



# THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

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

## Dr. Gina Morrison speaks on research abroad in Malaysia

By Maddy Kinard  
News Editor

On March 16, the American Pharmacist Association and Student National Pharmaceutical Association hosted "International Night", where Dr. Gina Zanolini Morrison, professor and Fulbright Program advisor within the Division of Global Cultures, presented on her research abroad opportunities, experiences and relationships in Southeast Asia.

Morrison began her presentation expressing her favorite traits of the cultures in the areas she studied that are not as commonly seen and experienced in the individualistic-oriented United States. Collectivism, was discussed as a main topic, where the individuals are culturally obligated to look out for a collective group and make decisions based on what is good for the group, and respect for elders, where they are "seen valued and asked for advice and guidance," as described by Morrison.

"I'm hoping talking about this will open a door of knowledge for you," said Morrison. "And that you might consider pursuing knowledge that has been introduced to you."

In 1982, Morrison started her first teaching job abroad where she taught



Photo Courtesy of Dr. Gina Morrison

**Dr. Gina Morrison's students petting and feeding the elephants at the Elephant Reserve in Pahang, Malaysia, about an out or so ride from the capital city of Kuala Lumpur.**

students from all over the world. There she learned a lot from everybody but particularly from Southeast Asian students. When they got sick they had two choices: eastern medicine and western medicine. She remembered three forms of eastern

medicine the most: coining, cupping and massaging. Despite their longstanding importance in these treatments, there is still controversy in their methods.

"There have been many cases of child abuse charges against loving, caring

southeast Asian parents in this country who are simply trying to help their children get better the eastern way before going to the western doctor," said Morrison. "Their sick children were taken from them till the charges could be dismissed."

Two years after returning to the states, and two years before coming to Wilkes, Morrison met her husband, William, who was born and raised in Malaysia, in a coffee shop in Kingston. He had said she was the only one in the area who knew anything about Malaysia. Following their marriage and a trip to Southeast Asia, she began her "29 love affair with Malaysia."

After Morrison thought about how much she loved the country and her frequent visits, she chose to complete her sabbatical in Malaysia, and she was accompanied by her husband and daughter. There, she worked for a government university in Kuala Lumpur from 2010 to 2011. At the international school her daughter attended, the president reached out to Morrison and offered to pay all expenses for Morrison to come back every year for three years and bring along student teachers where they completed their practicum for free.

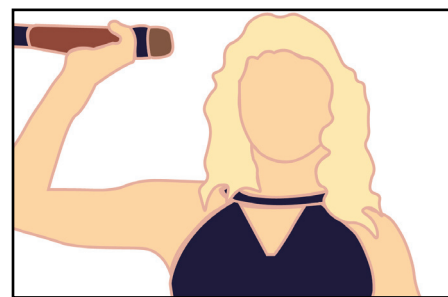
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# News

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

## Student Government notes: March 15 weekly meeting

**By Kellie Scott**  
Staff Writer

This week Student Government had its weekly meeting on March 15, and reviewed the likes of fund requests and club reports.

First, for week 2 of 2, the Office of Advancement funds requests for \$1,000 towards a prize for students on Giving Day. Giving Day took place on March 17 and is an all-day event where students, alumni and donors can give money to the school to help improve or expand the Wilkes campus. Students on the day of the event will have the chance to enter a raffle where they can win a prize of up to \$1,000. The fund request for \$1,000 was approved.

Next, the neuroscience club presented its spring club report. The neuroscience club held events such as publishing a

"Brainwaves Newsletter" and a destressing event for finals week, and plans to be involved in the Big Event happening later this semester.

Next, Kappa PSI presented week 1 of 2 for a fund request. Kappa PSI is a pharmacy fraternity on campus, with a mission and passion to serve the community and create lifelong professional connections. The request is for \$3,061.74 to help them attend two conferences later this semester. Attending these conferences helps the members create valuable connections, get awards and it is a great opportunity for the juniors and seniors for future employment. Student Government will vote on the fund request at next week's meeting.

The Gender Sexuality Alliance (GSA) club, was brought to present their spring club report next. The GSA club is a club for LGBTQ+ students or allies. It is not

only a safe place but also a club that works toward educating the campus community on queer issues.

Residence Hall Council then gave their spring report. The goal of RHC is to help improve the residence hall, and residents' experience. This semester RHC helped fund Residence Assistance programs, continued the free movie channel for students, was involved in SAAC truck or treat, deck the halls and is helping with future events this semester such as sex bingo and glow run.

Finally, there was a week 1 of 2 fund request for Big Event. The Big Event is an event held every year in the spring and is a community service event helping different areas in the Wilkes-Barre area. The Big Event is being held on April 22, Earth day, and will be an all-day event. The Big Event committee is asking for \$9,700.00

for T-shirts, water bottles, food and equipment. This is a great opportunity for students to get involved with the Wilkes-Barre community and give back. The fund request will be voted on in next week's meeting.

Student Government will hold its next meeting on March 22 at 6 p.m. in the ballroom.

## Beacon Briefs: Upcoming campus events

**Compiled by Beacon News Staff**

### Diploma Order Submission Reminder for May 2023 Graduates

If you have not already done so, seniors please submit your Diploma Order and Degree Audit via the electronic form for May 2023 Graduation. Use this link to access the form and more information: <https://www.wilkes.edu/academics/registrar/graduation.aspx>

Seniors are urged to follow all instructions carefully and are reminded to order caps and gowns as well.

### Senior Portraits

Senior portraits will take place March 27 to 30 in the Henry Student Center Miller Room. Business attire is required and a cap and gown will be provided for you. To schedule an appointment, go to

[www.ouryear.com](http://www.ouryear.com) and enter the school code 222. This is the only time pictures will be taken on-campus.

### Apply for Alumni Scholarship

The Alumni Scholarship is awarded annually to a current Wilkes undergraduate student (freshman, sophomore or junior) who has a parent or grandparent graduate from Wilkes, has at least a 3.0 GPA and has a FAFSA on file for the 2023-2024 academic year. The deadline to apply is Sunday, March 26.

Apply for the scholarship: <https://secure1b.imodules.com/s/344/m21/interior.aspx?sid=344&gid=1&pgid=581&cid=1279>.

### MultiCultural Student Coalition Talent Show Auditions

The Multicultural Student Coalition's annual talent show will be held on Friday April 14, 2023 at 7 p.m. in the ballroom.

Sign up for auditions using the link: <https://forms.gle/ch4iSAg3ZbopWYWU7>.

### Summer 2023 Internship: Register for Credits

Students participating in a Summer 2023 internship need to register manually and fill out the retrieve form. In addition, three documents must be filled out: the Data Form, Academic Project Form, and Internship Agreement Form.

Contact Anna Bateman at [anna.bateman@wilkes.edu](mailto:anna.bateman@wilkes.edu) with any questions or concerns.

Use this link to access the forms: <https://www.wilkes.edu/academics/career-development-and-internships/cooperative-education-internships/application-process.aspx>.

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30 - GSA Trans Day of Visibility Ball  
31 - GSA Trans Day of Visibility Flag Raising

### April

4 - GSA LGBTQ+ Professional Roundtable  
14 - GSA/Games & Media Club Mario Movie Night  
26 - GSA Drag Show

## RESEARCH, from front

“They experienced a real multicultural place and it was a real edge for them when they went to get teaching jobs,” said Morrison.

Four of those students returned to Malaysia to teach post graduation, and two went on to marry Malaysians.

Approaching 2016, Morrison was getting to learn Malaysian culture well enough that she supposed others started to see her as “one of them” and were opening up about subjects that they never had before, like their spiritual practices and beliefs. This sparked her interest in examining the ways in which modernity takes shape.

