



Est. 1936
Pa. Newspaper
Association Member

March 18, 2014

THE BEACON

The news of today reported by the journalists of tomorrow.

Volume 67 Issue 16



Gateway to the future, While building on the past

After the university successfully purchased the old Bartikowsky's Jewelry building, a new plan was announced to renovate the UCOM to house the Jay Sidhu School of Business & Leadership -- Full story on page 10-11

March 18, 2014

Contact editor: nicole.zukowski@wilkes.edu

Low scores put nursing on life support

By Christine Lee
Senior Editor

Lower than average scores on the national nursing licensing exam have caused the School of Nursing to re-evaluate much of its program curriculum.

Results from last year's National Council Licensing Exam, which tracks scores from Oct. 1, 2012 to Sept. 30, 2013, indicate an overall pass rate for first time undergraduate test takers of 74 percent, compared to an 87 percent in 2012 and 90 percent in 2011. Associate Dean of the School of Nursing Mary Ann Merrigan said because the school has not attained an 80 percent pass rate, the state requires them to come up with an action plan to boost the scores. The scores have no effect on the school's accreditation from the Commission on Collegiate Nursing Education.

She said the results are an "anomaly" for the school as they have always had a high pass rate on the exam which tests students' basic knowledge in nursing principles in order to receive a license to practice.

"It's very upsetting to us," she said.

Merrigan said the test plan had increased in difficulty in April, something she said happens every few years. However, she when the test changes, there is a one to two percent decrease in the overall pass rate. This year there was a 10 percent decrease in overall pass rate.

"That was perhaps not only an anomaly in our program," Merrigan said.

Proponents of the action plan include changing the passing grade of nursing courses to 79 percent, maintaining a grade-point average of 2.5, requiring a 500 math and verbal SAT score to be admitted into the program and reconstructing courses.

These parts of the measures were implemented because it was found that students who didn't pass were getting grades between 75 to 79 in their nursing courses. These students also discovered to have carried a low grade point average and, scored less than 500 in math on the SAT's.

The plan also means changes to the nursing curriculum itself. Although all nursing course exams are set up percentage-wise, like the NCLEX exam, courses were also re-



The Beacon/Jake Cochran

The nursing program curriculum is under re-evaluation for improvement because of low scores on the national nursing licensing exam taken yearly.

constructed, including a new course in cognitive reasoning being offered in order to better prepare students to take the test in addition to the already-instituted review course offered through Kaplan. Merrigan said this idea was something suggested by students on their exit exams.

"Some of the students told me that they had friends in other nursing programs at other universities who had some kind of a mandated course," she said.

Merrigan explained that these measures were already being implemented and the cognitive reasoning course was the only piece of the action plan that had not been re-evaluated.

"These are all in our action plan, however, we had instituted these things already," she said.



@wilkesbeacon
christine.lee@wilkes.edu

IT adds new password to wireless network

The Wilkes University community has recently instituted a change in their wireless Internet access by developing a secure wireless network as an increased security benefit.

On Feb. 25, 2014, Wilkes University officially made the switch from the open wireless "Guest.Wilkes.edu" network, to a secure network.

Wilkes developed a project proposal to address the open guest wireless access. The previous situation was a security risk, as people not associated with the Wilkes community had access to Wilkes' network.

Wilkes University Project Director, Cindy Greene, developed the project proposal.

"The goal of the new wireless system is to provide access to the Wilkes community while securing the integrity of the campus network," Greene said.

The Wilkes Community as a whole has had access to the unsecure "Guest" wireless network, which has resulted in slow connection for students.

The entire wireless network plan will consist of three steps.

The first phase, which started on Tuesday, Feb. 25, will include adding a password requirement to the guest wireless.

The second phase is scheduled for the start of the fall semester, and the final phase will take place in Jan. 2015.

The second phase will be to create a new wireless network secured by a password to address the devices that cannot connect to the "Wilkes.edu" network, but that require access to internal services.

The third and final phase would be to reduce the access on the "Guest" wireless to limited Internet activity.

Students are experiencing mixed reactions to the recent change.

"It's kind of a pain to have to continuously type in the password to access the network," sophomore Devin Dunn said. "However, if it ultimately speeds up the Internet, it's worth the extra effort."

If experiencing any difficulties with the Internet, consult the Wilkes online Technology Help Desk.

-Alec Wizar, Correspondent

THE BEACON

Editorial Staff 2013-14

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

PHONE: (570) 408-5903

WEBSITE: thewilkesbeacon.com

Editor-in-Chief: Jake Cochran
Managing Editor: Anne Yoskoski
Design Editor: Paul Kaspriskie
Assistant Managing Editor: Ashley Evert
Chief Photographer: David Lee
Adviser: Loran Lewis

News Editor: Nicole Zukowski
L&A&E Editor: Alyssa Stencavage
Opinion Editor: Sara Davis
Assistant Design Editor: Steve Dziedzick
Assistant News Editor: Sarah Bedford

Assistant L&A&E Editor: James Jaskolka-Butler
Senior Editor: Carly Yamrus
Senior Editor: Lyndsie Yamrus
Senior News Editor: Christine Lee

'One for one model' key to success for TOMS company

The impacts of decisions made everyday are the focus of broadcast

By Nicole Zukowski

News Editor

Success and giving are placed on the same level of importance in making decisions in lecture about TOMS Shoes.

The Wilkes chapter of National Society of Leadership and Success showed a live speaker broadcast on Feb. 25.

The speaker broadcast titled, "The New Social Entrepreneurism" featured Blake Mycoskie, founder of TOMS Shoes. Mycoskie told about his personal journey of building TOMS Company to the successful standing that it is today.

"We have given over ten million shoes to children in need," Mycoskie said.

TOMS success stems from a one for one model Mycoskie developed one morning on vacation in Argentina. While on vacation Mycoskie volunteered with a group of people to give shoes to children in poverty who could not attend school unless they had close-toe shoes on. He was so inspired from the experience that he developed this idea of giving a pair of shoes to a child in need for every shoe bought.

The company first headquarter was based from Mycoskie's apartment in Los Angeles, California.

"We sold ten thousand shoes out of my apartment in one summer," Mycoskie said.

The extreme growth of TOMS was something unexpected but welcomed Mycoskie went on to say. Within months TOMS were becoming so popular that the demand was higher than the supply. Mycoskie shared some major mile-stones in the development of the company. One huge step in the development of the company was a phone call, which at the time the company still based out of his apartment. It had about 3 workers with a wireless telephone as the only line of the company.

"I don't know a lot about shoes, but at this point I knew Nordstrom is like the Holy Grail," Mycoskie said.

From that point TOMS grew larger, but today Nordstrom is still TOMS' largest buyer.

In relation to the growth Mycoskie said, "I had to put in everything I had because this



Wilkes Archives

Blake Mycoskie, TOMS Shoes founder, discussed his experience of building up the successful company. Mycoskie explained the importance of giving back and the greater story TOMS creates for customers.

could be so much bigger than some children in Argentina."

Decisions made in live everyday could change the world. Throughout the lecture Mycoskie reinforced that main point. To become more interactive he asked to audience watching to text the answer of this question:

"Would you have made TOMS a non-profit or for-profit company?"

That was a question Mycoskie asked himself and chosen the latter. He explained that by having TOMS a for-profit company, the dependence on donors decreases. He went on further to say that he never wanted to have to tell a child that he could not give them shoes because the donors found another respectable fund to give to. Having TOMS as a for-profit and giving away the profit in the form of shoes to children was the key to having a sustainable giving.

"If we focused on giving and allowing our customers to be a part of our story and then it will become their story," Mycoskie said about the success. "Then everything else will take care of itself."

TOMS has also stretched into the sunglass market. Still using the one for one model, for every pair of sunglasses sold sales go to help eyesight of children around the world. These children would receive the eye attention that they need.

At the end of the lecture there was a question and answer session. Mycoskie was asked where the name TOMS for his company came from.

"That's an easy one. If we sell a pair of shoes today, then we will give a pair tomorrow, but I couldn't fit tomorrow on the tag so I shortened it to TOMS."

Bringing the lecture to a close, Mycoskie ended with the encouragement of if you have an idea to pursue it and that only one decision could change the world.



@wilkesbeacon

nicole.zukowski@wilkes.edu

SG Notes: new director of Public Safety introduced

Three large Wilkes events are being held on the same weekend

By Nick Durdan

Staff Writer

This week, Wilkes University returns after a weeklong hiatus thanks to Spring break.

Student Government discussed multiple fund requests as well as introducing the new head to Public Safety.

The Glow Run 5k ran into its second week of fund requesting.

The event is planned for the same weekend as the Big Event and the Block Party near the end of the semester and its function is to be an alternative activity for the weekend.

The 5k is a run around Wilkes-Barre at

night featuring glow paint and other glow in the dark objects.

A motion was proposed to allocate \$3,233.20 with the stipulation that the requesters ask the mega council for grants, and whatever it receives in grants, the leftover money would return to Student Government.

The motion for the event passed with a vote of: 36-1-1.

Also in its second week of fund requesting was the psychology Club requesting \$275 for the upcoming Eastern Psychological Association Conference.

The consensus was the budget was very reasonable and well planned out.

The motion passed with a vote of: 37-0-1.

Wilkes Enactus club in its first week requested a proposed \$6,087.12 for various expenses for its upcoming national competition in Cincinnati.

Enactus President Dominic Manzione added "Since there are no more regional competitions, going right to nationals is a big deal for us and for Wilkes University."

The conference is scheduled for March 31 to April 3, 2014.

The current consensus is it is a lot of money, and Student Government hopes Enactus can get grants to help cushion their request.

Wilkes University's new head of Public Safety formally introduced himself to Student Government.

Christopher J. Jagoe, who has twenty-eight years of experience with the University of Maryland's Public Safety, now heads the Public Safety here at Wilkes University.

The budget for this week is as follows: All College: \$2,633.39, General: \$6,765.07, Conference: \$4,641.64, Spirit: \$2,630, giving Student Government a total of: \$16,700.10.

Student Government meets every Wednesday at 6 p.m. in the Miller room inside the Henry Student Center.



@wilkesbeacon

nicholas.durdan@wilkes.edu

Insight from Jewish Americans offered in political science course

By Amanda Stickles

Staff Writer

Wilkes University has started in the spring semester a unique new Political Science course involving the Jewish Community Center, JCC.

Great Decisions has become one of the largest public affairs discussion programs in the United States, having both students and adult learners be a part of it. Started in 1955, Great Decisions provides participants with the readings around topics in international issues and governments. It is the first time Wilkes University is hosting the class in partnership with the JCC.

Associate Professor of Political Science, Andrew Miller took a course similar to this in his undergraduate program in college and found it to be very beneficial. He said it became a great learning experience for him and the students. When Miller was approached by the school administration about if he knew of any new course ideas for political science he jumped at the idea to introduce Wilkes to the Great Decision course.

Miller is the instructor for the course and has nine Wilkes students in the class and seven participants at the JCC. It is a seven week one credit course and involves going to visit the JCC once a week for two hours.

The topics discussed between the students and the JCC members includes defense, Israel and the United States, Turkey, Islamic Awakening, energy independence, China and food and climate. The topics change depending what is happening and going on in the world.

The students are able to have the opportunity to learn about international issues from someone else rather than just their professor and in a new environment rather than just sitting in a

class room. The JCC members also get to learn the perspectives of the issues through the students' viewpoints.

In addition to the students going to the JCC and interacting with the members, they also have to write a short summary for each chapter they discuss in the class. This course opens up a new way for students to get out in the community and interact with people they might not normally interact with.



