



THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

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

University returns to in-person teaching after two weeks online

By Maddy Kinard

News Editor

On Jan. 31, Wilkes University returned to face-to-face classes, stirring up excitement along with some apprehension among students and professors.

Starting the weekend of Jan. 15, students living in Wilkes housing gradually began moving back in preparation for the virtual start of the semester on Jan. 17. This online span of teaching sought to mitigate the possibility of another campus outbreak.

"We always have concerns about the health of the community which is why we implemented the two-week virtual class strategy," said Justin Kraynack, associate vice president of operations and compliance and COVID-19 task force member.

The task force intentions for doing so was to avoid a possible post-holiday spike. They also wanted to bring students back for face-to-face classes once the region began experiencing a consistent drop in new cases.

"Fortunately for us, that's exactly what happened," said Kraynack.

However, opinions are mixed on whether the two-week period will work



The Beacon/Maddy Kinard

as intended. Junior neuroscience and biology major Kalyn Lash is not so sure. She believes that these past two weeks were partially beneficial, but with small flaws.

"Upperclassmen who live off campus

can return whenever they want, which leads to the potential for an outbreak, along with students still getting together, working and so forth," said Lash. "Many students, including myself, work in hospital settings, grocery stores

or facilities that can become hotspots. While staying off-campus has the potential to limit an outbreak, students are still living their lives, allowing more opportunities for COVID to spread."

Rebecca Aungst, senior criminology major, feels similarly about the leniency surrounding the quarantine period but is excited to return nonetheless.

"I don't really think these two weeks will have that big of an impact on getting ahead of the virus because people still leave campus and interact with their family or the public so there isn't much that's going to change by being online and then coming back," said Aungst. "But I'm so ready to return to in-person and hope it lasts for the rest of the semester."

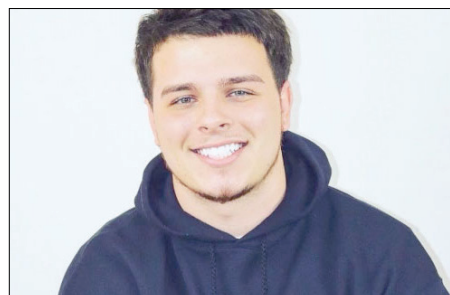
Professors were similarly affected during this time as they are still learning and navigating the ever changing nature of virtual learning.

Dr. Thomas Hamill, associate professor of English, shares the same excitement as Aungst over returning to in person classes as his classes rely heavily on discussion, so synchronous online teaching presents a lag time that hinders the natural flow of conversation.

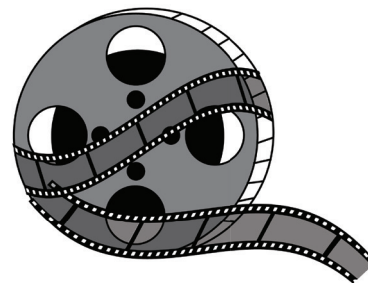
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News

Have a breaking story or a press release to send? Contact the news editor Maddy Kinard: Madelynn.Kinard@wilkes.edu

Student Government notes: Feb. 2 weekly meeting

By Zach Paraway
News Staff Writer

The Student Government held its third meeting and for the first time this semester, it was held in-person.

It started in traditional fashion with a call to order and roll being taken. Next was the approval of minutes and the treasurer's report. The treasurer's report stated that there is a total of \$78,500 across all SG accounts.

The first and only order of business for the week was a presentation for SG president, Lexi Payne, about Random Acts of Kindness Week. The week will

run from Feb. 13 to 19. The budget for the week is projected to be around \$1,050 and is to be voted on next week.

The next SG meeting will be held next week, Feb. 9.



Photo courtesy of Maddy Yeager

From left to right: Megan Makovsky, executive recording secretary; Lexi Payne, student body president; Ben Wojciechowski, executive vice president; Danielle Morris, executive corresponding secretary; Allie Faunce, executive treasurer

Beacon Briefs: Upcoming campus events

Compiled by Beacon News Staff

Career and Internship Fair

Save the date: Wilkes University will be hosting their first in-person Career and Internship Fair in three years from 10 a.m. to 1 p.m. on Thursday, March 17 in the McHale Athletic Center

Both students and alumni are encouraged to attend and meet organizations that are seeking employers and interns for both the summer and fall semesters.

Employer registration information will be available on your Handshake app (or at www.joinhandshake.com) by mid-February

For those looking to improve their resume, the Center for Career Development and Internships will hold a multitude of resume workshops and job fair prep sessions to prepare.

For more details, keep up to date with events in your Handshake account.

Buy a Tote Bag

Looking for a new bag? Green Giants tote bags are an affordable, sustainable

and durable alternative to plastic and are being sold for ten dollars each. The bags come in two designs: the Wilkes University logo and blue butterflies. Students looking to purchase one should watch out for them in the Student Union Building, the Simms Center, or DM them on Instagram @greengiantstotbags to place an order.

Ninety percent of proceeds go to Little Eric's Foundation, a local organization that funds pediatric cancer research.

Join in the Book Swap

In participation with Random Acts of Kindness Week, Reading Buddies is engaging in a book swap. Anyone looking to get rid of old books, magazines, or any other reading material is encouraged to drop off their items in the Henry Student Center anytime between now and Thursday, Feb. 17, and pick up a new read in the process.

For more information, email monica.morrison1@wilkes.edu

Save the Date for a Blood Drive

The Wilkes University Civic Engagement Office will host a blood

drive from 10 a.m. to 4 p.m. on Tuesday, Feb. 15 in the McHale Athletic Center.

To schedule an appointment, go to RedCrossBlood.org and enter WILKESU or call 1-800-REDCROSS

Those donating will receive a free t-shirt and a \$10 Amazon e-gift card (while supplies last).

Learn More About PHENND Fellows AmeriCorps VISTA

Are you a student graduating in 2022 and looking to go into a possible post-grad position in social impact field? A Virtual Information Session will be held from 4 to 5 p.m. on Monday, Feb. 21 for those interested in becoming an AmeriCorps VISTA and supporting local nonprofits and schools in fighting against poverty.

The program offers two tracks: school-based community partnerships and non-profit organization within Philadelphia.

For more information, visit <https://phennd.org/grant/phennd-fellows/> and follow @phennd_vistas on Instagram.

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Want your event featured in the calendar?
Email: Madelynn.Kinard@wilkes.edu

New dining hall set to open at beginning of fall 2022 semester

By Maddy Kinard
News Editor

Beginning at the end of the semester and running until Aug. 1, Henry's Dining Hall will be under construction for a remodel of the cafeteria space.

"Henry's Dining Hall is an important social hub for Wilkes that is in need of an update to continue to meet the needs of the campus," said James Watkinson, director of food services. We want to create an inviting space for students to feel as at home as possible while on-campus as well as adapt the dining hall to operate more efficiently."

During this renovation, students can expect to see a relocation of the salad bar and pizza stations. Some of the already existing options will also be updated to maximize the experience of students in the dining hall.

New with the update will be "True Balance." This station will provide alternative food options for allergy-sensitive students that are made without eggs, milk, peanuts, tree nuts, fish, shellfish, soy and wheat.

"While many of our current options will remain, our focus will shift to items students have been requesting more of in the last few years," said Watkinson. "One of our newest stations, True Balance, is sure to be a game-changer. We will also be increasing our options at our new vegetarian station Root as well. These changes, along with the centering of the salad area, are instrumental to providing the program that students want."

As described by Watkinson, this update was prompted by a necessity to keep up-to-date with students' needs as they grow and change. One such need especially highlighted by the campus community was the wish for healthier options.

"I'm hoping that with this new design comes better options health wise," said Lindsey Medina, sophomore nursing major. "I think that this would benefit a lot of the students who only have the option to eat at the cafeteria."

Norene Brown, sophomore psychology major, is also hoping for more healthier vegetarian options to be made available but overall believes that "the renovation



Photo Courtesy of Liam White

Currently, Henry's Dining Hall has a form of a circular design, but the centralized pizza ovens make it difficult to see all options.



Photo Courtesy of Food Services and Aramark

The approximate design for the new dining hall offers a central hub that students can circulate around.

looks nice and seems to have a better flow to it."

Even though the project end date is set before the beginning of the fall 2022 semester, dining services are prepared with contingency plans should they

need them if construction goes longer than anticipated.

Despite current construction only being planned for Henry's Dining Hall, food services are always looking to improve their program and offer as

much to the students and campus-wide community as possible, so they are also looking into other areas of the dining program (Rifkin Cafe, P.O.D. Market, etc.) that could use some potential updates.

Wilkes celebrates Black History Month with awareness events

By Sydney Umstead
News Staff Writer

Black History Month is an important month that acknowledges and celebrates black history and heritage. To pay homage to this, Wilkes is partaking in month-long events in commemoration.

The discussion regarding the events came after a college-wide meeting where the members of the Division of Global Cultures, the Office of Diversity and the Multicultural Student Coalition agreed to come together to find ways to celebrate Black History Month.

“Since our history doesn’t focus on Black History Month events all year round when they should,” said Erica Acosta, director of diversity initiatives. “This month makes people really reflect and take the time to be aware about the contributions of the African diaspora and the Black community to this country.”

Black History Month began on Feb. 1 and continues until March 1. The first event, “The Impact on Colorism on the BIPOC Community,” was held on Feb. 3 at 11 a.m. via Zoom. The event featured impactful topics through the use of workshops, history and art.

The next special occasion will be the “Transcribe-A-Thon” on Feb. 15 which students can attend in person.

“We really struggled with this, but in the end we decided that we were going to do each event either fully virtual or fully in-person,” said Dr. Christopher Zarpentine, division of global cultures. “Trying to do a hybrid event really multiplies the things that can go wrong.”

Throughout the different activities around campus this month, participants have the opportunity to learn and connect with African culture.

The final event, “The Autophysiopsychic Millennium: A Performance & Presentation on Afrofuturism,” gives a nod to the music scene and includes a discussion on how

it pertains to African history, with a Chicago based ensemble being featured. It will feature the music of composer, Yusef Lateef, and his influence as well as his usage of jazz music in his work.