“I realized, because I have lived in this futuristic city of Kuala Lumpur, and then in areas that are not as developed also, I knew that a country doesn’t have to look like America to be a modern society,” said Morrison. “The researcher in me thought: these countries are still very modern but they base their values more on the values of the very ancient, indigenous peoples of the region. They respected the land and they incorporated that into their everyday life and into the modern world.”

Meanwhile, in the United States, Morrison believes that we have almost completely forgotten about indigenous knowledge.

She then started to conduct empirical research as to how spiritual beliefs and practices exist with modernity because it does not exist here in the same way. That is not to say that one is better than the other, but rather that they are different. To obtain this knowledge, Morrison started talking to Southeast Asian women because she saw these working women keeping one foot in the modern world and then going home and maintain traditional values in the family.

Over three years, Morrison conducted three studies on the question: What are your spiritual beliefs and practices? She had conversations with roughly 70 women who were all forthcoming about their experiences.

She began her pilot study in Malaysia and then, with the help of a Fulbright specialist project, she returned in 2018 to conduct the rest of the study.

“They told me their stories about

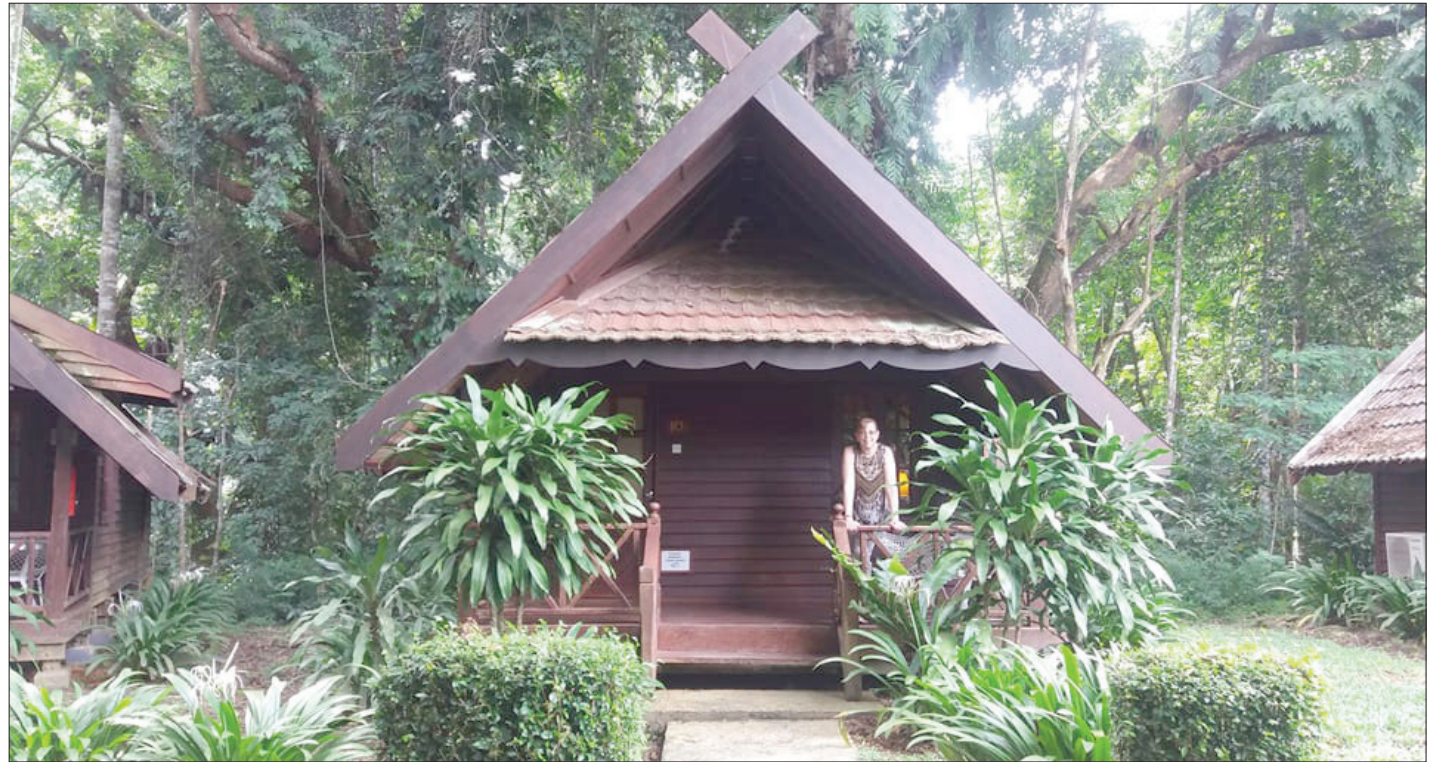


Photo Courtesy of Dr. Gina Morrison

**One of the chalets where students and Morrison stayed during the study abroad trip for Malaysia’s Modernity. They spent time in the oldest primary rainforest in the world, Taman Negara, which is over 130 million years old, untouched by any ice age. It’s in the middle of peninsular Malaysia.**

spirituality, rituals, dreams, visions, trances and spiritual phenomena just like we were talking about the weather,” said Morrison. “There was no shame, no whispering, no drama—this was their life.”

Morrison noticed that it didn’t matter what religion they were, Christian, Pagan, Muslim, Hindu, Buddhist, or Pagan—many of them did the exact same practices and thought the same way.

“They all felt that we are living on this earth now but we are living with the spirits of ancestors who lived before and we need to be respectful to those ancestors,” said Morrison.

Constructs of healing were brought up in all of her studies and she went on to share a few: aloe, tiger’s footprint and sweet flag, the latter of which is used for many remedies and is often sewn into the clothes of Southeast Asian children and found in homes for its healing properties.

Overall, from Morrison’s travels and research, she found that the Southeast Asian people make a “space” for you. In several instances in which she had felt as though things were slipping through the cracks or was worried about finding contacts she needed,

locals were constantly connecting her with specialists and were willing to go out of their way to help her, some even becoming co-authors of her papers.

“It was a great event to help plan and hear about Dr. Morrison’s experiences,” said Alexa Ruzicka, P2 pharmacy major. “I enjoyed learning about western medicine and healing techniques.”

For students interested in conducting similar research as Morrison or traveling abroad to teach English in another country through Fulbright, reach out to Morrison at [Gina.Morrison@wilkes.edu](mailto:Gina.Morrison@wilkes.edu), as she will advise and assist students through their Fulbright application process.

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# GSA hands on mental health provides space to destress

By Maddy Kinard  
News Editor

On March 14, the Gender and Sexuality Alliance (GSA) and National Alliance on Mental Illness (NAMI) on Campus clubs collaborated for a “Hands on Mental Health” event, featuring destressing activities to offer students a break from their regular schedules.

“Mental health isn’t talked about enough,” said Eza Chaudhry, junior business administration management major. “I think it’s so important because you never know what someone is going through. There’s so much stigma around college, and many students here are first generation college students, so there’s a lot of pressure and it can be difficult to deal with it alone. Having places to destress like this event are important and I think we need to be doing more than that.”

To encourage students, faculty and staff alike to destress, focus on their health and relax, the clubs were handing

out various relaxation items. These featured a variety of facemasks with different ingredients, like collagen and vitamins, snacks and 24k gold eye masks.

Some frequently find these self-care initiatives, like face masks, beneficial to their mental health as it is an easy way to do something for no other purpose besides personal betterment.

“I live in a world of stress,” said Morgan Steiner, GSA president. “So I love reading, relaxing and rewatching my favorite shows.”

The event also featured a stress hand making station, which has been a staple to many’s mental health care. As outlined in an article from the American Institute of Stress, due to stress creating tension within the body that needs to be released, squeezing a stress ball allows for a release of some of that energy. It also has benefits in strengthening the muscles in the hand and relieving arthritis pain.

NAMI is a national nonprofit seeking to end the stigma surrounding mental

health while also providing avenues to help those in crisis, or to prevent a crisis from occurring. They frequently host events, similar to “Hands on Mental Health” to further connect with students who may be struggling.