The Beacon/Nicole Zukowski

Professor Andrew Miller brings "Great Decisions" class to Wilkes. This class offers student a peculiar view of international affairs from community members.

Kayla Rooney, a student in the Great Decisions PS198 course has become very fond of the class and enjoys discussing important current issues with people she might not normally get a chance to talk to on a regular base.

"I'm glad that I was able to take this class because it's given me different perspectives about things that are going on internationally. This is especially pertinent to me because I am a Political Science and International Studies major, so I actually enjoy learning about things like this. I would definitely recommend the class to anyone who enjoys learning about and discussing current world issues," said Rooney.

One of the JCC members, Mary Daly, participates in the course discussions and feels it is a great way to get fresh perspectives from the younger crowd in their opinions about the current international issues happening in the world.

"Everyone is very respectful of each other when they are speaking and the opinions that each person has for a topic," said Daly.

The course has been quite successful thus far and many of the students and JCC members have been thoroughly enjoying the class and the discussions that have taken place between groups.



@wilkesbeacon

amanda.stickles@wilkes.edu

Engineering professor awarded patent

Maintenance is key with radar antenna safety brace design

By Amanda Stickles

Staff Writer

Mechanical engineer Edward Bednarz was awarded the U.S. Patent on Nov. 13, 2013, after designing a radar antenna safety brace.

Bednarz was working at the Tobyhanna Army Depot in Tobyhanna, Pa. when he was assigned this project after an accidental death of an Army soldier was killed while repairing a radar antenna overseas in 2010.

"The cool thing about the project is that I was involved in everything from start to finish," said Bednarz in a press release. "Along with Bryan Causer, my co-inventor, we started with a conceptual drawing on the computer."

The antenna searches for enemy missiles and the brace that Bednarz designed now allows mechanics and soldiers to safely perform maintenance underneath the antenna without risk of injury or death. Tobyhanna Army Depot is now currently manufacturing the safety braces for deployment in the field for all soldiers and mechanics.

Almost immediately after learning he was awarded the U.S. Patent, Bednarz went online to confirm it was recorded. He then realized he was one of over 8.5 million registrants to receive a patent for The U.S. Patent and Trademark Office since 1790.

Bednarz is no stranger to the patent application process. In July 2012 he applied for a patent for a deflection plate on a mobile dynamometer which allows for an optimal deflection while maintaining a constant stress dis-



Courtesy of Marketing and Communications

Visting assisant professor, Edward Bednarz developed a radar antenna safety brace design.

visiting assistant professor at Wilkes University. He currently teaches four undergraduate mechanical engineering courses and also serves as a master's advisor. Bednarz also taught a graduate course in the fall semester that he designed which also applies theories

from his doctorate dissertation.

Bednarz received his bachelors of science in mechanical engineering from Wilkes University. He also received his masters of science and doctorate of philosophy in mechanical engineering from the University of Maryland Baltimore County.

The design project was very complex and required Bednarz to really tap in and apply his educational experience to figure out the materials needed for the project. He also had to figure out the sizes of the radar antenna to validate whether or not the brace could sustain a variety of outside forces.

With using his educational background and previous experiences Bednarz decided to use a free body diagram from the wind speed and weight of the radar antenna to calculate the force on the brace, which he then tested through finite element analysis.

Bednarz has a strong feeling that his future at Wilkes University will include helping engineering students pursue careers in testing, designing, manufacturing and project management. With the skills and experience he has acquired from Wilkes and working as an engineer for the army, it has allowed him to learn, practice and develop new techniques for teaching mechanical engineering. The students at Wilkes pursuing an engineering degree will be able to benefit a great deal.



@wilkesbeacon

amanda.stickles@wilkes.edu

Women, gender studies conference Mar. 19-21

"Revolutionary Women" is the theme of Wilkes University's annual Women's and Gender Studies Conference taking place from 9:30 a.m. to 7 p.m. Thursday, March 20, and Friday, March 21, in the Henry Student Center.

The event, which is free and open to the public, includes 30 sessions with a focus on research, engagement and awareness.

The conference is co-sponsored by King's College, with students and faculty from King's and Wilkes making presentations.

The keynote address and screening will be at King's, with all other events held at Wilkes.

The Wednesday, March 19, keynote presentation explores the issues of sexual violence on college campuses.

Melinda Henneberger, political writer for the Washington Post and contributor to the Post's "She the People" blog, will present a lecture "Revolution Needed: The On-going Wrong of Sexual Violence on College Campuses."

Henneberger's lecture will focus on the culture that permits sexual violence at 7 p.m. in the Burke Auditorium, McGowan School of Business, at King's College.

Henneberger recently drew attention to the problem of sexual assault on college campuses by writing about the University of Notre Dame's attempts to bury reports of sexual assault perpetrated by its football players.

From staff reports

Student's childhood experiences drove him to work with CMN

By Sarah Bedford

Assistant News Editor

Some charities touch lives in such a way that those individuals continue to be involved even after their needs have been satisfied, as was the case for Wilkes senior Communications Studies major, Dominick Costantino.

After noticing Costantino was limping as he ran down the soccer field, his parents took him to the doctor where he was later sent to Geisinger in Danville. From there, he was told he needed extensive leg surgery to correct the issue.

Needing numerous surgeries to correct leg and foot problems, Costantino was admitted to Janet Weis Children's Hospital in Danville, Pa in 2003.

After four surgeries and seeing the work that Children's Miracle Network had done at Janet Weis, Costantino became the 2005 Poster Child for the Children's Miracle Network.

Costantino has been involved with the chairty speaking at different events and fundraisers explaining his experience with the organization; hosting the Children's Miracle Network Telethon on WYOU, which occurs every year during the first weekend in June; and hosting a segment of the radioathon in Selensgrove, Pa.

"The past 9 years have been wonderful with Children's Miracle Network. I met so many wonderful people who were also touched by the charity. I try to keep in contact with as many of them throughout the year as I can," said Costantino.

As board co-chair of Zebra Communications, the student-run public relations agency, Costantino suggested that they become involved.



Courtesy of Dominick Costantino

Costantino continues to be involved with the organization by participating in events like the above. The current project he is tackling with Zebra Communications is a fundraiser on March 23, at Rodano's in Public Square from 1-4 p.m.

"Zebra took Children's Miracle Network on as a client last year after I recommended it."

This year, Zebra's fundraiser for the Children's Miracle Network will take place on Sun., March 23, from 1-4 p.m. at Rodano's.

The event will be co-emceed by Costan-

tino who is the account team co-manager, along with Monica Madeja from WBRE.

Costantino remarked that students interested in getting involved with the event should call (570) 706-6951. Admission is \$15 serving pizza, wings, draft beer, soda, coffee, and tea. Activities include a dessert

competition, basket raffle, and live entertainment. Three miracle children and their families will be present.



@wilkesbeacon

sarah.bedford@wilkes.edu

Beacon Briefs

Live Speaker Broadcast Featuring former Hewlett-Packard CEO Carly Fiorina

The National Society of Leadership and Success will host a live speaker broadcast for members and the Wilkes community. Carly Fiorina, the first woman to run a Fortune20 Company will present on Tues., Mar. 18 at 7 p.m. in Henry Student Center Ballroom.

Wear Red Run

There will be a 5k Race to Promote Heart Disease Awareness at Northampton St. Portal, Kirby Park, on Mar. 23. Pre registration begins at 8:30 - 9:45 a.m. The cost is \$12. The color red is the embodiment of health and vitality. Operation Heart's Wear Red Run strives to promote awareness of heart disease as well as the importance of leading an active lifestyle. Participants are strongly encouraged to wear their red shirts, dresses, hats, sneakers, shorts, tights, fanny packs, tutus, and any other weather-appropriate running gear. Awards will be given to the top male and female participants, as well as to the top participant who best embraces the "WEAR RED" spirit. Arrive Early to re-

ceive a WEAR RED hat.

Wilkes University Theatre Presents: Check Out Chekhov

An evening of one act plays by Anton Pavlovich Chekhov. Russian physician, dramaturge and author, Chekhov's career as a dramatist produced four classics and his best short stories are held in high esteem by writers and critics. Get to know one of history's greatest writers in an evening of delightful theatre. The show takes place on April 3 at 8 p.m. in the Dorothy Dickson Darte Center. General admission is \$10, seniors/students \$5, faculty/staff/students could get in free with Wilkes ID. Reservations are encouraged. Contact the Box Office at (570) 408-4540.

Wilkes University Hosts Community Health Fair

Wilkes University is sponsoring a Community Health Fair on Sat., April 5, to provide information to members of the community about healthy lifestyles and health-related topics. The health fair will take place from 11 a.m. to 3 p.m. in the Henry Student Center. The event is free and registration is not required. There will be programs and information for individuals of all ages, from children to senior citizens. Adult programs include booths with informa-

tion on cancer awareness, smoking cessation, diabetes and cardiac problems. Programs for teens include information about the negative effects of substance abuse, drinking and driving and sexually transmitted diseases. For younger children there will be programs about fire safety, nutrition, exercise and more.

Wednesday Lenten Luncheon Series

The Office of Campus Interfaith and the City of Wilkes-Barre's Downtown Ministerium will be hosting a Wed. Lenten Luncheon Series. This year, the theme is "Finding Your Way Home". It will continue each Wed. and end April 16, and is held at St. Stephen's Episcopal Church (across from Boscov's). The service begins at 11:30, with an organ recital, the ecumenical/Interfaith Service begins at noon, and following the service is a soup and sandwich lunch, sponsored by one of the local churches. The suggested donation is \$4; the proceeds this year will benefit the Wilkes-Barre Free Clinic. With questions contact Caitlin Czeh in the Interfaith Office, caitlin.czeh@wilkes.edu or at ext. 5904

Free Ballroom & Salsa Dancing Class- March 19, 9:30 P.M.

Student Development is bringing Vince Brust to campus on Wed. March 19 at 9:30

p.m. to teach ballroom and various Spanish dances in the Henry Student Center, second floor, Ballroom.

Commuter Council Bus Trip

Commuter Council will be sponsoring a bus trip to Inner Harbor in Baltimore, Maryland. This trip will be on Sunday, April 13, and tickets will be sold every Tuesday and Thursday in the Henry Student Center Concourse from 11 a.m. to 1:00 p.m. until April 10. The trip will cost \$25 for the bus trip alone, but if you would like Baltimore Orioles baseball tickets, it will be an additional \$10. The game is at 1:35 p.m., and they are playing the Toronto Blue Jays. If you are unsure whether or not you would like to pay for the tickets up front, you can purchase the tickets at the Orioles Box Office, but there are no guaranteed seats. When signing up for tickets, please let us know whether you would like to pay just for the bus trip, or would like to have the tickets included for your convenience. Along with the Orioles game, there is also the Baltimore Aquarium, and many other things to do at the Inner Harbor including shopping, eating, and visiting museums. If you have any questions, contact the Commuter Council President at christopher.cousin@wilkes.edu at any time.

6 | FUN CORNER

Word Find:
St. Patrick's Day
week of March 18

EHMGAELICNLNCLJ
RNPOTOFGOLDUIUB
RLOJKJILGMLATCK
GCBTRIIGOIDHLKU
SDEFSMBJSKDCEWH
DHJVEYPVCVYECYZ
RDARFWEIJWTROQC
AEIMESRNIJHPGMU
MCVRRTIWRKJEZFA
KXQOAOUWTAWLUAH
VPTPLSCUDCLAQDG
TPTTEPCNKALTBOSI
PSRKJJJEYCAZOSIY
URPDQDCNWDGGLLM
KADNALERIDHRZMZ
ABIRLUDBTAMNEXI
NGAELZZGRGBUPEU
MPCEIAHPGHHPFWN

Word Box:

BLARNEYSTONE	CELTIC	CLOVER
CLADDAGH	GAELIC	GREEN-
HARP	IRELAND	LIMERICK
LEPRECHAUN	LUCK	PARADE-
POTOFGOLD	PUB	
SHAMROCK		STPATRICK

Can't get the last one?
Do you think you got
them all? Either way...

