

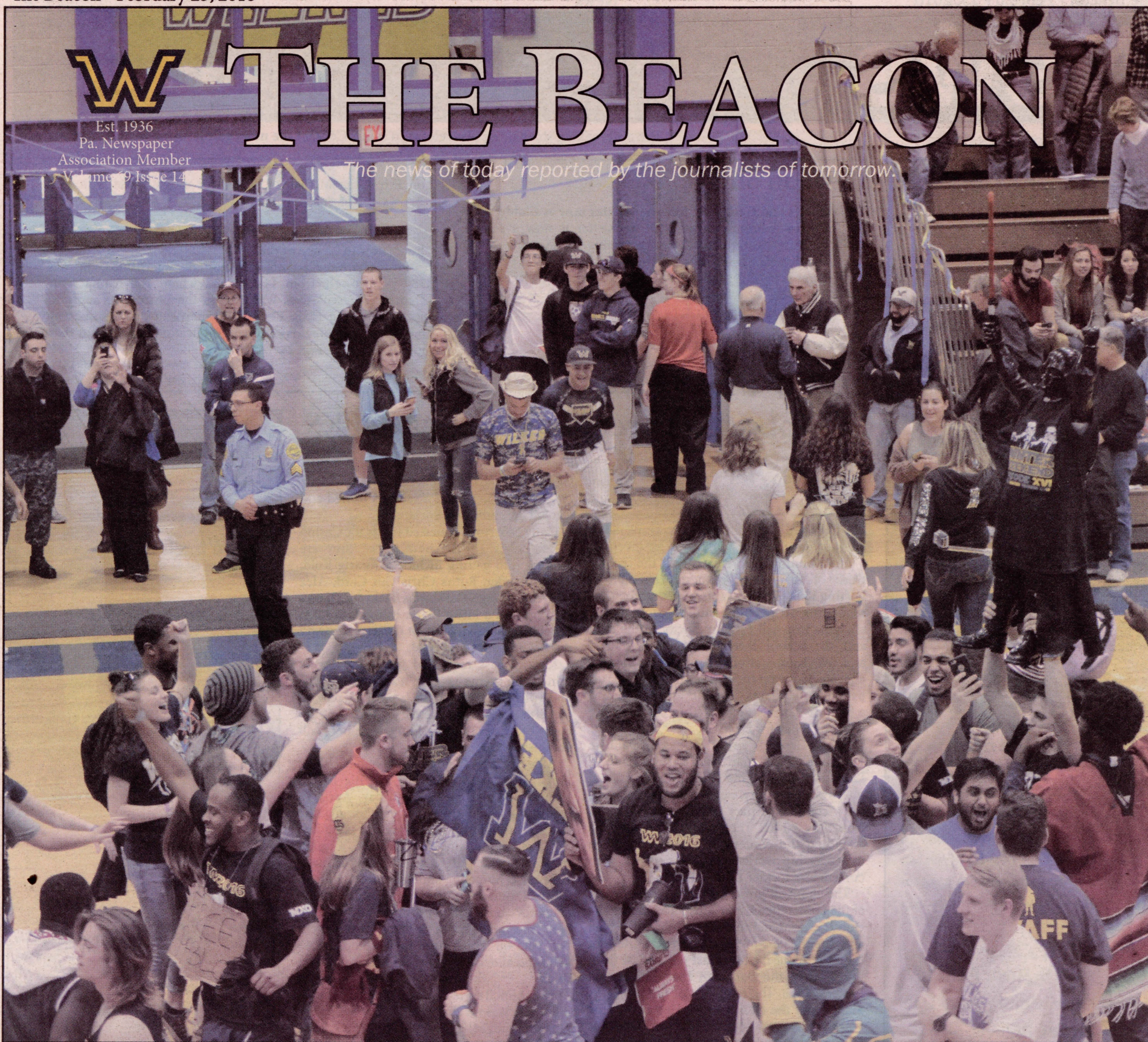
The Beacon - February 23, 2016



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Volume 99 Issue 14

THE BEACON

The news of today reported by the journalists of tomorrow.



The Beacon/Jesse Chalnack

Wilkes Basketball beats rival King's

Above: fans storm the court after Wilkes defeated King's College in an 83-77 game last Saturday. More on page 19.

News

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

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2015-16

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Beacon Briefs

Women's and Gender Studies newsletter now available
The latest edition of the WGS newsletter is now available online. Information about the upcoming WGS conference, campus happenings and more can be found in this issue. Find the newsletter at: <http://www.wilkes.edu/academics/colleges/arts-humanities-social-sciences/behavioral-social-sciences/womens-and-gender-studies/newsletter/index.aspx>

Race movie date and time
"Race" - Movie event hosted by Office of Diversity Initiatives on Feb. 23 at Movies 14. RSVP for movie ticket with Erica Acosta, Erica.acosta@wilkes.edu.

Tobyhanna looking to hire six engineers this summer, here's how to be one of them
Join Sharon Castano, director of internships, in SLC 380 on Feb. 18, from 11-12 p.m., where Tobyhanna Army Depot representatives will discuss the process to apply for six engineering (ME, EE, ENV) internships to summer job positions available this summer. Application deadline for these jobs is midnight Feb. 24.

SG Notes: Fund requests approved; LKS

By Jen Baron
Staff Writer

On Wednesday, Wilkes University's Student Government held its weekly meeting. The Running Club came in for the second week of their fund request. The club is hosting Relay for Heat this year, and they are requesting \$5 per mile run by each Wilkes student. This will bring publicity to the club and the school through local newspapers and television stations. It was motioned to allocate \$5 for up to 50 miles that will be run by Wilkes students. The motion passed and a total of \$250 was allocated to the Running Club for Relay for Heat.

Kayla Bardzel, president-elect; Danielle Distefano, social chair; and Kacey Knapp of Lambda Kappa Sigma (LKS), a professional pharmacy fraternity, came in to request funds for a conference they will host in Scranton from July 20-23. There will be 13 students attending the conference and they will go to leadership workshops and network with current and former LKS members.

The club will present a Core Values poster at the conference about substance abuse. The club has done numerous fundraisers to help alleviate the cost of this conference. They are hosting a pancake breakfast on Feb. 24 from 7-9 a.m. in the Ballroom that will benefit Project Hope. The total cost of the project is \$9,175, but the club is requesting funds that will cover registration and the hotel, which is \$6,225. Student Government will vote next week.

Holly Margiotti came back to request funds to cover the cost of T-shirts that were given away at the Wilkes vs. Kings basketball games, which were played on Saturday, Feb. 20th. Margiotti requested \$560 to cover the cost of 200 shirts. The motioned passed and the full amount was allocated.

Cody Morcum requested funds for Casino Week. Some of the new prizes they are looking into getting include a Keurig Kold, Ninja Blender, Ruth's Chris Gift Card, Alex and Ani Package, Gas Cards, Backyard Games Package and a FitBit Blaze. In total, \$13,034 is being requested. Student Government will discuss and vote next week.

Kara Serfass requested funds for Spring Fling. The theme is "A Whole New World" and will be on March 18 from 6-11 p.m. at Genettis. She is requesting \$16,158.58 to cover the cost of Spring Fling. Members will vote next week.

Allie Grudeski presented about Block Party. This year's theme is "Go Big or Go Home" and will be on Saturday, April 16 from 12-4 p.m. in the Greenway. Some of the options brought up for attractions included: Big Bot Battle, life size Twister, a giant inflatable slide, life size Hungry Hungry Hippos, human shuffleboard, human foosball, bounce house, big inflatable chair, gladiator joust, slippery slope and bungee run. The members of Student Government will vote on which ones they would like to keep and allocate money for Block Party next week.

The council reviewed the Treasurer's report and there was no change from last week. The current budget is as follows: All College: \$46,578.58, General Funds: \$21,762.05, Conference: \$414.10, Spirit: \$2,000.00 for a Student Government total of \$70,754.73.

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table of contents

news.....2

life, a&e.....7

spread.....12

opinion.....14

sports.....19

Death of Justice Scalia leaves gap in Supreme Court

Wilkes professor speaks on potential outcomes

By Sarah Bedford
News Editor

On Feb. 13, 79-year-old Supreme Court Justice Antonin Scalia passed away while on a weekend trip to a Texas ranch.

The passing of Scalia, who served as part of the conservative majority on the Supreme Court, has now turned the bench to an even split.

Scalia was the longest serving member of the court and was also known as an outspoken conservative. His judicial philosophy was that of originalism, meaning he viewed and reviewed cases based upon the way in which the founding fathers created the Constitution.

His death has created controversy within the Senate as the decision to appoint a new Justice begins.

As a constitutional right, President Barack Obama has the legal authority to nominate a new Justice. However, Republicans in the Senate have already expressed discontent.

Dr. Kyle Kreider, associate professor and chair to the political science department, explained that it is within President Obama's constitutional right to nominate a new justice.

"The President shall - not that he may .. he shall, with the advice and consent of the Senate, nominate (someone)," Kreider explained of the specific wording of the appointment. "I think it's the president's constitutional duty to nominate someone, but I don't think it mandates that the senate must confirm (the nomination)."

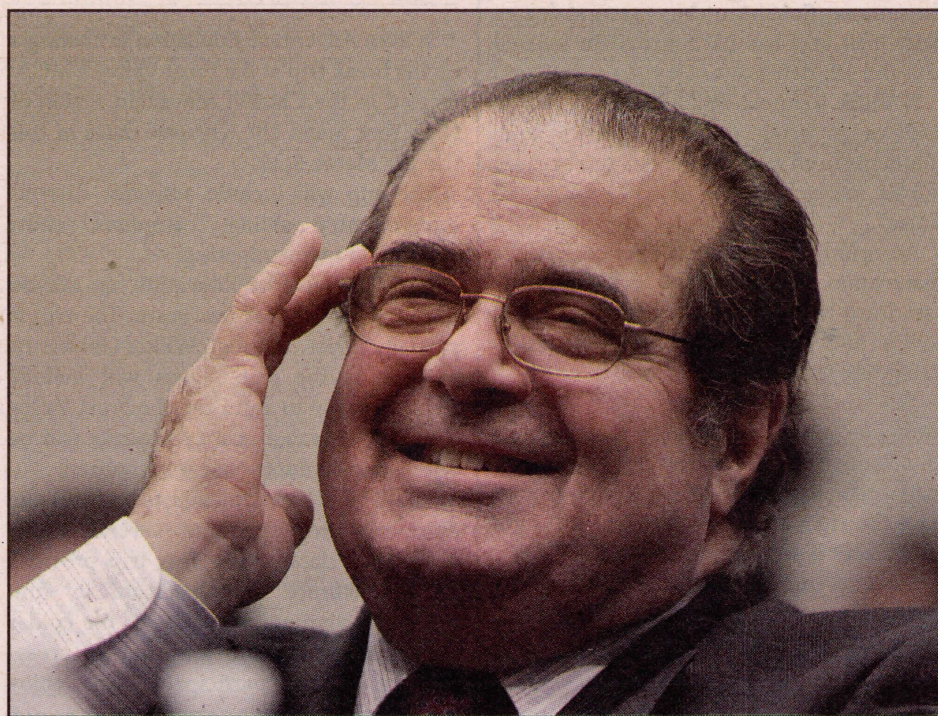
The nomination and appointment process for Supreme Court justices has potential to be lengthy and it starting in Obama's final year in office makes it nearly impossible.

Kreider explained that this was not always the case.