GSA is a club on campus driving diversity, acceptance and support initiatives on campus. They have held a variety of recent events such as a Title IX discussion and Rainbow Bingo hosted by drag queens.

Events still yet to be held include the Starlight Ball in celebration of Transgender Day of Visibility on March 30 at 7 p.m. in the Ballroom, followed by a Transgender flag raising day, March 31 at 1 p.m. on the Greenway.

For more information, take to their instagram page, @gsawilkes or reach out to Dr. Helen Davis at Helen.Davis@wilkes.edu or Morgan Steiner at Morgan.Steiner@wilkes.edu

Photos: The Beacon/  
Maddy Kinard

You are not alone!

Need someone to talk to or vent to?

NAMI has a helpline Mon. through Fri. 7 a.m. to 3 p.m. that those in need of support can contact at 800-950-6264.

For crisis, call or text 988, or call 911.



FROM LEFT TO RIGHT: Ashley Gangaware, Jacob Siek, Aster Rowland and Morgan Steiner making stress toys.



Emma Michaud (left) and Cassie Dipippa (right) from admissions fill out the “what makes you stressed” card.

# GSA and Programming Board host **Rainbow** Bingo

## *Educating students about the LGBTQ community*

**By Kellie Scott & Laury Angeles**

Staff Writer & LA&E Staff Writer/  
Photographer

On March 15, the Gender Sexuality Alliance (GSA) club partnered with Programming Board to host Rainbow Bingo.

Not only did Rainbow Bingo include a variety of rainbow themed prizes but there were special guests. The two clubs welcomed Teakillya Divine, Memphis Divine and Cookie-Doe, three drag queens from Heat, a local Wilkes-Barre area nightclub. All have had numerous years of experience performing, with their speciality in lip-syncing.

The show started out with the queens' performance, featuring songs from Miley Cyrus to Cary Rae Jepson. After the show, the event turned to bingo while the queens continued to provide comedic commentary, often causing the crowd to erupt in laughter.

"The hosts were very charismatic," said Ancel Santana, first-year civil engineering major. "They were also very welcoming and the show they put on was phenomenal."

Many of the prizes available to winners of bingo were new prizes that Programming Board had not given away before at past events. These included travel luggage, a speaker, snack items and more.

"I thought this was really special," said Nevin Rauch, a junior mechanical engineering major. "It brought the LGBTQ community along with many allies within campus to have a fun night. I really enjoyed seeing everyone come together and my first drag show."

A dance battle also occurred between the students, with first-year mechanical engineering major, Ryan Piekanski, winning the battle.

"I think the main thing that helped me win the dance competition was when I hit the 'Luddy,'" said Piekanski. "It's a goofy move inspired by Ludwig Ahgren."

"Overall, the whole thing was totally tubular."

This bingo was inspiring for many as it brought together many different people with different identities on campus.

It allowed attendants to learn about important queer culture, in addition to being made aware about many of the bans and new laws that go against the LGBTQ community.

Nicole Middleton, P2 pharmacy major and member of the programming board, felt similarly. She felt it added an extra layer to the usual Programming Board bingos and liked that they had the chance to collaborate with another club on campus to further spread awareness.

GSA had held an event in the past featuring drag queens, and Middleton expressed the campus's excitement about their returning for bingo.

"In many states, an event like this would be considered illegal," said Morgan Steiner, sophomore history, political science and international relations major and the president of the GSA. "Drag is an important part of LGBTQ culture and history. Not only that, it's a form of art."

"This is something that brings the whole campus community out, regardless of their identity. It's a way to support local performers, have fun, and enjoy an aspect of queer culture that not everyone is familiar with."

The GSA will host more entertainment and educational events later this month and in April. More information can be found on their official Instagram page, @gsawilkes, or by reaching out to Morgan Steiner at morgan.steiner@wilkes.edu for further questions.

Programming Board's next themed event, "Board Game Madness," is scheduled for Thursday, March 23.

"I love these events," said Aster Rowland, sophomore criminology major. "I typically don't win, but my friends work hard to pull them off."



The Beacon/Kellie Scott

**FROM LEFT TO RIGHT: Teakillya Divine, Memphis Divine and Cookie-Doe. The drag queens began the event with a show featuring lip-syncing before leading the crowd through several rounds of bingo.**

# Dr. Ann E. Wallace second author in spring writers series

By **Maddy Kinard**  
News Editor

During the week of March 12, memoirist and poet laureate of Jersey City, Dr. Ann Wallace visited Wilkes as the second author in the Allen Hamilton Dickson

Spring Writers series.

Wallace hosted three events: a visit to Eng 336: Studies in Victorian Literature, a reading, book signing and poetry workshop. Wilkes undergraduate English major and minor attendees also received "Counting By Seven," Wallace's collection

of published poetry.

Dr. Helen Davis described Wallace as a "warrior". She has survived ovarian cancer in her 20s, was diagnosed with multiple sclerosis before turning 40, and turned 50 with her first severe case of COVID-19, which she is still grappling with and

continues to write about in her work.

The series allows for students to get hands-on workshop experience with established published authors.

Photos: The Beacon/Maddy Kinard and courtesy of Dr. Mischelle Anthony



English students, faculty and friends attended a Bank and Vine dinner with visiting author Dr. Ann E. Wallace.



Wallace began her reading with a poem she and students created in Dr. Helen Davis' Victorian Literature class.

## Wilkes UNICEF Club and All Belgium host fundraiser

By **Amanda Montgomery**  
Asst. News Writer



The Beacon/Amanda Montgomery

**Mason Vonk (left) freshman mechanical engineering student and John Baret (right) junior marketing student ordering waffles from the All Belgium truck.**

The All Belgium truck was located on the Greenway between the E.S. Farley Library and the Allan P. Kirby Center from noon to 7 p.m. on Wednesday, March 15, where they sold their specialty waffles in

collaboration with Wilkes UNICEF Club. The All Belgium food truck agreed to donate a percentage of their sales made to UNICEF's Global Child Protection Program through Wilkes UNICEF Club.

### REMINDER!

The Beacon is looking for News writers!

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CONTACT:

**News Editor: Madelynn.Kinard@wilkes.edu**

# Life, Arts & Entertainment

Have any events or artists to be shared? Contact Life, Arts & Entertainment Editor: Jordan Daniel: [Jordan.Daniel@wilkes.edu](mailto:Jordan.Daniel@wilkes.edu)

## Celebrating Saint Patrick's Day at Global Coffee Hour

**By Anthony Cazun**  
Contributing Writer

The Global Coffee Hour recently hosted a St. Patrick's Day celebration in the Savitz Lounge of the Henry Student Center. Hosted by the Office of Global Engagements, students were invited to venture into a small piece of Irish culture right here on campus.

Every year on March 17 people around the globe unite to celebrate the accomplishments of Ireland's most well-respected, well-known and most influential saint, the great Saint Patrick. From the United States to Ireland itself, Saint Patrick's Day celebrations, notably parades, light up several nations with shamrocks, gold coin pots and the color green.

Initially beginning as a way to celebrate Saint Patrick, a patron saint of Ireland that introduced the Irish people to Christianity, the celebration has blossomed into an event to secularly celebrate the entirety of Irish culture. This became especially popular as the Irish people immigrated to the United States and introduced some of their own culture and traditions to Americans.

"My great grandparents on my grandmother's side came from County Cork Ireland," said Mary-Ellen McLean, administrative coordinator at the Office of Global Engagement. "My grandfather's side hails from the Isle of Mull, Scotland. My family has always celebrated its Irish and Scottish heritage, especially through music and dance."

Along those from many western European countries, the Irish are also known for their affinity for tea; however, they do not shy away from partaking in a hot mug of reinvigorating coffee with a slice of soda bread as well.