Be sure check your answers online at
thewilkesbeacon.com!



Find The Five Differences



March 18, 2014

Contact editor: alyssa.stencavage@thewilkesbeacon.com

Taking steps to ensure healthy, balanced lifestyle

By Alyssa Stencavage
L&A&E Editor

It's the same routine again and again, for most at least. Get up, eat breakfast, get dressed, go to classes, head home or to work, then do homework and go to bed. Until the next time. Most of the time, it seems, schedules become so hectic, people forget to take time for themselves. Of course keeping up with the pace of life is important, but so is making sure we can do so effectively without running ourselves to the ground.

Here are some elements to keep in mind through everyday life:

Health and Fitness/Well-Being

Physical activity functioning as a stress reliever is nothing new. Author James Cleere talks about creating habits around existing ones, but doing this based on the end result, and this is something that Adventure Coordinator Jill Price admires. This might mean dedicating excess time while partaking in a given activity to something else that will help overall well-being.

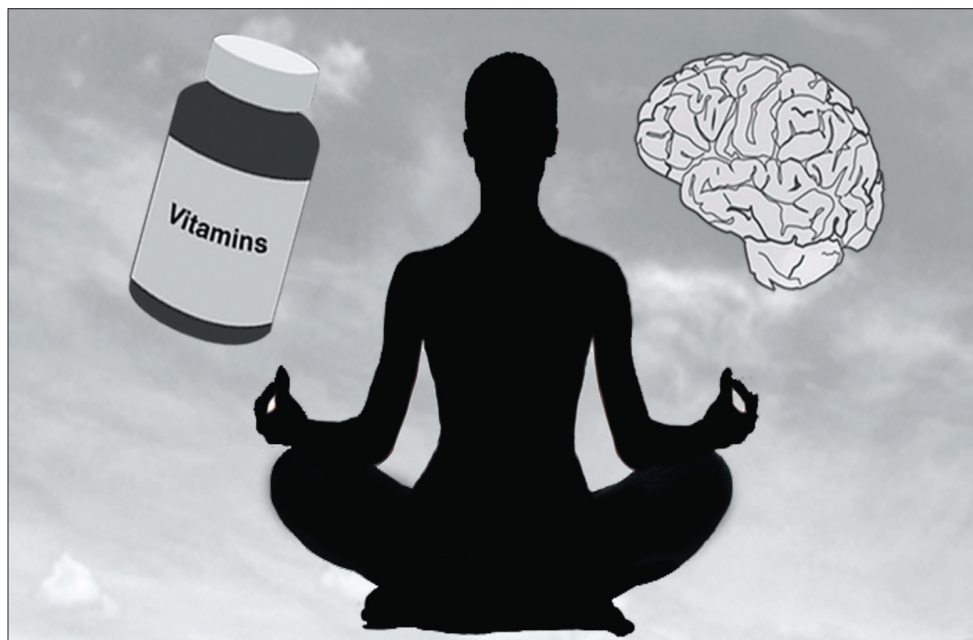
And have you ever noticed how incorporating this into your lifestyle makes you feel better? Price labels it as "catchy," with the notion that feeling good enables better choices.

"The proof is in how you feel," she said.

She said it creates a shift in mindset, making it feel good to burn excess energy. With all of the stress we carry, no matter what form it takes, at some point we have to shake it. We have to find what works for us to bring ourselves back to a centered individual.

Price said she's currently very fond of the quote "Confidence is just displayed ability," and that to gain the confidence that comes from living a healthier lifestyle, we simply have to start doing. If we want to do things, we will always find the time to do them. However, what we have to be cautious of, Price advises, is saying we have a desire to do something when in reality, we don't.

It's not difficult to engage in something we enjoy doing. But Price said when we don't



The Beacon/Paul Kaspriskie

Staying active, enjoying the moment and thinking good thoughts are key to leading a balanced lifestyle. Most importantly, be human. Remember that vitamins matter, too. Don't forget to include them in your everyday routine.

keep the promises we make to ourselves, we steal confidence and lose trust, which in turn makes us feel bad internally. For this reason, she said if the desire isn't there, it's almost better just to admit that.

"I think physical wellness is about finding something that you like and really want to do," Price said.

On the same token, even while trying to accomplish this, don't worry if you're not going all out all of the time. As long as you're applying the 80/20 rule, you're probably OK. This generally means making smart choices the majority of the time, but also leaving some room to be the humans we are intended to be. Speaking from experience, Price said even though

she tries to maintain a healthy, balanced lifestyle, sometimes sitting back and relaxing is very appealing, and that's quite alright.

Being human also means realizing that not everything is perfect. Price observes that people are too hard on themselves.

"We don't take the time to just check in with ourselves," she said. "We get stuck and forget about the responsibility we have to ourselves, and that we have total control over what we do, put in our bodies, how we act, how we react. We give so much of that power away, and it ends up working against us."

There are a couple of problems that Price sees with students, and they are self-sabotage and pressure. When we classify things as "have

to's" instead of "want to's," we are making activities a chore, which should be avoided.

"This is our one go at life," Price said. "We get to choose what we do with it and in how great we make it."

This goes hand-in-hand with the idea of pressure. Nothing is perfect. If you fault one day, step back and ask yourself: "Do I want to do this?" "Can I forgive myself for being human?" and "How can I get back on track so that this is just a minor setback as opposed to an epic fail?"

Doing this can put things into perspective and help one come to the conclusion that life is meant to be lived. As Price puts it, it's about knowing what's important to you and fighting for that. Make smarter choices, and realize that only you get to control what you share with the world.

Follow Price's advice and remember, "Do what you love, and don't complain about the results."

Meditation/The moment

While staying active might be important, it's not the only factor in keeping a healthy, balanced lifestyle.

Dr. Linda Paul considers this lifestyle to be one that allows for both intellectual pursuits and physical activities, but she also notices what she calls "contemplative activity" getting pushed aside. On the meditative side of things, this aspect quiets the mind and the internal chatter that most of us are probably all too familiar with.

Slowing this mind talk down, or at least dealing with it in an objective way, and learning to relax, Paul said, is good for the immune system and lessens the stress we experience.

"When we can do this, we see things in a clearer way and deal better with all of those various things we have to deal with," she said.

Buddhist mindfulness, the form of meditation Paul is most familiar with, is where focusing on the moment comes in. When we pay

See LIFESTYLE page 8

VISIT THE BEACON ONLINE @ THEWILKESBEACON.COM FOR EXCLUSIVE 'BEACON BLOGS'



The Beauty Beat with Ashley Evert

Tired of your hair color fading shortly after you color it? Check out this week's Beauty Beat to see how you can keep your color richer for longer.



Looking back... with Anne Yoskoski

There are many things that people do not know about Saint Patrick's Day, including the myth surrounding the man the day honors. Check 'Looking Back' for the full story.

THEN GO 'LIKE' US ON FACEBOOK AND FOLLOW US ON TWITTER @WILKESBEACON



The Beacon/Anne Yoskoski

Wilkes University sponsored several international study abroad trips held for students of all majors over Spring Break, including various trips to London (featured above), Costa Rica through the Alternative Spring Break Program, as well as Constantinople, Ireland and Wales.

Healthy, balanced lifestyle

Continued from page 7

special attention to the current moment, our breathing can become the center of our attention, which in turn allows us to become more aware of how our moods and other things are operating in the mental and physical system.

When we give our undivided attention to the situation we are in at the moment, we can begin to see everything as it is, which may lead to a change in attitude or to the conclusion that there are forces we cannot change, but simply knowing this can make a difference.

This paves the way to rational thinking and being able to assess the factors a given situation presents, and often helps determine where to go next. A realization can begin to emerge regarding our emotional response and the reality of the situation, because sometimes we let our emotions get the best of us, which foregoes our ability to think about what's going on with an open mind.

Why is having a good-quality lifestyle so

important? It's simple, really. As Paul said, we suffer less, both mentally and physically. And don't forget, other people are also affected by what you put out. Happiness allows for healthiness, and happy people mean happy people.

Paul feels that the society we live in is to blame for people not understanding why a lifestyle of this nature is actually essential.

"I think the hardest thing is that our culture doesn't really encourage it," she said.

What she means by this is that in our culture, "doing something" doesn't include taking the time to be with ourselves and reflect, as much as that is so important for our overall well-being. But even with this, just as Price said, making lifestyle changes has an incremental effect. We're not going to wake up one day having become the person we wished to be the day before. It takes time, and we can develop habits.

Another problem Paul sees is the fact that we are constantly distracted. She said it's

what we do, and we're good at it. Because we're surrounded by so many things that allow this distraction to take place, making a conscious effort to step away from them is necessary. We have to allot times to various things, make smart choices about what we're paying attention to and put aside what can wait until later. We need to consider our values and act accordingly.

"Think about what you want to achieve with the various practices you engage in," Paul said. "Develop these practices now, and that will benefit you later on too."

Finally, don't discount others as a positive influence. Think of them as a source of motivation.

Thoughts/The mind

Finally, we come to the chatterbox itself and all that takes place inside of it.

Thoughts also have a huge impact on the quality of our daily lives, and we are largely responsible for them.

Like many things that are interconnected, our thoughts are part of a chain reaction as well, and Campus Counselor Susan Biskup turns to the theory that describes changing our thoughts in order to change our behavior, also

known as Cognitive Behavioral Therapy. She said this approach works very well for students with anxiety and depression.

However, even if someone doesn't experience anxiety or depression, it's important to remember thoughts do still matter.

"Thoughts affect our feelings and feelings affect our behaviors," she said. "Therefore, working to change our thoughts to be more rational, less perfectionist, and less critical can greatly increase our capacity to lead a reasonably happy life. It is challenging to change our automatic thoughts. However, with motivation, hard work and often through therapy, it can be done."

Biskup also advises referencing David Burns on Cognitive Behavioral Therapy.

Remember that in order to live a healthy, balanced lifestyle, we have to find time for us. This is especially true for students. If you're feeling stressed or questioning whether you're living the life you want to be living, ask yourself this question: are you taking the time to be human?



@wilkesbeacon

alyssa.stencavage@wilkes.edu

Student-run program helps build support, ignore judgment

By James Jaskolka
Assistant L&A&E Editor

“If someone gave you a mic for twenty minutes, what would you say to the world?”

That’s what sophomore integrated media major Lyssa Scott is seeking to learn with her three-part event, Tearing Down Fences, which comes to a close with its final installation on March 25th.

Sponsored in part by the Multicultural Student Coalition, Tearing Down Fences is a group-discussion type event where students are encouraged to get on stage, open up to the audience and share stories, secrets and experiences.

Scott said that as a society, we have become increasingly separated from one another and we tend to put up barriers between those around us.

“We create the illusion that we all have it together. It makes us put our guard up higher, our skin thicker....It’s vulnerable to take that down and say ‘my life isn’t perfect,’” she said.

“We get caught up in that a lot, but when we realize nobody’s normal, everybody kind of opens up. When you open up to people, your relationships cease to be shallow and become deep.”

Scott, who spoke at the second session, talked about some of her own problems growing up, including her parents’ divorce, anxiety problems and the death of her father. Though she kept her light-hearted attitude throughout her presentation, sniffles could be heard around the room as those listening shed unashamed tears.