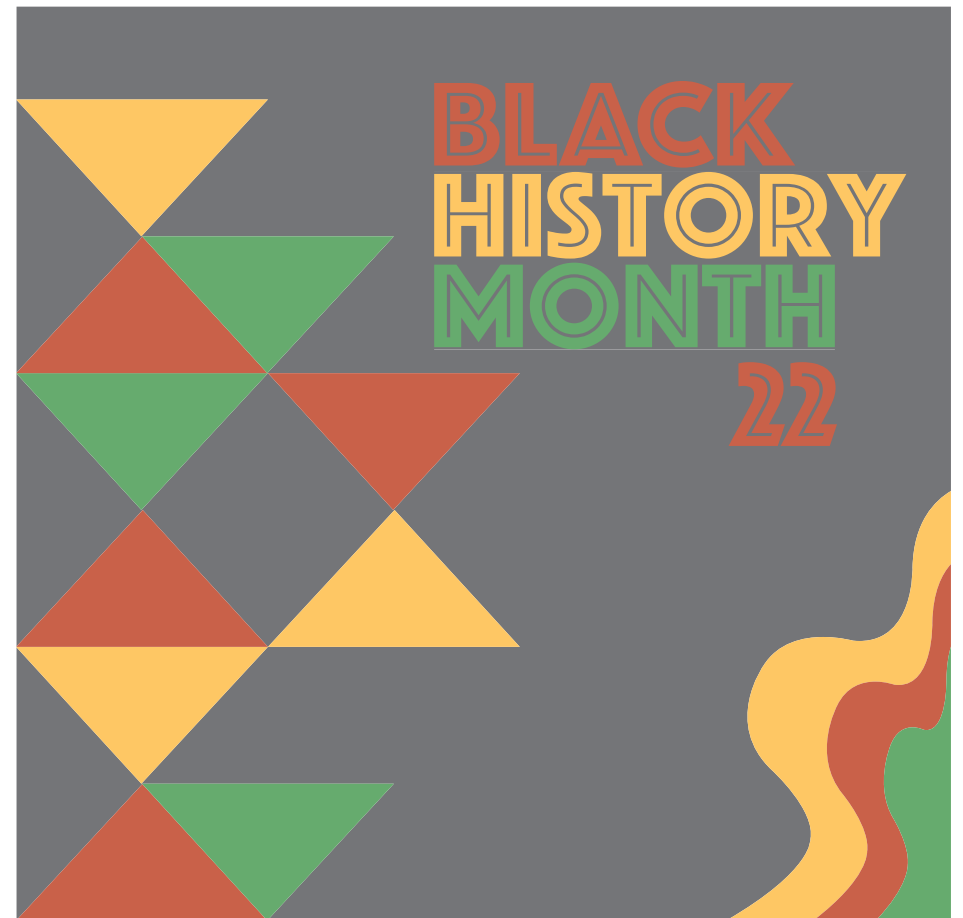
“Music is such an important part of our history and culture as human beings,” said Zarpentine. “And I think this group really embodies this. I think it has a really joyous and celebratory quality. So even for folks who aren’t really familiar with jazz or Afrofuturism, I’d encourage them to come and check it out.”

In order to attend the Zoom activities, students will need to RSVP. However, the in-person commemorations are open to the students, and provide the opportunity to connect and learn about African culture.

“I think representation is important and as I think we have collectively learned over the past number of years, Black History is underrepresented in our educational systems,” said Heather Sincavage, associate professor and director of the Sordoni art gallery. “Taking the weeks in February to celebrate the contributions of Black scholars, creatives, historians and theorists is certainly a spotlight but hopefully any one of these events might inspire further study and patronage that carries on throughout the year.”

There is also an exhibition signifying the importance of the month on display until March 13 at the Sordoni Art Gallery. The exhibition was created by artist Juan Logan.

“Juan Logan is a prolific artist who uses his work to discuss the Black American experience but also hopes to inspire social responsibility from those who view his work”, said Sincavage. “He is a very generous and accessible artist and I think those who attend his talk will garner a better understanding of why he approaches his work in the way he does. There’s nothing better than to hear about someone’s work directly from them.”



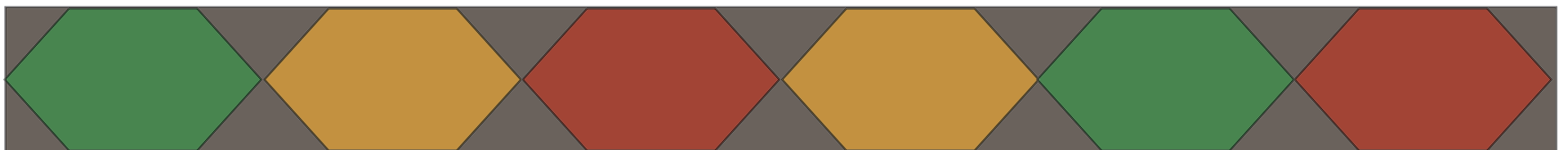
Graphic by Jack Malatesta

Black History Month future event timeline

Feb. 15 - “The 3rd Annual Douglass Day Transcribe-A-Thon” in Breiseth 105

Feb. 16 - “A Special Evening With Juan Logan” - via Zoom

Feb. 23 - “The Autophysiopsychic Millennium: A Performance and Presentation on Afrofuturism” - in SUB Ballroom



IN-PERSON, from front

“My students in all of my classes have done an outstanding job of being engaged in the lectures and of actively participating in discussions—all of which has made the first two weeks of remote classes successful,” said Hamill.

Hamill also feels as though virtual instruction has become more and more seamless as students further adjust to the changes in learning.

This, coupled with the efforts to stop the spread of disease, leave him feeling positively about the overall experience.

“As a campus community we had already proven (before January) that we were agile enough to make the adjustment work well, and so we were fortunate to have the flexibility to use the available data (in terms of our own capabilities and in terms of what we knew about Omicron) to keep the semester on track while also keeping everyone as safe as possible,” said Hamill.

Despite the possibilities of cases spiking and debates on whether the two-week virtual schooling will have been

beneficial, the COVID-19 task force is still doing everything they can to ensure the safety of the campus and town-wide community.

Along with in-person classes resuming, the guest rule for on-campus housing has returned to allowing masked individuals in rooms.

Additionally, in-person events are hoping to be returning as soon as the first week back to face-to-face learning experience returns for students.

Assurance testing will also continue for those that are not fully vaccinated, which includes not having the booster shot.

For students looking to get vaccinated, research local pharmacies offering appointments and keep an eye out for on-campus clinics.

An email is to be expected within the coming days that will further lay out some of the proceeding guidelines and regulations as the campus moves forward in a safe and proactive manner.

Conversation Partner Program welcomes students from Japan

By Zach Paraway
News Staff Writer

This year, students from Japan will be visiting the Wilkes campus.

The social aspect of college can be difficult for many students, especially for those who are far from home and immersed in a different culture than their own. For those students who come from different countries, Wilkes offers a program for them: the Wilkes English Language Center Conversation Partner Program.

This program is an opportunity to bring students to America, on the Wilkes campus, and have them interact with American students for six weeks: July 3 to Aug. 13.

“It is an amazing way to meet people from other countries and other cultures, make new friends and broaden your horizons. It’s also a great way to earn some extra money because it is a part of work-study,” said Dr. Kimberly Ann Niezgoda, the program director.

The program has students meet with a foreign student at least once a week; however, pairs are free to meet more than that, and as Niezgoda states, they usually do.

Niezgoda was born and raised in the Wyoming area, then left for the Czech Republic in her senior year of college.

What was supposed to be a single semester to study abroad soon became her living outside of America for 14 years, staying in the Czech Republic along with much of Europe. She has been at Wilkes since 2006 and helps with the intensive English program, master’s in teaching English as a second language program and helps in the English language center.

A final positive she said about the program is that it provides people with an international friend for them to see the world from different perspectives and see things away from their own eyes.

For any student looking to join the program, email kimberly.niezgoda@wilkes.edu for more information.



The Beacon/Maddy Kinard

Students hang out in the bustling Starbucks on South Main Street. After lifting restrictions, students are now allowed to sit at tables and eat indoors.



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LEAP-AB opens applications for in-person volunteer trips

By Emily Cherkauskas
Editor-in-Chief

LEAP-AB opens applications for in-person experiences

LEAP-AB has opened applications for alternative spring break experiences that are scheduled from Mar. 3 to 12. Through the office of civic engagement, LEAP-AB offers opportunities for students looking to spend their time volunteering during spring break.

This year, LEAP-AB will be traveling to three different locations, with each location offering a unique experience for students. Megan Boone Valkenberg, office of civic engagement, encourages students to apply for the hands-on approach and profound understanding that students can experience with LEAP-AB.

“One thing I know about Wilkes students is that they love to get their hands dirty,” said Boone Valkenburg.

Carolina Tiger Rescue – Pittsboro, N.C.

Carolina Tiger Rescue is a nonprofit animal sanctuary, home to rescued wild cats that are unable to survive in the wild. The sanctuary is a place that LEAP-AB volunteers have visited in the past, and it has been a popular opportunity for students to learn the history of and come up close to the beloved cats without touching them.

10 spaces are available. Volunteers will

be driven to N.C.

Mountain T.O.P. – Coalmont, Tenn.

Mountain T.O.P. is a disaster recovery habitat building experience, giving assistance to those who need home repair. The opportunity comes after Tenn. was heavily damaged by flooding disasters.

10 spaces are available, and volunteers will be driven to Tenn. Mountain T.O.P. is a religious organization for youth and adults, so it is encouraged that any denominational students who may be interested to reach out to learn more.

Give Kids the World – Kissimmee, Fla.

Give Kids the World is a nonprofit resort that provides children with critical illnesses with a Disney experience. The village resort is a small amusement park that gives these children places to stay.

Volunteers will take a backseat role in giving children the Disney experience, such as helping with food, activities, rides or even dressing up in costumes. As Boone Valkenberg describes it, Give Kids the World allows “a kid to just be a kid.”

10 spaces are available, but spaces are filling up quickly. Volunteers will travel by plane to the resort. A day at Disney World is also included for volunteers for levity.

Applications are still available on Wilkes Today. Any students interested should reach out to Boone Valkenburg at megan.boone@wilkes.edu for additional details and information.



Photos of past experiences, courtesy of Megan Boone Valkenburg

DDMA DEIC competition

By Zach Paraway
News Staff Writer

Every year, digital design and media art (DDMA) majors participate in the Direct Effect Innovation Challenge, or DEIC, marketing competition.

This year, one of the student teams is calling for responses to a short questionnaire regarding experience with the military.

Lisa Reynolds, assistant professor of DDMA, describes the event as providing critical real-world experience to students involved as they are given real clients and a real marketing challenge that they must address both creatively and

effectively throughout the course of the competition.

Zoey Rosensweet, senior DDMA major and one of the heads of the program, similarly highlights the importance of DEIC for students.

“I think the DEIC competition is a great way for students to get real world experience creating a marketing campaign with a team,” said Rosensweet. “Each of us bring our own unique skills to the table and it’s important that we assign our tasks accordingly.”

The survey is located in the Wilkes Today emails, and it is encouraged that anyone with military experience fill out the survey.

Call for spring internships

By Maddy Kinard
News Editor

Internships are a crucial part of a student’s undergraduate education, and it is not too late to sign up and participate in one for credit this semester.

As per the Wilkes Today email, several internship opportunities are available, some even with on-site components.

“An internship is a process that formally integrates an undergraduate student’s academic studies with a productive work experience in a professional setting,” said Sharon Castano, director of internships and parent programs and professional

development instructor.

Castano goes on to break down the benefits of an internship into three parts: personal, professional and academic.

For personal, it improves self-confidence and integrates values with work; for professional, students are able to explore possible career fields; lastly, for academic, students can utilize resources that may otherwise not be available on campus.

Students interested in finding out more or discussing internship options should visit the Cooperative Education/ Internship Office located in the Center for Career Development and Internships or email sharon.castano@wilkes.edu.