"The events tend to go very well and

have a very positive atmosphere," said Starr Sandt, sophomore psychology major. "With the music, snacks, and activities available, people often enjoyed themselves at Coffee Hour because it gave them a chance to relax in the midst of a busy schedule."

Irish flags and various shamrock decorations were laden all throughout the Savitz Lounge, creating a potent atmosphere fitting for the celebration.

During the Global Coffee Hour, students enjoyed various treats, many of which being notable within Irish culture. Irish soda bread along with Irish tea and Irish butter. Snacks such as chips and cookies were also available at the event. Authentic Irish music soothed the ears as students enjoyed their tasty treats.

Many games were played at the celebration as well. Irish trivia, Kahoot and bingo were all enjoyable ways to bring people together and immerse them within the St. Patrick's day celebration.

Students were enlightened by dozens of Irish words, phrases and terminology that were peppered all throughout St. Patrick's Day themed crossword puzzles and bingo boards.

"The students enjoyed a taste of Irish soda bread and playing Irish kahoot, which combined fun questions with historical information," said McLean. "They seemed to also enjoy doing a challenging St. Patrick's Day themed word search."

Various Irish-themed trinkets and knick knacks were available at the event to observe and take back home. Pins, necklaces, shamrock charms and cards were available to anyone present.

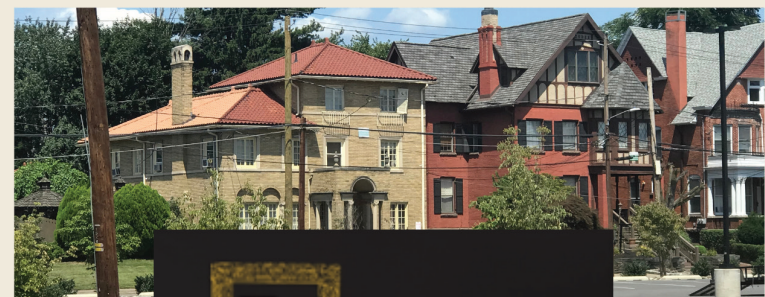
"The most important goal of this event is to present different cultures to the Wilkes community," said McLean. "In the St. Patrick's Day event, the goal

was to celebrate while teaching a little bit about the country of Ireland."

Despite it being an Irish holiday, during St. Patrick celebrations, all types of people are welcome to dawn a silly green hat, not just those of Irish heritage.

"I think that St. Patrick's Day, when

properly celebrated, includes people of all backgrounds," said Jonathan Kuiken, associate professor of history and director of the Honors and Scholars Programs. "I know it's a bit of a cliché but the idea that 'Everyone is Irish on St. Patrick's Day' hearkens to a deep ideal of the American immigrant experience."



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## Cocktail of the Week: Your new favorite drink, the vodka sour

By **Haley Katona**  
Contributing Writer

### Ingredients:

- 2 ounces any kind of vodka
- 3/4 ounce lemon juice, for best result use a freshly squeezed lemon
- 3/4 teaspoon simple syrup, amount can vary depending on how sweet you prefer the drink
- Maraschino cherries for an optional garnish
- Or you can add 1/2 of a lemon slice as a garnish instead

### Directions:

Pour the vodka, lemon juice and simple syrup into a shaker with ice.

Shake thoroughly with a shaker. Strain into a chilled glass filled with or without ice, depending on your preference. Garnish with whichever choice you prefer.

Enjoy!

*The Beacon reminds everyone to drink responsibly... and that the legal drinking age is 21*



The Beacon/Haley Katona

This drink is perfect to let go of the winter and welcome in the spring season.

## Beacon Bumps

*Each week, the Wilkes Beacon staff picks their favorite song of the week. Check out this week's bumps to the right!*

### Emily Cherkauskas, Editor-in-Chief:

Ancient Dream In A Modern Land - MARINA

### Morgan Rich, Managing Editor:

Sleep On The Floor - The Lumineers

### Maddy Kinard, News Editor:

Holly - Anna Shoemaker

### Amanda Montgomery, News Asst. Editor:

Novacane - Frank Ocean

### Jordan Daniel, LA&E Editor:

Jaded - Miley Cyrus

### Laury Angeles, LA&E Photographer & Staff Writer:

Everybody Dies - Billie Eilish

### Sydney Allabaugh, Opinion Asst. Editor:

Lean Beef Patty - JPEGMAFIA, Danny Brown

### Zara Lantzman, Opinion Asst. Editor:

I know it won't work - Gracie Abrams

### Baylee Guedes, Sports Editor:

Tiki Time - Elephants Dancing

### David Marks, Designer:

A Heart Like Hers - Mac DeMarco

### Maggie Murphy, Designer:

Poor Connection - EASHA

### Lara Mullen, Designer:

Pine - Basement

### Elizabeth Cherinka, Social Media

### Manager/Staff Writer

Movies- Circa Waves



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Make an appointment with your advisor and visit [wilkes.edu/summer](http://wilkes.edu/summer).

### THREE-WEEK PRESESSION

May 22 to June 9

### FULL SESSION

May 22 to Aug. 18

### FIRST SESSION

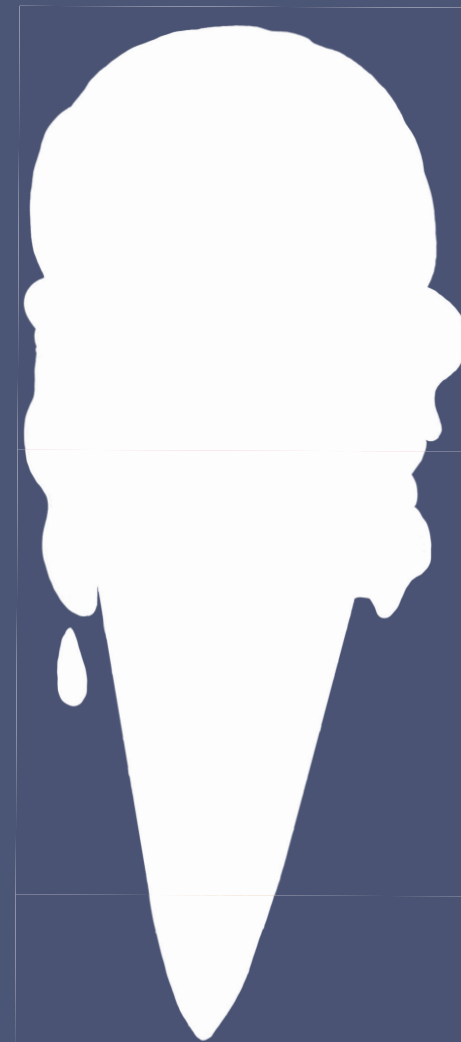
June 12 to July 14

### NINE-WEEK SESSION

June 12 to Aug. 15

### SECOND SESSION

July 17 to Aug. 18



# Wilkes University

# Meet the Majors

## This week's major: Financial Investments

Interviews and photos by

Jordan Daniel

Life, Arts & Entertainment

Editor

Every week, The Beacon will offer a chance for majors to be placed in the spotlight. Each student who is chosen will have a few words to express why they chose their major and how they feel it will benefit them in the future.

Jeremie Hernandez

Junior

“This year I’m looking forward to applying my knowledge to my personal endeavors by starting my own business.

I chose this major because where I am from we do not learn about how money works and how to make money work for us. By studying financial investments, I can go back to my city and spread the knowledge on financial literacy.

With this major I plan to become a financial advisor for musicians and athletes.”



Kaleb Mushock

Senior

“My favorite aspect of the major is that the professors are very welcoming and will push students to be the best student they can possibly be.

I chose to be a double-major in financial investments and corporate finance because I have always been interested in the finance world and the stock market. Throughout high school, I managed my parents investments, which helped me learn a whole lot in the field before coming to Wilkes and expanding my knowledge.”