The criers weren’t alone – speakers and listeners throughout both of the events so far were seen with teary eyes, like those who witnessed Tyheed Jackson, a sophomore criminology major, speak the first night.

Jackson, who spoke about his mother’s battle with cancer, later discussed the experience of opening up to a crowd of people:

“It was hard. I don’t like opening up to



Lyssa Scott (left) and Jordyn Miller (right) both share personal stories at Tearing Down Fences.

people but I felt like it was time,” he said. “...but it felt good. I feel better than I was before I talked about it....I feel like it gives people motivation to break out their feelings. It’s not good to hold things in, and that’s one thing I learned.”

“I’ve always internalized everything, and it feels good to let it out,” echoed senior mechanical engineering major Jordyn Miller. Miller shared stories of her loved ones suffering from depression and self-harm, and said she hopes that her stories might help someone listening: “Maybe people in the audience can relate, and realize things are going to be okay.”

Sharing might help the release of emotions, but Scott said it can also help build better relationships.

“When you talk about that stuff, that’s how you become true friends with people...you know how to better help and get along with the people around you,” she said.

“What really matters at the end of the day is your relationship with those around you. That’s what we forget to nurture, because it’s not an immediate payoff, but when you’re close with those around you everything else goes better.”

Those who participated have vocalized the want for more of this behavior.



The Beacon/Maddie Andrews



The Beacon/David Lee

Zachary Tomasura, head of Wilkes’s American Society of Mechanical Engineers, recieved a check from a professional engineer on March 13.

Health fair scheduled March 25

Health Services, Human Resources and Bacchaus are sponsoring the annual health and wellness fair from from 11 a.m. to 1 p.m. Tuesday, March 25, in the Henry Student Center Ballroom.

This year’s screenings, services and presenters include chiropractic evaluations, diabetes education, sex education, fitness education, massages, alcohol screening, contraception, smoking cessation, bone density screening, blood pressure, blood glucose as well as access to a nutritionist and representatives from Wilkes’ medical and vision insurances.

Health Services in conjunction with Commonwealth Health Laboratories will perform a free cholesterol level screening. Anyone interested in the screening must fast for 12 hours prior to the blood sample drawing, except for daily medications with a small sip of water.

Stroke prevention and thyroid screening will also be available.

Stroke prevention screening has been designed to help people learn what is going on inside the carotid arteries where 80 percent of all strokes occur.

Performed by a trained health professional, an ultrasound wand will be scanned over the carotid arteries in your neck. The screen does not use needles or dyes and is completely painless.

The total cost for the screenings is \$30. The Human Resources Department is donating \$10 to offset the cost. The balance of \$20 can be paid via cash, check, credit card or flexible spending account. The carotid and thyroid screenings are by appointment or walk-ins welcome. Call Health Services at 570-408-4730.

The university’s credit union, the W-BEE Federal Credit Union, will be on site and will have forms to open accounts.

Students, staff and faculty are invited to attend.

Renovations are in the plans for UCOM

By Christine Lee
Senior News Editor

While students were busy enjoying time off during spring break, Wilkes announced a new phase of renovations that will expand the campus's presence in downtown Wilkes-Barre.

On Wednesday, March 5, President Patrick Leahy announced formal renovations to the University Center on Main Street and plans to purchase the former Bartikowsky Jewelers building next to the center.

In April, the university will start work on the \$3 million renovation to the UCOM to house all facets of the Jay S. Sidhu School of Business and Leadership. The new building is expected to be a state-of-the-art business school that will include a financial market trading room simulating a New York Stock Exchange trading floor complete with an electronic stock ticker. It will also include meeting rooms for students, space for student clubs, faculty offices and seven smart classrooms. The renovations are expected to be completed this August.

Students feel excited for the new additions to the business program. They feel it will help consolidate the program, which is currently located in several buildings across campus including Weckesser and Breiseth halls.

"Having all the classrooms and offices in the same building will make it easier to

communicate with administration and other students," sophomore entrepreneurship major Katie Lawlor said. "The technology advancements will make learning more enjoyable and hopefully productive."

Freshman business management and marketing major Matthew Ingram feels the move will allow for more collaborative work between students and faculty.

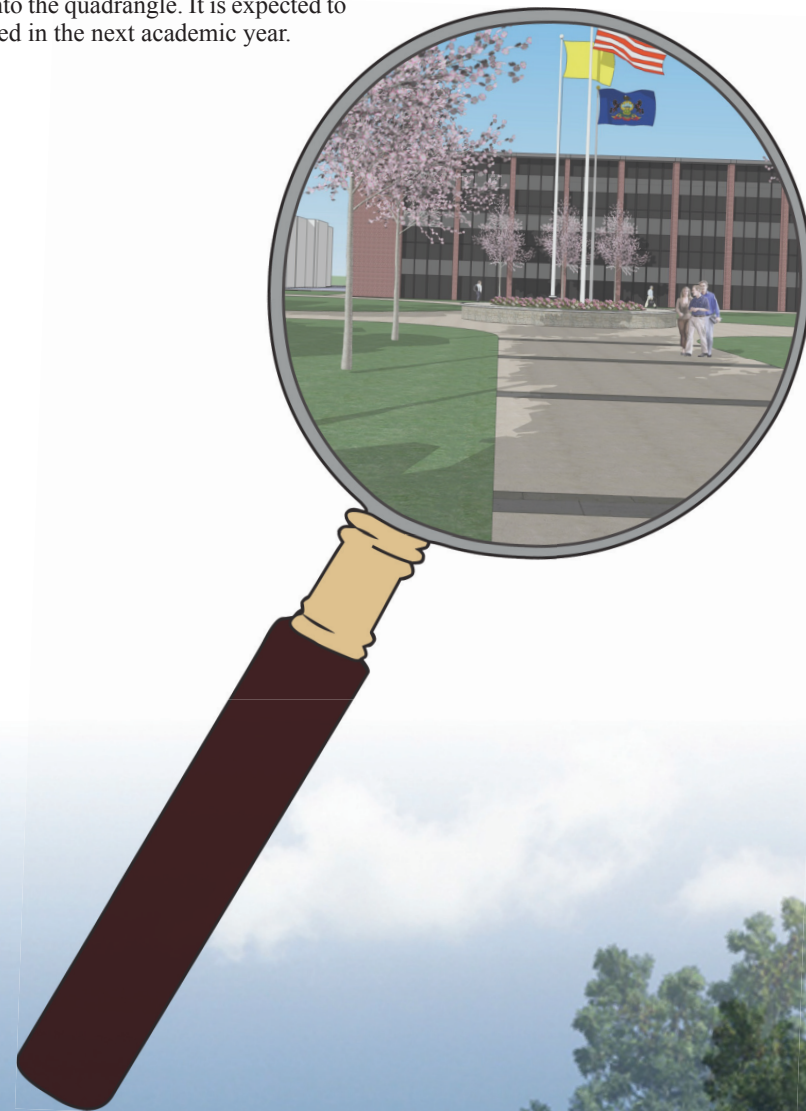
"I am really excited to start my sophomore year in the new building," he said. "The buildings set-up will allow for more team and group based work with the use of the new team rooms. This will assist in freshman IME class work and upper class men work."

Colonel Gambini's Café and the recreation center will remain in their present locations in the UCOM building.

Purchased for \$1.2 million, the vacated Bartikowsky jewelry store will be initially renovated for administrative offices, including the student services center, including the registrar, financial aid, finance and accounting offices and human resources. Other administrative personnel who currently work in UCOM will move their offices to other locations on campus. The building's other uses will be considered as part of the university's master plan.

Northeastern Eye Institute will remain at its current location near the former jewelry building for the next several months but will eventually relocate. The 80-car parking lot will be re-landscaped and used by Wilkes and both buildings will receive extensive exterior work designed to match the grey stone facades of many buildings on campus.

Also part of the plans is the creation of a South Main Street Gateway, a new entrance gate to the center of campus from South Main street that would stretch through South Franklin street onto the quadrangle. It is expected to be completed in the next academic year.



One of the most noteworthy additions to the campus will be the new entrance gate. Entrance renovations will include widening the pathway between the what was formerly the University Center on Main and the former Bartikowsky Jewelers to accommodate some foliage as well as tables with umbrellas, donated by the Class of 2014. The pathway will stretch to the Fenner Quadrangle more commonly known throughout the campus as the greenway, where the flagpole area will then be expanded to fly both the state and national flags.



The old Bartikowsky Jewelers building will also be undergoing heavy renovations as they move offices from where they used to be in the UCOM building. The purchase of the building also is expected to add more parking.



March 18, 2014

Contact editor: sara.davis@wilkes.edu

System places blame on heroin dealers not users

By **Carly Yamrus**
Senior Opinion Editor

An influx of fatal heroin overdoses across the United States has law enforcement implementing an old law to help continue to fight the war on drugs by targeting street sellers.

Heroin is cheaper and easier to get than prescription drugs, making it a likely substance for abuse.

The 1987 "Strict Liability in Drug-Induced Deaths" law, originally passed to combat the "crack" cocaine epidemic in the late 80's and early 90's, has been dug up again to punish those who are involved with a heroin death.

Under this law, street sellers may find themselves pleading guilty to involuntary manslaughter and drug-induced death amongst other charges for reckless endangerment or indifference, if there is a connection between the seller's drugs and the death of their client.

Before strict liability laws were reinstated,

law enforcement treated overdoses as accidents rather than criminal cases.

In the event of a death as a result of illegal drug sale, accountability becomes complicated and unclear. Is it fair to blame the seller for a death of a person who knowingly took the poison that they were offered?

What complicates the matter is that dealers often start selling drugs that they themselves are addicted to. What we have are addicts selling to addicts to support everyone's drug habits.

While the user has personal responsibility for his or her own actions, the dealer is still selling illegal drugs, making them at fault as well. After all, they are knowingly selling a product that is known to kill. Addict or not, they take the risk knowing that they may be responsible for their own or someone else's death.

In finding these single street sellers, law enforcement can attempt to trace back the drugs

up through their supply chain. Treating overdoses as accidents excuses the supply chain from any crimes and suppresses the issue. Ruling out drug deaths as accidents does not stop further drug use and sales, but criminal charges might.

The murder may have not been premeditated or voluntary, but there was always a chance that the transaction from seller to buyer could result in death. Second and third degree charges carry lesser and more appropriate penalties, such as 15 year prison sentences, not death.

Heroin has been compared to alcohol and tobacco in terms of personal liability.

But when you buy alcohol and tobacco, you know what you're buying. You know how much you can drink before you are incapacitated, and the warnings on your cigarettes tell you that they are harmful.


Heroin does not come with any FDA approvals. The drug is often cut or mixed in

somebody's kitchen, where nobody is really that concerned with the effects it may have on someone else.

Dealing with illegal drugs is always a gamble. What is fair or unfair in terms of charges and circumstances is bound to be reduced when illegal drugs are involved. It hardly matters what charges would have been brought on the victim if he or she were still alive and in the possession of illegal drugs. What matters now is that people are dying and someone needs to be faulted for the deaths. It is no accident that dealers are facilitating this dangerous trade from bored kids to sick addicts.

Theoretically, free will would solve all the world's problems if we just "choose" to stop doing and selling drugs.

Sadly, free will does not and will not "undo" drug misconduct and disease.

 @wilkesbeacon
carly.yamrus@wilkes.edu

CVS takes progressive stance taking away tobacco products

By **Lyndsie Yamrus**
Senior Assistant Opinion Editor

An estimated 42 million adult Americans smoke cigarettes, or 16.1 percent of the population. While many struggle to fight the addiction, your local pharmacy is quitting for good.