"You have to look at the modern period and the historical period," Kreider said. "There is a cutoff line that appears to be the 1960s....With the introduction of TV and people having TVs in their homes... has increased the length of the confirmation because senators are now playing to the interest groups as a way to get money and get attention and play fame.. this is a high stakes political battle."

As the 2016 presidential election gains momentum, the topic of debate among the candidates is the repercussion of the open seat.

Republican candidates such as Texas Sen. Ted Cruz, Donald Trump, Florida Sen. Marco Rubio, Ohio Gov. John Kasich, Former



By Stephen Masker - Supreme Court Justice Antonin Scalia
CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=11201159>

Florida Gov. Jeb Bush and Ben Carson all expressed their concerns of President Obama appointing a new justice before the end of his term.

"The likelihood that President Obama would nominate someone close to Justice Scalia is not going to happen," Kreider explained.

If Obama were to get his nomination approved, the results have the potential to restructure the Supreme Court.

"If Obama has the opportunity to get his nomination through then the court is clearly 5-4 on the side of liberals. It would mean a lot for rights of criminal defendants... governmental power, social issues like separation of church and state and womens issues, so it's a hugely consequential appointment."

Kreider explained that he felt Obama would make strategic moves in his nomination theorizing that, "he (Obama) nominates an African American like Loretta Lynch.. an African American woman who the Republicans are saying no... Republicans are denying a vote, or denying confirmation to a woman who's already been approved by the Senate to fill a constitutional position called the Attorney General," Kreider explained. "It may tick off some African Americans which

might increase voter turnout in the African American community."

Kreider said that this is critical to the Democratic party especially if Hillary Clinton is to be the democratic nominee.

"Her support in the African American community is not as strong as Obama's. She might need that increase in African American turnout to elevate her to the presidency."

While this has the potential to greatly impact the impending election, the overall influence it will have on American life also has importance.

"If you look at the last 40 or 50 years.. some may argue it (the Supreme Court) is the leader of social change," Kreider said. "The courts role in American life is so profound... I would argue its the most powerful institution... it's important to every American because its rulings affect every one of our lives in some way."

Scalia was laid to rest on Feb. 20 at the Basilica of the National Shrine of the Immaculate Conception, a national Catholic pilgrimage site in northeast Washington.

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Major cases decided by Scalia

- **Citizens United v. Federal Election Commission:** 2010 decision restructured the campaign finance landscape
- **Hollingsworth v. Perry:** Ruled that petitioners did not have standing to challenge a lower court ruling that struck down Proposition 8, a 2008 ballot initiative that made same-sex marriages illegal in California
- **Glossip v. Gross:** 2014 Supreme Court ruled 5-to-4 that the three drug cocktail used by Oklahoma did not violate the 8th Amendment's stance on cruel and unusual punishment
- **Burwell v. Hobby Lobby Stores:** challenged the contraception mandate of the Affordable Care Act siding with Hobby Lobby, saying family-owned and other closely held companies can opt out of the mandate if they have religious objections to it
- **Town of Greece v. Galloway:** Question of violating the Establishment Clause of the Constitution when a town in upstate New York opened meetings with a prayer. The court ruled in favor of the town.
- **Wal-Mart Stores, Inc. v. Dukes:** 2011 Largest sex discrimination lawsuit in history; group of female employees lost the case, ruling in favor of the corporation.

Credit: NPR

Self defense seminar scheduled | Chilly spring break trip planned

By Toni Pennello
Staff Writer

A free self-defense seminar will be held on Feb. 23 in the Ballroom on the second floor of the Henry Student Center, beginning at 11:30 a.m. and ending at 12:30 p.m.

In addition to receiving a free T-shirt, students in attendance will learn some basic skills that can protect them in the event of an emergency situation.

Kellie Palko, president of the Veterans Council, who organized the seminar, says the overall goal of the seminar is to keep students safe by preparing them for the worst.

"Our goal is teaching students how to get out of a tough situation. Wilkes-Barre is not the safest place at night. Knowing some of these defensive moves can help them someday," Palko said.

An Army Sergeant named Mike Ortiz will be holding the seminar. Palko says that "he will be teaching techniques involving punching and kicking."

Dr. Edward Schicatanio, associate


professor of psychology, strongly endorses the seminar. Schicatanio has a second degree black belt and has participated in martial arts and self defense for 10 years.

"I think it's great that Wilkes is offering such an important event," Schicatanio said. "Students need to learn self defense because public safety can't be everywhere at all times."

According to Schicatanio, the confidence that comes from the basic skills students can learn at the seminar can lead them in the direction of becoming effective in defending themselves.

"The first step in self defense is to NOT look like a victim. Being aware of your environment is the second step. After you learn some basic defense skills, you need to have the right attitude - that you will fight an attacker if you have to," he said.

Students can contact Kellie Palko for any further questions regarding the seminar: kellie.palko@wilkes.edu.

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By Christie O'Brien
Contributing Writer

Wilkes Adventure Education is hosting a spring break trip at the Frost Valley YMCA, located in the Catskill Mountain region of New York State. The tentative dates of this trip are March 8-11.

The trip will include activities such as cross-country skiing, campfires, snow tubing and maple sugaring.

Wilkes Adventure Education has offered this trip for the last few years. The trip is partially funded through Wilkes University, as well as the club. Costs will include transportation to and from the Frost Valley YMCA. The exact cost of the trip will be released to students once it is finalized.

The trip allows students to explore the outdoors after spending several weeks stuck in a classroom. This trip provides an opportunity to participate in fun, outdoor activities, regardless of the colder temperatures. After a long day of cross-country skiing, participants can enjoy warming up next to a campfire.

Instead of taking a trip to warmer

temperatures, Wilkes students are encouraged to embrace the cold weather on this spring break adventure.


Furthermore, students have the chance to interact with one another outside of the classroom setting.

On this adventure, students can step out of their comfort zone in more way than one. As members participate in unusual activities such as maple sugaring, they can also engage in conversation with new faces from the Wilkes community.

The Frost Valley spring break getaway provides the perfect atmosphere to build friendships and create memories with students from the university.

Anyone looking for an adventure-filled, affordable spring break trip should consider choosing the Adventure Learning Alternative Spring Break this March.

To request more information and reserve a spot for the trip, contact Jill Price at jill.price@wilkes.edu or in her office located in the Henry Student Center.

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Alternative Spring Break group holds pasta dinner fundraiser



The Beacon/Jesse Chalnack

On Feb. 16, the Alternative Spring Break group held its annual pasta dinner fundraiser in the Student Center Ballroom to support their service work projects in Kentucky, Costa Rica and the Dominican Republic. Dinner included pasta and marinara or meatball sauce, salad with choice of dressing, dinner roll and dessert.

New security measures mean more locked doors

Public Safety increases safety by locking doors, access control

By Toni Pennello
Staff Writer

Sometimes, it is necessary to sacrifice convenience for the sake of safety. This is the case in new measures that have been put into place, dictating that only marked entrances to buildings on campus will be unlocked.

Students can still use ID cards to enter compatible doors.

While the change may be irritating, Christopher Jagoe, director of public safety, says that it is a necessary one. According to Jagoe, campus security consultants of the firm Margolis-Healy pointed out various safety issues.

"One of them was access control and the use of officers to open and close buildings and rooms throughout the day. This was an inefficient use of staffing which removed them from patrolling campus for hours of the day and evening," Jagoe explained.

Jagoe described the measure as less of a change in policy and more an advancement in the way public safety oversees doors that are opened and closed on campus.

"The ability to secure buildings in the case of an emergency, such as an active shooter, was not possible given the number of doors to secure. Additionally, our officers would be responding to the source of the emergency and not locking down doors."

These realizations led to a solution which involved changing the number of entry points for a few buildings, and making a "practical" number of doors able to be accessed via ID cards.

"Simply put, there is no 'one size fits all' solution to securing the campus," Jagoe said. "The university needs to balance any changes to building access and security with the benefits of being an open and welcoming place to study, teach, research and collaborate. Going to an entire swipe access system to enter campus buildings would not meet that goal."

Jagoe also addressed an added convenience that comes with the change.

"Entrance doors are now clearly marked for access. Prior to that, anyone entering buildings needed to tug on doors to see if they opened."



Jagoe also reiterated that the measures are for the safety of students, which is taken very seriously at Wilkes.

"The university made a significant security investment to modify the number of electronic access points, repair or replace doors, and create signage to identify

The Beacon/ Jesse Chalnack appropriate entrance points," Jagoe explained. "I think most will agree that making the campus safer trumps convenience."

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Historical documents presented to Polish Room



The Beacon/ Jesse Chalnack

On Feb. 17, State Rep. Eddie Day Pashinski presented historical documents on Thaddeus Kosciuszko and Casimir Pulaski to the Polish Room at Wilkes University, located in the Farley Library. Members present included Wilkes alumnae Joyce Saluski Latoski '70 and Rosalie Borkoski Fritzen '63.

Grand opening of Starbucks, ribbon cutting at Gambini's



The Beacon/ Jesse Chalnack

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Life, Arts & Entertainment

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

Use your brain, care for your heart

By Amanda Bialek
Staff Writer

February is Heart Health Awareness month. It is that time of year where committing yourself to leading a healthy lifestyle can ultimately benefit your heart health for life.

There are five things you can do daily that will help your heart.

According to the Cleveland Clinic, eating healthy fats, practicing good dental

hygiene, getting adequate sleep, avoiding secondhand smoke and not sitting for long periods of time can contribute to a stronger and healthier heart.

"A saturated fat will be solid at room temperature, whereas an unsaturated fat like olive oil won't be solid at room temperature," Alex Faes, a pharmacy major and New York certified EMT said.

While eating, he believes that it is a good idea to think about whether the food you are consuming is going to be leaving

little solid particles in your arteries, veins and capillaries, or if it is just going to go through nice and easy.

According to the American Heart Association, "eating foods that contain saturated fats raises the level of cholesterol in your blood."

The two types of unsaturated fats are known as monounsaturated and polyunsaturated. AHA said both of these unsaturated fats "can help reduce bad cholesterol levels in your blood which can help lower your risk of heart disease and stroke."

Emma Noble, a Wilkes student obtaining her Bachelor of Science in Nursing, said that it is important to stay away from fatty foods and replace them with healthier fats such as fish because they are high in Omega-3. She said green, leafy vegetables should be part of your diet as well.

It is necessary that students take the time to understand what foods they should and should not be eating regularly.

Unfortunately, many college students rely on the convenience of fast food restaurants.

"It's easy just to run to Taco Bell and get fast food," Noble said. She thinks that college students struggle with eating healthy.

According to Health.com, the best foods for your heart include oatmeal, salmon, avocados, nuts, berries, legumes, spinach, flaxseeds and olive oil. Foods that you should avoid eating all of the time are processed meat, red meat, pizza, fried foods and trans fats, said Sarah Klein of Huffington Post.

"You don't have to completely take out

all of the bad (foods), but you really need to eat in moderation," Noble said. She believes that it is important not to cut out everything that you enjoy eating because eventually people will go back into their bad habits of eating unhealthy all of the time.

The good news is chocolate lovers do not have to give up chocolate.

In fact, dark chocolate that is at least 70% cocoa is good for the heart,

**"You don't have to completely take out all of the bad (foods), but you really need to eat in moderation."
- Emma Noble**

said Cleveland Clinic.


Did you know that not flossing can also have negative effects on your health? Dr. Robert Ostfeld, of Montefiore Medical Center, said that there is a strong link between gum disease and heart disease. Next time, you think about skipping the floss, think again.