Photos: The Beacon/Jordan Daniel

Kate Mattern

Junior

“My favorite financial class that I have taken is Financial Analysis with Dr. Wang because I enjoyed learning the different stages of stocks and when to buy or sell. I feel that the information learned in this class will be applicable for my future career and for also managing my own money.

With this major I hope that it helps me achieve becoming a financial advisor.”



Jackson Shafer

Junior

“My favorite financial investment class I have taken so far is Investments and Portfolio Management because we were able to get hands-on experience with building and analyzing our own hedge funds.

I originally chose this major because I have always been good at dealing with other people’s finances and had a knack for numbers while growing up.”

# The Self-Help Saga



## *How to break the cell phone addiction*

**By Morgan Rich**  
*Managing Editor*

Most of our thumbs put on a sweatband and act as if they are preparing to get ready for the school pacer test. Hours pass and there is a persistent ache in your thumb, a reminder of how long you have been scrolling.

The truth of the matter is that thumbs are not meant to scroll on social media all day. Most of us want to put down our phone but feel stuck in the normality of being glued to our phones. Here is how to beat that debilitating cell phone addiction.

### **How to set limits on apps:**

Now, I know what you are thinking: “Why on earth would I set limits on my apps? Is that not for children?” The simple answer is no. The main reason that parents set limits on their children’s apps is because they do not want them to become addicted to their phone.

I am not going to be the one to say that it is super easy to combat a scrolling addiction because the truth of the matter is that it is not. Society today is dependent on their phones, on social media, on electronics in general; do not blame yourself if you have a phone addiction, as it is society’s “new normal.”

Going into your phone’s settings and creating a simple one-hour time limit on apps is a way to stop scrolling when you are simply bored. Setting limits makes you more aware of how much time you truly spend on each app and how much

time is wasted glued to your phone.

Setting limits is the perfect solution to time management on your phone. When we set time limits, we are essentially creating a physical goal of only going on certain apps for a certain amount of time. Think of it as a goal, not a limitation. That way, it will allow you to feel far more accomplished.

### **How to stop using your phone at night:**

It has been proven that if you use your phone right before bed, it can make it harder to fall asleep and stay asleep. I have fallen victim to this. The other night, I watched TikTok before bed, tried to go to bed and then could not because I could feel my mind racing with the thoughts of what I saw on TikTok.

I woke up every hour, my thoughts still racing and feeling as if my brain was running laps. I then went to class exhausted and could not focus. I am sure that this story is not foreign to you and many have experienced something similar, if not this exact situation.

One hour before you go to bed, set your alarm and then put your phone across the room. This is efficient in more ways than one.

To start, it would force you to get up and walk across the room if you have any sort of inkling to go on or check your phone. Secondly, it allows your mind to decompress one hour before bed. Lastly, when you wake up in the morning it combats the easiness of just reaching over and clicking the snooze button.

Besides, there are many more things that could be done in that hour to wind down before bed. Pick up a book that you have been meaning to read, draw a picture, think about your schedule and the upcoming days ahead or maybe stretch or do some type of yoga to wind down before bedtime. Use that hour before bed to get more in tune with yourself, your mind and your body.

### **How to stop notifications:**

Will you be drawn to going on social media apps if you do not get any notifications for them? Do you really need to know the exact moment your favorite celebrity posts? Do you really need to know who exactly liked your Instagram post? The simple answer here is no.

There are many different ways to stop your notifications. What I do for my phone is head into my settings and turn off notifications for everything except for messages and phone calls. Since doing this I realized that I am not as inclined to go on any form of social media.

Granted, I will be the first to admit that this is not the “end all be all” solution to breaking the phone addiction, however, it certainly helps. Social media, after all, is what makes our phones more interesting to us and what causes that addiction. Turning off those notifications makes you less prone to constantly checking your lockscreen.

Another way to turn off notifications without having it feel super permanent is to set your phone to “do not disturb.” When you set your phone to this setting

you are the one to determine what kind of notifications you can get. This setting can also be turned on and off with a simple click of a button, which is a way to feel as if you are more “in control” of turning these notifications on or off.

### **Weekly book and song recommendations to stop the phone addiction:**

Reading is my favorite thing to do whenever I want a break from my phone. Plus, whenever I read I always feel more accomplished because I know I pursued an activity that strengthens my brain. This week my book recommendation is one of my all time favorites, “The Hunger Games.”

This book is the first book of the dystopian science-fiction series. Within this book, the protagonist Katniss Everdeen volunteers to take the place of her sister in the annual Hunger Games. The Hunger Games is a televised competition where a male and female tribute from each of the twelve districts fight to the death until only one victor remains.

If you would like a song that goes along with the book, my best suggestion for the song of the week is “Safe and Sound (Taylor’s Version)” by Taylor Swift. Swift made this song for the first movie’s soundtrack when it was released and she just recently re-recorded the song in preparation for her tour. It fits the book perfectly and makes you feel as if you are immersed into the world of Panem itself.

# SPRING BREAK



Above, left: Students in the history, political science and honors programs had the opportunity to visit Ireland during spring break. One wanderlust-inspiring place they visited included the National Trust Carrick-a-Rede bridge in Northern Ireland.

Left to Right: Morgan Rich (junior, communication studies), Mia Decker (sophomore, history), Emma Broda (first-year, history) Emilie Protsko (junior, political science and criminology), Julie Schwartz (junior, English) Lucas Scott (senior, environmental engineering) Dr. Benjamin Toll and Garrett Berlin (sophomore, history).

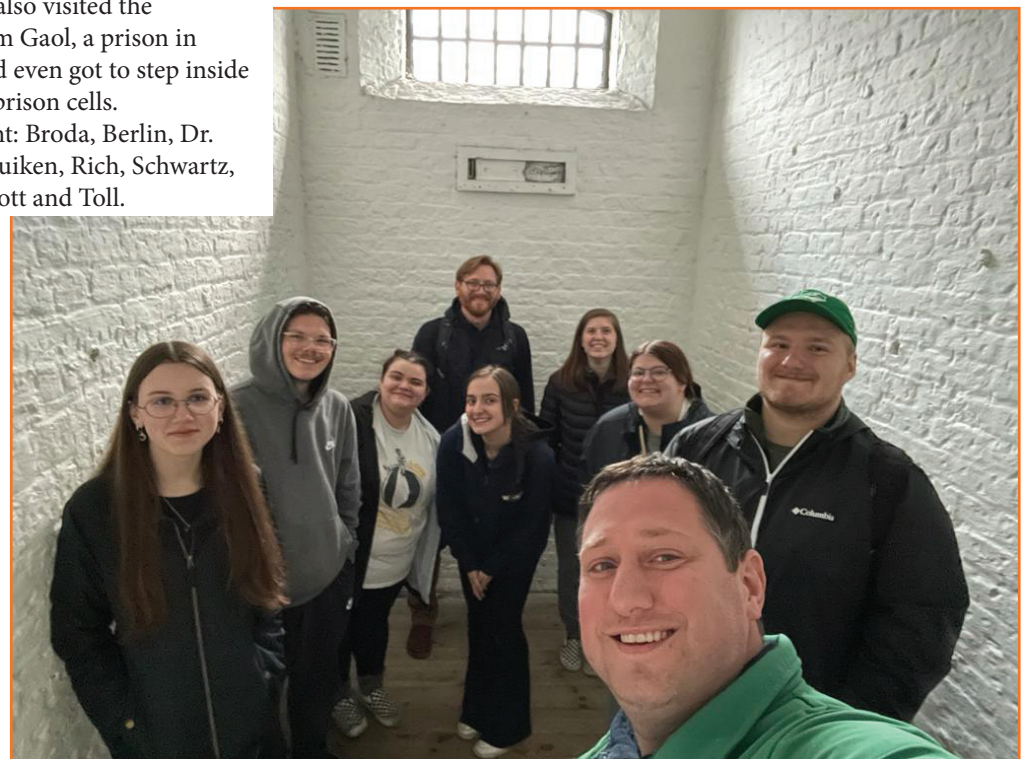
## IRELAND HISTORY/HONORS 398/ POLITICAL SCIENCE 398

Below, right:  
The group also visited the Kilmainham Gaol, a prison in Dublin, and even got to step inside one of the prison cells.  
Left to Right: Broda, Berlin, Dr. Jonathan Kuiken, Rich, Schwartz, Protsko, Scott and Toll.