CVS/pharmacy is the second largest pharmacy in the United States, not far beneath Walgreens. With over 7,600 stores nationwide, CVS is responsible for the health and well-beings of many Americans.

So when the company recently decided to pull tobacco products from their shelves, high praise was given. By October 1, CVS/pharmacy stores will no longer sell cigarettes and other tobacco products to their customers.

According to the Centers for Disease Control and Prevention, cigarette smoking is the leading cause of preventable death in the United States. Over 480,000 people die each year from the habit, and over 16 million individuals suffer from diseases caused by it.

The Surgeon General seeks to reduce tobacco use even more over the next decade, and the phase out of cigarettes from common retailers like CVS makes achieving this goal more likely.

CVS/pharmacy president and CEO Larry Merlo expressed their satisfaction with the change, claiming that "this is the right thing to do" - and he's right. Selling tobacco products at a pharmacy, a place one goes to "get better", if you will, is just inconsistent.

Encouraging products that are destructive,

harmful and deadly to people who are looking to improve their health is a complete contradiction. The message does not fit with the goal of the health care industry at all.

Selling tobacco products just does not fit the agenda of a drugstore, and the company has not only recognized this, but they have also taken action.

The change will benefit everyone, from customers to the company as a whole. Americans will hopefully be more compelled to reconsider their habits. The action will also help CVS/pharmacy grow as a company and achieve their goals in bettering the lives of Americans.

Another plus is that the action puts pressure on other major retailers to do the same. Walmart is currently America's largest retailer, and there is speculation that the company could follow suit in this change. The request is still under review.

CVS's step forward may also pressure competitors like Walgreens and Rite Aid, too.


Prior to this initiative, I hadn't even considered the contradiction in selling tobacco products at the drugstore. Maybe that is one of the problems. Tobacco use is so rooted in our society and it is way too convenient to acquire it.

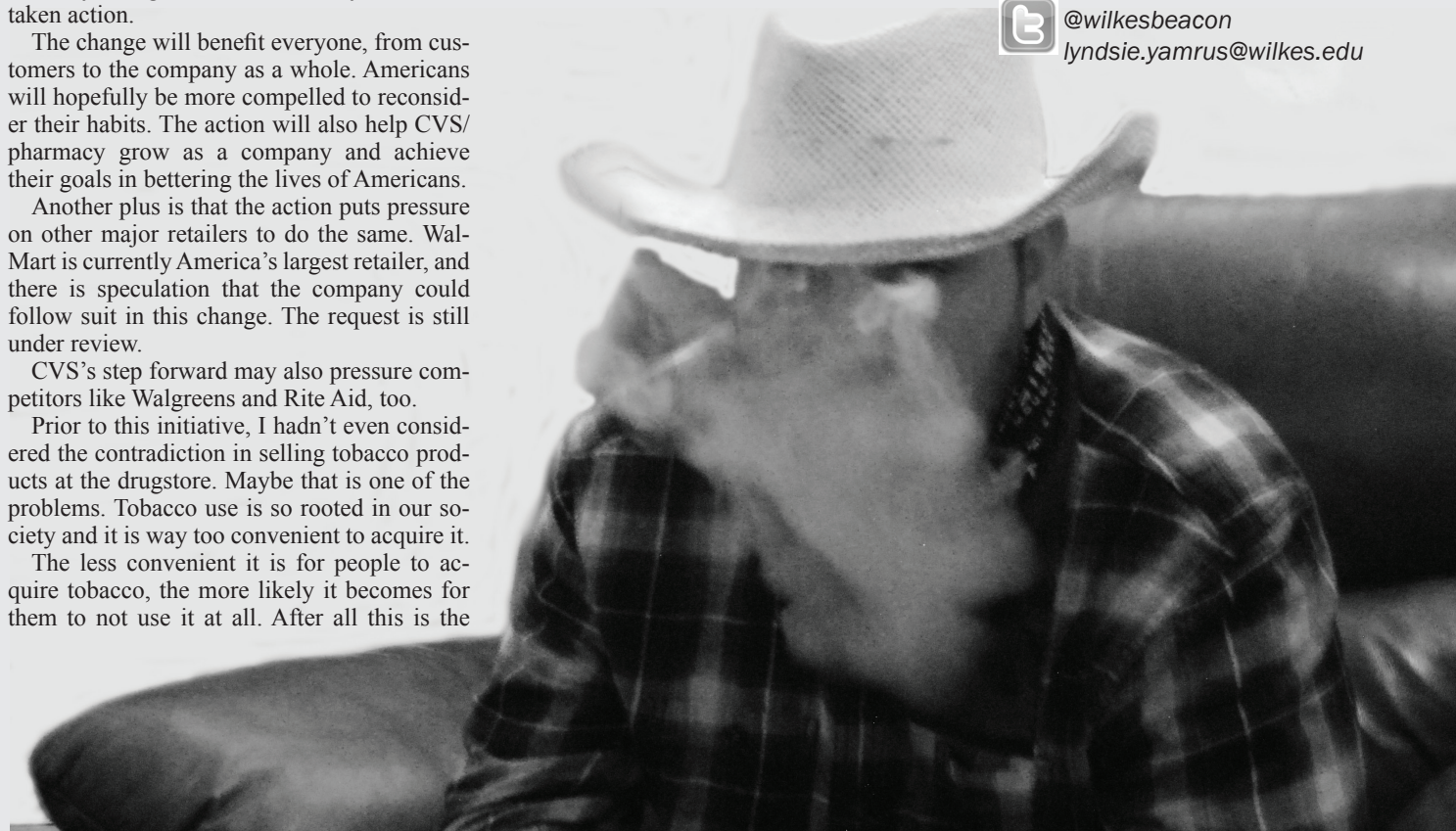
The less convenient it is for people to acquire tobacco, the more likely it becomes for them to not use it at all. After all this is the

main goal, to steer people away from the habit and promote healthier lifestyles.

People are more likely to acquire tobacco if it is easy. For many, the drugstore is where those purchases are made. By making tobacco less available, the public may be more inclined to kick the habit.

I applaud CVS/pharmacy for their ethical decisions. CVS actually does care about your well being. They are accepting that a loss of sales comes with this big decision, but move forward regardless in providing us with what we need.

 @wilkesbeacon
lyndsie.yamrus@wilkes.edu



Colonel Critiques

King's "Doctor Sleep" familiar read to avid horror fans

By Anne Yoskoski
Managing Editor

Almost everyone has heard of "The Shining", Stephen King's 1977 masterpiece. It was immortalized in film, with a creepy image of Jack Nicholson's face, in 1980. It was the novel that truly pegged King as a horror writer.

This past September, King released "Doctor Sleep", the long awaited sequel he had been hinting at since 2009.

As Wendy is healing from her injuries, the ghosts of the Overlook hotel find Danny. A flash forward take us to Dan's current state: a recovering alcoholic like his father, living in New Hampshire and working in hospice care. His psychic abilities help bring comfort to the dying, and with the assistance of a cat who knows when people are about to die, he becomes known as "Doctor Sleep".

During this time a young girl named Abra (yes, as in "cadabra") develops a telepathic bond with Dan. When Abra sees a hedonistic ritual preformed by the True Knot, a group

of quasi-immortals who periodically feed on the psychic essence that children with "the shining" produce when they are tortured to death, she reaches out to Dan.

With the stage set for possible disaster or victory, King has so much room to play with. The direction that King takes the novel could have been obvious, but instead the various plot twists thrown in seem like a path of fate by the end of the novel.

Drawing heavily from "NOS4A2" (a novel by his son, Joe Hill) and "The Dark Tower: Gunslinger", King references several of his old works and mythical towns while giving the story a modern update. The reader leaves the novel wondering, just like the novels predecessor, even though things are fine for now, the reader ends up asking: "what does the future hold?"

The hardcore fans of King's literature should like the novel. King's knack for making the unbelievable seem plausible in an alternate world that eerily echoes the reader's own is used in almost every chapter of the novel. People who are not familiar with King's writing should probably at least pick up "The Shining" first before jumping into this sequel.

@annieyoskoski
anne.yoskoski@wilkes.edu

'Lego Movie' fulfils childhood dream, entertains all audiences

By Jill Reifsnyder
Contributing Writer

Everyone's favorite childhood toys have come to life in this cinematic tale of a rule-abiding, ordinary LEGO mini-figure, Emmet, mistaken to be the MasterBuilder destined to save the LEGO universe. I can't go into much more detail without giving away some of the best parts of the movie or the ending, so you'll just have to trust me... you'll want to see this movie.

This blockbuster hit comes as no surprise when you look at the amazing cast involved in the production. Chris Pratt (Parks and Recreation) does an amazing job portraying the simple and innocent Emmet, and surrounding Pratt are co-stars Will Arnett, Elizabeth Banks, Will Ferrell, Morgan Freeman, Liam Neeson, and Shaq, just to name some of the many familiar voices of the film.

One great thing about this movie is the nostalgia that sweeps over you while you see your favorite toys come to life in ways you never imagined. The plot has an amazing array of LEGO pieces and characters to give each member of the audience a piece of their childhood back. To make things more "realistic" and visually enticing, everything is LEGO. Everything. The sky, the water, every amazing bit of animation is made of LEGO pieces and is sure to keep your eyes glued to the screen.

I was pleasantly surprised that, unlike many movies currently released, the trailers didn't contain all of the funny parts! I continued to laugh throughout the movie without boredom or lack of interest. It has humor for both adults and children. It has sarcasm and wit, as well as some clumsy moments for every type of humor, making it a great family friendly film.

One of my biggest complaints about the movie was that I never became emotionally invested in the characters. I found myself caring more about which actor I liked best, instead of rooting for the good guys. When it came to the film's in-story rivalry, I wasn't much concerned with the LEGO universe as a whole; to me it was just a movie. Although it was an extremely entertaining movie that kept my attention, I didn't escape into another world, I stayed in Wilkes Barre.

My only other concern about this movie was the hype it received. When I went to see this movie I was told by several people how amazing it was and I heard too many wonderfully deceitful comments that got my hopes up to see the best movie of 2014. Unfortunately, I'm still waiting for the best movie of the year. This movie is a great movie and I believe everyone will thoroughly enjoy it, but it is not life altering and it is not the greatest cinematic film to hit the big screen. Please, do not go into this movie with huge expectations or you will be disappointed, just as I was when leaving.

Overall the movie was pretty great. I really enjoyed it myself and it was a good happy-go-lucky kind of film that you need on a drowsy rainy day. The cast is packed and each actor gives an amazing performance. But be warned, you will not be able to get the songs out of your head while leaving the theater, or even that night.

@wilkesbeacon
jill.reifsnyder@wilkes.edu

Bastille, 'Bad Blood,' not much to remember

By Eric Casey
Staff Writer

Bastille are an indie rock and synthpop band fresh out of London. They formed in 2010 and have released one album thus far. *Bad Blood*'s first track off the record titled "Pompeii" has become a world smash hit. As usual, it has recently been climbing up American charts, because in my opinion we always hear the good stuff last.

When picking up an album to listen to, I try not to hear or read any reviews about it. However, I accidentally skimmed over a foreign review and the words "melancholy" and "average" jumped out in front of me, so I stopped reading that review and just started listening to their debut. I will say this though. If you're looking for more songs that sound like "Pompeii" on the album, then you might want to listen to something else because you won't find that here.



Bad Blood was released exactly a year ago in the U.K. and debuted at No.3 on the album chart. It did eventually reach No.1 a few times afterward, and has since gone double Platinum with over 600,000 albums sold. Here in the U.S. their debut has reached No.11, and their single "Pompeii" selling over 2 million copies/downloads.