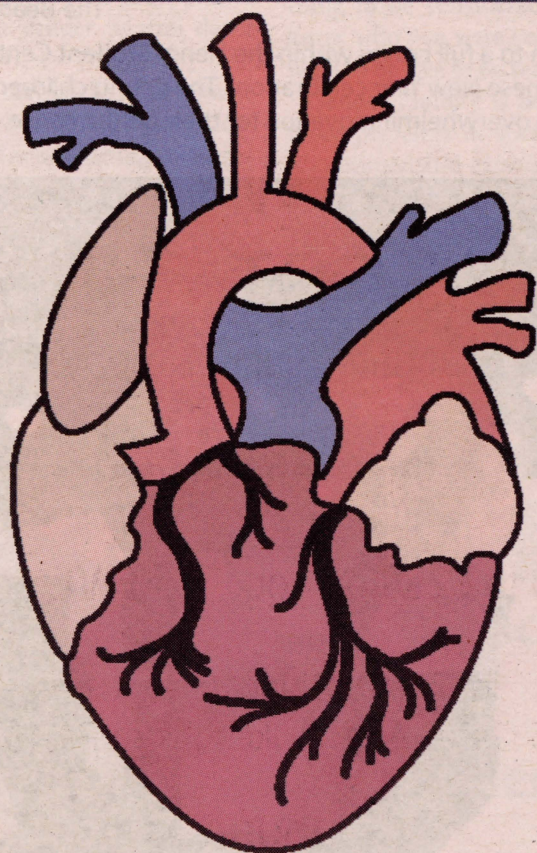
As far as exercise, it is recommended that an individual gets 30 minutes of exercise five days a week to maintain a happy and healthy heart. It is important that people replace some of their "sitting down time" with walking, swimming, biking, jogging or going to the gym.

"If you start living a healthy lifestyle just from the get-go, you can prevent heart disease early," Noble said.

Eating healthy, exercising and flossing your teeth often and getting enough sleep are small changes you can make to your daily life. Your heart will thank you later.

Thefreshquotes.com said, "With a healthy heart the beat goes on."

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The Beacon/Nicole Kutos

February is Heart Health Awareness month. It is that time of year where committing yourself to leading a healthy lifestyle can ultimately benefit your heart health for life.

Wilkes University hosts Chinese New Year celebration



The Beacon/Marissa Spryn

Wilkes came together on Thursday, Feb. 18, to celebrate the Chinese New Year. Pengcheng Wang, Yingchen Shao, Sultan Al-Julaid, Minzhu Yue, Zipeng Zhang, Ychen Xie and Zijie Huang dressed in elaborate garments to lead the festivities.



The Beacon/Marissa Spryn

Children perform to a full crowd within the Henry Student Center Ballroom in honor of the Chinese New Year celebration. The young children stole the show, awarded with an overwhelming ovation for their performance.



The Beacon/Marissa Spryn

Amber Wang and Donachatch Kiangsiri served as hosts for the event. They led the crowd in a number of games, including an intense round of musical chairs complete with a number of popular hits by the DJ to keep the crowd moving.



The Beacon/Marissa Spryn

Minzhu Yue and Zipeng Zhang also performed at the event in an elegant dance routine. Although the Chinese New Year celebration came some time after the actual holiday, those in attendance were excited to bring in the new year.

Gender fluidity: How it made its mark in 2015

By Emily DeAngelis
Staff Writer

Kids develop a sense of gender identity by age two or three, says Diane Ehrensaft, author of *Gender Born, Gender Made*.

As a society, we are becoming more accustomed to the idea of gender as a spectrum rather than a binary. The changes are beginning to become more pronounced.

Let's observe some ways in which this new spectrum has made an influence in 2015 and in the future:

Stores moving to suit gender neutrality: We might remember an influential day last August when Target made the shift to a more gender neutral toy section.

Months later, Target continued to debut new toys void of gender, the most recent: The Pillow Fort, a gender neutral decor item for children.

Although Target may be the most notable for pioneering this change, the Disney store has also made strides by creating costumes for "kids" rather than segregating "boys" costumes and "girls" costumes.

The word of the year: 2015's word of the year, **they**, signifies a gender neutral singular pronoun for a known person.

Anne Curzàn writes, it is also known as "a non-binary identifier."

Although attendees at the meeting argued that "they" has been in existence as a singular pronoun for hundreds of years, they could not ignore its revitalization.

The plural pronoun they was also considered. Dr. Thomas Hamill's History of the English Language class has been studying the useage of "they."

Gender and television - More stars and shows are beginning to highlight this aspect of our society.

Orange is the New Black actress Ruby Rose, who plays Stella Carlin in Season 3, has been receiving notice for her explanation and support of gender neutral individuals.

In an interview with Elle, she said "The thing to be considered is that "only you know who you were born to be," and "you need to be free to be that person."

Gender Fluidity is becoming more and more prevalent as society becomes more accustomed and exposed with this change in how gender is viewed.



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Have any questions about gender fluidity you want The Beacon to cover?
Let us know on Twitter!
@WilkesBeacon

HUMANS OF WILKES UNIVERSITY



The Beacon/Alexandra Devarie

"With the reality of my college career ending it's bittersweet. I will definitely miss all of my friends that I have made here and obviously the facility that has impacted me so much. It's terrifying, the graduation process. I applied to a bunch of schools, my favorite choices are Wake Forest in North Carolina and Villanova in Philadelphia. Waiting to hear back from them is the scary part. That's when you have to pick up and move. Wherever I end up I want to study psychological research and eventually, I want to be a professor. I don't know all the specifics of what I want in my life; who does? I'm happy and content and hopeful and that's a good start."

-Anna Podrasky

This Week in History: *Flag Raising on Iwo Jima*

By Justin Topa

Life, Arts and Entertainment Editor

On a small Japanese island on Feb. 23, 1945, a group of five United States marines and one Navy corpsman raised a flag, and in doing so, motivated their comrades to fight on in an iconic battle that would forever be marked in history.

During World War II, American forces sought to further their advances against Japan. The island of Iwo Jima served as an early warning station for potential attacks on Japanese mainland and, if it could be captured by Allied forces, could also serve as an airfield for future attacks.

The ultimate decision was made that,

after three days of naval bombardment, 30,000 marines would storm the beaches of the Japanese island. Set to battle more than 21,000 Japanese soldiers operating out of a complex tunnel system within Mount Suribachi, they were only partially aware of what they were up against.

With rough waves crashing down onto the beach behind the American marines and no way of digging foxholes into the sand beneath them, the surviving patriots had no choice but to advance towards the Japanese soldiers firing from the well-hidden holes and hideaways within the mountainside. For days, they continued the fight as they worked their

way towards, and eventually upon, Mount Suribachi.

Eventually, a 41-man patrol was given the order to charge to the summit and, if they survived to the top, they were to raise a flag above the island indicating an American capture. They succeeded on their climb and, as they were ordered, raised the American flag to a roar of cheers from every American on the southern half of the island.

There was a discussion among generals in which there were rumors that Secretary of the Navy, James Forrestal, was planning on ordering the men to remove the flag for his own keeping. Outraged by this, Colonel Chandler Johnson decided that the flag belonged to the hard-working marines who placed it atop the mountain.

Johnson quickly ordered Harlon Block, John Bradley, Rene Gagnon, Ira Hayes, Franklin Sousley and Mike Strank to retrieve the flag and secure it for the men of which the flag truly belonged. In its place, a secondary flag was raised—much bigger than the first. This flag was rescued from a distressed ship from Pearl Harbor before it sunk completely.


The secondary flag was not thought to be a great ordeal by the men in charge

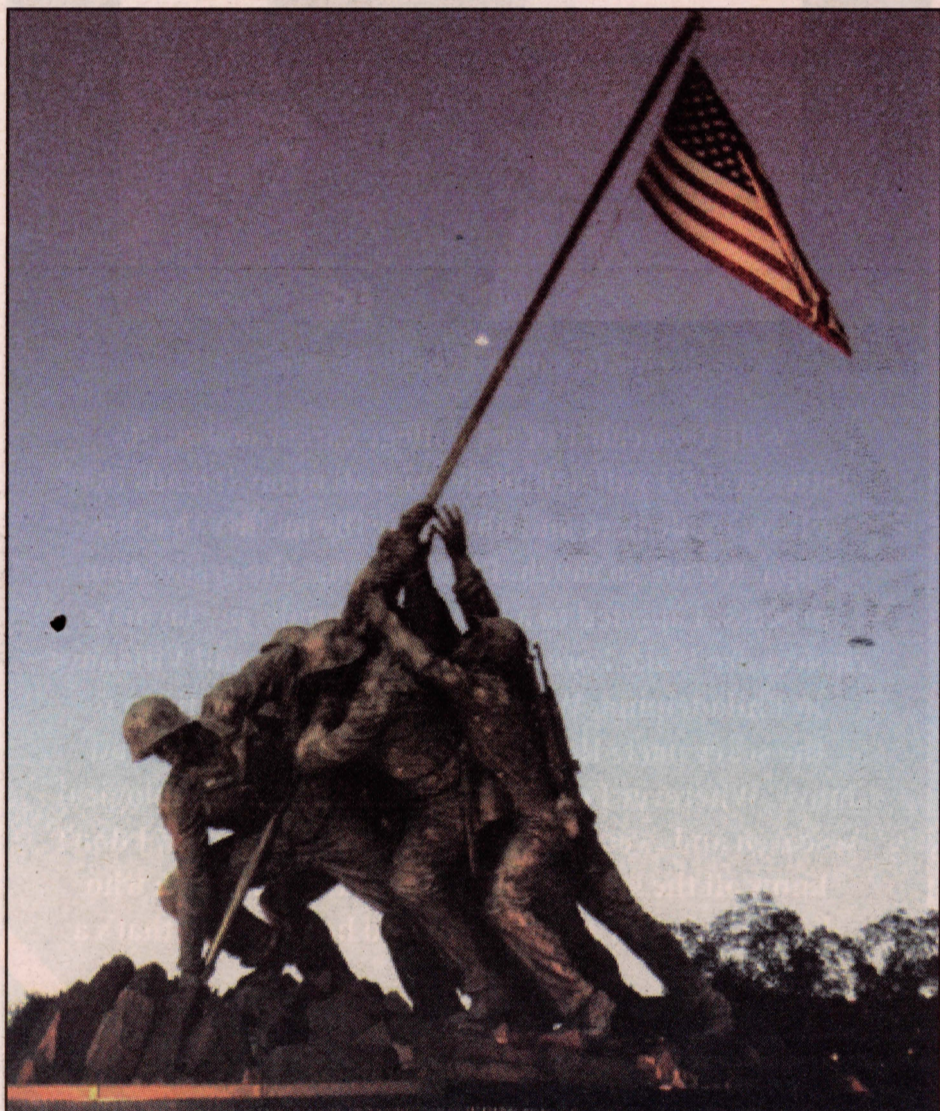
of exchanging the two. The men had not realized that photographer Joe Rosenthal had followed them on their climb. Rosenthal captured the moment and encapsulated it forever into history.

His photograph was one of the first in history to win a Pulitzer Prize within a year of being taken. It has become an iconic image demonstrating the bravery and resilience of the United States Marine Corps.