Life, Arts & Entertainment

Have any events or artists to be shared? Contact Life, Arts & Entertainment Editor Jordan Daniels: Jordan.Daniel@wilkes.edu

Colonel's Cupboard announces new spring semester hours

Visit the Colonel's Cupboard for free food and household items

By **Jordan Daniel**

Life, Arts & Entertainment Editor

Colonel's Cupboard, located in the Center for Career Development and Internships building, offers grocery and household items to students, staff and faculty members for free. There are new hours for people to visit the Colonel's Cupboard for the spring semester.

The hours are as follows: Monday, Tuesday, Thursday and Friday from 9 a.m. to 5 p.m., Wednesday from 9 a.m. to 7 p.m., Saturday and Sunday from 10 a.m. to 2 p.m. The Colonel's Cupboard will also follow all scheduled holiday breaks, closures and delays.

"Food insecurity on college campuses often goes unnoticed," said Catie Becker,

"Students have enough going in their worlds, offering the Cupboard as a resource hopefully eliminates some of that stress" - Catie Becker

Bonner leader coordinator.

One of the main reasons student development runs Colonel's Cupboard is because some people cannot afford having a full meal plan or buying food off campus. Trying to figure out how a student is going to buy food or when they can eat next while balancing a full-course load of schoolwork impedes on their success in school.

"Students have enough going on in their worlds; offering the Cupboard as a

resource hopefully eliminates some of that stress," said Becker.

The Colonel's Cupboard is also a good resource for students who do not go home over breaks, especially the international students. These students do not go back home for long periods of time and may not have the necessary funds to feed themselves.

"Quite a few of our students have to work during school, not only to pay their way through school but also pay for those essential needs," said Megan Boone Valkenburg, civic engagement coordinator. "If we are able to take some of that burden off of them they can focus more on their schoolwork and on their tuition dollars, rather than on their food security."

The Colonel's Cupboard is funded entirely through donations from businesses, alumni and community members; tuition dollars are not used to purchase items. Plus, student development partners with CEO Foodbank to receive many of their items free of charge.

Not only are people welcome to come any time to the Colonel's Cupboard but they are encouraged to help out too. The school has a federal work study position where students can help keep the Colonel's Cupboard open during nontraditional hours.

"I think it's important to have such a resource like the cupboard because it takes the worry away of some students who cannot afford food or any personal items," said Brenda Arias, first-year hospitality leadership major. "The cupboard makes it easier and attainable for them and I think that's very valuable. My favorite thing about working in the Colonel's Cupboard

is knowing that I'm a resource of help for people."

Student development also enjoys working with any club or sports teams that would like to host a drive to help stock the Colonel's Cupboard. People can also help out by simply stopping by to retrieve items because it reduces the amount of waste of expired foods.

"Last year before the semester ended athletics gave us a humongous donation," said Boone Valkenburg. "I think it was either 3,000 or 5,000 cans and that carried us through the first semester so it's been really wonderful to see how supportive the whole campus is."

If students are not comfortable with physically going inside the Colonel's Cupboard they can always order online and their items will come in a discrete brown box. To order online, scan the QR code.

Orders will be available 48 hours after being placed and orders placed Friday to Sunday will be ready for pick up on Monday. All orders can be picked up in the mail room.



Courtesy of Student Development

Scan this QR code to order online from the Colonel's Cupboard. The information a student is prompted to enter is confidential and convenient.

Colonel's Cupboard

Spring Semester Hours

Monday	9 a.m. - 5 p.m.
Tuesday	9 a.m. - 5 p.m.
Wednesday	9 a.m. - 7 p.m.
Thursday	9 a.m. - 5 p.m.
Friday	9 a.m. - 5 p.m.
Saturday	10 a.m. - 2 p.m.
Sunday	10 a.m. - 2 p.m.

Dollar Tree Recipe: Delectable Valentine's Day trail mix

By Morgan Rich

Life, Arts, & Entertainment Staff Writer

It is officially the season of love and what better way to celebrate than to make a delicious snack. This trail mix is a unique and healthy mix that can be made just by taking a trip to the dollar store. This recipe only takes a few minutes to make and can be stored up to a month.

Ingredients:

½ cup of honey toasted organic oat cereal

1 cup of assorted nuts (optional)

½ cup of dried cranberries

1 cup of white fudge covered pretzels

1 ¼ cup of cupid's mix M&M's

½ cup of Hershey's milk chocolate kisses

¼ cup of double crisp chocolate hearts (optional)

(be substituted with mini M&M candies or any other of your favorite snacks)

Directions:

First, combine the honey toasted organic oat cereal, assorted nuts, dried cranberries, white fudge covered pretzels and M&M's in a large bowl. Mix together all ingredients.

Next, unwrap the Hershey's kisses and put them into a small bowl. Microwave for two minutes or until melted and mix halfway through. Grab a spoon and drizzle the chocolate onto the ingredients in the large bowl.

This next step is optional. For extra sweetness, add the double crisp chocolate hearts on top of the mix.

Once completed, mix ingredients to blend the drizzled chocolate or serve as is.

Now you are done, enjoy!

Allergens: Dairy, nut products



The Beacon/Morgan Rich

Looking for a fun activity to do with a significant other or friends this Valentine's Day, try making this tasty and affordable trail mix together.



Beacon Bumps

Each week, the Wilkes Beacon staff adds a song to the Beacon Bumps playlist on spotify. Check us out under Chris Gowarty's Spotify or check out this week's picks right now!

Emily Cherkauskas, Editor-in-Chief:

Phonky Town - PlayaPhonk

Ariel Reed, Managing Editor:

The Real Slim Shady - Eminem

Liz Cherinka, Social Media Editor:

Goodie Bag - Still Woozy

News Editor: Maddy Kinard:

Nightclub (Waiting for You) - Bad Suns

Jordan Daniel, LAE Editor:

Come to Your Senses - Alexandra Shipp, Vanessa Hudgens

Bre Ebisch, Opinion Editor:

Numb Little Bug - Em Beihold

Lindsey Scorey, Opinion Asst. Editor:

Valentine's Day (Shameful) - Kehlani

Christopher Gowarty, Sports Editor:

Gasoline - The Weeknd

Baylee Guedes, Sports Editor:

Put A Little Love On Me - Niall Horan

Jason Eberhart, Sports Asst. Editor:

Super Gremlin - Kodak Black

Lead Designer, Mia Walker:

Free Animal - Foreign Air

Lead Layout Designer, Zoey Rosensweet:

Drink Before the War - Sinead O'Connor

Rex Orange County teases new album and upcoming tour

Fans of Rex Orange County cannot wait for “Who Cares”

By AJ Rubino

Life, Arts, & Entertainment Staff Writer

English singer-songwriter Rex Orange County is back again with a new single, album and tour. The singer, also known as Alexander James O'Connor, posted to social media on Jan. 3 hinting new things are coming.

After speculation, fans soon found out that the singer would release the new song, “Keep It Up” on Jan. 26.

The last time Rex Orange County released music was in October 2019 when his third album “Pony” was released. This long break for the singer and his fans allowed some students on campus to express their feelings about the new updates from O'Connor.

“I really enjoyed the song, especially the ending,” said Drew Haritos, sophomore English and psychology major. “The ending was something that I need to hear from time to time.”

The song acts as a motivator towards people struggling through hard times. Hard times can hint at simply living in a pandemic to anything in one's daily life.

Haritos shared that this song has a melodic vibe but the lyrics eased the listeners mind with the lyrics.

Sophomore biology major, Christina DeCresenza, was pleasantly surprised by the style of the song.

“Learning self respect and learning to put yourself first is a strong message that I have taken from the song,” said DeCresenza. “I definitely have had times like how O'Connor describes his thoughts in his songs.”

P1 pharmacy major, Megan Makovsky, is a new fan of Rex Orange County.

“I was looking for new music to listen to,” said Makovsky. “A friend recommended it and I thoroughly enjoyed the song. I am definitely looking forward to the rest of the album.”

Once fans digested the new song, Rex Orange County did not stop there. The singer announced on Jan. 28 that he will be going back on tour and releasing his fourth album titled “Who Cares.”

The release date for this album is March 11. The album includes 11 songs, including a special feature from Tyler The Creator.

This will be the third collaboration

between the two musicians. O'Connor first appeared on Tyler The Creator's 2017 Grammy nominated album “Flower Boy.” O'Connor featured on “Boredom” and “Foreward.”

This time around, Tyler The Creator will make a special appearance on Rex Orange County's album. “Open A Window” is the second song on the tracklist that the collaboration is on.

DeCresenza is a huge fan of Tyler The Creator and Rex Orange County alike and thoroughly enjoyed their past collaborations.

“They both have such different voices and styles but I think they balance each other well,” said DeCresenza. “I am really looking forward to hearing this feature.”

Rex Orange County's 2019 album “Pony” covers multiple themes from mental illness to homesickness. However, as the music industry proceeds to go along its course, we find more artists telling the struggles of fame and the public eye through the use of lyrics and melodies.

“Who Cares” is rumored to shine light on the same themes covered in “Pony” but with elements of “Apricot Princess,” O'Connor's second album, thrown in.

“Apricot Princess” tells the story of life lessons learnt from love and the heartbreak that follows. If we combine both themes to create a new era for O'Connor, it appears that the end result is who cares. O'Connor's use of journalistic thoughts and sweet metaphors will express the story he wants to tell.

“I am hoping that it will be like the previous albums but would also be interested in what this album presents if it was not,” said Haritos.

“Keep It Up” served as a good reminder to remember who you are in the moments of doubt.

DeCresenza is most excited for the studio version of “Amazing.” She heard a version of the song on one of his livestreams.

“The song is from what he said is ‘for the lovers’ and I have always thought that O'Connor does a wonderful job of portraying all of the feelings that encompasses falling and being in love,” said DeCresenza.

DeCresenza is thankful for the new album to say the least. All of his albums

in the past have differed a lot from each other when it comes to his lyrics.

“Naturally this comes from what he has going on in his life at the time being,” said DeCresenza.

As time progresses, the tracklist names can simply be broken down to what theme may be presented in the song as more things become available.

The new album was created by O'Connor and Benny Sings. Sings is a Dutch pop musician who has worked on his own pieces and others including Rex Orange County, Mac DeMarco and GoldLink.