Fit for royalty: the students and professors also stopped at centuries-old Dublin Castle.

Left to Right: Scott, Schwartz, Decker Berlin, Broda, Rich and Toll



# NEW JERSEY SOFTBALL

The softball team took the extra spring break time to practice. Left to Right: Carly Endres (senior, nursing) AJ Bryfogle, (senior, early childhood education), and Nicole O'Rourke, (junior, biology).



Outside of practice, the team got to unwind with a trip to the beach.



The softball team also took the time to visit Melt Ice Cream, a local business operating in New Jersey.



*Photos courtesy of the softball team.*

## NORTH CAROLINA HONORS

Below, left: The honors program took the opportunity to visit the Carolina Tiger Rescue, a nonprofit wildcat sanctuary in Pittsboro, N. C., which houses the likes of rescued tigers, lions, cougars, leopards, caracals, servals, and bobcats.



From left to right: Alyssa Allen-Fields (2024, Psychology), Morgan Andretta (2025, Pharmacy), Jen McLaughlin (Honors & Scholars Assistant Director), Zoe Morley (2026, Bio), Jordan Cheplonis (2026, Math), Megan Boone (Civic Engagement Coordinator), Dawson Tallant (2024, Psychology)



Tallant, Allen-Fields and Cheplonis were hands on with their volunteer service, examining the fences of the sanctuary.

# Opinion

Have an opinion or want to write a guest column? Contact the assistant opinion editors: [Sydney.Allabaugh@wilkes.edu](mailto:Sydney.Allabaugh@wilkes.edu) or [Zara.Lantzman@wilkes.edu](mailto:Zara.Lantzman@wilkes.edu)

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## Our Voice

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

### Hypocritical morality in anti-LGBTQ rhetoric

Over the past few weeks, many states across the country have been pushing anti-drag legislation.

In Tennessee, a bill successfully passed a bill that restricts “adult cabaret performances” in public or in front of children. Many Tennessee legislators fear that drag performances are inappropriate and dangerous for children.

Since then, it has come out that two politicians who supported anti-drag legislation have participated in drag-like performances in their youth. In Tennessee, Gov. Bill Lee, who signed the law to ban drag in public, is allegedly dressed in drag in a high school yearbook photo, according to the Associated Press.

Similarly, Texas Rep. Nate Schatzline wrote an anti-drag bill to be implemented in Texas. According to ABC, videos of Schatzline resurfaced of allegedly wearing a dress in public.

In their responses to hypocrisy accusations, Lee and Schatzline seem to feel as though it is silly to compare their actions to self-identified drag performers.

“What a ridiculous question that is,” Lee said in response to an activist

while taking questions about the bill. “Conflating something like that to sexualized entertainment in front of children, which is a very serious question.”

However, one may argue that the broadness of the legislation would make these acts illegal as the definition of cabaret entertainment in the bill is extended to “male or female impersonators.”

Further, it is an act of hypocrisy to engage in an act of impersonation or crossdressing in public but create laws that state that it is illegal for others to do it.

Sometimes the morals broken are more serious than just hypocrisy. Charles Sutherland, an elementary school librarian, was arrested for spray painting the word “groomer” on two libraries during Pride last year. According to Insider and other published reports, he has recently been charged with several counts of alleged possession of child pornography.

Why is it that those who contribute to the rhetoric that the LGBTQ+ community is predatory towards children, are some

of those who are quite literally being accused of being predatory towards children? It is frustrating to see that those who contribute to the harmful stigmas surrounding the queer community project their own immoral faults on an easy target.

Another example of this hypocritical projection can be seen within religious institutions. Several Catholic priests, who commonly preach that having a queer identity is immoral or harmful to children, are being exposed of child sexual abuse. Why is there so much emphasis on sheltering children from drag, when according to NBC, almost 1,700 priests and clergy accused of sex abuse are unsupervised and are now allowed to become teachers and coaches and live near playgrounds?

It should not be the case that those who are hateful or discriminatory on the basis of morality or religion are those who are committing the actual immoral acts. The LGBTQ community should not be a constant target to project morals onto, especially when those figures of authorities are questionable themselves.

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

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

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

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

# Navigating the complex free agency frenzy in the NFL

By **Brady Melovitz**  
Contributing Writer

Free agency has kicked off with a bang as many teams who were looking for holes to fill found the plug to put into place.

Many teams' first choice of signing was to go for the quarterbacks, whether it be as a starter or a backup. Free agency of course started out with the signing of former Las Vegas Raiders quarterback, now turned Saints quarterback, being signed to a 4-year \$160 million contract.

The Raiders, in response to releasing Derek Carr, decided to target Jimmy Garoppolo formerly of the San Francisco 49ers. He signed for a three-year contract worth approximately \$67.5 million.

With Garoppolo leaving the 49ers, the 49ers signed quarterback Sam Darnold of the Carolina Panthers to a one-year deal. The 49ers also signed defensive tackle Javon Hargrave from the Super Bowl runner-up Philadelphia Eagles. The Eagles also seemingly lost corner Darius Slay, only to have the star corner sign an

extension for two years.

Philadelphia also lost running back Miles Sanders, who had his best season in the NFL. The Carolina Panthers signed Miles Sanders, filling in the hole that was left from the Christian McCaffery trade with the 49ers last season. The Panthers also made a huge trade for the number one overall pick from the Chicago Bears.

Speaking of the Bears, they made more moves than just trading the number one overall pick. In that trade, they got Justin Fields, the number one receiver he needed. They also bolstered up their defense by offering contracts to linebackers Tremaine Edmunds and T.J. Edwards.

Another winner of free agency this offseason so far has been the Atlanta Falcons. After an underwhelming season, they spent a lot of money during free agency. They signed Chris Lindstrom to a massive extension for the next five years with the contract being worth over \$100 million. They also traded for Jonnu Smith from the Patriots. David Onyemata also

signed with the Atlanta Falcons to the tune of \$35 million.

However, probably their biggest splash was that of the star safety of the Bengals, Jessie Bates. The Bengals also made a move that Joe Burrow is sure to be happy about. When the Chiefs decided to let go of Orlando Brown, the Bengals said, "thank you very much" and signed him to a 4-year contract worth \$64 million.

However, probably their biggest splash was that of the star safety of the Bengals, Jessie Bates. The Bengals also made a move that Joe Burrow is sure to be happy about. When the Chiefs decided to let go of Orlando Brown, The Bengals said thank you very much and signed him to a 4-year contract worth \$64 million dollars.

The Bengals division rival however still has a major problem on their hands. The Ravens have yet to sign Lamar Jackson to a contract, and it does not seem like they are going to anytime soon. They placed the non-exclusive tag on Jackson, meaning that in theory, any team can sign Lamar to a contract as long as the Raven

do not match. If the Ravens do not match the offer, they would get two first-round picks in compensation.

No teams have come forward in the Lamar Jackson sweepstakes as of now, but it should only be a matter of time before a team decides to. Another quarterback who will be moving homes sooner rather than later is Aaron Rodgers.

Unlike the Lamar Jackson situation, there is one team who has made it very clear from the start they want him, the New York Jets. The Jets had a pretty amazing season compared to what was expected of them. They believe they are one quarterback away from making a playoff run, and they might be right.

The Jets already signed wide receiver Allen Lazard, who has been linked to Aaron Rodgers in Green Bay for years. It's rumored that the Jets will be targeting more former Packers to lure Aaron Rodgers to their team even more.