The Battle of Iwo Jima would go on for nearly a month longer, until being declared officially secure on March 26, 1945. Over the course of battle, 6,821 Americans were killed with another 19,217 wounded. More than one quarter of the Medals of Honor awarded to marines after World War II were given for conduct in the invasion of Iwo Jima.

Rosenthal's image was used for the creation of the United States Marine Corps War Memorial. The memorial, which was dedicated on Nov. 10, 1954, sits just outside of Arlington National Cemetery in Virginia and serves to recognize all United States Marine Corps personnel who have died while serving.

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The Beacon/Justin Topa

The United States Marine Corps War Memorial sits outside Arlington Cemetery.



"Flag raising on Iwo Jima." Joe Rosenthal, Associated Press, February 23, 1945. National Archives and Records Administration (ARC Identifier: 520748).

"Flag Raising on Iwo Jima," a Pulitzer Prize-winning photograph taken by Joe Rosenthal, is responsible for much of the recognition given to Iwo Jima.

The value of life; "I am Almost Dead"

By Amanda Bialek
Staff Writer

"Our lives begin to end the day we become silent about things that matter," Martin Luther King, Jr. said.

In honor of Black History Month, Michael Dickinson, a graduate student at the University of Delaware, is giving a presentation entitled "I Am Almost Dead: The Worth of Black Lives, From Africa to the Americas," on Tues., Feb. 23 at 4 p.m. in the Henry Student Center Ballroom.

Dickinson is speaking about the "harrowing experiences of enslaved Africans through the processes of capture, forced migration and sale."

His presentation will also cover the "degradation of black bodies in the era of slavery" and contemplate the value attributed to black lives in the present.

"The goal of my talk is to examine the lived experiences of enslavement through the eyes of the enslaved," Dickinson said.

**"I want us to internalize
what it meant to be
stripped of freedom and
deemed expendable."
-Michael Dickinson**

"I want us to internalize what it meant to be stripped of freedom and deemed expendable."

The Wilkes History Department was inspired to bring Michael Dickinson to campus because of the climate around the country and due to student unrest at other colleges, according to Dr. Diane Wenger, associate professor and co-chair of global histories and language.

Wilkes strives to ensure that all students feel comfortable and recognized here on campus.

"Knowing the importance of Black History month, we wanted to make sure we did it right," Wenger said.

The history department hopes to make this event an annual one to remind students of the past issues, while connecting them to current events.

"I'm very happy that we're able...to bring in a speaker who is not a member of the Wilkes faculty or a member of the greater Wilkes Barre community, who can sort of bring a different perspective to the conversation," Dr. John Hepp, associate

professor and co-chair of global histories and language said.


His hope is that Dickinson's presentation "sparks conversation among students."

Wenger believes that it is a good idea for Wilkes to show students the importance of acknowledging diversity and remembering the race issues this country faced in the past that are still faced today.

Her hope for the impact of Dickinson's presentation is that students come away saying, "I didn't know that or I didn't learn history that way in high school. I've learned something new. My eyes have been opened."

Dickinson believes that William Faulkner's philosophy, "The past isn't dead. It isn't even the past," embodies the importance of the past in shaping the present.

For more information, students can contact Diane Wegner at diane.wegner@wilkes.edu.

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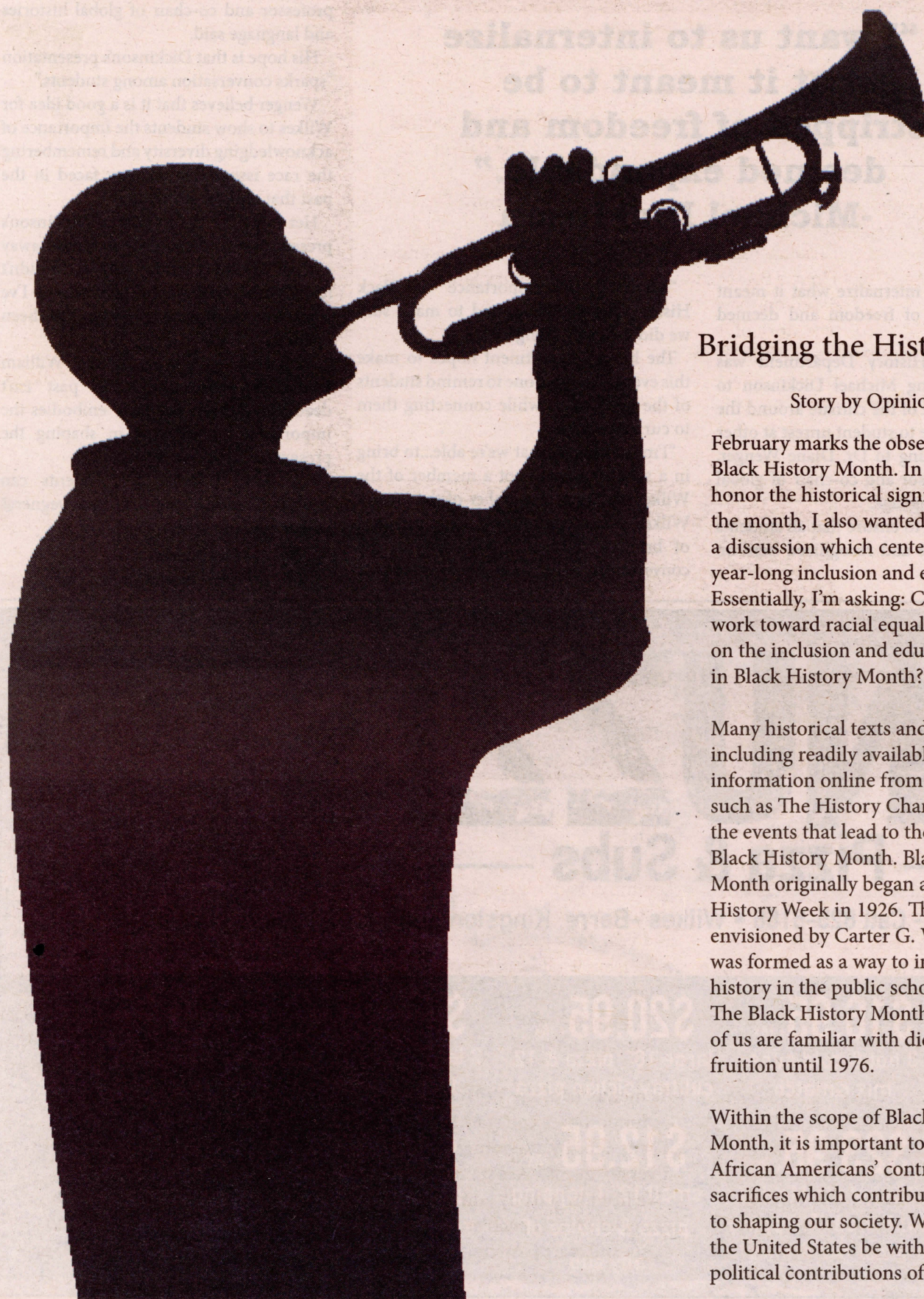
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Black History Month

Bridging the Historical Past with Year-Long Equality

Story by Opinion Editor Sara Pisak, Design by Nicole Kutos

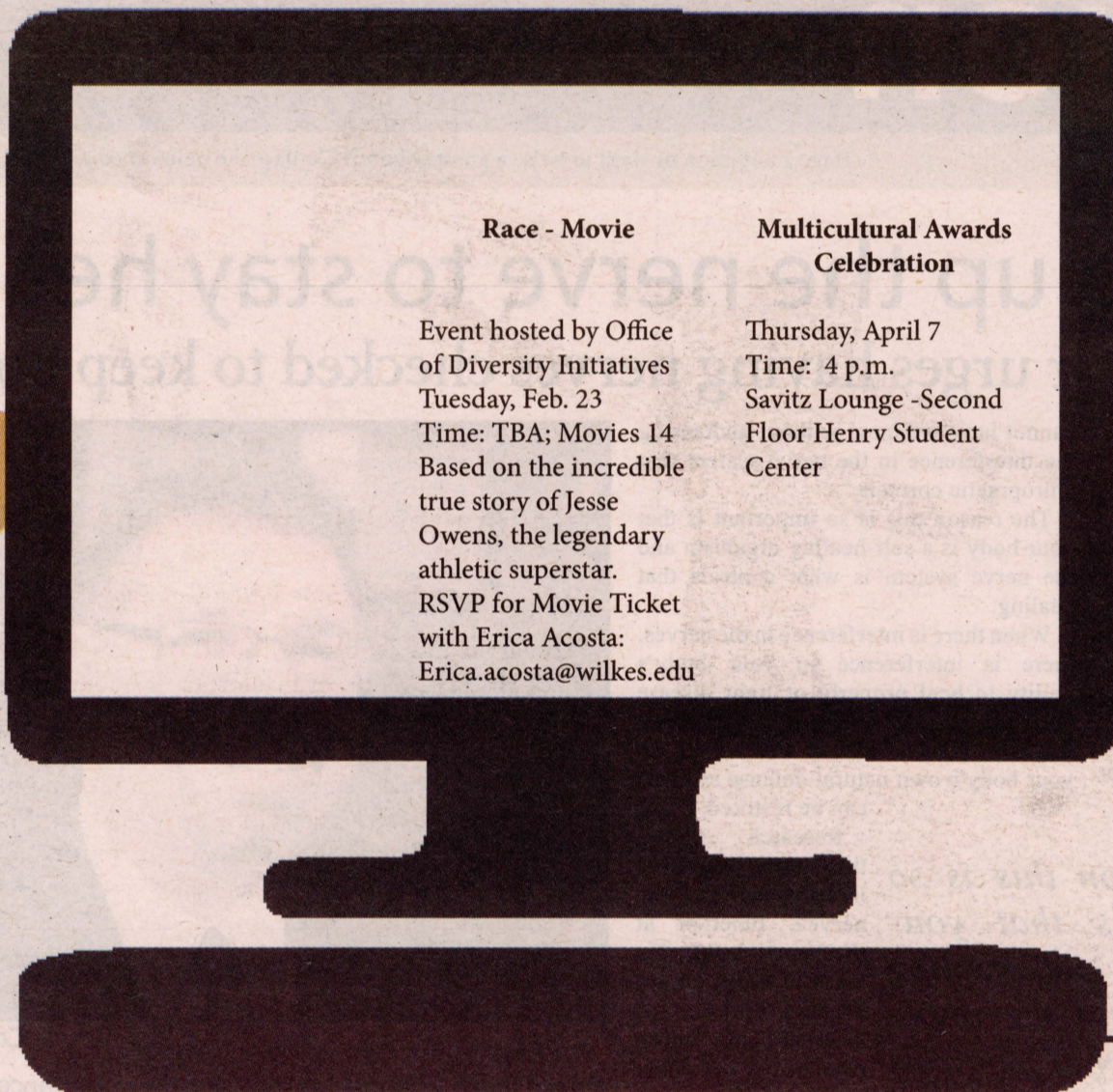
February marks the observance of Black History Month. In an effort to honor the historical significance of the month, I also wanted to create a discussion which centered on year-long inclusion and equality. Essentially, I'm asking: Can society work toward racial equality that builds on the inclusion and education found in Black History Month?

Many historical texts and publications, including readily available information online from sources such as The History Channel, detail the events that lead to the creation of Black History Month. Black History Month originally began as Black History Week in 1926. The week, envisioned by Carter G. Woodson, was formed as a way to include black history in the public school system. The Black History Month which most of us are familiar with did not come to fruition until 1976.