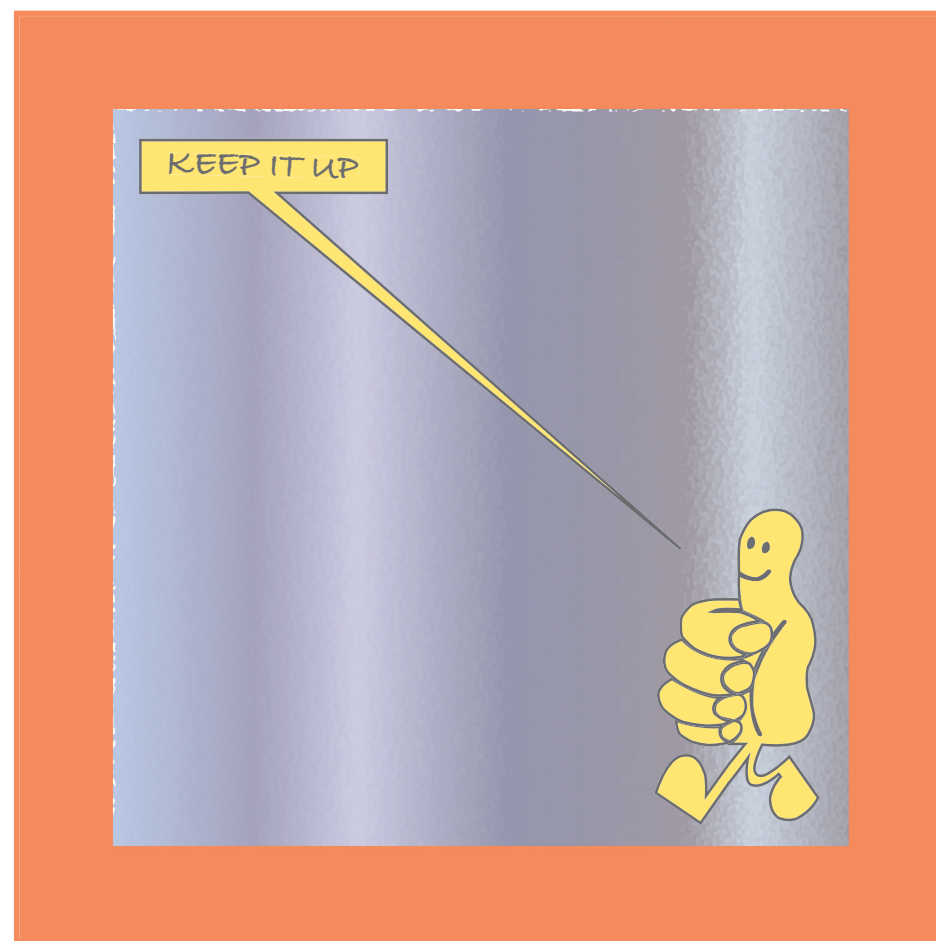
Merchandise for the new album includes a thumbs up with a smiley face and legs attached to the bottom. Pieces that O'Connor has shown on social media with the logo include a metal ring, a varsity jacket, phone cases and t-shirts. However, merchandise has yet to be announced and everything is just for show at the moment.

DeCresenza will not be attending his tour but is very envious of her friends that are doing so. Haritos' friend will be attending and she is very excited to see the visuals of the concert.

O'Connor last appeared on tour late-2019 through the beginning of 2020 for the Pony tour. However, due to COVID-19 and the lockdown regulations, the tour was put to a halt.

The “Who Cares” tour will take flight in late spring through the majority of the summer. O'Connor will be traveling through North America, United Kingdom and Ireland. The tour will start on May 4 in Miami and wrap up in London on Aug. 13.

Concert tickets went on sale Feb. 4 through Ticketmaster. Fans can pre-order the album or singles digitally at www.rexorangecounty.com. The link can be found on his instagram account @rexorangecounty.



Graphic by Jack Malatesta

Liz's Craft Column: Valentine's Day heart no-sew throw pillows

A quick and easy gift for Valentine's Day

By Liz Cherinka

Social Media Manager

This Valentine's Day craft is a no sew throw pillow. There is no needle and thread required, which makes this craft quick to make. It can add a holiday touch to any space and the pattern of the pillow can be personalized. This craft is also affordable because it only requires a few supplies, which can be found at any craft store.

- Two colors of fleece fabric. These colors can be Valentine's Day themes but do not have to be. They also can match or the pillow can have two designs and be reversible.
- Scissors
- Pillow stuffing or Poly-fil



1. First, cut a square that is at least two feet by two feet out of the first pattern fabric. Then, fold that piece of fabric in half. Out of this, cut half of a heart shape using the folding edge as the center of the heart. Unfold the fabric to reveal the heart shape. The edges do not have to be perfectly cut because they will mostly not be visible.



2. Place the first heart on top of the second color fabric. Cut around the original heart.

The edges of this one also do not have to be perfect but make sure the size of both hearts are the same so they line up evenly.



3. Once the two hearts are cut, lay them on top of each other evenly. Starting at the point on the bottom, cut one and half to two inch strips around the edge of the heart.

The strips will curve as they go around the top of the heart but make sure their length still stays long enough. It may help to draw a heart on the fabric two inches in from the edge to guide where the strips are cut.

4. After the strips are cut, starting at the bottom, tie the strips that lay on top of each other together. Tie them twice so they stay secured.

Repeat this around the heart until there is just a small gap before the starting point. Grab some of the pillow stuffing and, using the gap, put the stuffing into the pillow. Stuff it until there is just enough room to tie the rest of the strips together.

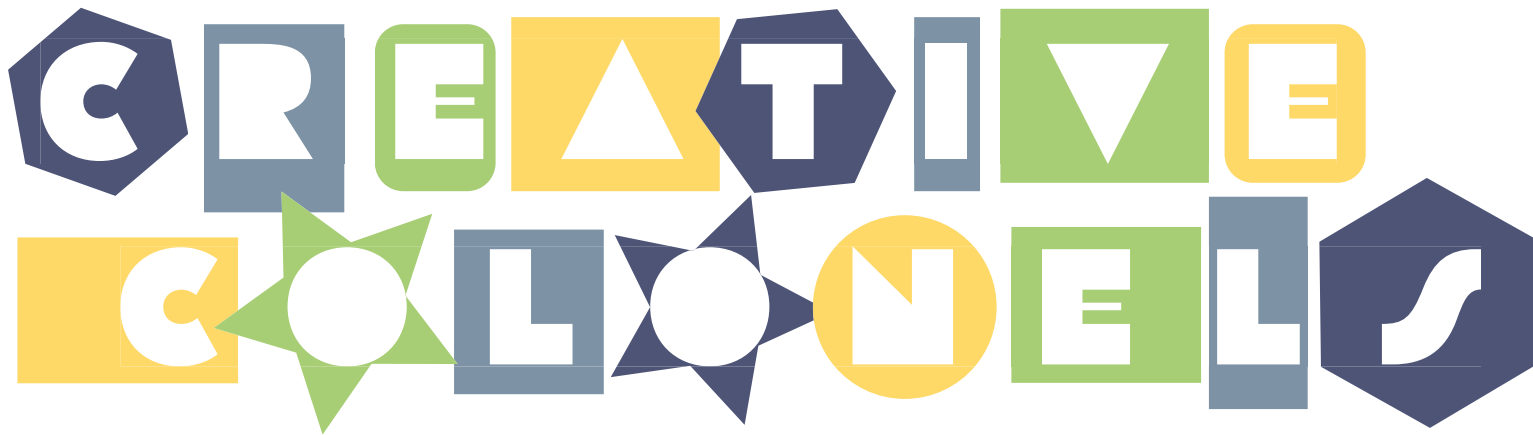


5. Finish tying the strips and then the pillow is complete. Rearrange any of the stuffing to make it even and then feel free to display it anywhere for a fun, handmade decoration.

This throw pillow is a festive decoration perfect for the season and can also be finished just in time. This craft only takes about a half hour, so it is perfect to do in a hurry before the holiday.

Liz's Craft Column Rating:





Creative Colonel of the Week: Mattias Hime

By Jordan Daniel

Life, Arts & Entertainment Editor

Mattias Hime, senior business management major, is a perfect fit for this week's Creative Colonel. His combined knowledge of business management and interest in fashion allowed him to begin his own clothing brand, Stack Or Starve (S.O.S).

"The inspiration behind the name comes from me as a child struggling in life and my mom always told me to focus on building a strong and powerful life, and I would never have to worry about struggling so the inspiration of the name has to do a lot with my mom," said Hime.

Hime began S.O.S in August 2022 in the midst of the COVID-19 pandemic, so it was challenging for him to obtain customers. Nevertheless, the message he spread with his brand caught the

attention of some people.

"I also wanted to build an affordable brand for families who can't afford expensive name brands," said Hime. "I was that kid who couldn't afford things for a while but my family worked hard to get where we are today. I will never forget where I came from so I want to show people that you can afford nice quality clothes for a low price."

The beginning process for Hime was going great and he sold out the first hoodie in just about two hours. Then, he took his clothing brand online to focus on building a real brand that people can rely on and reach people around the world.

"My favorite thing about my business is seeing people wearing my brand and trusting in the quality," said Hime.

When he created his first hoodie, Hime worked together with another company, Custom Ink, which sold custom clothes in bulk. He designs his clothes by using a website called tailorbrands.com, which allows him to customize and make adjustments to his designs.

Hime's friend and roommate, Dylan Walck, helped him launch S.O.S' website and as of now, Hime no longer works with Custom Ink but a new company called Printify to create his clothes.

S.O.S provides hoodies, athletic wear, trucker hats and more. In order to check out some of the products by Hime's brand and to find out more information about it, visit the website at stackstarve.com.

"I hope I can help people all around the world," said Hime. "I hope that one day I can give back to low-income students and families."



Courtesy of Mattias Hime

Mattias Hime, owner of Stack or Starve (S.O.S), creates affordable and good quality clothes for everyone to feel and look their best.

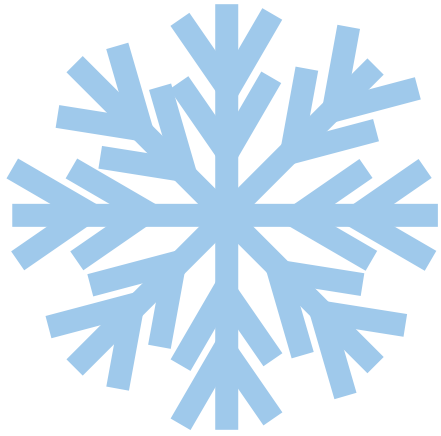


Visit stackstarve.com to browse all Stack or Starve has to offer.

**Want to showcase your skill and talents?
Contact jordan.daniel@wilkes.edu**

Winter preparedness and precautions

Tips to stay safe and warm during the harsh winter

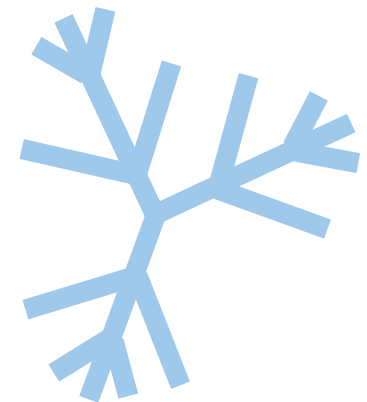
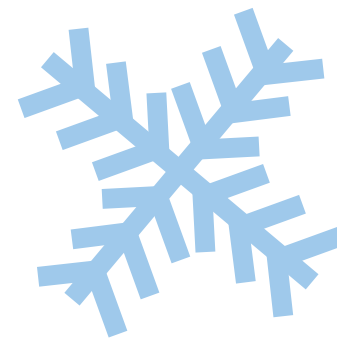
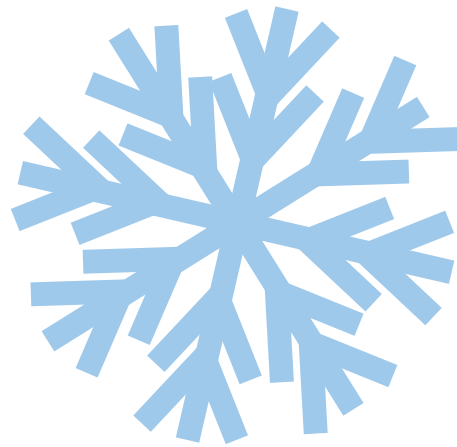


Take care of cars during winter weather:

- Install winter tires
- Maintain air pressure in tires
- Replace old windshield wipers and washer fluid
- Ensure the rear-window defroster is in good condition
- Keep gas tank at least half full
- Let a car run for 15 to 20 minutes before getting on the road



Drive carefully on ice. Let your car run for a few minutes to avoid foggy windows and a cold engine.