The next song on the album is "Things We Lost In The Fire". It has an awkward string arrangement and typical indie pop echoes and background chants that have a lot of reverb. Anyway, it's a decent song, but nothing to take seriously. The song after that is much better and quickly becoming a favorite of mine. "Bad Blood" has lyrics that are very relatable with 80's minimal synthpop soaring in the background "All this bad blood here, won't you let it dry?/ It's been cold for years, won't you let it lie? If we're only ever looking back, we will drive ourselves insane."

"Overjoyed" was released as a single, but shouldn't have. It's such a cheap song, even for album filler standards. "These Streets" and "Weight of Living, Pt. II" are much better. However, after that the album blows up into a mellow phase of insipid. It is probably the reason they had to make a re-issue of their album by adding thirteen new songs and calling it *All This Bad Blood*. It appears to be a trend now with artists such as Ellie Goulding doing it recently. Their newest single titled "Of the Night" from *All This Bad Blood* has risen to No.2 on the UK Singles chart. It's a remix of 1992's "Rhythm Is a Dancer" by eurodance group Snap! and 1993's "The Rhythm of the Night" by eurodance group Corona.

Bastille will most likely improve on their next album, whenever that will be. For now their song "Pompeii" will rule America for a few more months, and then they'll temporarily become a "one hit wonder."

@wilkesbeacon
eric.casey@wilkes.edu

the 101

Every week, Opinion Editor Sara Davis, or a guest writer give an informative crash-course on the most random subject they can think of that week. Their views do not reflect those of The Beacon, its staff or Wilkes University. This week Lyndsie Yamrus informs readers on how to best rid of trash....

Garbage Disposals 101

By **Lyndsie Yamrus**
Senior Assistant Editor

Forty percent of the food that is produced in the United States goes uneaten, according to the Natural Resources Defense Council. This habit not only consumes energy, wastes natural resources and swallows up precious land space, but the majority of the waste ends up rotting in a landfill.

Besides being unsightly and smelly, landfills are unsustainable and very costly to build and maintain. Unfortunately, most of the waste we create will end up at one of these facilities.

The Environmental Protection Agency estimates that the average person contributes about 4.5 pounds of waste into the landfill everyday.

Food scraps that rot in landfills decompose rapidly and produce methane- a harmful greenhouse gas that is 20 to 25 percent more powerful than carbon dioxide in trapping heat in the atmosphere. Other materials, like Styrofoam, take a million years or more to decompose.

Landfills also generate leachate- a toxic liquid concoction formed from the mixing of organic and inorganic materials in the landfill. Landfills receive waste from residential, commercial and industrial settings, all of which contribute to this liquid.

The leachate poses an enormous threat to groundwater contamination. Pesticides, heavy metals and solvents are just a few compounds commonly found in the system.

Trucking the waste to the landfill also generates undesirable emissions.

A more earth-friendly approach to food disposal is composting. Combining food scraps with other organic wastes allows for decomposition by microorganisms. The process is natural and produces a nutrient-rich fertilizer that is highly beneficial to plant growth and success.

But composting isn't always the most practical method, especially for those who are busy or live in urban areas. Many might not have the time or space to properly maintain a compost, which often requires tending to almost everyday. Pests are also common among heaps of organic matter, such as birds and rodents.

The most logical choice for wood waste disposal in today's busy society is the garbage disposal.

Electrically powered and installed conveniently under the sink, garbage disposals are a convenient and environmentally conscious. The units divert the 34 million tons of food waste out of landfills and into the wastewater treatment plant.

Food waste is about 70% of water as it is, according to InSinkerator, a leading company in waste disposal units. It just makes more sense.

At the wastewater treatment plant, methane produced in treating wastewater can easily be captured and used to generate renewable energy. This energy is used to help power the plant itself, and the process is becoming more and more widespread. Reductions in biogas through this process would decrease the global warming potential significantly.

Another positive of using a garbage disposal is the potential for recycling. Sewage sludge is a nutrient-rich organic solid or semi-solid residue that is generated during the wastewater treatment process. Once entirely treated, the sludge becomes a biosolid and can often be used as fertilizer.

Food waste and what to do with it is a controversial topic. There are pros and cons to each method of disposal, but the garbage disposal is one of today's most sound options. Disposal unit producers, such as InSinkerator, are avidly working with municipalities across the globe to further this sustainable technology.

If you have access to a garbage disposal, consider sending your waste down the drain next time. You'll be making a significant contribution to the environment.



The Beacon/David Lee

Garbage is often considered so mundane that the general population pays no attention to the process used to discard it.

Down the Drain:

Do you know where your food goes after you've dumped it down the drain?

1: The majority of food waste can be pushed down the garbage disposal, but there are some foods that should always avoid the sink. Grease, fats or oils solidify in the drain and

should go into the trash. Some vegetables are too stringy and fibrous (i.e. celery, asparagus, etc.) and can get wrapped around the unit. Coffee grinds, although it may seem like they're easily washing away, can also get stuck in the disposal. Egg shells, pits, seeds and bones...always a no-go.

2: Contrary to popular belief, garbage disposals do not contain spinning blades. Instead, the food is forced against a stationary grinding ring by centrifugal force. The waste is chopped up into tiny particles until it is virtually a liquid. Running water from the sink pushes the food into the wastewater pipe. Food waste that does go down the drain is immediately en route to the wastewater treatment plant.

3: Wastewater treatment plants receive and treat all kinds of waste products.

The first step in the process, or primary treatment, is to screen out any suspended solids and grit from the raw sewage. Floating substances (i.e. grease, soap, oils) are also removed during this time.

4: Secondary treatment involves carefully manipulating dynamics of the environment (i.e. food supply, dissolved oxygen) so that they are suitable in habiting healthy microorganism populations, which feed on the organic waste. Microorganisms, heavy particles and other solids from the waste settle out as sludge. The sludge moves on to be treated so that it is safe for the environment. It is more often being recycled and used as fertilizer. Biogas is also released and can be stored and used for energy to power the facility.

5: The final steps in the treatment process, or tertiary treatment, include nutrient removal and disinfection of the water so that it is more than 99% free of impurities. The clean water is pumped into local waterways.



@wilkesbeacon
lyndsie.yamrus@wilkes.edu

Welterweight Division: Post-GSP Era

With the absence of George’s St. Pierre from the welterweight title picture, the division is a much more open and interesting place. There is fluidity within the rankings and practically every fighter who can string a streak together, can make a logical case for the title shot. But which fighter will get the shot next, with the assistance of the official UFC rankings and my anticipated ranking list, I’ll attempt to make sense of what is currently a chaotic mess.

Pre-UFC 171*

1. *Johnny Hendricks*
2. *Carlos Condit*
3. *Robbie Lawler*
4. *Rory MacDonald*
5. *Jake Ellenberger*
6. *Jake Shields*
7. *Demian Maia*
8. *Matt Brown*
9. *Tarec Saffiedine*
10. *Dong Hyun Kim*
11. *Tyron Woodley*
12. *Hector Lombard*
13. *Mike Pyle*
14. *Rick Story*
15. *Josh Koscheck*

* indicates these are the official UFC Welter-weight rankings taken from their site

Italic text indicates that the fighter was active at the most recent event, UFC 171

Jake Cochran
Editor-In-Chief

Immediately after the belt was awarded to Johnny Hendricks and the Octagon was empty once more, Joe Rogan said he believed the next obvious contender to the welterweight title was to be Rory MacDonald in Quebec when the UFC went there in June. However, he believed that may have been slightly too soon.

While June may seem a little soon for a fighter that just took the worst beating of his career, keep in mind the idea that while Hendricks appears to have taken some significant cosmetic damage and his admittedly first cut in his MMA career, he isn’t that bad off.

At the press conference Hendricks did not state he believed to be injured, but he did request time to spend with his wife and three daughters as he said he needed time to “become a father again,” whatever that means.

But he did not ask for a longer vacation or stress a time table for his return and with the new belt around his waist he may defend the 12 pounds of gold sooner than later and MacDonald could be a good target for him to begin to grind his axe against once more.

But for the sake of argument, if it is not MacDonald, who else could it be?

Lombard is another name that comes to mind, and with the performance he put in March 15 against a very tough opponent in Jake Shields he could be ready for a title shot if

the brass feels he’s earned it.

At the post-fight press conference Lombard pointed to Hendricks’ newly claimed belt and said that he’d like a piece or of that or would like to get that please depending on which news source you’d like to believe, as he did not have a microphone directly in front of him.

Regardless of the words, the message is clear, Lombard believes with Lawler out of the picture that he is deserving of a title shot and with the encouragement of Dana White even after an admittedly lackluster third round, he could be in line for the shot.

While Dana’s word is no where close to a bond, ask Tyron Woodley about that, as his fight with Carlos Condit in the co-main event was a supposed title eliminator until it ended in a freak accident, that most likely will sideline the Natural Born Killer for most likely the rest of the year after easily the most gruesome knee injury of the year.

Woodley claims the injury was just as justified as an arm lock without a tap or a bad cut after an elbow but, a botched take down followed by kicks to trip the joint never makes anyone’s highlight reel and isn’t the best case for a shot at the gold.

So as of now the Canadian Psycho is most likely going to take the blue corner in June across from Hendricks, but don’t be surprised if Lightning strikes sooner rather than later.

Future bouts to build

Johnny Hendricks versus Rory MacDonald for the WW title

This seems like the go to plan the UFC had ready for the new champ regardless because of the video package they rolled out immediately after the fight. So expect this fight to take place sometime in June, and expect the line to be pretty long after this fight takes place.

Tyron Woodley versus Hector Lombard

With one fighter coming off an understandably lackluster performance in Lombard, and the other fighter coming off of an unfortunate stoppage win in Woodley this fight makes the most sense. Both fighters are constantly jockeying for a title shot and putting the road to the top through each other is a no-brainer.

Robbie Lawler versus Nick Diaz II

Everyone loves a rematch, especially when it has two of the most veteran fighters in the sport. This match will be a decade coming as Diaz first showcased his unpredictability and Robbie Lawler still had hair.

Upcoming WW bouts

John Howard versus Ryan Laflare at UFC Fight Night: Nogueira vs. Nelson on April 11

This fight could be important for Howard who comes in riding a four-fight win streak against Siyar Bahadurzada and Uriah Hall but will be challenged with Laflare as he is currently undefeated at 10-0.

Jake Ellenberger versus Tarec Saffiedine at UFC 172 on April 26

This fight will add credence to whether Saffiedine’s win streak is something to be marveled at, or it could be a stepping stone for Ellenberger to right the ship after a lackluster performance against MacDonald.

Matt Brown versus Erick Silva at UFC Fight Night: Brown vs. Silva on May 10

This fight will help clear up the rankings picture a little better, and will signify if it is time for Brown to take a shot at the title or whether Erick Silva can finally begin to string together a win streak.

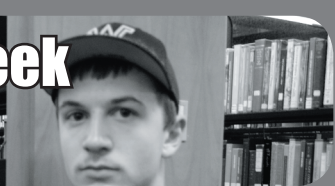
Post-UFC 171

1. Johnny Hendricks
2. Rory MacDonald ↑
3. Robbie Lawler ↓
4. Jake Ellenberger ↑
5. Tyron Woodley ↑
6. Hector Lombard ↑
7. Carlos Condit ↓
8. Matt Brown
9. Demian Maia ↓
10. Jake Shields ↓
11. Tarec Saffiedine ↓
12. Dong Hyun Kim ↓
13. Mike Pyle
14. Kelvin Gastalum ☆
15. John Howard ☆

↑ indicates the fighter’s climbing in the rankings.

↓ indicates a fighter’s falling in the rankings.

☆ indicates an emergence to the rankings.



March 18, 2014

Contact Interim Sports Editor: brandon.gubitosa@wilkes.edu

Wilkes sends six wrestlers to Nationals

Team seeking to close historic season in style

By Bill Conway
Staff Writer

Fresh off of picking up their East Regional championships Mark Hartenstine, Kris Krawchuk, Myzar Mendoza, Kyle Diesel, Eric Bach, and William Fletcher all set their eyes onto the NCAA National Championships.

These six wrestlers mark the most wrestlers Wilkes University has sent to the national tournament since 2009 and the most since Jon Laudenslager has been the head coach.

"This group of men representing us at the national tournament is a reflection of the environment they have created within our team," Laudenslager said, "and that is: work hard every day, make the commitment for excellence in all that they do and push themselves and their teammates to get the most of themselves."

Hartenstine is a redshirt junior competing in the 149-pound weight class. Hartenstine comes from Easton, Pa., and attended Easton High School. He finished all of his matches 38-1 this season and under his respective weight class finished third in the Wilkes Open, and first in the Monarch Invitational, the Messiah Petrofes Invitational, and grabbed a title at the MAC Championships and at the East Regionals.

"Mark is one intense individual who has the confidence of a national champion," Laudenslager said.

Senior Mendoza hails from Westminster, Md., and attended Winters Mill High School. Mendoza competes in the 133-pound weight class. He finished 26-7 this season and under his respective weight class finished first in the Monarch Invitational, second in the East Regional, and fourth in the Wilkes Open and at the MAC Championships.

"Myzar has had an excellent career and this will be his final chapter in what was one of the finest four years as an athlete that I have coached," Laudenslager said of his graduating senior.

Bach, a junior, competes in the 197-pound-weight class. He comes from Newton, N.J., and attended Kittatiny High School. Bach finished his season at 18-8 and under his respective weight class placed first in the Messiah Petrofes Invitational, third at the MAC Championships, and third in the East Regionals.

"He has all of the tools to place in the tournament if he opens up and keeps his intensity higher than his opponent," Laudenslager said.

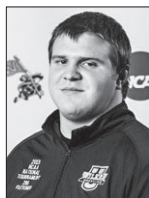
Krawchuk is from Slatington, Pa., and attended Northern Lehigh High School. He



Bach



Diesel



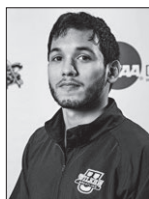
Fletcher



Hartenstine



Krawchuk



Mendoza

is a senior competing in the 157-pound weight class. Kris comes Kris finished his season off 15-5 and under his respective weight class grabbed a championship at both the MAC Championships and the East Regionals.

Laudenslager was brief but confident in Krawchuk's tournament performance, "Kris is coming off an NCAA runner-up finish who knows how to win matches at this tournament."

Senior Fletcher competes in the 285-poundweight class. He comes from Ottsville, Pa., and attended Palisades High School. Fletcher finished his season out 24-9 and under his respective weight class placed first at the Messiah Open, second at the Messiah Petrofes Invitational, and third at the East Regionals. Laudenslager had this to say about Fletcher's progress.

"Fletcher has made a lot of improvement since being here a year ago and can grind out every match for a win," Laudenslager said.

Diesel, a sophomore competing in the 174-pound weight class, from Westtown, N.Y., and attended Minisink Valley High School. Diesel finished his season 24-12 and placed second in the Monarch Invitational and at the MAC Championships. He also placed third at the East Regionals and seventh in the Messiah Petrofes Invitational.

Laudenslager said he is happy with Diesel's momentum. "Kyle is peaking at the right time and is wrestling his best right now. Although he has two more years remaining I think he is ready to be an All-American this weekend."

Grabbing the 800th win in the program's history set the tone as an already historic year for the Wilkes University wrestling program, and the team is proud and hope to add more to this legacy.

Diesel was especially vocal on just how special the accomplishment was.

"It's a great feeling to be a part of something that special considering not many programs in the nation have achieved that," he said. "Hopefully, I can bring back a medal ... and, hopefully, we can bring a team trophy as well for Wilkes University."



Beacon/David Lee

Senior heavyweight William Fletcher, shown in action here against King's College, is one of six Wilkes University wrestlers competing for title in the NCAA National Championships.

Wrestlers happy to represent university on national stage

By Grant Rogers
Staff Writer

Six Wilkes University wrestlers punched their tickets to the 2014 NCAA Division III Wrestling Championship in Cedar Rapids, Iowa.

For Mark Hartenstine (149), Kris Krawchuk (157), Myzar Mendoza (133), William Fletcher (285), Eric Bach (197) and Kyle Diesel (174) their seasons have come to this final tournament, the National championships.

Leading the way for the Colonels are red-shirt junior Mark Hartenstine and seniors Kris Krawchuk and William Fletcher who will be making their second straight NCAA appearances.

First-time appearances for the Colonels are senior Myzar Mendoza, junior Eric Bach, and sophomore Kyle Diesel.

"It's great. I love having the opportunity to represent Wilkes on a national stage," Hartenstine said. Hartenstine is currently ranked No. 4 in the nation going into the weekend with a record of 38-1. "Having other team mates here is awesome because we have been training all year together and we all know how hard each of us has worked for the chance to compete at

nationals."

Krawchuk was equally excited: "It's always a great feeling representing Wilkes wrestling since we have such a great winning history in the sport. We have a lot of guys with us this year which makes it a great experience to be able to share with them."

Krawchuk enters his second NCAA Championship appearance with a record of 15-5.

"Wrestling on a national stage is very exciting," said Fletcher, a Senior heavyweight. "Having the chance to represent Wilkes University wrestling and its strong winning history is something to be proud of."

Fletcher enters his second straight NCAA Championship appearance with a record of 24-9.

"It's going to feel good to put on that Colonels singlet on the national stage; there's really no feeling like it," said Bach, a 197-pounder. Bach punches his first ticket to nationals with a record of 18-8.

Diesel, a sophomore 174-pounder, is the youngest of all the Wilkes wrestlers who are attending nationals. He enters his first NCAA appearance with a record of 24-12.

See WRESTLERS, page 19

New era begins in Wilkes football with Brown appointed head coach

New coach was offensive coordinator at Muhlenberg College

By Brandon Gubitosa

Staff Writer

Since 1946 Wilkes began playing Football and since then there has been plenty of history within the program. Their first season they went 6-0 under Coach George Ralston. He posted a 41-32-4 record from 1946-54 and then another season in 1957. From Ralston there was then Rollie Schmidt who coached from 1962-1981 putting up a 90-73-1 record including winning 32 games straight from 1965 to 1969. Last season the program picked up its 300th win which took seven different coaches to accomplish. Then there was Frank Sheptock who took over the program in 1996 and until last season he won a school record 107 games in 18 seasons. Now there is Trey Brown, who plans on bringing a new style of playing to the program.

After a two month long search, the Wilkes University Football program finally found their man. After Frank Sheptock resigned to become Berwick's athletic director, Wilkes conducted a National search for a replacement which featured over 200 applicants. During the search, there were seven candidates interviewed on campus by a panel of administrators including the Vice President of Student Affairs Paul Adams, Director of Athletics Addy Malatesta; Ted Yeager who is member of alumni executive board; coaches Frank Matthews (softball) and former head coach Jerry Rickrode (men's basketball); and football players Omar Richardson and Nick Dawson.

Trey Brown takes over as the eighth head coach in the 68-year history of the program. He brings his 16 years of coaching experience to the table and has coached all around the country. He is originally from Longmont, Colorado and graduated with a Bachelors degree in Marketing in 1993. In 2003 he graduated with a Masters degree in Health and Physical Education and Recreation from St. Mary's College of California.

Before taking over at Wilkes University, Brown was the quarterbacks' coach/special teams' coordinator for four years at Muhlenberg College in Allentown. At Muhlenberg he was responsible for coaching the quarterbacks, wide receivers, and special teams as well as the installation of the pass game. Last season Muhlenberg averaged over 417 yards passing while putting up 37 points per game. During his time on the coaching staff the Muhlenberg Mules went 29-14, which included a berth in the 2010 NCAA Divisional III championships. Brown plans on his bringing his high scoring fast pace offense to Wilkes.

In his press conference Brown said, "I have always aspired to be a head coach and when the position came open at Wilkes I grew excited, I felt Wilkes University had a lot of the same qualities and beliefs that I have developed in the past 16 years of coaching. I felt Wilkes understood what it meant to be a student-athlete, and the expectations that come with that. I was



Beacon/D.J. Berley

New football coach Trey Brown speaks to university representatives, players, students and the press during the announcement of his hiring Feb. 25.

also impressed with the football tradition, and was excited to enhance and strengthen the tradition for years to come. I am very fortunate and incredibly honored to have this opportunity."

Prior to coaching at Wilkes, Brown was the offensive coordinator and quarterbacks coach at Lehigh University for four seasons. As the offensive coordinator and quarterbacks coach, Brown led the offense to scoring 30 points 15 times in his four seasons. In 2006 he led the offense to a Patriot League best in scoring, and coached quarterback Sedale Threatt to All-Patriot League first team. In 2008 he led Lehigh to a Patriot League best in red zone efficiency scoring 87.9 percent of the time.

From 2001 to 2005 Brown spent one year with the tight ends and four with the wide receivers at the University of Pennsylvania where he coached two of the most prolific receivers in the history of the program. During his time with University of Pennsylvania, the Quakers were a combined 40-9 including winning the Ivy League championship in 2002 and 2003, scoring over 40 points per game.

Prior to arriving at the University of Pennsylvania, Brown was an assistant coach at Stanford University from 1998-2000. During his three seasons at Stanford, he was part of a coaching conference that was named coaching

staff of the year by the Pacific 10 conference after they won the Pacific 10 championship. The team also appeared in the Rose Bowl in 2000 while Brown was on the staff.

Now Brown finally can live out his dream of becoming a head football coach. "I've always aspired to someday have an opportunity to be a head football coach, but I realize that dreams don't always match reality in my business," Brown said. "It just doesn't work out that way. There are a lot of great football coaches out there at all levels, from high school all the way to the top that may not get a shot at being a head football coach. And I feel really honored and excited to have that opportunity" said Brown during his press conference.

In a recent interview, Brown said his expectations are for the team to "keep getting better each day as a group and keep improving." When asked about what he would do to help out the offense "the one thing we are going to be is consistent," Brown said. "That is a term that is big with me, and I think we are going to have some beliefs in what we run and our beliefs are going to be based and deep rooted around our personnel and we are going to do the things we feel as a staff that our players can do well."

He also went on to say that "I do believe in snapping the ball fast, and running a no huddle
See FOOTBALL, page 19

Major changes happening among coaches

By Brandon Gubitosa

Staff Writer

Within the past few weeks there have been several coaching changes on campus.

So far football coach Frank Sheptock has stepped down as coach and Trey Brown has been hired. Men's basketball coach Jerry Rickrode is stepping down as head coach to accept a position in Wilkes University's Advancement Division.

The field hockey team returned a familiar face when they hired Sara Myers as head coach. Then Mark Barnes was hired as the team's first swimming coach, he will be coaching both the men and women's swim team this upcoming season in the fall.

During his time as men's basketball, Rickrode led the Colonels to a 382-191 record, accumulating a winning percentage of .667, among the best all-time in NCAA Division III history for coaches with at least 10 years experience.

He also holds the Division III record for being the fastest coach to reach the 200-win plateau, achieving the feat in his first 249 games. He first arrived here in 1992 and during his time here he has led the Colonels to 17 MAC and Freedom Conference playoff appearances, including 10 straight from 1992-2002. He also led the Colonels to five-straight NCAA Tournament appearances, including four Sweet 16s, three Elite Eights and one Final Four appearance during the most successful run in Wilkes men's basketball history.