Within the scope of Black History Month, it is important to understand African Americans' contributions and sacrifices which contributed greatly to shaping our society. Where would the United States be without the political contributions of feminist and

abolitionist Sojourner Truth? What about the accomplishments of literary greats such as Zora Neale Hurston or Louis Armstrong's contribution to jazz and music in general? It seems African American sports, literature, music and even political figures are well represented in our media driven society; it is African American inventors who seem to garner the least recognition.

All-time NBA leading scorer Kareem Abdul-Jabbar and author Raymond Obstfeld authored the children's book, "What Color is My World? The Lost History of African American Inventors." Readers learn about the inventions of many talented African American inventors including Dr. Valerie Thomas, inventor of Illusion Transmitter (3D technology) and Dr. Mark Dean, the Vice President of IBM who created the ISA computer system which made the lightweight, personal computers we use today possible. Where would we be without their technological advances and most importantly, how can society use appreciation of these accomplishments to bridge the month-long celebration into a year-round conversation centered on equality?



Race - Movie

Event hosted by Office of Diversity Initiatives
Tuesday, Feb. 23
Time: TBA; Movies 14
Based on the incredible true story of Jesse Owens, the legendary athletic superstar.
RSVP for Movie Ticket with Erica Acosta:
Erica.acosta@wilkes.edu

Multicultural Awards Celebration

Thursday, April 7
Time: 4 p.m.
Savitz Lounge -Second Floor Henry Student Center

The likely answer to these questions is education and recognition of the historical importance. In short, we cannot abandon the celebration of Black History Month in exchange for a year-long discussion nor can society use the month as an excuse to speak of racial equality for only a short period of time. Society must strike a balance between both of these options. The Wilkes Barre Branch of the NAACP issued this statement regarding finding the right balance between yearlong inclusion and a month long celebration: "One must have an understanding of the history behind this event to determine the relevance of it in today's progressive society [...] Progressive Americans in today's

modern society have yet to do a good job with integrating black history into mainstream education throughout the year. Until America corrects this horrific and calculated injustice, there is still a need for Black History Month." Therefore, it is up to each of us to understand the significance of Black History Month is not limited to February's 28 (or 29) days.

Wilkes University Associate Director of Diversity Erica Acosta offers a similar view calling for a balance. "I think we should celebrate all year round, but we are human and we tend to forget things. Having a month pushes us to think about it for a whole month and also question that this is

not enough and we should do it year round."

It is through bridging the gap of Black History Month's historical connections and year-long recognition that society can create what both the Wilkes Barre Chapter of NAACP and Acosta call "an open and honest dialogue and discussion on race."

As members of the Wilkes' community, we can start having such discussions by attending Wilkes' diversity events. Acosta informs, "We need to start by admitting to ourselves that such an issue exists and start participating in the events. Attend the events even if

they make your feel uncomfortable. We are all uncomfortable at first learning something new because it's not familiar, but once we keep on doing it then it becomes easier. That is the same with diversity and inclusion conversations. You start understanding the differences and similarities when talking about racial topics." Beginning these conversations is the first step to creating a more just society.

Bridging the gap between historical traditions and year-long racial equality can only mean a more inclusive world for everyone no matter their race, religion, gender, social class or sexuality.

Opinion

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

Getting up the nerve to stay healthy Local chiropractor urges having nerves checked to keep body healthy

By Dr. Joe Bafle
Guest Writer

Dr. Joe Bafle is a chiropractor at Bafle Family Chiropractic in Sugarloaf. You can visit his website at www.baflefamilychiro.com

How does the body function? What makes it run? What is the one system that when not working right has the most detrimental effect on our overall health and our quality of life?

What is the Master Controller of our whole body?

In this country, most would probably say the heart and the blood. I agree that system is important and the most fussed over with regard to medical doctors. Blood pressure, cholesterol, lipids, blood sugar and all the other indicators tell an MD you are functioning properly.

The main goal of medicine is symptom reduction and if these levels are normal (even under pharmaceutical control) then you are well. I am here to tell you MD's are missing the big picture on this one with regard to achieving wellness.

The Master Controller of the whole body is the nervous system. Without addressing the health of the nervous system, there can be no wellness.

One day I realized that unless you were in my office, you were not getting my take on wellness. I see others out there speaking and writing about wellness and what it means and I truly believe that you

cannot have wellness without addressing the interference in the nerve system that chiropractic corrects.

The reason this is so important is that your body is a self-healing organism and the nerve system is what controls that healing.

When there is interference in the nerves, there is interference in your body's ability to heal properly or fight disease (like cancers and viruses). Chiropractic removes interference in the nerves so your body's own natural defense systems can be restored.

Research shows that when you have interference in the nerve's function at the spinal level, this leads to a cascade of harmful results.

Some of those results include: decreased immunity, increased blood pressure, increased cholesterol, increased triglycerides, insulin

resistance (pre-diabetes), increased stress hormones, decreased sense of well being and decreased in complex learning abilities.

Yes, RESEARCH has shown this. See the work of a Chiropractor/Physiologist by the name of James L. Chestnut B.Ed., M.Sc., DC, and C.C.W.P. He has done an amazing job of compiling this information from hard core medical journals.

"The Big Idea" is that if there is a removal of that nerve interference (The Chiropractic Adjustment), then you can restore normal function to your body. When normal function is restored the body can literally heal itself.

Who is doing the healing, the band aid or YOU?!

All the problems drugs are supposed

"The reason this is so important is that your body is a self-healing organism and the nerve system is what controls that healing."

- Dr. Joe Bafle



Courtesy of Dr. Joe Bafle

Dr. Joe Bafle, Chiropractor, explains the importance of your body's nervous system.

to control are the effect, the cause can be stress on the nervous system.

I am not so simple to think that you can have chiropractic adjustments that remove your nerve interference and that is all you need to do to be well. We also advise and educate proper nutrition

through Nutritional Response Testing to build up your bodies weaknesses through natural alternatives.

When was the last time you had your nerves checked?

The most common answer to that is most likely NEVER.

What do you think?

Have you ever visited a chiropractor?

Tell us on Twitter
@wilkesbeacon

Someday, Someday Maybe: Not your typical celebrity book

By Sara Pisak
Opinion Editor

Someday, Someday Maybe is a "New York Times Bestseller" by Lauren Graham. Graham has been in the news recently as she will reprise her role as Lorelai Gilmore in a limited reunion of the show, *Gilmore Girls* on Netflix.

My friend and I, being obsessed with the show in the early 2000s, resulted in my friend buying *Someday, Someday Maybe* as my birthday gift. Graham, starring in *Gilmore Girls*, is the major reason I own this book but not the major reason I loved reading this text.

With Graham's rich acting past it is no wonder Graham made the leap from actor to writer. Having performed in countless movies and television shows, including *Gilmore Girls* and *Parenthood*, Graham is also a frequent Broadway performer, performing in hits such as *Guys and Dolls*. With a resume that produces hit after hit, Graham knows what audiences want: honesty, authentic experiences and catchy but profound diction. Graham creates the same experience within her writing.

One of the first things a reader will notice is the book's official title, *Someday, Someday Maybe: A Novel*. "A Novel" is not the usually celebrity writing options as most celebrities usually compose cookbooks, photography books or memoirs (not that there is anything wrong with producing any of these).

The second thing a reader will notice is only one name on the cover, "Lauren Graham." In short, there is not a ghost writer or collaborator which is also another popular option with celebrity works. Graham works alone to complete a task she has done so often in her career: Graham dares to be uniquely herself, to step outside the prescribed notion of a celebrity text and write a fictitious book from her imagination.

A reader can gather all of this just by the front cover but I highly recommend they turn every page of this delightful text. Once inside the book, a reader will be immersed in January 1995 which is six months before Franny Banks reaches the three year deadline she set for herself to become a famous Broadway actress. Along with support of her roommates and best friends, Dan and Jane, Franny keeps pushing forward with the idea that

"someday, someday maybe" Franny will find the success she is looking for.

What Graham does so well is making the reader believe not only will Franny one day attain her goals but so will the reader. Graham accomplishes this by submerging the reader in Franny's everyday life. Several pages of the story are Franny's journal entries, date book entries, messages from her answering machine and scripts from her auditions. Often Franny doodles or writes notes to herself on the pages, which can be read as personalized messages to the reader.

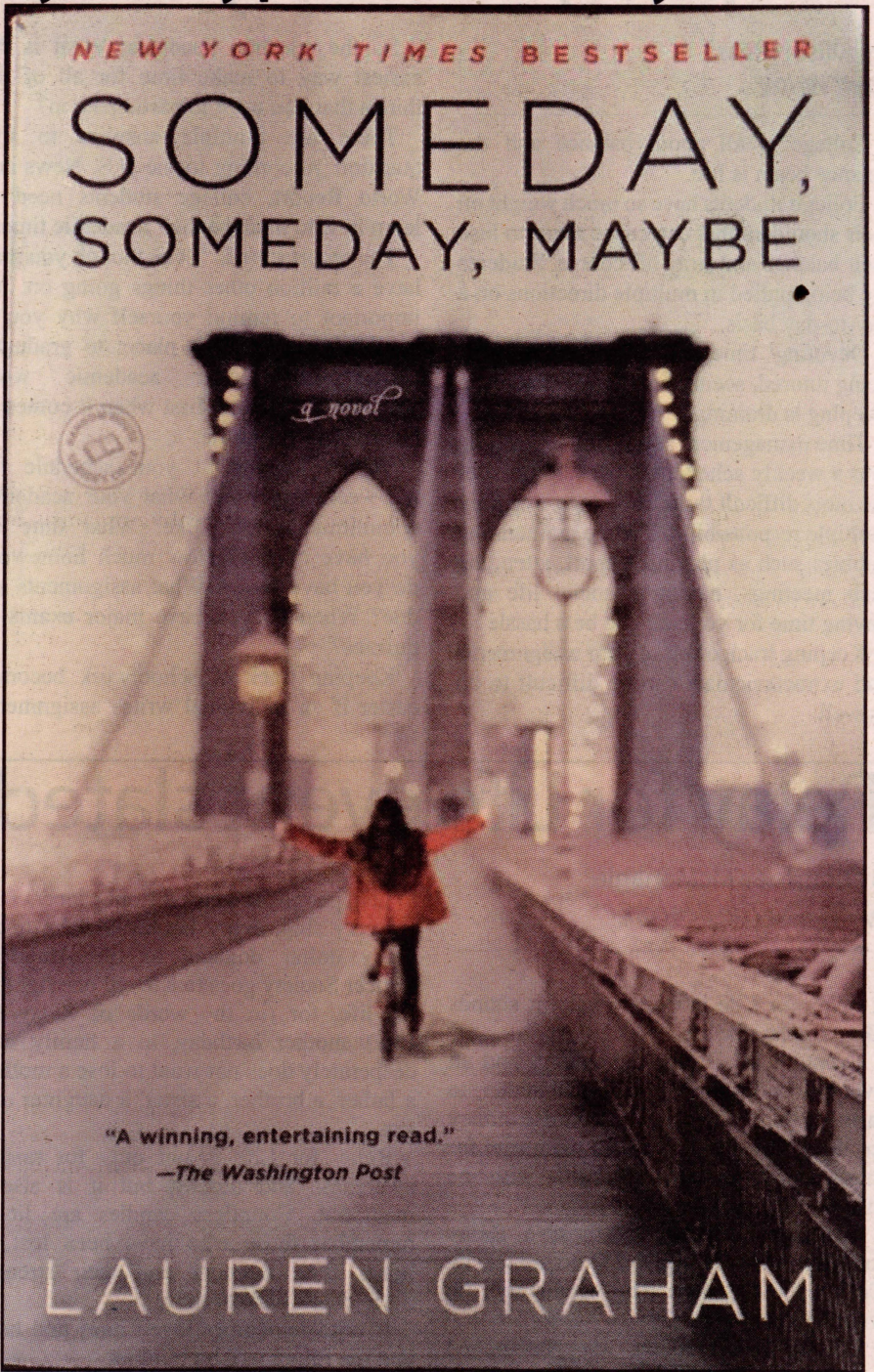
Also, when Franny receives movie or television scripts by fax, the reader, studies and memorizes lines in real time and in unison with Franny. Ultimately these moments where Franny and the reader are one in the same, leads to a shared bond as they both search for self-discovery together. These moments are what make this text uniquely memorable. These moments also lend to the easy conversational style which makes Graham's characters even more relatable.

Already having discussed the beginning and middle of the work, the end has just as much to offer. There is a "special questions and topics for discussion" section meant to elevate the discourse surrounding the text.

The book ends with a conversation between Graham and her *Parenthood* costar, Mae Whitman. Together the two breakdown both the conventional aspects of writing a book as well as some of the more unconventional elements which, specific to this text, include the datebook entries. A reader can hear from Graham in her own blend of wit and literary analysis, explain why she wrote a book about being in your 20s because, "You're still trying on things for size to see what fits- jobs, people. It's a process of getting to know yourself like being in a dressing room and trying on jeans."

I highly recommend you read this witty, yet deep book *The Wall Street Journal* describes as: "A charmer of a first novel... [Graham] has an easy, unforced style and, when the situation calls for it, a keen sense of the ridiculous."

[@wilkesbeacon](#)
sara.pisak@wilkes.edu



Courtesy of Sara Pisak

Sara's Score:



Keeping stability on the balance beam of life

By Allison Rossi
Staff Writer

College is all about balance and the balance beam is life.

College students have so much weight on their shoulders that can cause them to lose their balance and stray off course. Students are being pulled in multiple directions on a day-to-day basis.

Devoting time to studying, tutoring, being tutored, seeing your family and even sleeping is draining.

Time management and fitting everything into a weekly schedule is probably one of the most difficult tasks in college. Juggling multiple responsibilities while maintaining hobbies such as playing a sport, attending club meetings, having a social life and having time for yourself can be a hassle.

Keeping track of all of your assignments and extracurriculars can be difficult to do as well.

So the question becomes: What is the easiest way to make time for all of the things that you want to participate in?

There are multiple answers to this question. According to the U.S. News and World Report, college students need to learn how to manage their academic time.

The report stated, "Even though you may have a million other things going on, it's important to remind yourself why you're in college in the first place: to graduate. Consequently, your academic work should always come first when it comes to prioritizing your time."

"When looking at your schedule for the week, figure out what your academic commitments look like. What time do you have classes? How much homework do you have to do? What assignments are due? When do you have major exams or quizzes?"

Keeping track of schoolwork becomes easier if an individual writes assignments

down on a calendar or in a notebook and crosses them off as they are completed. Some people become easily overwhelmed with schoolwork and in other areas of their lives. In order to avoid this they should try to complete one task one by one and not all assignments in the same day or night.

If you do not have time to hang out with your friends during the week due to the amount of school work that you need to get done, you can study with your friends and accomplish two tasks at once.


Wilkes University students had a lot to say when asked the question: "How do you make time to see your friends, participate in extracurricular activities, while keeping your grades up at the same time?"

"I try my best to do this by creating a weekly schedule, in order to get all of my work completed while still having time for my friends and other responsibilities," sophomore Adrianna Fiore stated.

Wilkes University student Myles Webb

explained, "My school work is my main priority. I keep track of my assignments based off of a weekly written log I have created in a planner, I then make time for my extracurricular activities and then my friends."

College is a balance beam and the good news is that eventually, everyone will learn how to keep their balance.

 @wilkesbeacon
allison.rossi@wilkes.edu

How do you stay organized?

Tell us on Twitter
@wilkesbeacon

Relay for Life event slated

By Courtney McMonagle
Special to The Beacon

Relay for Life is exactly what it sounds like—a relay for life.

Events held all over the country and all over the world bring people together to raise awareness for cancer and raise money for those in need. It is also a memorial for those who have lost their battle with the disease.

Wilkes University will host a Relay for Life event on April 23, organized by Colleges for Cancer. The events will be from noon to 9 p.m.

Faculty and students are encouraged to put teams together to raise money and cancer awareness, as well as participate in the events.

According to Relay for Life's website, events such as ours help raise \$400 million each year for cancer research and provide free information for those suffering from the disease and their families.

Some Relay for Life events may last 24 hours or longer, but not all of them.

Wilkes University's Relay for Life events will run for nine hours. But no matter the length of the events, every hour is worth it

to help people diagnosed from cancer.

Every step, every lap around the track, every dollar donated to the American Cancer Society goes to a loved one fighting for life, for (in the words of Relay for Life) another birthday, to a family who desperately does not want to lose a mother, a father, a brother, a sister, a daughter or a son.

Relay for Life is not only for raising awareness and money, but it is also a memorial. Countless candles are lit to remember those who have been lost, to honor their memory and their strength during their darkest time.

It is to remember loved ones and hope that the future will be brighter.

So let us tie our sneakers, ladies and gentlemen, runners and walkers, and run this relay for life so we can help fight this battle against cancer, so that we, too, can run (or walk) for a cure that will help people around the world see another birthday.

Will you try out these events?
Tell us on Twitter
@wilkesbeacon

The Big Event; big help

By Taylor Ryan
Staff writer

Every Spring Semester Wilkes University hosts the largest community service day of the year, The Big Event. Student Government puts on this event in an attempt to connect the university to the surrounding community, for the single day of university wide community service.

The Big Event was started by Texas A&M University and has since spread to college campuses around the country. It has been an ongoing event at Wilkes for the past four years. This event is still relatively new, and each year the participation, sites and sponsors continue to grow and surpass the previous year.

At Wilkes University, there are as many as 400 participants each year including students, faculty, staff and alumni. The students work in teams for each service project.

Many athletic teams also participate, along with other clubs and organizations on campus. It is a single day to get people from all aspects of the University to come together and show the true meaning of community.

The university pairs with about 25 to

30 residents, businesses and other various sites to help those in need from the Wilkes-Barre area. The jobs include raking leaves, tidying gardens, other forms of yard work, painting fences and more.

It is a very rewarding day for all involved, and is intended to promote unity between our University and the towns that surround the campus. As students are able to connect with the year-round residents who have welcomed all of us into their community, it is a way to show all of our gratitude.

As well as pairing with volunteers from various businesses as sites, Wilkes will also pair with local business sponsors such as Wegmans, Target, Shoprite and Lowe's, just to name a few. All of these businesses are the sponsors for the event.

As the Wilkes University Colonels, we are always looking for ways to be Colonel and this is just one way to show our true colors.

This year's date has already been set to April 30, and pre-registration will be coming up quickly, look for it on the Wilkes website. For more information contact Katelyn Jimison at katelyn.jimison@wilkes.edu.

Colonels Talk Back

We asked: "How do you relax after a big test or long day of classes?"

Interviews by
Luke Modrovsky
luke.modrovsky@wilkes.edu

Photos by
Jesse Chalnack
jesse.chalnack@wilkes.edu

College students have many ways in relaxing after a big test or an endless day of classes. Whether it's catching up with TV shows or movies on Netflix, taking a long nap or having a "go-to" food to eat, students find differing ways to unwind after their day.

The Beacon asked members of the Wilkes Community to share how they recover after a long day of class or a big test.

Want to be in the next Colonels Talk Back? Email luke.modrovsky@wilkes.edu

Emily Glynn
Freshman
Nursing

"I like to go on the computer a lot and explore on social media. I check sites like Tumblr and YouTube. Netflix and music help a lot as well. I enjoy the end of the day because it gives me a time to unwind and destress."



Adrianna Fiore
Sophomore
Biology

"First, I really like going to the new Starbucks. I will usually head back to my room and watch some Netflix in the living room. I like watching *Bob's Burgers* and *Once Upon A Time*. I'm hoping another season of *Once Upon A Time* comes out soon."



Peter Tuzzo
Graduate Student
Political Science

"I'm a big Netflix guy right now. I'm watching a lot of shows and movies on Netflix. I just finished *Making A Murderer* and now I'm onto Season 8 of *The Office*. I'm 23 and I just started getting into collecting beer glasses so I collect a lot of those on my visits to local bars."



Margaret Galatioto
Sophomore
Neuroscience & Pre-Med

"To destress, I enjoy hanging out with my friends and listening to music. I like to surround myself with positive people to get myself feeling better. I'll usually drink coffee and other caffeine things before, so that usually wears off by the time I am done. Tea is also one of my drinks that I enjoy after a long day."



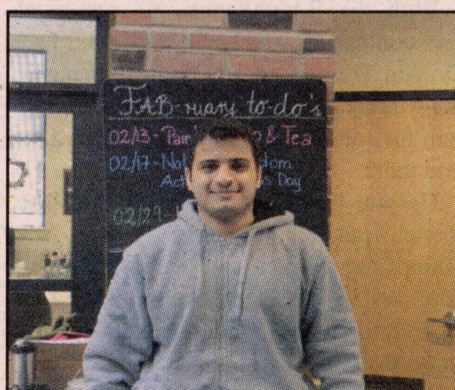
Steve Kovacic
Freshman
Mechanical Engineering

"After class, if it's not a lift day, I usually get on the treadmill and do some cardio. If it is a lift day, I'll probably go and take a nap. *That 70s Show* and *It's Always Sunny In Philadelphia* are my go-to Netflix shows right now. I usually eat M&Ms when I watch them."



Waleed Al Barjas
Sophomore
Finance

"After I finish most of my classes, I don't really talk to anyone. I like to be alone and get away from everyone. I'll usually go and take a nap. After the nap, I'll get something to eat. Sometimes, I'll go out to one of the restaurants around campus to change things up."



Opinion: It's time to 'shut up and listen'

By Elyse Guzewicz
Sports Copy Editor

Beyoncé Knowles-Carter's new smash hit, "Formation," has been blowing up the presses with controversy for a little over two weeks. There's a lot I could say about it as a woman, a musician, an artist and a social justice activist.

It's undoubtedly a great video and impressive R&B song. Many writers have chimed in with their opinions on the impact of "Formation" on the anti-racism and social justice spheres, with reactions ranging from "this is the best song ever written" to "Beyoncé is a racist and most likely the devil."

I certainly have an opinion on these things.

However, I'm not going to write about it.

Why? Because I'm the whitest girl you'll ever meet. If there's a drop of non-white blood in my veins, it has yet to show itself. I'm a pale-skinned, blue-eyed girl with straight hair who can't handle hot sauce.

"Formation," as a song, isn't about me, and it's not my (or any other white girl's) job to comment on it. I don't have "baby hairs and afros" or a "negro nose with Jackson Five nostrils." I have an Eastern European nose with Christina Perri nostrils and baby hairs that get into my eyes along with my straight bangs.

My opinion on "Formation" doesn't matter; at least, not beyond my own headphones. If I don't like it, I don't have to listen to it. Anyone out there crying "Racism!" because Beyoncé sang about being Black in America needs to have a good, long think about the focus of the music they enjoy.