Watch for local weather updates and alerts:

- Check out AccuWeather for the most accurate and current weather reports
- For students, make sure to follow Wilkes' alerts for local weather conditions
- Wilkes' alerts will notify students for cancellations or compressed schedules due to extreme weather

WILKES ALERT- Due to inclement weather, classes and offices will operate remotely on Friday, Feb. 4. Read more at wilkes.edu

Sign up to receive weather-related alerts on your phone and student email from Wilkes through your school account.

Wear warm clothes:

- Boots
- Thick socks
- Long pants
- Long-sleeved shirts
- Thick sweaters
- Hoodies
- Jackets
- Coats
- Parkas
- Scarves
- Gloves
- Mittens
- Hats
- Earmuffs

Layer clothes:

- Wear long-sleeved shirts under, sweaters and then wear a jacket or coat on top
- This method will keep people warm in the cold
- If a person gets too warm, take the extra layers of clothing off

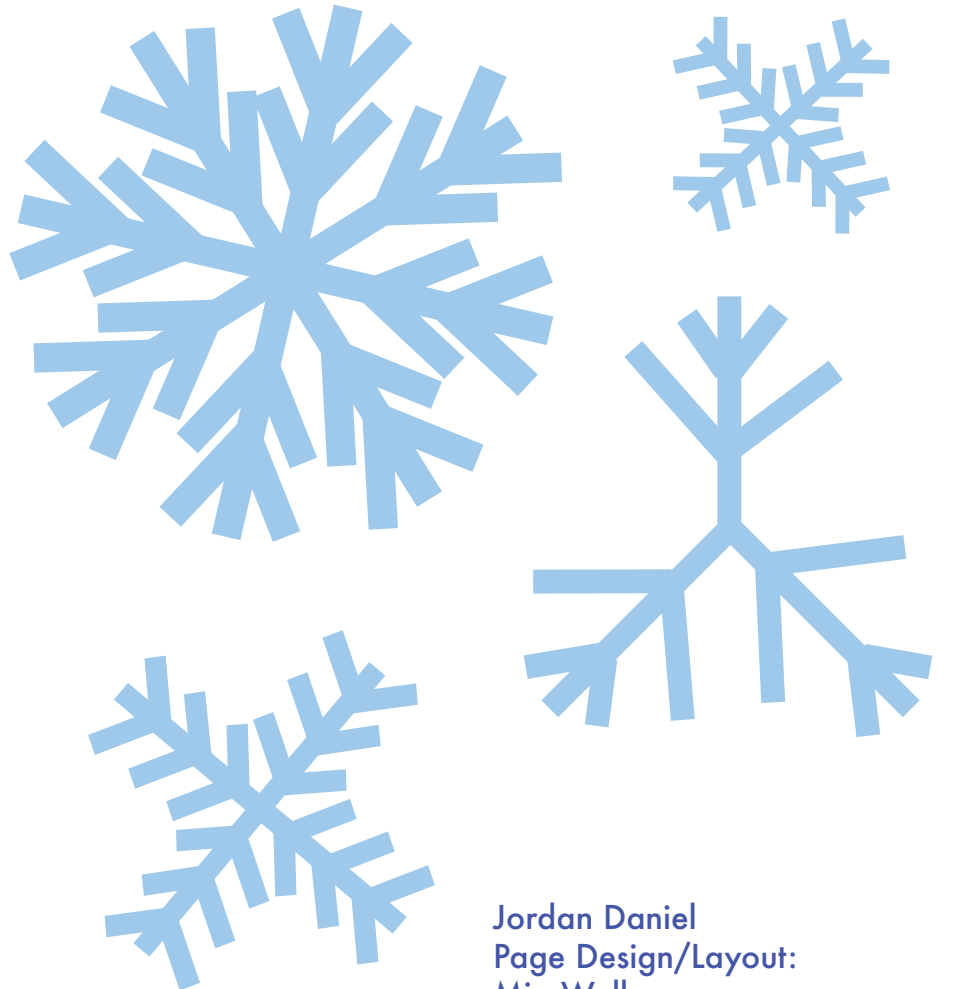
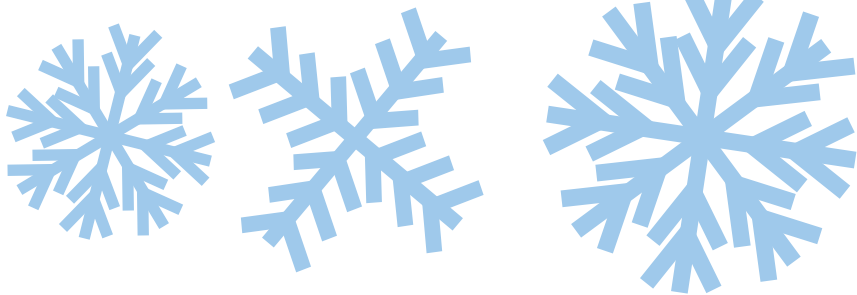


Walk on ice properly:

- Wear snow boots
- Walk slowly
- Walk with arms at the side like a penguin for balance



Wear proper, grippy shoes and boots when walking on ice to avoid slipping.



Watch out for ice in unsuspecting areas. With piles of snow still littered around campus, stick to clearer pathways.

Jordan Daniel
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Opinion

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

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Our Voice

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

University lacks in timely delivery of policies

The pandemic has been a struggle for everyone, but it has made college life almost unbearable for students.

The rules and regulations that are meant to keep us safe are ever-changing, which makes one wonder if our campuses and institutions know how to keep us safe.

Wilkes has put COVID-19 campus rules in place ever since the start of the pandemic (mask-wearing, assurance testing, etc.); however, they have been changing the extent of these regulations very often in the past few weeks.

After the fall 2021 semester, Wilkes was unsure if students would be allowed back on campus due to the uprise in positive COVID-19 cases around the country.

An email was sent to the student body on Jan. 7 stating that students would be allowed back on campus on Jan. 31, but unvaccinated students would need to get a negative test, which is school policy.

However, an email was sent on Jan. 24 with policy changes, just days before students were meant to return to campus.

The policy was that no matter what

your status was, whether vaccinated, unvaccinated, or previously infected with the virus, you had to get a test.

However, the latter is a direct contradiction with what the CDC has stated. Science has shown that there is potential for a person who has had COVID-19 can test positive again up to 90 days post positive reading.

Contraction of COVID-19 within 90 days has also shown that the person who contracted it is considered immune (or fully vaccinated) from the virus. However, the school that uses the sciences as the financial crutch, has deemed that science is wrong and you need to have a test to come back.

This is not the issue at hand, but rather the issue is that there has been a lack of communication about it until the very last minute.

An article published in "The Lancet" on Nov. 8, 2021, titled "Protective immunity after recovery from SARS-CoV-2 infection" stated conclusive evidence that a person who had previously contracted COVID-19 was immune from the virus, and that there were adverse effects to those who had

indeed been vaccinated.

This decision was made with no science behind it. They made an assumption, and you know what happens when you assume.

On Jan. 24, 2021, the university's COVID-19 Task Force and Daily Response team delivered an email stating: "Though rare, we can no longer assume that there is a 90-day immunity to reinfection."

Students had already made arrangements to return to campus, but those who had to retest found themselves scrambling at the last minute to acquire a negative test result within five days of their return to campus.

The lack of communication and cohesion when it comes to Wilkes making these decisions, it is just an added pressure to students.

We urge the University and their task forces to keep students more in the loop on major decisions—like the aforementioned one—in a more timely manner.

The consistent delay puts additional stress on students who are already stressed.

Letter to the editor policy: *The Beacon* welcomes letters to the editor from differing viewpoints. Letters must contain contact information, including name, city, state and phone number. Phone numbers will not be published but may be used for verification purposes.

All letters to the editor must be sent using one of the following methods:

Email: Emily.Cherkauskas@wilkes.edu or Ariel.Reed@wilkes.edu

Phone: (570) 408-5903 (Voicemail: 30 seconds or less, please.)

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

Three heartwarming romance reads for the holiday of love

By Breanna Ebisch

Opinion Editor

It's that time of year again. Valentine's Day is right around the corner. Some of us may prefer to spend the night with a good book. There are plenty of romance books out there to enjoy, especially for Valentine's Day, but these three picks are sure to sweep you away into a fictional world full of love in a variety of different ways.

"The Hating Game" by Sally Thorne

Love may truly be all fun and games which Sally Thorne demonstrates through her novel "The Hating Game." Lucy and Josh became co-workers after their two companies merged and have despised each other since the moment they met. But when a promotion is offered that is both of their dream jobs, things start to change in unexpected ways that neither of them see coming. What unfolds is a scream-worthy romance that is intricately built in a way that makes you unable to put the book down. The novel embraces the enemies to lovers trope and there's no better way to capture the way these two fall in love. It's a fast

read and the little details throughout the plot are some of the most well written that I have ever read. The book has received immense praise online in popular f a n d o m s , but the hype is worth it. The unique, but adored love story that Thorne creates between these two characters, it's almost impossible that it won't become a new favorite.

"People We Meet On Vacation" by Emily Henry

Although the weather outside may be snowy and cold right now, "People We Meet On Vacation" will both warm your



Graphic by Jack Malatesta

friendship falls apart due to an incident that occurred on their trip two years ago. But when Poppy feels stuck at her job, she reaches out to Alex in an attempt to have one last summer trip to fix everything. The book focuses mainly on this trip where the two friends are trying to heal their relationship without falling

heart and remind you that summer is on its way. This novel by Emily Henry focuses on two best friends who met in their first year of college, Poppy and Alex, who have become inseparable. The pair goes on a trip every s u m m e r ,

into dangerous territory that deals with their feelings. The romance in this novel is constructed perfectly and includes a slow burn that leads to such a great confession of mutual feelings. Poppy and Alex's unique friendship will make you smile and laugh throughout while also wanting them to reveal their true emotions with every page turn.

"Me Before You" by Jojo Moyes

If you're looking for an emotional read that is guaranteed to make you cry at the end, "Me Before You" by Jojo Moyes is the book for you. The story follows the two main characters Louisa Clark, who recently lost her job and is looking for a new one, and Will Traynor, who has been paralyzed after a motorcycle incident. Their personalities are complete opposites and when Louisa ends up getting the job as a caretaker for Will, their relationship begins in an unusual way. But, they become good friends and an undeniable romance blossoms which shifts their perspectives of life. There's only one problem that puts their relationship at risk. This love story is like no other and will have you laughing and crying at different times.