There are still plenty of top free agents left and we are still trying to figure out where they will land next.

## KEEP UP WITH CONTENT!



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# It is Taylor Swift's world and we are all just living in it

## *The worthwhile chaos of being a Swiftie*

By **Zara Lantzman**  
Asst. Opinion Editor

Welcome to New York—wait no, I mean Glendale—wait, I am still wrong—I mean Swift City.

On March 13, Mayor Jerry P. Weiers announced that Glendale, Ariz. would be changing its name to Swift City temporarily on March 17 and March 18 for the opening night of Taylor Swift's "The Eras Tour."

"The Eras Tour" is Taylor Swift's sixth tour and the biggest ever United States-tour of her career. Her tour initially consisted of 35 shows, but she realized the extreme high demand and added 17 more shows which brings the number of shows to 52. This widely outnumbers her latest tour, "Reputation Stadium Tour," as it only had 38 shows.

Swift announced "The Eras Tour" on Nov. 1, 12 days after she released her 10th studio album, 'Midnights.' She also released "Midnights (3 a.m. Edition)" at 3 a.m., which consisted of seven new songs.

"Midnights" broke records all around the world as she became the first person to ever claim all top 10 spots in Billboard's Top 100. I will gladly take some credit for these songs in the top 10 as "Midnights" is my favorite Taylor Swift album.

When Swift announced the tour, she gave fans an opportunity to join Ticketmaster's verified fan program, which gave fans a chance to be selected for a Nov. 15 presale.

I unfortunately got waitlisted, but my friend got selected for presale and a boost in the line.

The presale went downhill very fast, as fans all over the U.S. were reporting crashes and extremely long wait times on Ticketmaster's website. The first hour went relatively smooth, but no one expected the crashes to happen, even Ticketmaster.

I personally dealt with this as we had the tickets in our cart and it would not let us checkout and pay. We then got sent back into the queue, at the back of the line, and saw the dreadful 2000+.

The worst was yet to come, as Ticketmaster announced the cancellation of the general sale on Nov. 17, which sent fans into a spiral.

"The site was supposed to be opened up for 1.5 million verified Taylor Swift fans," said Ticketmaster. "We had 14 million people hit the site—including bots, another story, which are not supposed to be there—and despite all the challenges and the breakdowns, we did sell over 2 million tickets that day."

The math is not adding up. How do 14 million people enter the site, when only 1.5 million people were supposed to have access? Ticketmaster really fumbled the bag on this one.

With fans upset all over the world, they took to StubHub to see what the resell prices would be, but the numbers were absurd, with a range of \$5000-\$100,000.

Hope seemed glim for Taylor Swift fans, including myself.

Closer to the opening tour in Swift City, fans were starting to get tickets for a much more reasonable price, as StubHub sellers were panicking and dropped the price drastically.

There is so much media and hype to "The Eras Tour" and rightfully so. It was a long time coming to finally reach this point, and after all the stress that fans faced, the time is finally here.

The impact that Swift has on the world is astronomical, as Stanford University added a class that completely breaks down Swift's song, "All Too Well (10 Minute Version) (Taylor's Version)." The song is 10 minutes of pure genius, and it definitely warrants a whole course that will break down the whole song.

New York University also has a class about Taylor Swift, as it dives into her life, her inspiration, her songwriting and so much more. Granted, Swift received a Doctorate of Fine Arts, honoris causa from NYU so it makes sense to have this course.

Now Swift's fans, or "Swifties" as they are called, are absolutely nuts, but there

is a level to being a crazy 'Swifties' or not, although it is a thin line.

Swift's lucky number is 13, and yes, this actually matters.

Leading up to 'The Eras Tour' swifties took to TikTok, Instagram and Twitter with some of the wildest theories, though believable.

When Swift dropped the 'Bejeweled' music video, 'Swifties' ran to Twitter to see all the Easter eggs and clues for the future, Swift knew exactly what she was doing. 'Swifties' came up with the theory that "Speak Now (Taylor's Version)" was next, and all the clues pointed to that being right.

Swift was in the elevator in the music video, on each button shown were the colors of every album she has released, but there was the color purple on the button for 13, which meant that "Speak Now (Taylor's Version)" was next. I fully gave into the theory and I still believe that it is the next album being released.

Leading up to March 3, I was fully convinced that Swift was dropping "Speak Now (Taylor's Version)," or at least something.

There were so many signs that just made the most sense that Swift was dropping March 3. On Swift's birthday, she posted an image of herself in the studio holding three fingers on each hand. This was most definitely because she just turned 33, but Swifties had other ideas.

The community ran to Twitter to say something is coming on March 3, because of the logic that this date adds up to 13,  $3 + 3 + 2 + 2 + 3 = 13$ . This then translates into March 3, 2023.

They also thought that it was coming on March 3 because, in the picture that she posted for her birthday, fans were saying the guitar she was holding looked like the

guitar she used in the song "Mean," which is in the original "Speak Now" album. The theories seemed so plausible, but, oh boy, were we wrong.

There was one more theory that she was dropping or announcing something on March 13 because of the date being 13 and the fact that Lana Del Rey moved her album release date to March 24, instead of the original date of March 17.

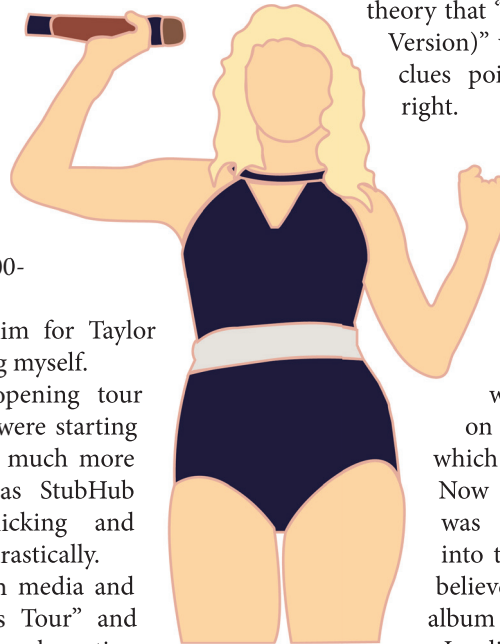
Swifties were right about one thing, something was coming before the start of 'The Eras Tour.' On March 16, Swift announced that she will be releasing four songs at midnight, "Eyes Open (Taylor's Version)," "Safe and Sound (Taylor's Version)," "If This Was A Movie (Taylor's Version)" and "All The Girls You Loved Before."

The most shocking was "All The Girls You Loved Before" because this was originally an unreleased song and a week prior, the whole song was leaked and fans loved it, which could have been the reason she released it to the public. The songs were so random because the original, "Eyes Open" and "Safe and Sound" was on "The Hunger Games" soundtrack.

At midnight, when these four songs came out, fans were surprised by the fact that "If This Was A Movie (Taylor's Version)" was moved from the albums "Speak Now" to "Fearless (Taylor's Version)." An even bigger shock to fans was the fact that "Eyes Open (Taylor's Version)" and "Safe and Sound (Taylor's Version)" were actually part of the album, "Red (Taylor's Version)."

Fans are now speculating all over TikTok that Swift will release an assortment of songs each week that she will be able to play on tour, as she is unable to play songs prior to 2019 due to the fact that she no longer owns them. Only songs after 2019 or that have (Taylor's Version) on it, can be played at "The Eras Tour."

The wait is finally over for Swifties as the "The Eras Tour" has officially kicked off in Swift City, with openers, GAYLE and Paramore. The last day of "The Eras Tour" is Aug. 9, which will end in Inglewood, CA.





# The strangely normal 95th Annual Academy Awards

By Rudy Urenovich  
Contributing Writer

On March 12, the 95th Academy Awards were held, or the Oscars, as they is more widely known.

I must admit, I am not someone who puts much stock into award shows like the Oscars. They do not affect my life at all.