I don't care if my white peers think "Formation" is too political, or not political enough, or cop-hating, or anything else. "Formation" is about Blackness, Black culture, and what that means to Beyoncé as an individual and to Black women as a whole.

How many Black mothers have been told to get their daughters' hair in line? Beyoncé has been on the receiving end of more than enough comments on Blue Ivy's grooming habits. You know what she has to say about it? "I like my baby's hair with baby hair and afros."

How many Black mothers have buried



Creative Commons

their children, like Samaria Rice, after they were shot by police? All the "Formation" video asks is "stop shooting us," as a child dances and riot police put their hands up (That's not even anti-police, it's anti-murder.).

When, in recent history, were white people shamed

for having narrow noses?

We weren't.

So if Beyoncé likes her "negro nose with Jackson 5 nostrils," she's already spitting in the face of Eurocentric beauty standards that have oppressed people of color for years.

For nearly 400 years, Black narratives and Black voices have not been heard on their own terms. Slavery and segregation have crushed out thousands of Black stories in the name of white supremacy.

White people: It's our turn to shut up and listen.

The use of Black as opposed to black refers to Black American culture and ethnicity as opposed to race. For more about what "Formation" means to Black culture, read Tiffany Lee's essay "If You Ain't Got In-Formation" on Black Girl Dangerous.



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elyse.guzewicz@wilkes.edu

What do you think
of Beyoncé's
Formation?

Tell us on Twitter
@wilkesbeacon

Valles on Politics: Continuing with predictions

By Ian Valles
Staff Writer

So let's just start off by facing the fact that my New Hampshire predictions were way off. Donald Trump destroyed it by a huge margin, Kasich pulled a surprise second place and Hilary lost by more than 20 percent, but remains far ahead in the delegate count.

Be that as it may, they were just predictions and I am new to this, so please bear with me. Having explained myself enough, we move on to the first large group of states in the mad dash for the delegates: Super Tuesday.

For Hillary Clinton, this is a major moment in the campaign. If she loses just a few of the states in her "Southern

Firewall" -- like Texas, Colorado, Georgia and Virginia -- we may see a very contentious fight for the Democratic nominee begin, and her "guaranteed" nominee position evaporate before our eyes.

With the Republicans, we see much less contention, and because of this, I see Donald Trump and Ted Cruz splitting up the March 1 states, perhaps with a minor win for Jeb Bush** or Marco Rubio here and there.

Despite his upset in New Hampshire, Kasich put all his eggs in the New Hampshire basket and is essentially a solo act in the Deep South. Cruz may flounder in places where he was assumed to do well.

Rubio has been widely labeled as an "establishment robot" since his debate performance in New Hampshire in early February, and has lost a lot of his steam.

Trump has remained practically unscathed in the primaries thus far, but I will mention that he has gotten much quieter himself in recent weeks.

With the Democrats, I don't see this "Crisis of Clinton" I mentioned above, actually occurring -- despite what many Bernie Sanders' supporters may be wishing.

She has built a strong defense in the Southern states throughout this whole campaign. Bernie's going to win Vermont, but could also take states like Minnesota, Massachusetts and possibly Colorado if

he does well in Nevada's Caucus.

Other than that, I see Hillary easily taking most of the southern states, and she has a pretty good chance in the states aforementioned that may favor Bernie.

I'll be back in mid-March with another prediction, and possibly some wrapping up, as some candidates may falter and suspend campaigns. Whom may they be? We shall see soon.

***Editor's note: Jeb Bush suspended his campaign after this column was written.*



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ian.valles@wilkes.edu

Sports

Want your sport covered? Contact the sports editor: Rachel.Leandri@wilkes.edu

Colonels score rival win against King's Seniors take Wilkes into the 2016 postseason

By Danny Van Brunt
Asst. Sports Editor

In a well-fought battle for a postseason play off spot, the men's basketball team defeated the Monarchs 83-77 on Senior Day. The women's team ended its season after losing to the Monarchs, 59-88.

Amal Pillai, Devin Dunn, Steve Stravinski, Alec Wizar, Cara Basile and Chelsea Smelas were honored before their respective games. In recent weeks, both Stravinski and Wizar joined the 1000-point club. Basile and Smelas ended their careers after the end of the game.

The game between the men's teams was expected to be close. Before the game, the Colonels were at a record of 13-12 coming off a big win, and the Monarchs' record was 12-13 after a three game win streak.

The monstrous crowd was a factor in the game. The student section was completely full of students with props and loud chants. There were a few free throws King's missed, possibly due to the loudness of the crowd.

Marcus Robinson propelled Wilkes ahead after scoring multiple three-pointers, one after another. There were two fouls called against him in the first few minutes of the game. His time was limited for the first half, and in the second half was when Robinson stepped it up.

"I was so excited for the game. I couldn't have been more excited because we have been working all year for a chance to get into the playoffs. We want to show other teams that we are contenders," Robinson said.

There were several tied scores throughout the first half. The Colonels kept the pace up and stayed in the lead



Marcus Robinson puts up a lay up in crucial win over King's this past Saturday.

The Beacon/Jesse Chalnack

for most of the first half. Wilkes was in the lead at halftime 43-36. The second half started with King's coming back and taking the lead 45-36, but then King's trailed Wilkes for the rest of the game. At one point, King's came back within two points of Wilkes but the game ended 83-77.

Stravinski also performed well in his game. He was in the spotlight for this game because he recently surpassed 1,000 points, and was interviewed by John Mendola before the game. Stravinski's career will soon come to an end.

"It's an amazing feeling to earn the

milestone of 1000 points, especially since my teammate Alec Wizar eclipsed the total earlier in the year. To have two guys who have been together for all four years is truly something special. To win this game against King's means everything to me. It's the difference between being done for our careers and being able to continue playing the game we love.

"On top of that, it's us versus our rivals down the street in our last home game ever, so it means everything," Stravinski said.

Zachary Brunner led the team with 18 points, 12 rebounds and three assists.

Wizar scored 17 points and had three assists. Robinson finished with 11 points, and Clay Basalyga also scored 11 points. Wilkes clinched the fourth seed in the MAC Freedom postseason tournament.

The Wilkes women's team ended its season with a record of 4-21. Emily Sofranko scored 11 points and had two assists, while Basile had seven points and seven rebounds. The women's basketball team from King's ended its season as well, with a final record of 12-13.



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The second coming of Wilkes University swimming

By Jared Powell
Sports Writer

The Wilkes Swim Team finished its second ever season last weekend in York, Pa., at the MAC tournament. With this being only the second year, the men's and women's teams had a hard time finding much success in the pool. The women's team finished the season at 3-9 overall and 1-8 in the conference. The men's team, however, was only able to accomplish one win overall, giving them a record of 1-11 and 0-9 in the conference.

Although this is the case, the team is not discouraged by the past year's record.

"The team's greatest accomplishment was probably being able to compete with other teams from the conference," said freshman Allie Aspey. "We may not have won all of our meets but we were able to compete with other teams in relays and some individual events. This is a big deal for a second year team, because this means that in the upcoming years we might even be able beat them."

Both teams are very young, since the teams only have two recruiting classes under their belts. With that being said, both teams have broken program records in the '15-'16 season, meaning there were improvements from the previous year.

At the conference tournament in York Pa., the women's relay team consisting of Amanda Lopez, Allie Aspey, Cassandra Morey and Danielle McCole broke the program record in the 400 relay with a 3:52.39 time. Morgan Williams broke the 1650 free program record with a time of 19:57.27.

Lopez was not done breaking records: She beat her own record in the 100 free with a time of 57.01. Lopez was even a part of a relay that broke the 200 free program record, teamed with Kate Thomas, McCole and Morey.

"My greatest accomplishment this season would have been taking on the 400 IM, a new event for me and for the team since no one has swam it before," said Aspey, who broke the program record in this event with a time of 5:02.77: 12th best in the conference.


The men's team had a relay team composed of Will Hauze, Thurman Fogleman, Michael Henne and Pete Feno, which finished 10th in the conference in the 400 medley relay.

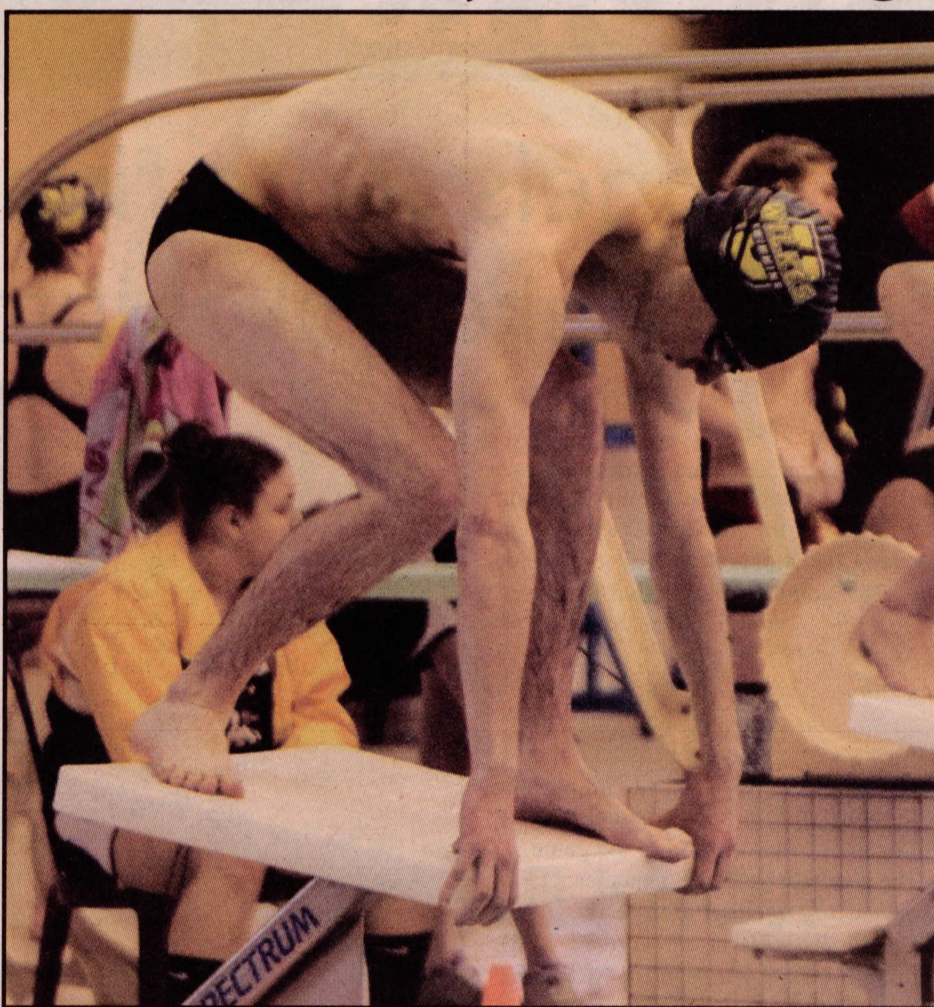
Although they were not the fastest in the water, they are among the smartest in the classroom.

"We know what we need to do to push each other toward our goals. Our men's team was the only men's team in the MAC Conference to be named a CSCAA Scholar All-American team for the fall semester," said senior sprinter Chris Bright.

Bright went on to say this proves that the team has what it takes to outwork the competition in the MAC; once the team gets more recruiting classes, the wins will start rolling in.

"Our greatest accomplishment this season was breaking numerous women's and men's records," said Head Coach Mark Barnes. "We never gave up and were dedicated to our training all season long."

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Courtesy of GoWilkesU

A member of the Wilkes men's swim team prepares for his event at the Middle Atlantic Conference championships this past weekend.

Wilkes baseball looks to make this season a hit

By Andre Spruell
Asst. Sports Editor

With first-year coach Nate Ramsey at the helm, the Colonels look to make some noise with their bats in hopes of building off of last year's strong showing.

Last season, the Colonels finished just under .500 with an 18-20 overall record and 10-11 record in MAC Freedom play. They finished 4th overall in the MAC Freedom conference and are projected to finish 5th overall in the MAC Freedom Coaches' Baseball Preseason Poll this year.

The Colonels will be returning four

All-MAC Freedom selections, including pitcher Jeff Roedell and 1B Joe Champi, both sophomores. Also included are a pair of outfielders: junior James Brown and sophomore Jarret Clymer.

"We want to improve and have some first-team guys. Even though we had some guys, including myself, make an All-MAC team, our goal is to ultimately make the playoffs and win a ring," Clymer said.

"Even if I don't make any of the All-MAC teams and we still make playoffs and have a chance to win a championship, I'd take that," he continued.

The team members worked hard, sharpening their skills by lifting weights


at the Marts Center and throwing/hitting at the UCOM until the weather warmed up enough for them to start practicing outside. This has been very helpful for the team; last year, they were not able to practice outside until two weeks into the season.

"Being outside actually helps us to throw decently far, strengthening our arms. In the UCOM, you can't really throw how you would want to because it's small," Champi said.

The team also stayed in the baseball mindset by playing fall ball, which consisted of 18 innings at the University of Scranton back in October, as well as playing many inter-squad scrimmages.

"Last year we had it pretty much wrapped up and just blew it," Clymer said. "We missed the playoffs by one game last year and we have to make sure that something like that doesn't happen again."

The Colonels' first game will take place Feb. 28 at the Maplezone Sports Institute in Garnet Valley, Pa. against the Red Devils of Dickinson College. The following week, the team will be spending spring break together by traveling down to Ft. Pierce, Fla. to play a series of games against some stiff competition.

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Women's lacrosse: Eyes on the prize for this season

By Cara Basile
Sports Writer

The women's lacrosse team looks to make it back into the Middle Atlantic Conference playoffs after missing the opportunity by one spot last season.

The team will be led by a large senior class including Madeleine Brownsey, Melanie Rivera, Catherine Conte, Katherine Block, Tori Kerr, Emily Ketterman and Jessica MacConchie. Head coach Kammie Towey has confidence in her seniors to guide the team to finish strong and improve from last year.

"I am hoping to improve on our conference play, making sure we play fundamentally sound in conference as well as work on finishing," Towey said. "Last year we struggled to finish at the end. We need to play consistent and finish strong."

The Lady Colonels kick off their season on March 4 against Cedar Crest College in Allentown, Pa. The team will have nine non-conference games before beginning MAC conference play where they will prepare for tough opponents for a playoff spot. Coach Towey claims Fairleigh Dickinson University-Florham and Misericordia University will be top competitors to beat in the league.

Madeleine Brownsey, a senior and captain, is excited to begin her final season with hopes to bring home a championship



The team looks to catch a fly ball in practice.

The Beacon/Jesse Chalnack

and leave everything out on the field.

"We're preparing ourselves for upcoming games by pinpointing the things we need to work on based off of last season," Brownsey said. "We also have already begun working on our plays which is good because sometimes plays can be a little rough the first game or two."

Improving on mistakes from last year will propel the Lady Colonels to a successful

season. The women will also benefit from having strong team chemistry to guide them in using their skills and close-knit bond to capitalize on their opponents.

Senior Meaghan Skelly shares how her role on the squad will motivate not only herself, but her individual teammates.

"We have a really strong bond off the field, and although we all get along great outside of practice, we come to practice

serious and ready to train," Skelly said. "We do a great job of inspiring each other and continuing to motivate one another throughout preseason. Our team dynamic is really something special."

Brownsey also relates to Skelly with a similar perspective, taking her role as a senior in heavy consideration.

"My mindset for the season is to give it everything I have for every game," Brownsey said. "That way, no matter what the end results are, I'll know that I finished my college career giving it my all."

While winning is the ultimate goal for any sports team, Towey loves to see her players succeed on and off the field, especially those who are heading out into the real world.

"I like getting to know each individual personality and how funny and unique each player is," Towey said. "And after four years of coaching them from freshman year through senior year I am confident that they are ready for the real world and will do great things."

The women will play their first home game at Schmidt Stadium on March 11 at 7 p.m., looking to take down Houghton College. They follow the next day with another home game against Moravian College at 1 p.m..

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International student faces unique sports struggle

By Elyse Guzewicz
Sports Copy Editor

It is common knowledge that being a student athlete is a difficult task. Balancing life with schoolwork, practices, games, workouts and any other responsibilities an athlete may have can seem daunting, both to those who pursue athletics in college and to those who don't.

For international students like Zhaoyang "Amber" Wang, this tenuous balance is complicated by the communication struggles inherent to being a non-native English speaker.

Wang joined the Wilkes Women's Basketball Team for the 2015-2016 season with some experience in the sport. She played regularly in elementary and middle school in her hometown of Luoyang, Henan in the People's Republic of China.

Wang has been living in the United States since her high school years in San Francisco. While her first language is Mandarin, she

speaks English fluently and has excellent grades in her communication studies major.

However, she did not anticipate the communication struggle that would come with playing a sport. Even for native English speakers, sports terminology can be baffling. For Wang, it was nearly incomprehensible.

"I couldn't understand what the coach was saying to me," Wang said. "He would speak so quickly, using words I wasn't familiar with. I felt lost."

In addition, some of the rules of American basketball differ from Chinese basketball. Confusion about out-of-bounds and point markers complicated things further.

Many of Wang's teammates have been playing basketball since a young age. They are intimately familiar with basketball terminology and rules.

Catey McFadden, a sophomore basketball player, is familiar with Wang's struggles.

"Amber was having a hard time adapting to the fast pace of a collegiate team. The language barrier made it more difficult," she

said. "We all helped. As a team, we worked together to explain rules, terminology and plays to Amber so she could understand."

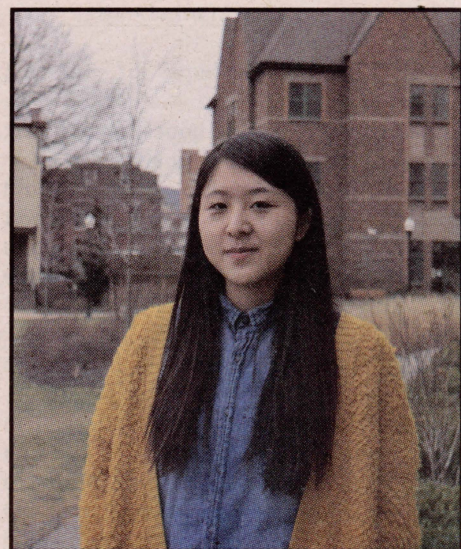
The basketball players are a true testament to the meaning of teamwork. They banded together to help teach Wang crucial information about the game and help her improve as a player.

Wang also sought out Head Coach Chris Heery for further explanation after practice.

"She would come to my office for help, and I would have her write out the plays to help her understand them. Her biggest struggle was definitely with the terminology," Heery said.

Heery has been coaching for Wilkes for five years, but Wang is his first international student on the team.

"She really picked things up quickly. The amount of improvement in just one year is remarkable. Between her great attitude and sunny personality, she's been a great addition to the team," he remarked.



The Beacon/Gabby Glinski
(Above) Wang

Getting to know...

Madison Scarfaro

Sophomore Volleyball Player

By Purvit Patel & Elyse Guzewicz
Sports Writer; Copy Editor

Madison Scarfaro is a sophomore at Wilkes with a double major in Political Science and Criminology and a minor in Sociology. She hails from Whitehall High School in Whitehall, PA.

Q: What was the driving force behind your decision to come to Wilkes?

A: I knew I wanted to go to a smaller school and I knew I wanted to play volleyball. When I visited Wilkes, met with my coach, and saw that they offered the areas of study I wanted to pursue, I just knew that it was the right choice for me.

Q: Do you have any post-graduation plans in terms of a career?

A: I have a few ideas of what I would like to do after graduation, but nothing set in stone yet. I would love to go to law school, so that's an idea. I also think it would be awesome to work for the FBI, so that's an idea I keep in mind too.

Q: What are your hopes for your next season as a Colonel?

A: I have really big hopes for our next season. Obviously, our goal as a team is to win a championship, and we would love to beat Eastern, who is our toughest opponent. Along with that, I just hope to have a fun and rewarding season while working hard and doing the best we can.

Q: When/Why did you first begin playing volleyball?

A: I first started playing volleyball in 7th grade, because that's when it was first offered to us as a school sport. My mom played when she was younger, so that influenced me a lot. I also knew I would enjoy it and it looked fun, so I figured I would try it out.

Q: Do you have other sports/interest/hobbies off of the field?

A: I used to play basketball and throw shot put, javelin, and discus in high school. I just really like playing sports in general. My other hobbies include hanging out in Towers 1000 with my roommates Grace Boyle and Kayla Granger, or spending quality time with Ally Paskas. I also enjoy spending time with my good friends Mike Paskas and Garrett Armstrong.

Q: Who would you say, is the most influential person in your life? Why?

A: The most influential person in my life is my mom because she has always pushed me to be the best I can be in all aspects of life and is always there for me whenever I need her.

Q: A quote you live your life by?

A: "Live like Spongebob: laugh out loud all day without any reason and annoy all the mean people with your happiness."

Q: What does "Be Colonel" mean to you?

A: "Be Colonel" means to be the person that you can be and always strive to meet your full potential whether it be in academics or another part of school, and always represent Wilkes University to the best of your ability.

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

A: I would want to have dinner with Abraham Lincoln.

Q: Does the volleyball team have anything they would like to inform the student body of?

A: Volleyball will be having a spring tournament on April 16th. We are also beginning to start a lot more fundraising, so keep an eye out for future fundraisers that you may be able to get involved in and help us out!



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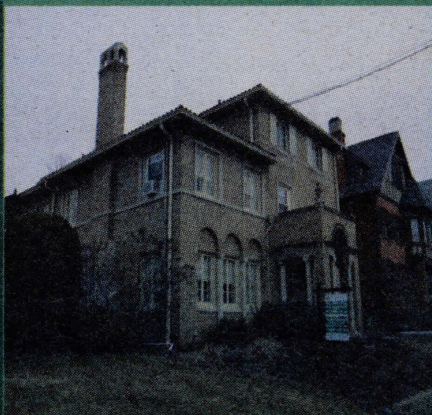
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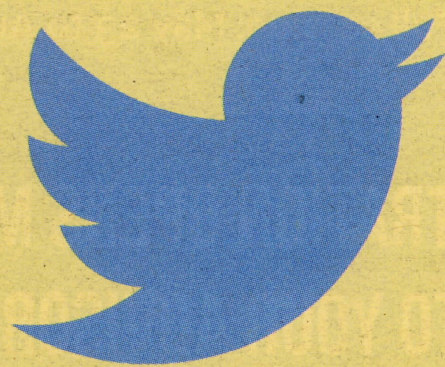
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