The beauty and pain of winter weather in the Northeast

By Rudy Urenovich

Staff Writer

Well friends, we are once again in the depths of winter. As I am writing this, we are currently experiencing our first "snow day." I use that term rather loosely because we are actually experiencing an ice storm, as opposed to a snow storm, which is arguably worse and more dangerous to be out and about during.

Also, thanks to the huge advancements we have had with video communication (I'm looking at you, Zoom), classes are able to be held virtually. So it may not be a huge exaggeration to say that we may never experience an actual, good, old-fashioned snow day again. This is also true because we are all adults, but I'm still in denial about that, so we are not going to talk about it further.

In any case, navigating the winter season in Northeast Pennsylvania is just

something you have to get accustomed to. We have had some lighter winters like the past few years, but still enough ice and snow to cause a ruckus though.

I have heard multiple times that Pennsylvania, and our area in particular, is one of the worst places in the country to drive in during the winter. So that should put just how big a deal the winter season, and the weather comes hand in hand with it, is for our little portion of the state and really the country as a whole.

However, the snow is pretty plain and simple. It is stunning for a day or two until it gets all dirty, brown and slushy, mixes with ice melt on the roads and sidewalks, and wreaks havoc on shoes and cars.

But I digress. If you are at home clutching a steaming mug of tea or coffee, whichever you prefer, it is almost a celestial experience watching the snow

coming down, blanketing everything in a fuzzy white layer. A white Christmas is truly magical as is flurries coming down on New Years. But Mother Nature, being a fickle force, refuses to form snow on these two choice days usually. With all our ski resorts and mountain beauty, snow only helps to advance this scenery.

However, not everything about this scenery is pure.

First off, we have the cold. One morning when I was out particularly early, the temperature was four degrees below zero. Being out in the morning is bad enough, but when it is as cold as it has been the past couple weeks, it is a million times worse.

Ice and snow, even though I already touched on their natural allure, can be quite a pain and in many cases dangerous. Plans have to be moved or canceled which causes endless scheduling conflicts.

Getting to said commitments and plans becomes a scary game; the roads in NEPA, riddled with potholes, are bad year round. but when adding the winter weather elements, they get even worse.

Driving and going to plans many times is already enough of a process, having to allow more time to and from, and just driving during a storm is a difficult task many of us do not need.

Hopefully soon winter will be in our rearview mirror and spring will be in bloom. I'm not sure how much stock anyone puts into this tradition of Punxsutawney Phil, the famous groundhog, seeing his shadow. Unfortunately, but not really surprisingly, he did see his shadow this year, which in turn means six more weeks of winter. There are so many questions I have regarding this practice, as well as criticisms, but that can be a whole article in itself.

The Bengals look to win it all, finish their 31-year quest

By Zara Lantzman
Opinion Staff Writer

Super Bowl LVI kicks off on Feb. 13 with the Los Angeles Rams and Cincinnati Bengals facing each other at SoFi Stadium.

SoFi stadium is home to the Rams and the Los Angeles Chargers. Before the 2020-21 season, no team has ever made the Super Bowl and played in their home stadium. It has now been done in back-to-back seasons, as the Tampa Bay Buccaneers did it last season.

There are 12 teams in the NFL without a Super Bowl win and the Bengals are looking to make it 11.

The Bengals ended a 31-year drought of unsuccessful playoff games and are rewriting history with their performance this year.

The Bengals came out of nowhere. The last two years they had the first and fifth pick in the draft. To jump from the fifth-worst team to the best in one year is insane.

The Bengals drafted quarterback Joe Burrow with the first pick in the 2020 draft and wide receiver Ja'marr Chase with the fifth pick in the 2021 draft. Burrow and Chase played together at LSU and that connection is part of the reason why this duo is so deadly.

In the postseason, Chase broke four NFL records and two Bengals records.

Chase broke the NFL rookie receiving yard record for a single game and for the entire season. He finished with a total of 1,455 receiving yards in a season and



Graphic by Jack Malatesta

266 yards in a game. Both these records were also franchise records. Chase also finished the season with 13 touchdowns.

On top of Chase's dominance, Burrow had an amazing and record-breaking season as well.

Burrow is coming off an ACL injury that he suffered in week 11 of his rookie season. His fantastic season post-injury has won him AP Comeback Player of

the Year.

Completing 70.4 percent of his passes, Burrow leads all quarterbacks in this category. He posted 4,611 passing yards and 34 touchdowns. His accomplishment was an uphill battle as he was also the most sacked quarterback in the NFL.

While Cincinnati is armed with talented players and a sensational

season, Los Angeles is walking onto the field with their own advantages.

The Rams' run for the 'ship started when they traded for quarterback Matthew Stafford in January of 2021. The Rams traded quarterback Jared Goff, two first-round picks and a third-round pick to the Lions.

The real reason the Rams are in the Super Bowl is because of their breakout star wide receiver Cooper Kupp. He has had one of the single greatest seasons a wide receiver can have. He received the triple crown, meaning first in the league with 16 touchdowns, 145 receptions and 1,947 receiving yards. Kupp also has a legitimate chance for this year's MVP.

The Rams increased their chances even more when they traded for the former Super Bowl MVP Von Miller and Odell Beckham Jr.

With all of the moves they have made, the team has gone all-in and do not have a first-round pick until the 2024 draft.

On top of all these superstars, they have arguably the best defender in NFL history in Aaron Donald. He has accumulated three defensive player of the year awards.

The Rams also have Jalen Ramsey who is possibly one of the best cornerbacks. He has been All-Pro three times.

It will be a close game, but the Bengals will win their first Super Bowl as Joe Burrow will be the Super Bowl MVP.

The streets of Cincinnati will run wild as all public schools are canceled the Monday after the Super Bowl. Cincinnati is ready.

We want to hear your voice!

Let your thoughts be known within the community. Join the Opinion section!

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Politics, culture, social issues

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Columns, petitions, letters to the editor



RuPaul's Drag Race Season 14: Queens to keep an eye on

By **Sydney Allbaugh**
Staff Writer

For 13 seasons, drag queens have gone head-to-head on runways and in challenges to be named the next winner of RuPaul's Drag Race. On Jan. 7, a fourteenth set of queens started the competition to be the next one crowned.

At this point in the season, 12 of the 14 queens remain. Although all the queens exhibit their own styles and talents, I believe that some stand out from the competition.

The first of those being Angeria Paris VanMichaels, or the self-proclaimed "glamorous southern belle from A-T-L." She is the full package of elaborate drag. Angeria has already established her unique brand, as she always finds a way to tie in her vintage southern charm into every competition and runway. Although she has a shtick, she does not fall victim to becoming one-note. Angeria incorporates her many talents—makeup, fashion, comedy and more—into every competition. She is not afraid to push boundaries or to try new things.

Four episodes have aired, and Angeria has already won two competitions, placed in the top in another and won her only mini-challenge. Between her classy yet glamorous runways, her humorous performances on the talent show and teaser episode and her all-around charming and sweet personality, Angeria is among the strongest competitors this season.

Another one of the strongest competitors is Willow Pill, or as RuPaul calls her, "not a big pill, but a Willow Pill." Willow Pill has quickly established her dark and eccentric yet adorable style of drag. On her first episode, the talent show episode, she performed a dark comedy "self-care in quarantine" routine in which she strips, throws a toaster and various items into a bathtub, and steps inside. She builds on her odd sense of humor in the teaser episode when she is seen confused and crawling around on the floor, calling out to Jeffrey Bowyer-Chapman.

Willow also translates her dynamic

personality into fashion on the runway. Whether it's her campy Y2K-inspired entrance look or glamorous animal print bridal jumpsuit on the ball episode, she never fails to show complexity in her looks.

Willow Pill's artistry is defined by her ability to intertwine darkness, like her struggle with a chronic kidney disease, with humor or beauty. She has already won the ball challenge and placed in the top in the other two challenges. I think her elaborate drag will continue to shine in this competition.

Another queen with a fierce and distinctive style is Bosco, the "Demon Queen of Seattle." She is an alternative and grunge queen characterized by her signature eyebrows. Commonly seen in Maleficent-esque horns and bodycon outfits, Bosco tends to be "equal parts evil and naked" as she describes. Although alternative queens are on the rise, her specific femme fatale drag persona is something unique and interesting. RuPaul always emphasizes signature styles, and Bosco has exceeded the expectations in this area.

Although I believe Bosco's stunning and distinctive looks are her strong suit, she has held her ground in the other competitions. She placed in the top during the talent show episode for her burlesque act and she stood out in the teaser episode as she exaggerates her own personality into a "dumb blonde" archetype.

Bosco has yet to win a challenge, but I think she has plenty of talent and personality to show the judges as the season continues. Her unique artistry and makeup style separates her from the competition and I am confident that she can make it far.

Although these three queens are incredibly talented and among my personal favorites, there are plenty of other queens, like Kornbread "The Snack" Jeté or Jorgeous, who are also tough and versatile competitors. This early in the season, there is no telling what will happen as these queens face different challenges. I am now left to wonder: will my favorite queens make it to the finale or will they have to "sashay away?"

Stopping the stigma: Talking about men's mental health

By **Lindsey Scorey**
Assistant Opinion Editor

Men's mental health issues are not a widely acknowledged and accepted topic of conversation even in 2022. The concern for mental wellness expands to all individuals, especially men who deal with the struggles of traditional masculinity norms that deny vulnerability and seeking help.

The stigma surrounding mental health awareness has slowly become less of a social norm but men have continuously had a harder time with access to help for a plethora of reasons.

For one, many cultures have societal expectations for men's roles and behaviors. A traditional perception of man is as a bread-winner, with a practical, assertive, non-emotional attitude.

Seeking help becomes less daunting when more men break the mold, but is still challenging. No one likes to be ostracized for things outside of their control.

According to Susan David in her book, "Emotional Agility," men's brains are capable of compartmentalizing better, which makes focusing on tasks apart from emotions easier, but can allow upset to build if never addressed or allowed its aid.

Josh Dombrowski, sophomore biochemistry major, finds that men's mental health awareness is stigmatized because of the male expectation to be strong, dominant, aggressive and self-sufficient.

These stereotypes make it harder to admit failure in any degree let alone emotional disparities.

"It is toxic to hold men accountable to these standards because it is damaging and demeaning," said Dombrowski. "To save them the embarrassment, men will opt for the suppression of their mental health and avoid it upon conversation so they can keep up with societal standards."

If it is hard enough to admit a problem, often seeking help is not really in the equation.

Dombrowski believes we can offer more resources by making therapy affordable and available for all and encourage more people to seek it out.



Graphic by Jack Malatesta

"We need to stop the stigmas surrounding mental health and therapy and actually encourage discussion within the classroom, at work, with friends, with family about mental health," said Domrowski. "Most importantly, we should always remind ourselves and each other that we are human."

It is important to recognize that seeking help can be more difficult than it seems but the hardest fights are often the most valuable.

If an individual cannot seek therapy for any reason, it is important that they find support systems and when comfortable, be able to act as such for others.

Jared Weyandt, a sophomore criminology major, balances his academic, athletic and cadet career through leaning on his support systems.

"I am very confident in my support systems," said Weyandt. "Everything between my relationship with my girlfriend, best friends, parents and swim team make it very easy to open up about my mental health."

While the stigmas of men's mental health outreach is not always spoken and addressed, it is never too late to speak up and contribute to the conversation or change someone's life for the better.

With this all being said, if you are struggling with mental wellbeing, seek help and primary aid resources immediately. Resources are available at Passan Hall, or by visiting health and wellness services at www.wilkes.edu.

Review of 'Scream': A Ghostface like never before

By Hannah Simerson
Staff Writer

It is necessary to include all aspects of the plot of the film to accurately attest to the successes and failures of "Scream," so please be advised that this review does contain spoilers.

If you walked into a movie theater on Jan. 14, you would not be able to tell if the year was 1996 or 2022. Upon its highly anticipated release, "Scream" brought old and new fans to the big screen.

A seriously bloody good time, "Scream" knew its audience well and kept them in the palm of its hands for the entire two-hour runtime. However, for as many times as it knocked it out of the park, it just as often fell flat on its face.

"Scream" knows its roots: fans of the original film will relish in the nods to original scenes, characters and sets. The movie has always been a critique of its own genre and, whereas the other sequels strayed too far away from this, this new adaptation kept it as its core.

The original is the clearest example of meta-horror to date, but the newest movie is the runner-up. The film was laden with references to modern horror films and is self-aware of its own tropes. In essence, "Scream" is a horror film inside of a horror film.

These self-reflective aspects of the movie not only keep it fresh, but they also create a dynamic between media and viewer unlike any other film to date. After a while, however, the "meta" aspects of the newest "Scream" installment felt redundant.

It began to feel as if the audience was being spoon-fed the plot instead of experiencing it. Some references were corny and out of touch and these references stunted organic conversations between characters in pivotal scenes.

The Plot

The effort to situate "Scream" on a higher

level of horror was there. Although it did not necessarily succeed in this attempt, it did succeed in its effort to tie the new plot into the original film.

Most of the main characters in the 2022 installment were direct relatives to icons in the 1996 installment. This was the biggest win for "Scream." To create an entirely new storyline with fresh faces and motives while also preying on the nostalgia of long-time fans is no easy feat, yet the movie pulled it off effortlessly.

Fans suspected the three main characters, Sidney, Gale and Dewey, to return for this new installment, but Billy made his return to

his return was one that nobody expected.

Another aspect of the original movie that fans never thought they would see again was Stu Macher's house where the iconic final scene in the 1996 "Scream" took place. Once again, a last battle led to unmasking Ghostface.

The biggest "new" for the movie was how brutal Ghostface was in this film. The killings were shocking and downright scary.

The decision to kill off Dewey's character was the smartest decision made in any of the five "Scream" films. Although I adore his character, killing him in this film illustrated that this Ghostface was more brutal and threatening than any we have

seen before and that not even the iconic characters were off the chopping block. Plus, the iconic "It's an honor" line was the cherry on top of an already good plot direction for the film.

There was a lot to love about the movie, but there was also so much to hate. Despite the first installment, "Scream" is notorious for confusing

incredibly flat.

The series tends to have horrible motives, but the killers themselves are entirely too forgettable to have any substantive effect on viewers. The newest movie fell into this trap as well and it significantly impacted its success.

The undoubted worst aspect of the newest "Scream" was the performance of the series' newest final girl, Sam, played by Melissa Barrera. She was weak, unconvincing and downright annoying and I rooted for her demise.

Her only redemption was her connection to Billy. Without this, the film would have benefited if she had not been in it.

An homage

By lacing the new plot with so many elements of past plots, "Scream" created a thrill ride for its viewers. Fans were able to relish in the new while also honoring the old.

The movie did not just honor its past films. During the film, there were two noticeable nods to the late Wes Craven, the director for the first four films in the franchise.

One of the main characters was named after the director and, after his demise in the second act, a party was held in his honor. A party banner stating "For Wes" was displayed—plot wise for the character, but also franchise wise to honor the series' creator.

Hannah's rating

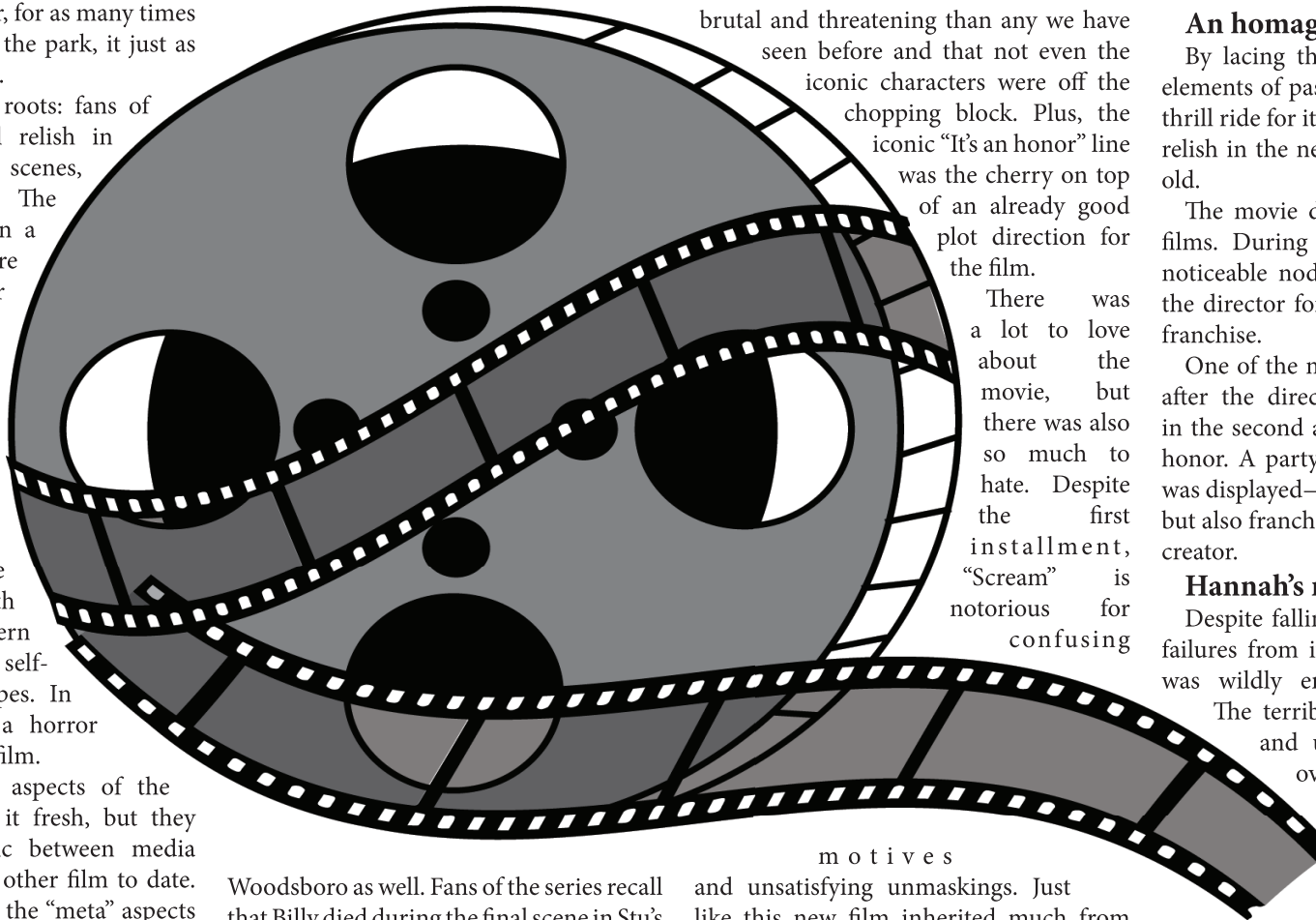
Despite falling down the rabbit hole of failures from its predecessors, the movie was wildly entertaining and fulfilling.

The terrible motivations and killers and uninspired final girl were overshadowed by the film's commitment to honoring the fans and Craven alike.

Had the directors paid more attention to adding to the universe rather than replicating what we already found to not work, the movie would have been a knockout.

Overall, I rate the newest "Scream" eight out of ten stars. It is certainly worth the watch- but bring your tissues.

"Scream" is rated R and is now playing in theaters across the country.



m o t i v e s

Woodsboro as well. Fans of the series recall that Billy died during the final scene in Stu's house. However, in the 2022 "Scream," fans learn that Billy had a daughter who just happens to be Ghostface's newest target.

Throughout the film, Billy's daughter, Sam, sees visions of her father as she fights to prove that she is not like him. These visions brought screams (no pun intended) to my movie theater, as I am sure was the case for all theaters showing the film. Billy, played by Skeet Ulrich, is a fan favorite and

and unsatisfying unmaskings. Just like this new film inherited much from its predecessors, so too did it inherit this unfortunate plotline.

The newest killers, Amber and Richie, were inspired to create a better movie for the "Stab" series that exists within the "Scream" universe. Unhappy with the most recent of the installments, the pair met on Reddit and devised their plan. Yet another example of the movie forcing itself to mimic meta-horror, this fell so

Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editors: Christopher.Gowarty@wilkes.edu or Baylee.Guedes@wilkes.edu

WLAX: Amber McCarver starts journey as new head coach

McCarver brings years of personal experience to the Colonels

By Christopher Gowarty
Co-Sports Editor

The women's lacrosse team has a new sheriff in town as Amber McCarver has taken over the reins as head coach.

McCarver is already implementing new plans of action to get the Colonels on the same page for the upcoming season.

"You can not really fix teamwork with a drill," said McCarver. "I am really hoping that we can just get people working together with different girls on the team that they do not normally hang out with outside of practice. I hope to do more team bonding outside of practice as soon as I settle in a bit more."

McCarver's early implementation of teamwork stems from her long-time relationship with the sport.

For her first semester of college, she attended LaSalle University to play Division I lacrosse before making the decision to transfer to Penn State to complete her first year of school.

She finished her last three years of college at Messiah University while continuing to play lacrosse.

At Messiah, McCarver played as a goalie and concluded her playing career ranking within the top seven in both minutes-played and saves at the university.

"Along with being a goalie, you work as a cohesive unit with the defense so she understands how that should be happening and what the defense should be doing to make that work," said senior midfielder Laura Bayzick. "The attackers and midfielders are benefiting because she is teaching us all of the different angles that we can shoot at, that would be hard for a goalie to save quickly."

Despite her prestigious play at Messiah, McCarver did not focus on her individual statistics but rather the



The Beacon/Christopher Gowarty

The newly hired head coach Amber McCarver looks to carry out the objective of more cohesion within the women's lacrosse team during her first season at Wilkes University.

qualities that she learned from being a part of a team.

"What I have seen in the first week that I have been here is that there is a lot of talent on the team," said McCarver. "They do not really work together as a team quite yet. I am hoping that we can really tap into that talent and develop a sense of unity and create a united front as a team."

Within her first week of being the Colonels head coach, McCarver got the chance to meet her squad and began creating relationships with them—

which she views as the cornerstone to success.

"Coach McCarver has joined the team as if she has been here this whole time," said senior attacker Camryn Devitt. "She truly cares about the development of this team and is always looking to develop closer connections with each of the players. McCarver is a very knowledgeable lacrosse player with a great lacrosse IQ and has been a great addition to the team."

McCarver stated that when she was first introduced to her players, she was

met with eager minds ready to learn from a former player with a wide array of experience.

"I believe her past lacrosse experience will benefit our team in a number of ways," said Bayzick. "She went to a great college which has a very good lacrosse program and was a goalie there so that already benefits our team's goalies."

McCarver began her duties as head coach on Jan. 26, and will coach her first game on March 30 as the Colonels play their first matchup of the season at Delaware Valley University.

MIH: Colonels continue their commanding play with 8-1 win

By Baylee Guedes

Co-Sports Editor

The Colonels came off of a big 7-0 on-the-road win over Arcadia on Friday night. Both senior Tyler Barrow and Phil Erickson put up two goals for Wilkes to make up for more than half of the final score.

On Saturday, Wilkes continued to add a win to the column as they beat the Lebanon Valley College Flying Dutchmen 8-1.

“Keeping our tempo up is what we have done a great job of this year as a team,” said head coach Tyler Hynes. “Assistant coach Lucas Bombardier is definitely one of the things that is different for us this year and it has made us better.”

In the beginning of Saturday’s matchup, Wilkes had a hard time getting possession offensively. Once they did, there was no stopping them in sight.

Wilkes pounded the puck into the net in the first period. Senior Ben Stefanini scored at the 9:33 mark of the first period. Exactly one minute later, senior Phil Erickson assisted senior Devon Schell as he nailed one in the corner of the goal.

“We thought we had a good start and once we were able to get one (goal) we knew we were going to be able to get rolling,” said Stefanini. “Schell was able to follow up not long after.”

The Flying Dutchmen started to make



The Beacon/Baylee Guedes

The Colonels and Flying Dutchmen fight for possession of the puck early in the game.

a drive at Wilkes leading to two Colonel penalties 35 seconds apart. Lebanon went on a power-play run but Wilkes’ three defenders and senior goalie Nico Pidro held them for the entirety of the penalty timer.

Wilkes gained control of the puck as senior Scott Mueller came out of the sin-bin. First-year Cole Jungworth’s penalty timed out and Wilkes had all of their

skaters back on the ice. The Colonels made a speedy play down the ice and senior Michael Gurska came from the left-wing and snuck one right past the Lebanon goalie and one other defender. The scoreboard read 3-0 going into the second period.

“What is so great about our team right now is our penalty kill and how much we are willing to sacrifice,” said Gurska.

“It has helped us build momentum all season long and it showed tonight, just felt good to turn good defense into offense.”

The second period started off with a goal from senior Dylan Kuipers at the 15:31 mark, assisted by Stefanini. Four minutes after Kuipers goal, senior Jay Gallagher nailed one in after getting an assist from senior Tyler Dill.

With five and a half minutes left, graduate-student Taylor Brierley scored as the Colonels controlled the majority of the period.

With three seconds left on the clock in the second period, Stefanini drove one in unassisted to make the scoreboard read 7-0.

“When Stefanini does something good, it invigorates our entire team,” said Hynes.

With Wilkes up by seven, the Colonels made a change in goal by putting in first-year goalie Jack Perna.

At the 17:25 mark, Dill took a shot at the Lebanon Valley goal and it paid off, making the score 8-0.

With two minutes left in the game, Cade Freer of Lebanon snuck one past Perna.

“This was a fun game to be a part of and an even better team to be a part of right now,” said Gurska. “We are playing great hockey at the right time and tonight was a great example of that.”

THE BEACON Player of the Game: Ben Stefanini

+/-

3

Goals

2

Assists

1



MVB: Colonels unexpected lineup change stifles win-streak

By Jason Eberhart
Asst. Sports Editor

The men's volleyball team looked to continue its win streak with a non-conference tri-match on Saturday afternoon in the Marts Center.

The Colonels were unable to continue their early season success as they lost both games to SUNY Potsdam and Penn State Behrend.

In the first match of the day against SUNY Potsdam, Wilkes dominated the first set. After that, the offense seemed to stagnate and the Colonels were unable to pick apart the Bears defense as they lost 3-1.

Despite the loss, Wilkes competed hard every point against a very talented team.

With a number of key contributors out for a multitude of reasons, a few players had to step into new roles to try and help the Colonels win.

One of these players was sophomore middle hitter Paul Binner who was asked to play setter on short notice.

Binner was doing it all for the Colonels in the first match as he finished with eight kills, two aces, and seven digs, all of which were team highs for Wilkes.

"So I have set in high school, and I have kind of been thrown around a little bit this season," said Binner. "Coach asked me if I could get thrown in the game to be the

setter. I felt pretty confident about it, and I'm glad I was able to help at least a little bit."

The second match against the Nittany Lions was much of the same. Wilkes struggled to handle the serves from Penn State Behrend.

Their passing was inconsistent which led to them struggling for the entirety of the match.

The Colonels were unable to get out of their funk which allowed Penn State Behrend to cruise to a 3-0 victory.

"I do not think it was them doing anything special," said senior opposite hitter Everett Fritz. "I think it was just us struggling to pass, us struggling with serve/receive. Passing is something we really strive to work on, and we are getting better at it."

Binner was not the only one to step up for the shorthanded Colonels.

Two first-year players in defensive specialists Jake Sheldon and outside hitter Cody Smith were asked to take on bigger responsibilities today in the second match, and both stepped up to the plate.

"I think we have a great bench of players that are ready to go at any time," said head coach Joseph Czopek. "We had a lot of guys that stepped up and played real nice games today. We are young, but we are developing."

Wilkes hopes that the extended play for some of its players will be super beneficial as conference play is just around the corner.

The team has been successful early on in the year at full strength, and this tri-match

could be beneficial in growing confidence for some of the younger players.

The Colonels hope to get back to their winning ways as they take on Messiah University in the MAC opener at 11 a.m. on Saturday in the Marts Center.



The Beacon/Ariel Reed

Everett Fritz earned a kill and celebrated with his teammates on the court.

THE BEACON Player of the Game: Paul Binner

Kills

8

Blocks

2

Aces

2





Getting to know...

Nico Pidro

Senior Ice Hockey Player

The Beacon: Male Athlete of the Week Jan. 26 to Feb. 2

Why Nico Pidro was selected: Pidro earned MAC Defensive Player of the Week honors after posting a .951 save percentage against school rival Kings College in an 8-1 victory on Jan. 28.

Name: Nico Pidro

Year: Senior

Major: Nursing

Hometown: Canonsburg, Pa.

High School: Canon-McMillan H.S.

Position: Goalie

Driving force for your decision to come to Wilkes?

The opportunity to be a part of a new program attracted me to come to Wilkes, along with the academic opportunities.

Post-graduation plans in terms of a career?

I plan to work as an RN in the Pittsburgh area.

Favorite Memory as a Colonel?

My favorite memory is winning the MAC on home ice.

Hopes for this season as a Colonel?

Our goal is to win a conference championship.

When/Why did you first begin playing?

My dad got me into the game at four-years-old.

Favorite thing to do during practice?

My favorite thing is competing in mini games with some of the best players in the country.

Other interests or hobbies off of the field?

I enjoy spending time with friends and family, and maybe playing some video games.

Favorite building on campus?

My favorite building is the Stark Learning Center.

What color/flavor of Gatorade is your favorite?

I'm a big fan of orange.

If your life was a movie, who would you want to play you and why?

I would want to be played by Jonah Hill, that guy is hilarious. I don't think we look too much alike, though.

Favorite professor?

My favorite professor is Ms. Hauze.

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

I bet Muga.

Most influential person in your life?

My dad is the most influential person in my life.

A quote you live your life by?

"It's the only thing you can control. You are responsible for how people remember you-or don't. So don't take it lightly." - Kobe Bryant

What does "Be Colonel" mean to you?

Being Colonel means doing the little things right and making sacrifices for the big goals that take time.

Anyone to give a shout-out to?

I will give a shout out to my sister, Bennett and my mom and my teammates, of course.

-Compiled by Ariel Reed, Managing Editor

Editor's note: Athlete of the Week selections are determined by the sports staff each week. At the end of the academic year, we will post a reader poll on Twitter @WilkesBeacon to crown an "Athlete of the Year."

The Beacon/Ariel Reed

Getting to know...

Ally Joly

Senior Ice Hockey Player

The Beacon: Female Athlete of the Week Jan. 26 to Feb. 2

Why Ally Joly was selected: In two games against Arcadia University, Joly posted a .978 save percentage to earn MAC Defensive Player of the Week honors. On Senior Day, Joly stopped all 52 shots to earn a 1-0 victory.

Name: Ally Joly

Year: 2022

Major: Sports Management

Minor: Hospitality and Leadership

Hometown: Lincoln, RI

High School: The Tilton School

Position: Goalie

Favorite building on campus?

My favorite building is The Simms Center.

What color/flavor of Gatorade is your favorite?

My favorite flavor is Cool Blue.

Driving force for your decision to come to Wilkes?

Being able to start the women's hockey team and get a great education.

If your life was a movie, who would you want to play you and why?

Kate Hudson. I have always been a fan of hers.

Post-graduation plans in terms of a career?

Attending graduate school and then working in athletics.

Favorite professor?

My favorite professor is Dr. Lee.

Favorite Memory as a Colonel?

Sophomore year when we beat Kings off a goal with 7 seconds left in the game to secure our first ever conference win.

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

Betty White

Hopes for this season as a Colonel?

Enjoy the time I have left with my friends and my time as a colonel.

Most influential person in your life?

My dad.

When/Why did you first begin playing?

I started playing hockey when I was 6. Everyone in my family played.

A quote you live your life by?

"Everything happens for a reason."

Favorite thing to do during practice?

My favorite thing to do in practice are small area games.

What does "Be Colonel" mean to you?

Being Colonel means playing for more than just yourself.

Anyone to give a shout-out to?

I have to give a shoutout to my teammates!

Other interests or hobbies off of the field?

I also play lacrosse and enjoy tanning.

-Compiled by Ariel Reed, Managing Editor



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The Beacon/Ariel Reed

Wilkes wins big against Scranton on senior day, honors coach

Laudenslager passes 900-win milestone



ABOVE: Head Coach Jon Laudenslager was honored with a plaque before the match against Scranton, where they won 37-10.

BELOW: Jack Bauer, 133 bout, eyed up his opponent while calculating his next move.



Photos: The Beacon/Ariel Reed

ABOVE: Wilkes Wrestling seniors posed for a picture before their final home bout.

BELOW: Liam Flaherty points to the stands after winning a grueling match against Scranton.