In the 2000-01 season, he led Wilkes to a 23-3 record, a Freedom Conference championship, and the school's sixth berth in the NCAA Tournament in seven years. In 1997-98 the Colonels put up a 26-5 overall record, won the MAC title, and advanced to the Division III Final Four for the first time in school history.

In 1995-96 the team put up an impressive record of 28-2 record. In 1994-95 the team advanced to the Division III Elite Eight. During his time as coach the Colonels were ranked number-one in Division III twice. In 22 seasons he has put up 20 winning seasons and has won 20-plus games seven times.

There has not been an announcement of a signing of a new head coach.

Myers returns to Wilkes as head field hockey coach. This is not her first time coaching at Wilkes as she was the head coach from 2005 to 2010 where she had a record of 59-38, and the highest winning percentage by a coach in school history. In 2008 her team finished 18-4 which is the most wins in a single season and her team made a trip to the ECAC postseason tournament. Next year they finished 15-4 and made a second straight trip to the postseason. During this time Wilkes became regionally and nationally ranked for the first time in school
See COACHES, page 19

Getting to know...

Matthew Reese

Freshman Baseball Player

Matthew Reese is the starting shortstop for the Wilkes University Colonels in his freshman season. Reese led the Colonels over spring break with nine hits including three RBIs and two runs scored. Before coming to Wilkes, he played for Wellsboro Area High School where he was named baseball MVP his junior and senior seasons. As a senior, he was named first team all-state.

By JT Kerr
Sports Writer

Q: What brought you to Wilkes University?

I actually was working out for baseball at my local high school field with an employee of Wilkes University, Jamie Miller. He asked me how my college decision was going and I told him I hadn't decided quite yet. He encouraged me to come down and visit Wilkes. On my visit I really enjoyed the atmosphere and community here.

What's your favorite part about the university?

My favorite part is the small community and the ability to know many of the people on campus.

What do you study here?

I am currently a math major but I am likely switching to sport and event management in the fall with a minor in economics.

What would you like to do with the sports management major?

A: My dream job would be a general manager of a professional sports team but realistically a job as an athletic director of a high

school would be what I'm looking for. Any area that deals with sports in general is what I am looking for.

What's your favorite part about being on the Wilkes baseball team?

My favorite part is just the guys on the team and the family we have. We are all really close and spend a lot of time together.

How much of a shot do you think you guys have going into the conference schedule?

I think we have a good shot as long as we play well. Our staff has been throwing well and our offense is coming around. If we win the games we should and can be right in the playoff mix.

How do you see yourself fitting into the lineup in your first year on the team?

I think that coach is going to play the players who are playing well. The season is too short to not play the hot player. I think that whoever is playing well will find their way into the lineup.

What goals do you have for yourself this season?

A goal of mine is to work myself into the lineup regularly and help this team make a run into playoffs. Everyone's goal is to win and I would like to contribute in any way to help.

Have you always been a short stop?

While I was growing up, I played both second base and short stop. When I reached high school, I became primarily just a short stop.

What's your favorite part about the position?

My favorite part about short stop is being the leader on the field. I enjoy the responsibilities taken on by the position.

What made you want to play short?

I was placed there in little league and I have grown to love it. I didn't really have an option of where to play. My little league coach put me there and that's where I have primarily played ever since.

How was your high school career and where did you play at?

I played at Wellsboro Area high school where I was a four-year starter. We had a rather successful run while I was there. My freshman year we were district runner-up which is the farthest any baseball team from my school had made it. We never made it that far again but we did make playoffs every year. The biggest individual accomplishment was being named 1st team all-state following my senior season.

What pro player would you like to be like?

My role model my entire life has been Derek Jeter. I love how he plays the game and how he is quiet off the field as well. He is a great player but he doesn't have to tell people about it. He takes care of business on and off the field.

Are you sad to see him go?

Very sad, but he knows his body and emotions have had enough and I respect his decision.

Who's your favorite team?

I've always been a Yankee fan mostly because of Jeter.

How do you think they'll do this year?

Hopefully well. I think it's about time that they begin building up their farm system. They only have about four players who project to be major league level talents. Eventually that will catch up with you.

What's your opinion on A-Rod?

I mean technically he's never had a positive test so I think the suspension may be a little excessive but I'm not a big fan of him anyway.

 @wilkesbeacon
jonathan.kerr@wilkes.edu

FOOTBALL

Continued from Page 17

offense, and what we do out of the no huddle will be purely based on our personnel. I am a big proponent of taking of taking the strengths of your team after you evaluate their skill set and kind of molding them into a program or belief that gives you the best chance to succeed."

Brown will play a huge role in bringing the program back to where it used to be. Since winning the Middle Atlantic Conference in 2006 the Colonels have struggled going 33-38 overall while posting a 27-27 conference record.

They have had just two winning seasons since going 11-1 in 2006. Brown hopes to bring back the seven-, eight- and nine-win type seasons the team had become accustomed to.

During his press conference Brown said "the success of the team will not be accomplished by him; it will be accomplished with a collaborative effort. It is important for everyone to have a hand in the success of where Wilkes football wants to go in this new era. I will need help from everybody on this campus."

So far there have not been any changes to the coaching staff other than Brown, who said "things will stay the same until further notice."

He also feels confident in the recruiting process so far. He feels like the assistant coaches

have done a great job while he was not here and is happy to jump right in and getting recruits to play for the Colonels.

Many players are excited to see what the new coach can do.

"I think coach Trey Brown has the best intentions for this football team, and I think with hard work from the coaching staff and players this team can be a powerhouse in the MAC," said freshman Dominick Ammirato.

Freshman wide receiver David Claybrook said Brown is "down to earth and easy to talk to, as he is always looking out for our best interests."

Sophomore safety Jared Powell said he is excited for the change and that hopefully he can bring the MAC back to the Rac."

Sophomore corner Marcus Leaf is excited for the upcoming football season.

"I'm interested to see what he is going to bring to the table," Leaf said. "Considering he is bringing in a new defensive coordinator, it is going to be interesting to see what happens."

The whole community is excited for the changes taking place and is looking forward to this upcoming season. Wilkes looks to bounce back next year and make a run toward the MAC championship.



@wilkesbeacon

brandon.gubitosa@wilkes.edu

WRESTLERS

Continued from Page 16

"It's a huge accomplishment for me," Diesel said. "It's something I've always wanted to do, and I'm proud to represent Wilkes University."

Mendoza, a 133-pound senior, added: "It's something I've been looking forward to since my freshman year. The goal has always been to make it to nationals and represent Wilkes by placing in the top eight."

Mendoza enters his first NCAA appearance with a record of 26-7 and a career record of 108-30.

Many people wonder how a college wrestler prepares for the biggest tournament of the year. Many wrestlers have different pre-match rituals.

"I prepare by sticking to my prematch routines and staying constant with my workouts. I believe

the best way to approach the post season is to stay with what has been working for me in the past," Hartenstine said.

"We just keep doing the same things we've done all year just tweaking some things here and there, adding some extra conditioning workouts and staying fresh," Krawchuk said. "The biggest part of preparing is staying mentally focused and well rested."

"It's important just to stay focused and put in more work than I have throughout the year. It's the last tournament of my career so it is important to me to do my best." Said senior William Fletcher.

The championships were held March 14-15 at the US Cellular Center in Cedar Rapids. Cornell (Iowa) will serve as the host.

Results were not available at press time. Check The Beacon online and in the March 25 edition for results.

COACHES

Continued from Page 17

history. Following her record-breaking year in 2008, she was named Freedom Conference Coach of the year. Myers said she is excited to be back and cannot wait to lead the program again.

Mark Barnes becomes the school's first swim coach as the University expanded its athletic programs this past fall. Wilkes announced the addition of men's and women's swimming in early

November. After a successful coaching career at the high school level at both Bloomsburg and Danville Area, Barnes looks to coach Wilkes toward a MAC title.

His coaching career at Danville Area where he spent four seasons there. The girl's team earned four straight PIAA District IV team championships and Northeastern Pennsylvania Swimming League championships from 2005 through 2009. Wilkes will begin competition in the pool starting with the 2014-15 season in the Middle Atlantic Conference.



JANUZZI'S

FAST. HOT DELIVERY

20 E Northampton St. Wilkes Barre

825-5166

NEXT TO MOVIES 14

FREE Wi-Fi in our Dining Room

2 Tickets to Movies 14 WB
1 Medium Pizza - 1 Topping
2 Drinks

We Cater Parties At Movies 14

Hours:

Mon.-Thurs. 11am-11pm

Fri.-Sat. 11am-12am

Sun. 12pm-11pm

We're more than just great pizza...
see our entire menu at

www.januzzispizza.com

SPECIALS

WEEKDAY SPECIALS M-TH

Large Pie \$7.95

Chicken Wing Pie \$10.95

(carry out/dine in only)

PIZZA DOUBLES

2 Medium Pizzas \$13.95

2 Large Pizzas \$16.95

MIX & MATCH

Any 3 Subs or Wings

\$15.95

WE CATER LARGE GROUP EVENTS
PLEASE CALL BEFORE YOUR NEXT
MEETING!

Try Our New
Boneless Buffalo
Chicken Bites

10oz ONLY \$5.95

\$22.95

NEW LOOK. SAME GREAT SERVICE.

FUTURISTIC INNOVATIVE GRAPHICS

INCORPORATED
SCREEN PRINTING • EMBROIDERY • PROMOTIONAL ITEMS



DONE RIGHT...
AND RIGHT ON TIME.

146 SOUTH PENNSYLVANIA AVE. • WILKES-BARRE • 570.823.9272

PLEASE ALSO VISIT THE NEW

4T-SHIRTS.COM

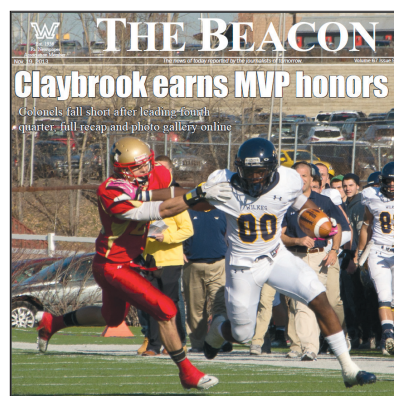
Check out the Beacon Online

www.thewilkesbeacon.com



- online exclusive blogs & columns
- new videos
- photo galleries
- late breaking campus news

Do you own a business or have an upcoming event and want to reach 6,000 clients a week? Let us help by **ADVERTISING** with The Beacon!



Options to fit any budget ranging from 1/8th of a page to full pages, in both color and B&W with discounts on bulk orders

Contact either tyler.ryan@wilkes.edu or loran.lewis@wilkes.edu for more information

Grotto Pizza

the legendary taste

Best Deals in Town!

Visit us online at www.grotopizzapa.com

We deliver a complete menu of Pizza, Pasta, Wings, Subs, Burgers, Salads & More!

Ask about our everyday delivery combos!

Weekday Specials

Take out/Delivery/or Dine in!
(delivery charges/minimums apply; delivery area limited, please inquire)

Grotto Pizza
Gateway Center, Edwardsville

(570) 331-3278

Delivery to Wilkes campus!

MONDAYS

1 Regular 12" Pizza w/1 Topping just \$4.99!

TUESDAYS

Buy 1 Cheese Calzone get 1 FREE

WEDNESDAYS

Quarter-Pound Cheeseburger on a Pretzel Roll just \$3.99

THURSDAYS

½ Priced Sicilian Pizza-Just \$5.99 for a Big Tray