Granted, there are moments that become cemented in pop culture, like when Will Smith slapped Chris Rock. When this year's awards rolled around, that little "incident" shall we call, was remembered and brought back again.

Additionally, many times the nominees are household names that most people know and recognize, so there is that bit of anticipation to see if they're going to win or not.

Of course, like almost everything in life, there is potential backlash and controversy, which I feel that even if people are like me, and are not into the award show itself, a memorable moment or dramatic exchange piques their interest. By result, they

become more informed on other aspects of the event.

The big winner this year was "Everything Everywhere All at Once." I myself have not seen it, and most I have heard about it and seen it promoted was this past week following the Oscars. It won numerous awards, with Michelle Yeoh and Jamie Lee Curtis winning "Best Actress" and "Best Supporting Actress" respectively.

I do consider myself to be a fan of either actress, at least in the sense that I have seen viral videos and entertaining moments from both of them on social media, and I found them likable and relatable, yet glamorous and charismatic, like Hollywood Stars are known to be.

In particular, Jamie Lee Curtis has had a long career, and I believe that up until this point she never won an Academy Award. I can't explain it but she is a celebrity I have always liked. There is something rather endearing, powerful and real about a celebrity who not only gives award worthy performances, but also promotes something as simply as yogurt. Like, that

is so iconic.

However, Jamie Lee Curtis' win has me conflicted. Angela Bassett was a strong contender, and some might say more worthy. She has been a Hollywood icon for years, and gave us a powerful performance in "Wakanda Forever."

No shade to Curtis, and I do not want to start the whole "nepo baby" debate, but I do have more respect for someone like Angela Bassett who made it in the industry without familial connections or advantages. But I digress, I love them both at the end of the day.

As for best actor, I am very glad Brendan Fraser won and is making waves in Hollywood once again, and rightfully so, after having such a terrible ordeal. Perhaps his most notable contender was Austin Butler and his viral performance in "Elvis." I must say that was entertaining, but I believe there was integrity and power behind Fraser's performance and impact on the movie industry.

I must say when it came to the big wins this year I was overall pleased. I feel all the

winners were deserving, and all likable, humble people, which are rare gems in Hollywood.

Grounding the contest, we had Jimmy Kimmel hosting. I think this was a decent choice. I consider him to be one of the better talk show hosts, so he was a safe, normal choice.

Now on to perhaps two of the most important moments of the night. We had Rihanna perform. She is back and performing again, and I love to see it.

As much as I enjoyed Rihanna, I think Lady Gaga's performance was incomparable. Once again another controversial moment, as she performed simply standing on the stage, fresh-faced, in a jeans and T-shirt. I personally adored this, as it even out all the fantastical, unrelatable glitz and glam.

I think the show as a whole was very real and enjoyable. It was not dramatic, with draw-dropping, blood-boiling moments. It was a well run event with decent people being highlighted. A rarity in the industry these days.

# We want to hear your voice!

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

CONTACT:  
Assistant Opinion Editors:  
Sydney Allabaugh and Zara Lantzman



# Roving Reporter: Womens' History Month

## Who has been the most influential woman in your life?

Compiled by Sydney Allabaugh - Asst. Opinion Editor



**Amelia O'Connor**

*Sophomore - Nursing*

"Other than my mom, I would have to say my aunt because my uncle died recently and she is raising three kids on her own. I think she is doing a banging job at it."



**Ijahnae Giddings**

*First-year - Early Childhood Education*

"My stepmom. She calls me her bonus daughter. She just makes me feel like family, even before she was a part of the family. She just includes me in everything and makes me feel amazing. She never lets me forget that."



**DJ Johnson**

*First-year - Sociology*

"I would probably say Momma Dukes. She got the most respect out of me, talked to me every time I needed it, pushed me to my goals and got me to where I'm at right now."



**Landon Rubenstein**

*First-year - Biology*

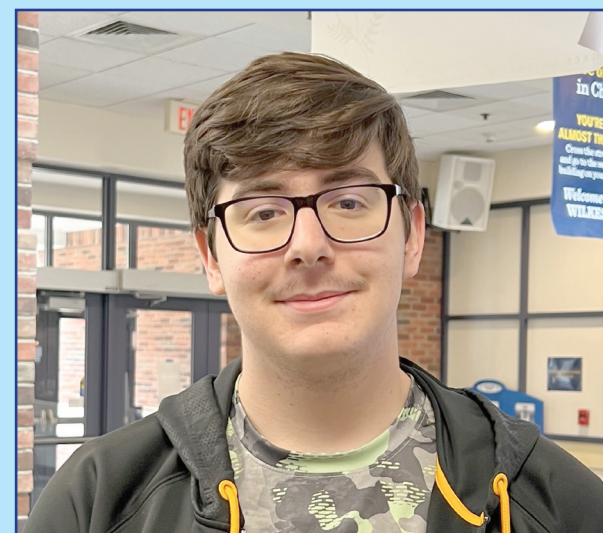
"My grandmother because she's been through a lot, and I'm just trying to make her proud."



**Najhae Johnson**

*First-year - Sports Management*

"My mother. She always lets me know to keep going and to never give up no matter what."



**Jake Middleton**

*First-year - Biochemistry*

"My influential woman is my sister because she is a PA, and she got good grades in college. That's who I aspire to be."

# Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editor: [Baylee.Guedes@wilkes.edu](mailto:Baylee.Guedes@wilkes.edu)

## BASE: Bases loaded, MAC playoffs in mind for the Colonels

By Baylee Guedes  
Sports Editor

Take me out to the ball game because it is baseball season in Wilkes-Barre. The Colonels are 7-9 to start off the 2023 season with plenty of winning opportunities ahead as they play their final season in the Middle Atlantic Conference (MAC) Freedom.

Kevin Gryboski entered his fifth season as the head coach for Wilkes along with his assistants Mark Modrovsky, Kevin Miller and Matt Wotherspoon. The coaching staff looks to lead the team to the playoffs and aim for the championship title.

"We are about a third of the way through our season and we are starting to play better baseball," said Gryboski. "We have a nice mix of younger guys and seasoned veterans who have meshed well so far this season. They have really come together as a team and I'm looking forward to getting into the heart of the MAC conference competition and making a postseason run."

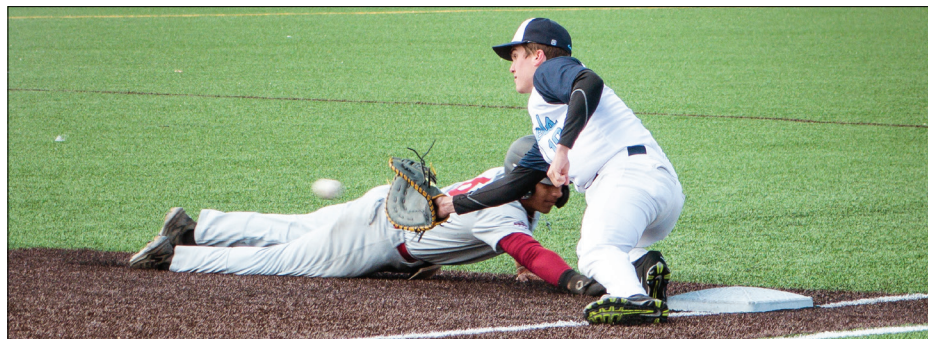
The Colonels returned 15 upperclass students with graduate-student Tony Molitoris, seniors Jack Gordon, Jason Spezzaferri, Sawyer Kemp, Darren Kerdesky, Jonathan Martens, Peyton Schuck, Alexis Velez, Max Alessi, Aiden Velez and AJ Brosious.

The juniors include Ruben Ortiz Montemayor, Ryan Sanderson, Loch Williams and Justin Stefanowicz.

The sophomores consist of Adam Grundt, Colby Butczynski, Zack Luksic, Tegan Shortlidge, Chase Vrabel, