance of substance abuse and suicide.

Susan Biskup, a Wilkes University campus counselor, explained options students may have when facing depression and linked illnesses.

"If a student is suffering from addiction, we offer counseling through Health and Wellness which may lead to a referral to Wyoming Valley Alcohol and Drug Services or possibly a referral for a psychiatric evaluation from our community resource list," said Biskup. "A student can choose a provider depending on their insurance and other factors. All treatment at Wilkes is free and confidential, available to all students."

Most universities offer free or low cost counseling service and health screenings.

"Counseling is a growth opportunity providing students the opportunity to discuss personal concerns or issues with a counselor," Biskup explained. "There are so many wonderful and effective techniques to help students work through issues such as stress, anxiety, depression, grief, identity issues, eating issues, substance abuse/

addiction, family and peer relationships, sleep and adjustment issues."

Although symptoms of depression vary, common signs include feeling sad, anxious, irritable, and restless while also experiencing loss of interest in previously enjoyed activities, lack of energy, problems falling asleep, loss of appetite and feelings of sickness.

For many college students, being away from home can cause feelings of depression.


"Sometimes students arrive on campus with untreated depressive symptoms. Additionally, students can be vulnerable to depression during transitions and going away to college is a transition," said Biskup.

Depression is not something students have to face alone, as friend groups can act as an influential support systems.

"Listening to your friends is truly a gift. Additionally, recognizing and

validating your friends feelings while gently encouraging your friend to seek professional help," Biskup explained. "It can be helpful to offer to walk over to make an appointment to see a campus counselor with a friend or ask permission to make the phone call for an appointment. If it is an emergency or crisis, a student doesn't need an appointment. The student will be seen immediately by one of the campus counselors upon arrival at Health and Wellness Services located on the first floor of Passan Hall."

If you or someone you know is thinking of suicide, immediately contact a mental health provider, call 911, or the National Suicide prevention Lifeline's 24-hour hotline, 1-800-273-TALK to speak with a trained counselor.

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Student Profiles: Josephine Latimer, utilizing “creative energy”

By Alyssa Mürsch
Asst. Online Editor

With pastel hair and 5-inch heels, Josephine Latimer walks tall and fierce through Wilkes' campus. However, the confidence and ease that she carries herself with is not always an accurate depiction of how she feels.

"You feel like there's cinderblocks tied to your ankles.. like everything is clouded in this thick heavy fog. You feel like you're just moving through molasses."

Latimer, 19, describes in vivid detail what it is like to go through an episode of depression, in which she herself has fallen in and out of ever since her parents' divorce. Although a constant battle that she must repeatedly overcome, as an English major and creative individual, she credits her best work as coming from her darkest times.

When first faced with this recurrent challenge, Latimer described herself as "withdrawing from everything and everyone."

However, she was not alone, as 1 out of every 4 college students suffer from some form of mental illness, including depression, according to Healthline, a website that provides medical information, statistics and advice.

It was in these times that she most deeply explored and utilized her "creative energy." In this respect, some of the lowest points of Latimer's life unleashed what she considers to be the peaks of her literary journey thus far.

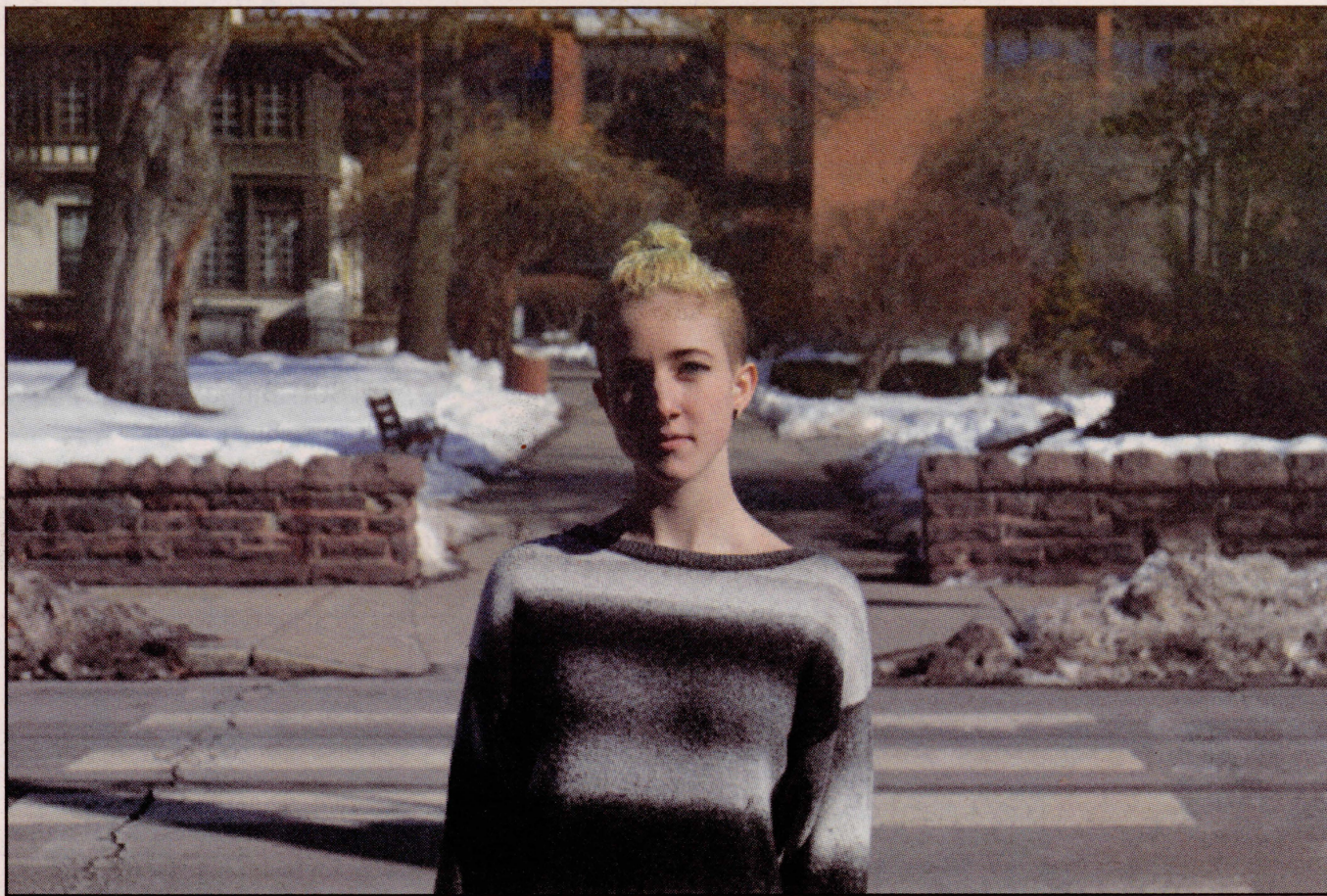
From a young age, Latimer had a passion for English, literature and writing. She portrays her childhood as a pathway to this love, as it was more often filled with books rather than toys. Growing up with an English teacher as a father and an older brother that majored in English, she was continuously encouraged to pursue her dream.

Along with her father and brother, who constantly showered her with support and assistance, Latimer described Dr. Thomas Hamill as being one of the most influential people in her progression as a writer.

"She is an engaged student. She has a voice, and when she speaks, it's important," says Hamill of Latimer.

Hamill also comments on the different perspective that she is prone to taking about the characters in the work. For example, where most students may regard a character as weak, Latimer is able to find the positive, strong angles of their identities.

Latimer's success as an English major is exemplified in the honor she was given by being one of only three students from Wilkes chosen to read their paper on the agency of good women in Chaucer at a conference at



The Beacon/ Gabby Glinski

Josephine Latimer, above, describes her bouts with depression "like everything is clouded in this thick heavy fog." However, Latimer used her creative energy and love of literature during these times which ultimately became the peaks of her literary journey to date.

Moravian College recently.

"I've always written.. specifically my poetry best defines me as person," said Latimer of her love of writing and the raw emotions she often finds herself embedding in her works.

Her writing does not only apply to school and her successes, however, as she describes it as the main outlet for her emotions, her "release." Latimer strongly feels that whether it is when she is euphoric or in the depths of depression, her times of emotional extremes are when her writing benefits most, paralleling her emotions.

Latimer relates the dark writing that often comes from this state of mind to a book she has recently read, *Secret History*. Within this story, there is a quote that attributes one's ability to find beauty in the grotesque to human nature.

By mentioning this quote, Latimer intends to demonstrate the beauty that others recognize in works such as hers. This idea is proven accurate when considering the many famous poets and writers that consider their

own depression as a driving force behind their works. These creative minds include Edgar Allen Poe, according to *The Daily Beast*.


Latimer recognizes that depression is a key factor of who she is, but she refuses to let it define her. She more readily identifies herself with the creative, raw works that come out of these dark periods, rather than the illness itself.

With this mindset, Latimer aims to squash the stigma associated with depression.

"It's something I shouldn't have to hide, and I'm not ashamed of it," Latimer said. "If more people are able to recognize that they're going through this and that they're not alone...more people would definitely seek help...I feel like that's an indicator of strength and not weakness."

As Latimer emphasizes the role of emotions in her work, Hamill also notes that she shows a "genuine responsiveness" to the controversial issues brought up in class through her writing.

Latimer further describes writing as her most relied upon coping method, and something that she has always found comfort in. If battling depression and wanting to seek help, contact Wilkes University Health and Wellness Services at Passan Hall to set up a free appointment. To make an appointment, call 570-408-4730.

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Campus
counselors offer
help
see-page 4

SG, Mega Council Events Calendar

80's Movie Night FEBRUARY

Feb 19- Mardi Gras
SUB Lounge, 8:01 pm

February 22 - Trivia Crack
SUB lounge, 2pm

Feb 26- 80's Movie Night
Sub Lounge,
Doors open 7:30 pm, Movie
starts 8pm

SPRING FLING MARCH

March 12- Roller Skating

March 20 Cake Challenge
SUB lounge, 7pm

March 26- Survivor Night
Sub Lounge

March 27th - Spring Fling
6-11pm Genetti's

March 28 - Washington,
D.C. Bus Trip

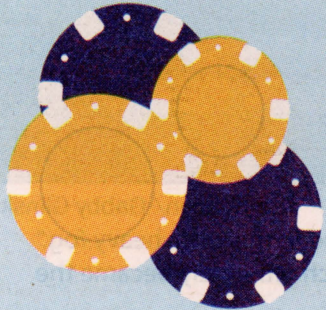
CASINO WEEK APRIL

April 7th - Texas Hold Em'
Tournament
Ballroom, 6PM

April 8th - Bingo!
Ballroom, 8pm

April 10th - CASINO NIGHT!!
7pm, SUB!

Big Event Saturday, April 25,
2015



Note: Events subject to change

Have an event? Let us know!
Contact: sarah.bedford@wilkes.edu

Multicultural: Award nominations

Every spring, the Center for Global Education and Diversity hosts a ceremony honoring members of the Wilkes community who are being recognized for their work encouraging globalization on campus and fostering multicultural awareness.

Nominations are from February 3 to March 13.

The Multicultural Awards is an opportunity to recognize those people at Wilkes who have helped students take advantage of the opportunities at Wilkes.

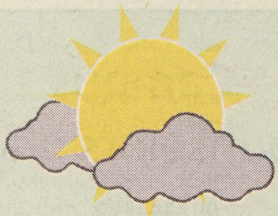
Nominations for the awards and past winners are listed at <http://www.wilkes.edu/multiculturalawards>.

The ceremony is April 9 at 4 p.m. in the Savitz Lounge.

Award categories include the Wilkes Helping Hands Student Award: Student who has contributed the most to improve the diversity climate at Wilkes; Wilkes Diversity Leader Faculty Award: Faculty member who has contributed the most to improve the diversity climate at Wilkes; Wilkes Diversity Change Agent Staff Award: Staff member who has contributed the most to improve the diversity climate at Wilkes; Wilkes Diversity Executive Award: Member of the Board of Trustees or the President's Cabinet or a Dean who has contributed to improve the diversity climate at Wilkes; and the Global Scholar and Citizen Award: A student demonstrating significant contributions toward raising international awareness at Wilkes through high academic achievement and involvement in campus and community activities promoting cross-cultural awareness.

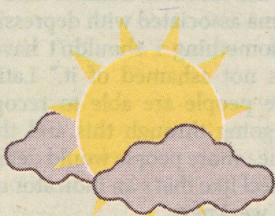
Beacon Weather Beat: Feb. 17-20

Tues.



30°
20°
Mostly sunny

Wed.



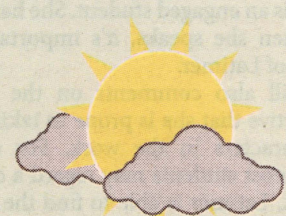
22°
2°
Partly cloudy

Thurs.



19°
2°
Mostly cloudy

Fri.



25°
11°
Mostly cloudy

Forecast as of Feb. 13 taken from weather.com

Life, Arts & Entertainment

Have a story or want your event to be featured? Contact the Life, A&E Editor: Nicole.Zukowski@wilkes.edu

Remembering 'The Great War:' After 100 years, lecture to commemorate those who served

By Nicole Zukowski
Life, A&E Editor

For many, there are grandfathers or great-grandfathers who share stories of being shipped to foreign soils in the name of protecting freedom for all. Whether the experience served as rewarding or devastating, the events witnessed are some that have lived on for 100 years and can be expected to live on for hundreds more.

In commemoration of the centennial anniversary of World War I, Wilkes University's Department of Global History and Language will host their first event through the recently developed Contemporary History Project.

On Feb. 23, The Contemporary History Project will be hosting a lecture and follow-up discussion with Jesse Tumblin. Tumblin is a member of the Smith Richardson Pre-Doctoral fellowship for International Security Studies at Yale University.

The Contemporary History Project is housed under Wilkes University's Division of Global History and Languages.

"My hope is to develop a self-sustainable program that people will be interested in attending," said Dr. Jonathan R. Kuiken,

assistant professor of history.

The Contemporary History Project's purpose is to engage Wilkes students, along with the surrounding community, in the process of understanding the historical roots of contemporary issues.

The lecture and discussion is entitled, "World War I at 100: Reflecting on the War that Ended Peace."

Kuiken believes that students can gain from this and similar lectures in the future.

"Students of all backgrounds could benefit from this project," Kuiken said. "It will help everyone gain a better understanding and connection to an economic root of the current world, making them better equipped once they move onto the next chapters of their lives."

Tumblin, currently a doctoral candidate in the history department at Boston College, is researching the way security politics drove ideas about sovereignty, constitutionalism and political change across the British Empire in the early twentieth century.

This research has allowed him the opportunity to conduct studies in the United Kingdom, Ireland, Canada,




Courtesy of Jonathan Kuiken

The Contemporary History Project at Wilkes will feature Jesse Tumblin, above.

Australia and New Zealand.

The event will take place on Feb. 23, from 4 to 5:30 P.M. in The Miller Room located on the second floor of the Henry Student Center. It is free to attend this lecture and discussion and will be open to the public.

For further information, you can contact Dr. Jonathan Kuiken via e-mail at jonathan.kuiken@wilkes.edu.

 [@wilkesbeacon](https://twitter.com/wilkesbeacon)
nicole.zukowski@wilkes.edu

Supporting fellow students and their respective causes

Many of us want to give our support to important causes and events on campus, but do not have the time.

There is an easy solution to this problem: spend a little money to show the right support.

The campus is buzzing right now with many different clubs and organizations trying to sell items to raise money in support of a cause. Here is a list of the possible things one could buy at Wilkes to help in these fundraising efforts

Relay for Life Yankee Candle Fundraiser

The Relay for Life organization on campus

will be selling Yankee Candles until Feb. 28. The candles must be purchased from a selling member or one could order online. Just ask any person on a Relay team, known as a Relayer, for more information or email justin.davis@wilkes.edu.

Color Changing Mood Cups

IME team Top Shelf is selling Color Changing Mood Cups; the cups change color with cold temperatures. They will be selling in the Henry Student Center, on Tues. and Thurs. through the end of March from 11 A.M. to 1 P.M. All cups are \$4, with a special of 3 cups for \$10. All proceeds will go

towards the St. Vincent de Paul Soup Kitchen in Wilkes-Barre. Email top.shelf9950@gmail.com with any questions.

Wilkes Marketing Club "Pink Out" Shirts

Wilkes Marketing Club is selling "Pink Out" t-shirts to support the Wilkes basketball teams and breast cancer research. The shirts range from SM to XL and cost \$10 each; anyone wanting a XXL may purchase one for \$12. 50% of the proceeds will go to the Breast Cancer Research Foundation. Contact Wilkes Marketing Club with the size and amount of shirts you would like at: wilkesmarketingclub@gmail.com. They will

continue to sell them throughout the month of February and into March.

Infinity Scarves

Legendary Sales from Wilkes University's BA152 course is selling infinity scarves and wrap-around scarves in either yellow with black and white, or royal blue with white and black at \$13 each. There are some with "Colonels" written on one side and blue and yellow stripes on the other with the Wilkes University logo on it. These are on sale for \$16 each. Contact: Zack McKitish, Kara Falzone, Conner Wylie, or Zach Brunner at: Legendary.sales1@gmail.com.

Students learn the importance of self-love



The Beacon/ Rebecca Voorhees

Freshmen Erin Ryan and Dian McKinney helped participants make fruit smoothies. The WUPB also provided a table full of sweets and goodies.



The Beacon/ Rebecca Voorhees

WUPB members Danica DeMesa, Val Woods and Scotty Vandine sported their newest shirts for the Self-Love event.



The Beacon/ Rebecca Voorhees

Elizabeth Jenschowsky and Lara McQue painted canvases at one of the tables. Another station was available to create Valentine's Day cards and make bracelets.



The Beacon/ Rebecca Voorhees

Students could choose from a variety of props to help them make their self-motivational pictures more creative and fun. Photos were printed and shared.

She said, He said Expression of Femininity and Modern Masculinity



Courtesy of Kahdijah Venable

Kahdijah Venable is majoring in IM at Wilkes University and finds that her femininity is based on self-expression.

By Nicole Zukowski
Life, A&E Editor

A woman with high heels, lipstick, a nicely pressed dress with an apron and a string of pearls around her neck is holding an apple pie that just came out of the oven.

With the music blasting, a woman has on flannel pajamas, no make-up and a laptop open to photoshop finishing a logo design.

Both of these scenarios are expressions of femininity, a characteristic associated with the expectation of womanliness.

Over generations, women have forged the path to gaining equality for their gender. Although there is still progress to be made, modern-day women are changing the traditional view of femininity.

"I feel feminine all the time," junior integrative media major, Kahdijah Venable, said. "When I'm in my apartment by myself with my hair looking gross, I feel that's the true, natural look of femininity. Then when I feel like dressing up and making my appearance to the public, I feel feminine."

For some, femininity is about being comfortable in their own skin.

"I always wear makeup. Sometimes it looks more natural, but it's still there. I put effort into my hair, unless I'm wearing it down. My hair is very long, which is usually considered to be feminine," Annie Stauffer, junior integrative media major said. "I love jewelry, and you'll never see me without it. I love patterns, and I love wearing clothes that show off my feminine shape."

Although Stauffer puts time and effort into her appearance she wanted to make it clear that it is to make herself feel good.

"I don't do this for others to see, rather,

because it makes me feel much more feminine to be able to see my curves when I look in the mirror. When I look 'feminine' and 'pretty,' I feel good. I want to make it clear, I don't do any of that for anyone but me."

When it comes to the expression of one's femininity, the only person one should seek approval from is one's self.

Venable adds, "I think there are a lot of different ways you could express femininity."

All women express femininity based on their own personal preferences.

"I sometimes put on eyeliner and mascara while dressing 'girly' in a way. When I do feel like dressing feminine, I'll wear a nice colorful top, leggings and a scarf and attempt to do my make-up and hair when I feel like it," Venable said.

Clothing also serves as an expression of femininity.

"Women in sports seem to express their femininity by wearing bright, 'girly' colors a lot," Stauffer said. "The clothes women wear for workouts are often tight, showing off their shape. It seems like a lot of women's sports clothing is designed to be sexy. I don't think all female athletes wear this, of course, but I see some who do."

In society, colors are a huge element in expressing whether something is considered feminine or masculine. Designs for different products represent that truth.

"When designing a more feminine piece, I like to use bright colors. Sometimes I use pink, but it depends on whether or not pink is appropriate for the piece," Stauffer said. "I like to use more organic lines and give the piece a more playful look. For feminine pieces, I've often chosen beauty topics as the focus of my design. I have a few that are not related to beauty, however."

There is a stigma that lighter colors are deemed as being feminine in our society.

"In making a feminine design I try to use various lighter colors like pastels or pinks, corals and light oranges, but nothing really dark. I use a lot of circles and nontraditional shapes. I mainly base it off colors," Venable said. "We see female products that are these colors; so looking for a color code for a feminine design you instantly drawn to these colors."

Society continues to influence how femininity is expressed, but many have become more conscious of the roles outside forces play.

"That's just what we see everyday; we're conditioned to those associations," Venable added.

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By Justin Topa
Asst. Life, A&E Editor

Some argue that we are under a new, 'fourth wave' of feminism that has led to a modern-day adaptation in the expression of masculinity.

Masculinity, in its current state, is a term used to describe traditional qualities expected of a male. While Dominic Rinaldi does view society as a large contributor in how people express their masculinity, the psychology major said he expresses masculinity based more on personal factors.

"The way I express masculinity is more or less based on situational cues. I try to avoid gender-policing and express myself in a way in which I feel comfortable based on my experiences and the situation I'm in during that particular moment," said Rinaldi, who added, "I wouldn't say that I police myself in the ways that society expects, though."

Rinaldi, who is also a women's and gender studies minor, does still see pressure from society to act a certain way.

"I think there is some kind of precedence that has evolved in terms of how men should behave and there's this matter in which our behaviors and the behaviors of others both dictate how we see things," said Rinaldi.

"For instance, there's this idea that men are supposed to act superior in comparison to women. This, along with other social constructions, have developed causing personality to be stringent on outside factors. This can be very maladaptive."

Rinaldi cites factors such as upbringing as contributions to the way he, and others, have developed their sense of masculinity.

"It's saddening to think that our youth grow up thinking that they have to fit a certain role within society and, if they don't follow the outlook of what their parents or other role-models may expect, then they are at risk of an identity crisis or ridicule from others," said Rinaldi.

"This can emasculate people and make

them feel like they cannot be successful, which is a shame because these are all socially-constructed ideas we have created."

The psychology student said separating values instilled within him from an early age from those he now views essential has proven to be a difficult task.

"I was always with my parents and have gained most of my values through them. This has now created a conflict in which I realize that not all of the values I was instilled with can be carried with me and the way I feel today," Rinaldi explained.

"I love my parents dearly, and I do appreciate many of the things that they've taught me but they grew up in a different generation and under a different set of norms. As we grow up, we realize that not all of these norms are things we ought to continue."

Rinaldi said that he also feels media adds outside pressure for determining the norms of masculinity, specifically mentioning a commercial by Chevrolet titled, "Truck

Guy Focus Group," in which men who choose to drive a sedan rather than a truck are emasculated.

"The context in this commercial and others like it seems to create added negative pressures for the behavior of men," said Rinaldi. "They perpetuate an idea that men should have a very rugged dexterity to them. If he's driving a family sedan, that somehow makes him less attractive and less rugged as a male figure. There are plenty other advertisements negatively perpetuating masculinity in a similar way and this is creating

a lack of diversity in what society is willing to accept from a man."

While Rinaldi said that he sees added pressures for acting masculine, he does think our generation is progressing to redefine the role of masculinity.

"While I do think the things that need to be said and done are being said and done, there's still a need for repeatedly doing so before the message is received. There's still a lot left to be done."

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The Beacon/Justin Topa
Dominic Rinaldi is majoring in psychology at Wilkes University and finds that masculinity is "evolving."

Commuter Council Hosts "Almost Valentine's Day" Social



The Beacon/ Rebecca Voorhees

Students had the opportunity to play Valentine's Day Bingo and other games to win prizes, such as stuff animals and gift cards.

By Justin Topa
Asst. Life, A&E Editor

On Tuesday, Feb. 10, Wilkes University's Commuter Council hosted an "Almost Valentine's Day" social event on the first floor lounge of the Henry Student Center.

The events for the evening consisted of an ice cream eating contest, a balloon pop, bingo and a Wilkes University version of the newlywed game, which drew the most interaction from those in attendance. The Newlywed Game was a new addition to the activities this year and, with a large combination of couples, friends and even a pair of strangers participating, it proved to be a success.


Commuter Council also provided the party-goers with a buffet of baked goods, including brownies baked by freshman Lauren Evans and 8 pies of Januzzi's pizza. While the event was scheduled to last from 5 to 8 p.m., Commuter Council ran out of food after two hours due to a large increase of those in attendance compared to the previous years.

Brian Surdovel, a Wilkes University sophomore majoring in finance, was one of dozens who were in attendance during the event on Tuesday evening. He found the Newlywed Game to be an amusing alternative to an otherwise boring weeknight.

"It was a relatively comical experience," Surdovel said. "It may have been disorganized at times, but it was a fun thing to do on an otherwise eventless Tuesday night."

Wilkes University's Commuter Council is also scheduled to host a bus trip on March 28 to Washington, D.C. and a Mad Hatter-themed tea party on April 21.

For additional information on upcoming events or to learn about becoming involved with Commuter Council, which is open to all students regardless of residence status, students are encouraged to e-mail Commuter Council President, Sarah Bedford, via Sarah.Bedford@Wilkes.edu.

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The Beacon/ Rebecca Voorhees

Briana O'Neil and company waited anxiously for the next number to be called for Bingo.



The Beacon/ Rebecca Voorhees

The students also played a couple's questionnaire, and the judge's panel enjoyed listening to everyone's answers.

8 Things You Learn During Your First Semester

By Emily DeAngelis
Staff Writer

Welcome to Wilkes! You hastily unpack your cars, soccer and football players lug your bags to your new dorm room and you set to decorate and create your space. Little did you know, that was the easy part.

The real "college experience" starts after the goodbyes and all the new introductions. Classes begin, life becomes hectic, and suddenly you're learning things well beyond biology and chemistry.

The first semester is filled with learning experiences, and sometimes the best learning occurs when we fail. From these failures, we become better equipped to face the remainder of our college experience.

1. FINANCIAL RESPONSIBILITY.

"I learned that money, does in fact, not grow on trees," states sophomore Haley Mesaros. Between Dunkin Donuts and the plethora of other places to eat on the square, first semester freshmen have a lot to learn about the stingy college budget.

2. EXTRA FREEDOM?

Free time was unexpected for freshmen Andrew Neidieg. Luckily, Wilkes has plenty of amenities to fill the void. He spends his free time at the local YMCA, shooting hoops at the UCom, or preparing for the upcoming tennis season.

3. USE THE ELEVATOR.

Freshmen biology major, Casey Krause, doesn't bother with flights of stairs holding him back from breakfast, lunch, and dinner. He simply relies on the elevator to get him there quick and easy.

4. THE FRESHMAN FIFTEEN.

It's as real or fake as you want it to be. Easy mac and Ramen Noodles are consumed in mad feasts in the messy dorm rooms of Evans and Roth Hall. However, the local YMCA looms over freshman housing, as

an ever-present reminder that health and physical fitness is a constant concern for first year students especially.

5. HOW TO COOK.

Sophomore Missy Oertner learned that one cannot live and die by sub food alone. When craving something different, Missy simply made it herself. Clearly not everyone was as savvy as Missy; it's evident by the number of false fire alarms that some of us are still struggling in the learning process.

6. GET INVOLVED.

There's no better way to find people like yourself than to join in things that interest you. The first few weeks of college can be crazy with trying to find your niche for the next four years. Luckily, Wilkes is a small school with big options. If you still struggle to find something for you, Wilkes

allows students to create their own club. A great example of this is the university's new batminton club.

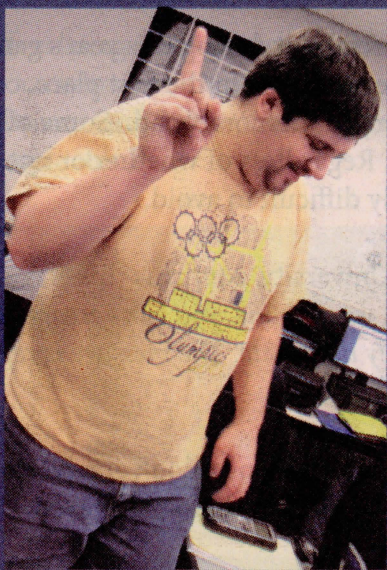
7. WHAT REALLY MATTERS?

Being on your own teaches you things beyond expectations. You learn the importance of knowing who you are and what you want to gain from this experience. Ellen Mook said it best, "What you do or do not do in college defines the rest of your life." No pressure there.

8. THE BALANCING ACT.

Moriah Teed faced the battle not unfamiliar to those new to college-- the inevitable balancing act that forces students to prioritize. Between studying and the various demands that come with living on your own, along with integrating the social aspect of living in a community, first semester students have a full plate on their hands.

HUMANS OF WILKES UNIVERSITY



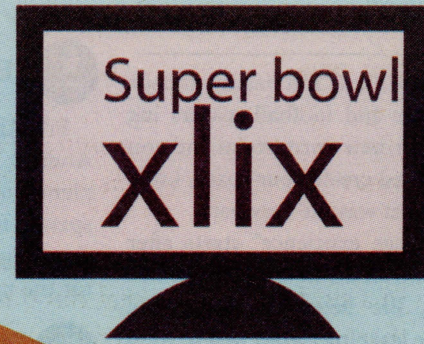
The Beacon/Dan Lykens

"Wait..."

- Jacob Yost

THE HIGH COST OF ADVERTISING

story by Pat Walther | Design by Steve Dzedziak

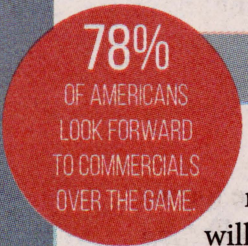
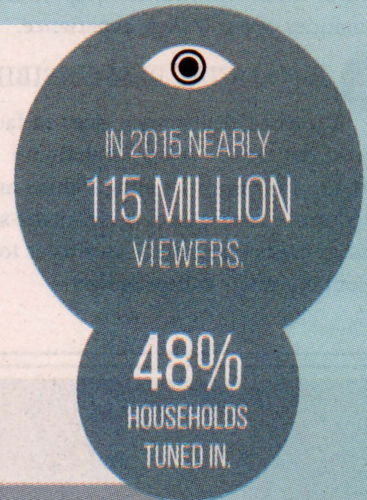


Advertising isn't just a method of persuasion, it's a way of life. And when it comes to the most watched television event in US history, it's not only accepted – it's a reason people watch the action in the first place.

On February 1, 2015, Super Bowl XLIX became the most watched television program in the history of the United States. A press release by its broadcaster, NBC, stated that nearly 115 million viewers tuned in to watch it and nearly 48 percent of households with a television in the United States had it on. But not everybody watches the Super Bowl for the game.

"I only really watch the Super Bowl for the ads," says Jackie Gallo, a freshman international relations major. *"I could care less about football, honestly."*

Gallo is not alone in this sentiment. A survey of 1,000 people by San Francisco ad agency Venables, Bell & Partners showed 78 percent of Americans look forward to Super Bowl commercials more than the game.



According to NBC, the average cost of a 30 second commercial slot during this year's game was \$4.5 million. Due to the sizable chunk of change reserving a time-slot costs in the first place, companies will invest a good deal of time and money in an effort to put forth a memorable ad. Some of these ads are destined to become classics while others are forgotten to time. Regardless of whether or not an ad becomes a pop-culture phenomenon, advertising, in general, is extremely difficult to avoid.

Dr. Jane Elmes-Crahall, professor of Communication Studies at Wilkes University, confirms this. *"Advertisements are inescapable,"* Crahall says. *"You can't escape them on your phone, you can't escape them on your television or on your computer. They're everywhere. And therefore they dominate. The message is repeated to the point where people think it's significant, simply because it's so present."*

This 'message' Crahall speaks of is not always a positive one. In an era where audiences look at advertisements as another form of entertainment, one must consider the lasting effects of the message being conveyed.

A study about the relationship between body image and advertising conducted by Dr. Philip N. Myers of the University of North Carolina came to the conclusion that they do.

“Even watching thirty minutes worth of television advertising can alter a woman’s perception of her body,” Myers found. “Negative body perceptions can lead to eating-disorders, particularly with teenage girls.”

While advertising perpetuates unrealistic standards of beauty, it also promotes gender stereotypes. In a study of the ads that ran during Super Bowl XLVIII, Natlie Vierra, from the University of Portland, discovered that negative gender stereotypes were more common in commercials that aired during the Super Bowl than commercials aired throughout the rest of the year. Vierra’s study goes on to explain that,

“These negative gender stereotypes have the possibility of skewing the viewer’s perception of how a man or woman should act, or what they should or shouldn’t do.”

stereotypes

MORE COMMON IN THE SUPER BOWL ADS THAN IN ADS THROUGHOUT THE YEAR.

MORE THAN 40,000 COMMERCIALS

Children, unfortunately, are found to be more affected by advertisements than any other age-group. According to the American Psychological Association, children are exposed to more than 40,000 commercials a year, the majority of which advertise sugary cereals, candy and fast food. Evidence suggests that these ads can increase the likelihood of childhood obesity and establish unhealthy eating habits that can persist throughout the child’s entire life.

Dr. Dale Kunkel, professor of communications studies at the University of California, Santa Barbara, believes that these habits are formed because of the child’s perception of advertisements as fair, balanced and truthful.

“They don’t see the exaggeration or the bias that underlies the claims,” Kunkel explains in an article published by the APA. “To young children, advertising is just as credible as Dan Rather reading the evening news is to an adult.”

The sole purpose of advertising is to convince a person that what they have or who they are isn’t enough. Living in a capitalist society makes it a nearly impossible task to avoid it. Nearly all facets of media include some form of it. And in a media-driven world, it’s difficult to grasp that something as commonplace as a commercial or a billboard can change the way people think.

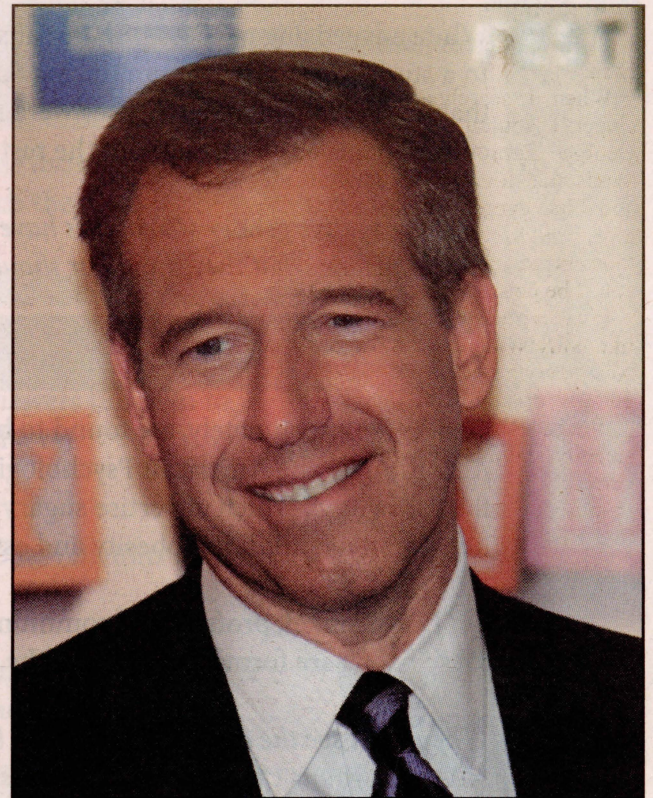
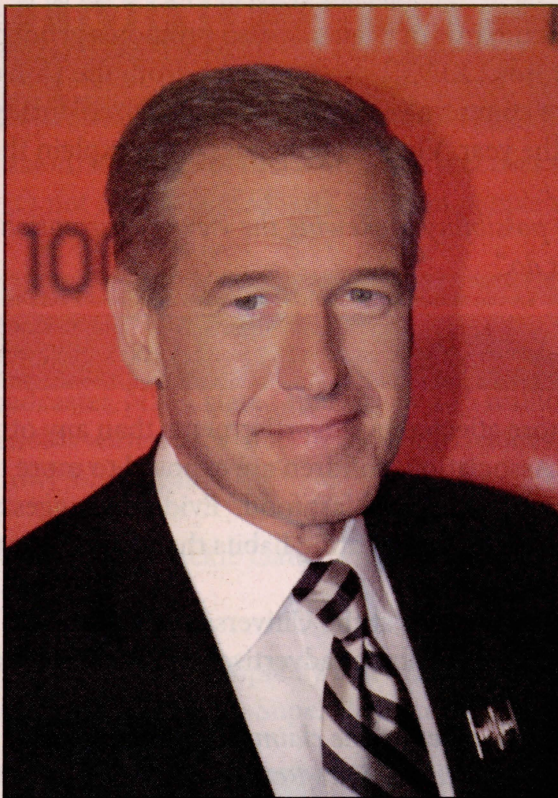
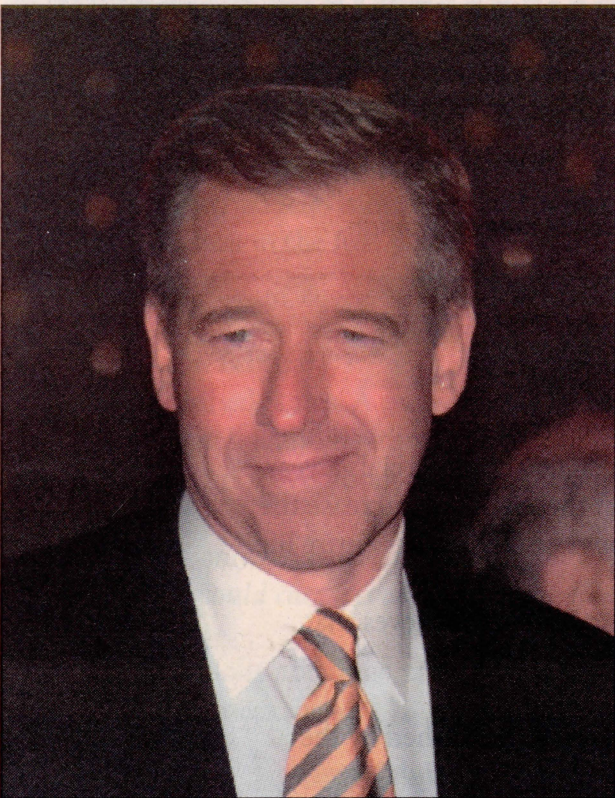
the cost of
an ad is
\$4 million
per 30 sec.

Half of Americans will look up
ads before the game airs

Opinion

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

Lies of a Reporter: the 12 year scandal behind Brian Williams



Courtesy Of Creative Commons

By Mandy Stickles
Asst. Opinion Editor

Brian Williams is a well-known nightly news anchor for NBC known for his good use of "comic chops" and, apparently, also good at embellishing his stories.

Williams has worked for NBC Nightly News since 2004. He became a well-known and well-liked news anchor for the Network over the years.

In 2003, Williams was traveling in an air craft in Iraq with his NBC news cast took an emergency landing due to unsafe conditions in the air. For the past 12 years, Williams has told his story of his experience that the air craft he was in was under fire and shot down by Iraqi forces.

Williams has told his story during several different occasions. He most recently told his story again at a New York Rangers hockey game for a retired soldier, while covering the story for NBC News. The soldier at the event was one of the men that protected Williams and his news crew while grounded after their helicopter

was supposedly shot down according to Williams.

The soldier quickly corrected Williams' take on the story and told him it was incorrect. The helicopter that Williams was riding in was nowhere near where the Chinooks aircrafts were that took fire from two rockets and small arms fire.

What makes Williams' story even more shocking is that it turns out Williams's helicopter arrived one hour later after the other three helicopters did an emergency landing.

For the past 12 years Williams has lied and embellished his story of his time in Iraq.

"I would not have chosen to make this mistake," Williams said. "I don't know what screwed up in my mind that caused me to conflate one aircraft with another," Williams told Stars and Stripes when asked about the incident from 2003.

Williams also made a mediocre attempt to apologize for his misinterpretation of the event on NBC Nightly News after being

called out for his lies.

From what other soldiers and witnesses have said of their experience in Iraq during that time, it was pretty clear what happened that day and it is hard to believe that Williams became confused over the day's events.

Williams' attempts to say he has become confused over the years are cowardly and disrespectful to the men and women that fight for their lives in war. Especially to the men and women that were in the three air crafts that day who were under fire.

This not only hurts his credibility as a journalist and the NBC Network, but puts a bad taste in people's mouths of all journalists.


Williams has destroyed his credibility as a journalist and the lack of remorse he showed while broadcasting his 'apology' shows just how much Williams does not take his lying as a serious matter.

At first, Williams decided to temporarily step down from his position of NBC News anchor because he feels he is in too much

of the news at the present time, but he said he has all intentions of coming back and fulfilling his duties as anchor in time.

NBC then decided to suspend Williams for six months with no pay. The president of NBC News, Deborah Turness, has said that the network will be looking into other stories that Williams has done in the past. Which one can only assume with Williams shady past something is bound to come up that indicated he has embellished in his past stories.

Williams might have been NBC News' top anchor, but with the lies he has told and has kept telling for 12 years would make anyone turn away from wanting to watch. I have most certainly lost all respect for Brian Williams. Let's hope NBC News makes the right call in the end so they do not lose the respect and credibility they have worked so hard to earn.

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British folk artist George Ezra looks young but sounds old

By Eric Casey
Staff Writer

Do you know that awkwardness of listening to someone on the radio, and then when you search for them on the internet they look nothing like you imagined? Well, that probably happens more often than not with upcoming British folk artist George Ezra.

When I searched for this mysterious singer I couldn't believe what I found. George Ezra had amazing clean cut handsome looks with that blonde hair and blue eyes. He looked like the nice guy in high school. There was no way a '50s-esque, rough and seasoned voice could be coming out of such a body.

It was a pleasant reminder to other artists like Amy Winehouse, Jake Bugg and John Newman who just don't look like what you imagine upon hearing their songs.

Singer-songwriter George Ezra has been steadily gaining recognition. George is currently VH1's "You Outta Know Artist" this month and is currently nominated for four Brit Awards.

Here in the states there seems to be an increasing British male invasion, Ed Sheeran being the most successful thus far, followed closely by Sam Smith. George Ezra, who is heavily influenced by Woody Guthrie, seems to be on the brink of major success in America.

In 2013 he performed on the "BBC Introducing Stage" at Glastonbury Festival,

one of the largest festivals in the world. His stage presence appears down-to-earth just like his off-stage humble personality. In some interviews he has stated that he enjoys coming home to visit family and friends.

On his youtube channel he makes tour diaries and talks about his inspirations for writing his debut album "Wanted on Voyage." Early last year he started a unique tour called the "Ezra Express." This trip he embarked on started at Bristol and ended in Budapest. It was a train ride through Europe where some fans came along with him as he stopped for mini concerts along the way.

It was similar to a month long trip he made by himself just before writing his debut album. In an interview with Grammy.org he says "I kinda came home and wrote songs from what I've seen, and I think about 70% of the album came from that trip. However, it was the Hungarian capital of Budapest that he didn't reach on his first trip.

Oh, and that scar on his upper right brow? In the London Evening Standard, it was mentioned that it came after a drunken night when he slammed into a wall, but refused to go to the hospital because Marky Ramone was visiting his University the following day. His lecturer sent him to the hospital during the day, but it was too late for stitches because the damage had been done.

In regards to his UK hit song, which peaked at #3 last year, he doesn't seem

phased by ultra stardom and is aware of short attention spans among listeners. "I'm aware that music is consumed in a way now that means things don't have the same opportunities to last.

In a recent NPR interview he said, "I always say, if this is the only album I get to release, so be it. I've had the best time," Ezra says. "I'll continue writing and creating. If people get to hear it, then that's amazing. I don't want people to think that I don't love this; I do. If I can sit here when I'm 60 and talking about my 15th, 20th record, well, happy days, I'd love that. But we'll see."

Speaking of happy days, Ezra's song is #81 on the Billboard Hot 100 this week with Gold certified "Budapest." The song has also gone to #1 on the Alternative Songs chart. His album debuted in the US at #19 last week on the Billboard 200 chart.

The album consists of some fast paced songs like "Blame It on Me" which has peaked at #6 on the UK Singles Chart. "What you waiting for?" is a lyric repeated throughout the song and feels like a motivation to just go out and do it even if you have be alone to get it done, which is something that seems to represent the whole album.

"Cassy O" is a great foot stomper that sounds like it came from the early '60s. Another personal and probably fan favorite is "Listen to the Man." The music video features legendary actor Sir Ian McKellan lip synching to the happy tune. One of his first songs written, "Did You Hear

the Rain," sounds a bit more gritty than anything on the album.

"Drawing Board" has a similar vibe to "Cassy O," lyrically speaking. "You spend your nights with another man. Oh you don't rest your head in mine no more. I've gotta take my plug back to the drawing board."

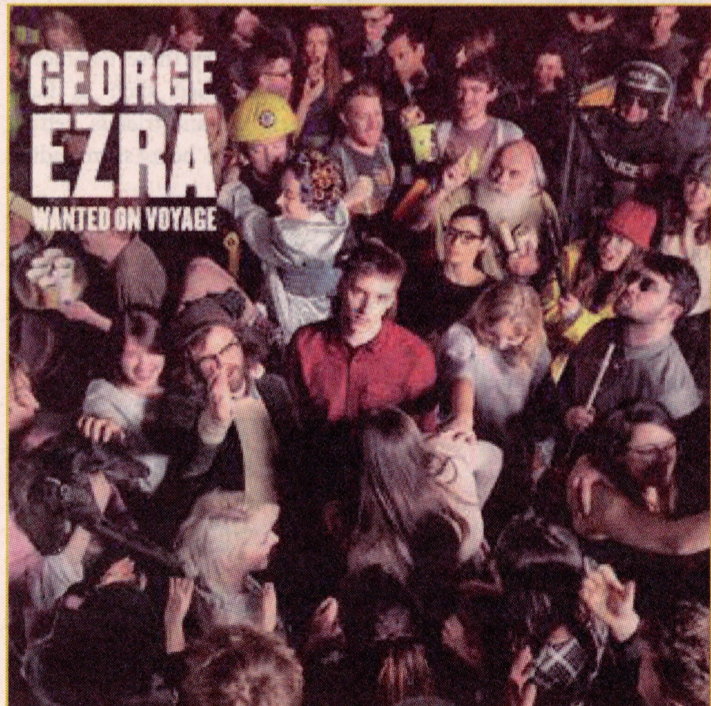
In an album filled with retro vibes "Stand by Your Gun" sounds like the most modern cut, besides George's voice that is.

Other songs like "Breakaway" and "Over the Creek" are not likely to become singles, but provide a nice leisurely appeal to the ears at the end of his debut. It's highly encouraged to listen from beginning to end.

It's real songwriting at it's best with no gimmicks and auto-tune that you usually get with Top 40 acts these days. He has true cross-generation appeal. You catch him on tour with Sam Smith as well as his own solo tour this spring. "Wanted on Voyage" is out on Columbia Records. I give the album 4 out of 5 stars.

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Eric's Score:



George Ezra: On Tour Near You

March 6th	Beacon Theatre, NY
March 7th	Electric Factory, PA
April 21st	Trocadero, PA
April 22nd	Webster Hall, NY

Looking on the Bright Side: combating seasonal depression

By Elyse Guzewicz
Opinion Copy Editor

The time is upon us: winter's dark clouds loom overhead. You may feel yourself getting fatigued more easily, feeling tired even though you've gotten enough sleep and feeling down and depressed.

What you may be experiencing is Seasonal Affective Disorder, a form of depression that manifests in millions of Americans a year, especially those in northern climates.

However, SAD isn't a death sentence. There are plenty of ways to treat and combat the feelings of loneliness, fatigue and sadness that can help get you through this difficult season.

Although there are many forms of treatment for SAD, this article will provide you with five easy ways to help fight off seasonal depression in your own life.

1. Talk to your doctor.

It may seem obvious, but since SAD is a medical condition, your doctor may be able to help you with medication or other techniques. They may even refer you to counseling or therapy.

2. Exercise

Obviously, exercise won't solve all your problems, but it can help combat feelings of fatigue. It's optimal for you to get outside and take a brisk walk or run around campus, but if the cold is too bitter, pick the exercise machine closest to the window at the YMCA.

Exercise can also help combat the weight gain that is common with SAD – weight gain can contribute to lethargy.

3. Get some sun.

Since SAD is triggered by a lack of light throwing off your circadian rhythms, it's best to get outside when the sun is at its apex (around noon) and soak up the light. You can also keep windows uncovered in your dorm room, or pick seats near the windows in the library to study.

If it's very cold out, try studying in one of the lounges in the Cohen Science Center – they all have floor-to-ceiling windows that will get you some light exposure.

4. Keep a good schedule.

I know it's hard, but sleeping and getting up at reasonable hours can really help keep seasonal depression at bay. SAD can cause

sleeping problems, but keeping a regular schedule can help your rhythms get back in place and train your body to produce melatonin at the right time.

5. Take a break.

Fatigue is very difficult to cope with. Don't force yourself to work so hard that you have a breakdown – take a break to do something you enjoy, like volunteering, hanging out with friends or even chilling and watching Netflix for an hour.

Allowing yourself some time to decompress is very important in combating depression. The more you push yourself, the more fatigued you will become. Fatigue will only worsen symptoms of depression.

Most importantly, if you're feeling as if you are unsafe or a danger to yourself and others, get help. The campus counseling center is open to any student and would be glad to help you out. If you're having difficulty talking, websites like 7cupsoftea.com or crisischat.com allow you to engage with someone online.

It might feel embarrassing, but there's no shame in asking for a hand up when you need it. Take the steps to keep your head

above water.

It's okay if you can only save one person, and it's okay if that person is you.



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5 Steps to Combat Seasonal Depression

1. Talk to your doctor
2. Exercise
3. Get some sun
4. Keep a good schedule
5. Take a break

Homesickness 101: How to cope with missing your home life

By Elyse Guzewicz
Opinion Copy Editor

I am sure many individuals have heard the statement "college will be the best years of your life," or "I wish I had the opportunity to go away to school." Being with friends all of the time, going out, having freedom and not having to report back to parents is very exciting and fun.

But what happens when that person starts to become tired of being with their friends all of the time and they start to miss their family, or if they are going through a difficult time and start to feel a strong desire to go home?

All of these nostalgic thoughts begin running through their head and they might start to get bored of their dorm room walls. This is called homesickness. According to savethestudent.org, approximately 50-70 percent of students will suffer from homesickness at some point in their lives.

Homesickness can happen to anyone at any age. The longing to be home or around your home town and environment can occur

during the first few weeks of college or even the middle of your junior year. Usually homesickness occurs when an individual is stressed about different aspects of their lives such as academics, friendships or relationship issues.

The question now becomes how does one get rid of their homesickness? Many individuals do not know how to deal with homesickness properly. There are many outlets to get rid of that lonely, lost feeling.

Students usually bring decorations when they are designing their dorm room or apartment. These decorations can range from pictures to sentimental objects, posters, possibly art work from a relative or friend. Having sentimental objects or pictures of your friends and loved ones can make your dorm room or apartment feel more comfortable. Bringing objects and materials from your room at home can make the space feel homey and personalized.

When asked "What do you do to relieve your feelings of homesickness?" college students' answers varied enormously. Lissy

Rosner is a junior who attends Boston University. Rosner stated: "I get myself involved in as much as I can on campus. The busier I am, the faster time moves, and the less I think about home."

Rosner also stated, "I also am lucky enough to have a great group of friends here that I can turn to during hard times. It's like having a family away from home so that is a huge plus."

Maya Gil is a freshman who attends Rider University. Gil mentioned: "When I am homesick, I decide to try some new things on campus. I like to choose a new hobby to keep myself and my mind occupied. I also try to reduce FaceTime or calling home to help me feel more independent." Gil stated "I try to think positively so my homesickness doesn't affect my school work."

Dylan Fox, a Wilkes University freshman, had a different approach for dealing with his homesickness. Fox explained: "I would have to say the best way I relieved my feeling of homesickness was by making great friends at school. Being able to text and call my mom

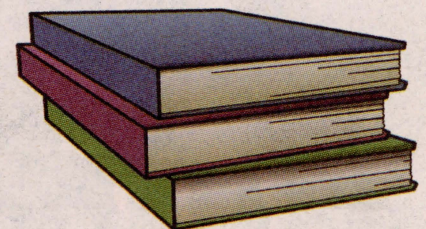
and dad really helped me as well. Texting is a great technique that helps me keep in touch with my family and removes my feelings of homesickness."

Remember- feeling homesick is normal. An individual should try these techniques as previously mentioned such as facetime family members and friends, getting involved on campus, and being surrounded by positive people.



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Courtesy of pixababy.com

'Wild: From Lost to Found on the Pacific Trail'

By Sara Pisak
Asst. Opinion Editor

Cheryl Strayed's autobiographical novel, *Wild: From Lost to Found on the Pacific Crest Trail* is quickly becoming a global sensation. The text, turned screenplay, is nominated for two Oscars at this Sunday's fast approaching Academy Awards Ceremony. The movie's acclaim not only stems from the actors' performances but from Strayed's poignant words.

The novel follows twenty-six year old Cheryl Strayed as she hikes the Pacific Crest Trail from Mojave, California to Locks, Washington. Strayed undertakes this 1,100 mile hike alone, spurred by the demons of her past as well as those of the present. Strayed, using sheer blind determination to complete her trek, is accompanied by the uncertainty of her future. As the above lines work

to summarize the text, one could be tempted by this description to classify *Wild* as nothing more than a new cog in the "coming of age novel" wheel, simply a book of self-discovery or a travel journal. Any one of these classifications would be a flagrant mistake for this particular New York Times Best Seller.

After the sudden death of her mother, Strayed's life begins a catastrophic tailspin. The once distinguished college student finds herself grieving her mother's death, separated from her family, addicted to heroin, entangled in affairs and ultimately divorced from her husband, all before her twenty-sixth birthday. At this time, Strayed viewed the Pacific Crest Trail as a way to set her life back on its own promising course. Not to spoil the outcome for prospective readers, however, the long, winding and tumultuous trail ironically, returns Strayed to the straight and narrow. The beauty of Strayed's text is found not in her

redemption but in her honesty.

Each page of *Wild* is just that, wild. Strayed's commentary on her life is fierce, at times harsh or rough around the edges, enthusiastic, or any other synonyms one might conjure for the novel's title. When the autobiography needs to be, it is heart-wrenching, haunting and self-reflective. Then, on a dime, the text completes a 180 degree turn. It becomes sarcastic, self-deprecating and witty. A reader needs to look no further than Strayed's own name to find her own brand of sarcastic humor. While lamenting her ending marriage, Strayed informs the audience she changed her name to Strayed as a reminder of how far in life she had in fact "strayed." These abrupt changes in the text make Cheryl Strayed what we all strive to be and that is honest with ourselves.

My personal fear, regarding this autobiography is that this honesty comes at a cost. Not everyone will appreciate the text's frankness. Strayed discusses everything from

her abortion to her drug use and everything in between. In doing so, Strayed apologizes to those she has hurt, discourages others from following in her path but never regrets, as her indiscretions formed her into the person she has become. I fear some readers will not see past the occasional profanity and the controversial subject matter thus preventing them from appreciating the true meaning of Strayed's words. Her candor assists the reader to see the forest through the trees (pun intended).

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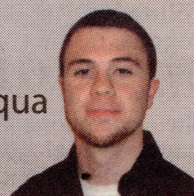
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Return of the "Sport Court:" Which NBA team is going to win the finals?

Frank Passalacqua
Opinion Editor



With the best record in the NBA at 42-9, it is hard to disagree that the Golden State Warriors will win the 2015 NBA Championship.

Sitting amongst the rest of the competition in the Western Conference, it is even hard to see any other team give them a run for their money in the second half of the year. Memphis usually fizzles out come mid-April, I am not a fan of the long-term chemistry in Houston, Portland is still one playmaker away from being a true contender, and OKC has had their share of troubles all season at 27-25.

If any team were to go round-for-round, then it would be the San Antonio Spurs, but I think this young, talented Warriors team could put the Spurs in the dust.

If you gamble, then I will have you know the odds facing the Warriors to win the ring

is 5/1.

Why are the Warriors suddenly looked at as one of the elite teams in the league? Two names: Stephen Curry and Klay Thompson.

This duo has developed immensely over the past few seasons and have truly had their coming out party in 2015. In fact, this duo is the only duo to be included in the statistics category of the top-10 points-per game in the league. Curry averages 23.6 while Klay adds 22.2 points per night for the Warriors. On top of that, they are shooting lights out.

Literally.

With a .483 percentage for Curry and .473 for Klay, those numbers put them in a category of their own. Out of the top 10 players averaging the highest points per game, Steph and Klay are both shooting the highest percentage out of everyone who is not a forward.

Those points mainly come from one place, beyond the arc.

Steph and Klay are included in the top 5 players for most made threes. Curry, with 159 made, is shooting .404 from downtown while Klay, 152 made threes, is shooting .441. Impressive? Yes. The only other duo in

the league that could be compared to these two would be James Harden and Trevor Ariza, who together have made 50 less three points thus far- thats 150 points.

Their lights-out shooting puts the Warriors at number one in the league in scoring with 110.9 points per game.

Mind you, this is all being done while All-Star forward David Lee has been sidelined all season with an injury.

Of course we can not put the Warriors success entirely on Klay and Steph's shoulders. Marreese Speights has been great off the bench, Harrison Barnes and Draymond Green are doing a great job at forward, and Andrew Bogut is a great fit at center. Let's not forget the spark that Andre Iguodala gives.

Looking at the team schedule, they have done damage. In their losses, they put up a fight.

While we are at it, let's not forget Klay's 52-point putting against the Kings, as well as Curry's 51-point performance against Dallas.

Usually when there is a deadly duo, it's a guard and a center, much like the Shaq and

Kobe days. However, when you have two skilled snipers in Klay and Steph, it opens up a bag for a whole new level of trouble from downtown, and it has proven to be a dominant force in the league this year.

And now to add insult to injury, Steph is 26 and Klay is only 25 years old; two extremely young players showing the league how it is done.

This may be the first we are seeing this duo in full effect, but it certainly will not be the last.

I do give the Warriors the nod as my front-runner to win the 2015 NBA Championship. LeBron will have to put on his big boy pants if he wants anything to say about that, but even then, LeBron will probably be too busy thinking about what team he wants to hop to next.

Possibly he will take his talents to the Golden State?

Steph Curry with the shot, boi.

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Brandon Gubitosa
Sports Editor



The NBA season is more than halfway over and the Cleveland Cavaliers are second in the NBA Central division with a record of 33-21. They have already matched their win total from last season, and are looking to make the playoffs for the first time since the 2009-2010 season. Of course that was the last season where LeBron James was a member of the Cavaliers, where they went on to loose in the Eastern Conference Semifinals. Well five years later LeBron James has returned back to the Cavaliers after winning two winning championships with the Miami Heat.

If the NBA playoffs were to start today, James and the cavaliers would be facing

off against the Washington Wizards as the four seed in the playoffs. In past years the Cavaliers have only one dominant scorer, however this season they have six players that are averaging over 10 points per game. Along with adding James this season, the Cavaliers have added Kevin Love a double-double machine and J.R. Smith an energizing player who can make a difference on that team. He can join the new big three of LeBron James, Kevin Love and Kyrie Irving who are arguably one of the best combos the NBA has seen.

So far this season James is averaging 25.8 points per game to go along with his 7.4 assists per game. Point guard Kyrie Irving is averaging 21.8 points per game to go along with 5.3 assists per game. Irving came in a year after LeBron James left and since then has emerged as one of the top point guards in the league. The former number one pick from Duke is off to a great start to his young career averaging 20.9 points per game over

three and a half seasons.

Forward Kevin Love enters his seventh season in the NBA, originally playing his first five seasons with the Minnesota Timberwolves who drafted him fifth overall in the 2008 NBA draft. Over the past six and a half years Love has averaged 18.9 points per game, along with 12 rebounds per game. These are insane numbers as he is averaging a double-double over his young career so far.

Although many not consider the Cavaliers 33-21 to be a 'rough start,' the Cavaliers know that they should be doing better than that. The Cavaliers are recently coming off a 12 game win streak, just one off their franchise record of 13, set back in 2009-2010. Things are finally starting to click for the Cavaliers as this is the first season under head coach David Blatt.

Once James, Irving and Love start clicking together the Cavaliers will be a dangerous team. If the Cavaliers do find a way to do that, I see them easily winning the NBA

finals. LeBron James is the best player the NBA has seen since Michael Jordan. He is the type of player that can take over a game at any moment, combine that with two other NBA all-stars and teams are faced with a defensive challenge. The only way the Cavaliers will lose in the playoffs if they beat themselves. Sure the Warriors may be a dangerous team with Curry and Klay Thompson, but what the Warriors lack the Cavaliers make up for in experience with James and Love. My prediction is LeBron James will pick things up in the second half of the season, cruise through the east in the playoffs and then beat the Golden State Warriors in the NBA finals. James will go on to win his third championship and most importantly the first championship in the Cavaliers 45 year's history.

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Sports

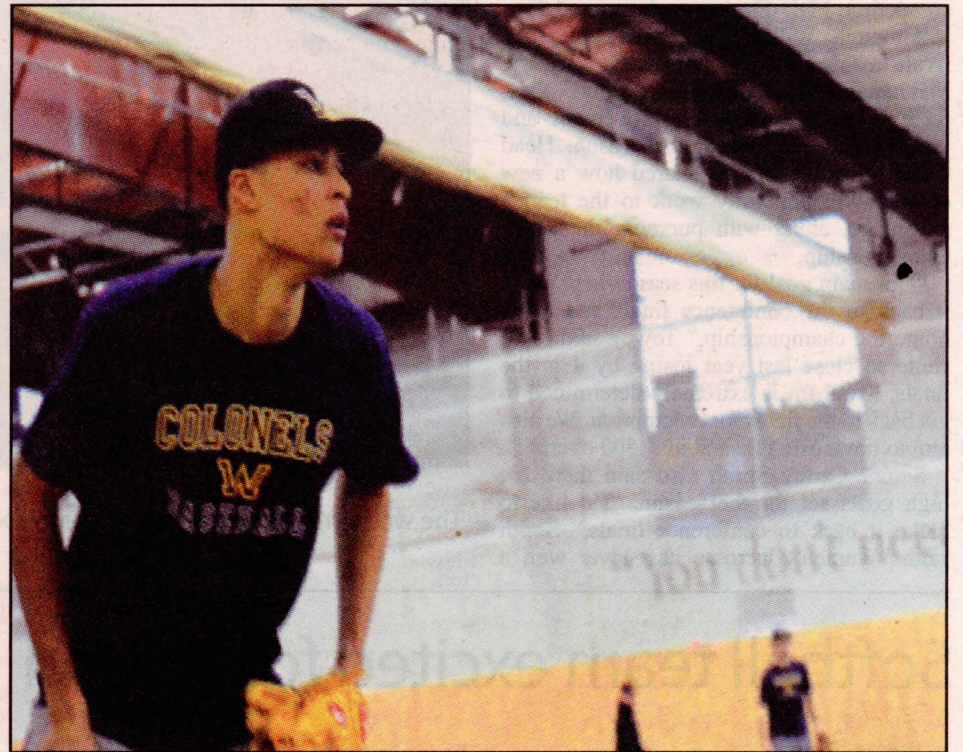
Want your sport covered? Contact the sports editor: Brandon.Gubitosa@wilkes.edu

Wilkes baseball picked to finish fifth in Freedom Conference



The Beacon/Brandon Gubitosa

Freshman infielder Austin Lescanec prepares to catch the ball at practice.



The Beacon/Brandon Gubitosa

Junior pitcher Marcus Leaf anxiously awaits for the ball to come at practice.

By Brandon Gubitosa
Sports Editor

The Colonels look to improve from their 14-21 record last season going 6-15 in league play. They are starting the season ranked fifth in the latest Freedom Conference Preseason Coaches' Poll. However, many players on the team do not agree with their ranking this season.

"We're going to disprove the doubters," junior outfielder Tom Ring said. "To me, ranking us only 5th in the pre-season poll is just another motive to show our competitors where we stand."

The Colonel's return a majority of last years lineup including seniors Stephen Ruch and Bobby Schappell. Ruch, Schappell and sophomore Matt Kaster were all named All-Freedom Honorable Mentions last season and will look to carry the team to the playoffs this season.

The team members, who began practicing

in the beginning of February, are hoping all their hard work pays off.

As sophomore Johnny Jan said quoting Derek Jeter, "There may be people with more talent than you but there is no excuse for anyone to work harder than you."

Jan, like many others, believes that they will surprise some people this season.

"I think we should be good this season. We have a pretty young team led by a few older guys on the team," said Jan. "We are confident in our abilities. We have goals as a team and we will reach these goals."

Ring is excited for this year's season. He returns to the outfield this season after an injury to his arm during the offseason prevented him from being able to pitch this season.

When asked about his injury, Ring responded, "After tearing my UCL (a major ligament used in the throwing motion) this summer, I have started to focus more on outfield and hitting rather than pitching. I'm

disappointed because I love pitching, but am willing to sacrifice it if it means I'll get to play the rest of my college career without any arm problems."

Junior corner infielder Ryan Herbst also had something to say regarding the team's preseason rank. "I think that as a team we are expecting to do big things. We definitely have the talent and mindset to be the best in our conference this season." The junior slugger had two home runs last seasons and will look to add to that number this season.

The Colonels open up their season on Feb. 21 in Virginia where they will face off against Alvernia University. They will also be making their annual spring break trip this season, where they will play five games in Fort Pierce, Fla. Freedom Conference games begin March 13 against cross-town rival King's College.

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Baseball Schedule:
Feb. 21: 11 a.m. vs Alvernia University at Salem, Va.
Feb. 22: noon at Roanoke College in Salem, Va.
Feb. 22: 3 p.m. at Roanoke College in Salem, Va.

Women's Lacrosse looks to win first conference championship

By Cara Basile
Sports Writer

The Wilkes women's lacrosse team has been ranked second in the Freedom Conference preseason coaches' poll. The Lady Colonels received 32 points in the survey, just one less than their toughest competitor, FDU-Florham, who earned 33.

Although Wilkes outscored conference rivals Misericordia, Eastern, King's, Manhattanville, and Delaware Valley, there is still room for improvement and goals have been set for the season. Head Coach Kammie Towey shared how a new defense will hopefully work to the team's advantage, along with pursuing the MAC Championship.

"Our main goal for this season is to make it back to the conference finals and bring home the championship," Towey said. "We came so close last year losing by 4 in the finals. My team is extremely determined to get back to the finals for redemption. We also aim to obviously finish above .500 overall."

Senior Carley Smith also said there are high goals set for the season. "I'd like to make it back to conference finals," Smith said. "Women's lacrosse has never won a



The Beacon/Brandon Gubitosa

The women's lacrosse team are ready for this upcoming season.

conference championship, but I honestly think this could be the year."

The team has been working hard this pre-season by getting in shape and getting back into the swing of things. With several returning players, the women are going into the 2015 season with plenty of chemistry. Junior Madeleine Brownsey is one returner who is excited to get back on the field.

"To me, this pre-season has been the best one since I've been here," Brownsey said. "We have a very talented group of freshmen who have definitely added more depth to the team. Everyone's in shape and we're all working hard to get where we need to be for our first game in March."

The Lady Colonels have some time before getting into conference play. Their first ten games are critical to see how the season will pan out. The women open the season against Albertus Magnus College on March 3 in New Haven, CT.

Head Coach Towey stated, "The team looks great this year and we are really looking forward to what the season holds both non-conference and conference."

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Softball team excited for season

By J.T. Keer
Sports Writer

The Wilkes University softball team heads into the 2015 season with hopes to improve. Picked to finish last in the Freedom Conference, they are looking to prove the conference wrong.

13 out of the 16 players on the Lady Colonels softball team are in the freshman or sophomore class. They will need to win games early to gain the respect of their opponents. Sophomore shortstop Brooke Limeberry believes that having a young team is not that big of a deal and it gives the team an advantage.

"I'm hype for the season considering the great potential we have," said Limeberry. "We're an extremely young team, but age is just a number. The freshmen's work ethic and attitude is at the college level, we all just have to be able to compete at the college level as well. We have awesome leadership from our seniors who I know can take us to the MAC championship. We've

been up early practicing hard these past couple of weeks and hopefully it will pay off in the end."

The Lady Colonels are led by seniors Alex Hoops, Mandy Seccia and Emily McGrath. Also returning is Lacey Bixler, sister of Lady Colonel all-time home run hitter Alysha Bixler. Bixler is coming off a strong sophomore season in which she hit 3 home runs and hit over .320 at the plate. "We have a lot of potential coming into this season," said Bixler. "Coach Matthews believes we are one of the best teams that he has seen in a while."

The Lady Colonels open in March at Myrtle Beach for their annual spring break trip. Freedom conference play begins March 14, when the Lady Colonels travel to cross-town rival King's College. They open up the season at home March 20, when SUNY Canton travels down to Wilkes-

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Men's and Women's tennis favorited to repeat as champions

By Danny Van Brunt
Sports Writer

The Wilkes tennis teams are excited about the start of their spring seasons. The men's spring season opener was on Feb. 14, and they travelled to Madison, NJ, for the Drew Invitational. The women's season opener will be on March second during spring break, in Hilton Head Island, S.C. The men's team will also be attending.

"The spring season is going to be a lot of fun for sure," said sophomore tennis player Troy Haas. "After a strong fall season, we're looking to keep that momentum."

Another sophomore, Alanna Denauski feels the same way.

"I think our season is going to go well. Everyone is hitting well, and we also have a couple great freshman to add to the mix. We're hoping for another run to nationals!"

The men are predicted to win their eighth straight conference title, and the women are predicted to win their ninth straight.

Head Coach Chris Leicht may have the strongest team he has ever coached at Wilkes

this season. Some stand out players include two-time Freedom Conference Player of the Year Steven Wilson, and both first team All-Freedom players Dominic Parfianowicz and Max Appello.

The women's team has core players such as first team All-Freedom Anastasia English and Rookie of the Year winner Kendra Croker.

Both teams competed in the fall and achieved winning records. The men's team has a team score of two wins, and the women's team has five wins with one loss. The men's team shut-out one team, and the women's team has shut-out four.

The men and women's teams placed high in the MAC Individual Tournaments. The men's team finished with six singles champions and three doubles champions. The women's team finished with four singles champions and two doubles champions.

Freedom conference matches begin April 2 against Eastern at the Ralston Athletic Complex.

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Courtesy gowilkesu.com

Anastasia English and the rest of the tennis team looks to repeat as champions.

Colonels come up big and defeat Delaware Valley 78-75



The Beacon/Purvit Patel

Senior Jeremy Hartman stares down his defender in the win vs Delaware Valley.



The Beacon/Purvit Patel

The Colonels huddle up before their game against Delaware Valley on Saturday.

Getting to know...

Amal Pillai

Junior Basketball Player



By Evan Willey
Sports Writer

Amal Pillai is from Westwood, New Jersey, and chose Wilkes for its great engineering program. Amal is a junior mechanical engineering major and this is his first year on the Men's Basketball Team at Wilkes. He's been playing since he was in second grade and decided he couldn't let go of his love for the game.

Q: What is the best part of being on the team?

A: The best part of being on the team is knowing all this hard work paid off and gaining experience of what is like to be a college basketball player.

Q: What made you decide to try out for the basketball team?

A: Having love for the game and knowing that the new coach is taking walk-ons is what made me try out for the team.

Q: What is your major and what are you planning on doing after graduating from Wilkes?

A: I am a mechanical engineering major, and I plan on finding a career using my degree after graduating.

Q: If you won the lottery tomorrow what would you buy?

A: If I won the lottery, I would buy a mansion for my family and I.

Q: Other than basketball what is another hobby you enjoy?

A: Other than basketball, my other hobbies are playing other sports, video games, and listening to music.

Q: Who is your role model in life?

A: My role model is definitely my father. He works hard every day at what he does which makes me work hard every day as well.

Q: What makes you a great asset to the Wilkes basketball team?

A: What makes me a great asset is my ability to bring energy during practice and games and doing anything I can to help the team succeed.

Q: What is your most memorable moment while playing sports?


A: My most memorable moment while playing sports is probably when I scored my first basket as a high school varsity basketball player.

Q: What is your favorite movie & why?

A: My favorite movie is Wolf of Wall Street. I thought Leonardo DiCaprio did a great job and I thought the movie was hilarious.

Q: What is your go to pump up jam?

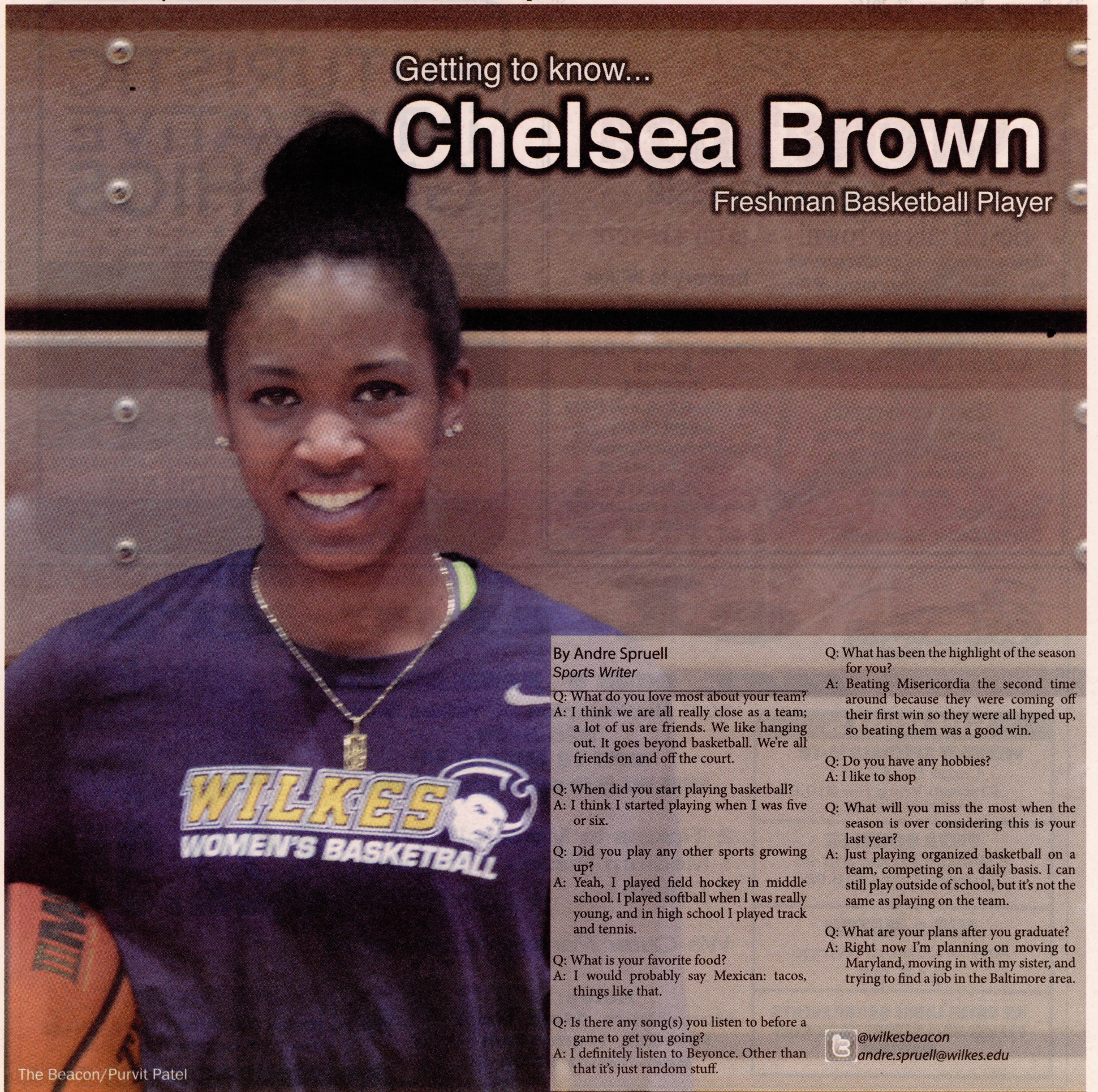
A: My go to pump up jam is Rise and Shine by J. Cole

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Getting to know...

Chelsea Brown

Freshman Basketball Player



The Beacon/Purvit Patel

By Andre Spruell
Sports Writer

Q: What do you love most about your team?

A: I think we are all really close as a team; a lot of us are friends. We like hanging out. It goes beyond basketball. We're all friends on and off the court.

Q: When did you start playing basketball?

A: I think I started playing when I was five or six.

Q: Did you play any other sports growing up?

A: Yeah, I played field hockey in middle school. I played softball when I was really young, and in high school I played track and tennis.

Q: What is your favorite food?

A: I would probably say Mexican: tacos, things like that.

Q: Is there any song(s) you listen to before a game to get you going?

A: I definitely listen to Beyonce. Other than that it's just random stuff.

Q: What has been the highlight of the season for you?

A: Beating Misericordia the second time around because they were coming off their first win so they were all hyped up, so beating them was a good win.

Q: Do you have any hobbies?


A: I like to shop

Q: What will you miss the most when the season is over considering this is your last year?

A: Just playing organized basketball on a team, competing on a daily basis. I can still play outside of school, but it's not the same as playing on the team.

Q: What are your plans after you graduate?

A: Right now I'm planning on moving to Maryland, moving in with my sister, and trying to find a job in the Baltimore area.

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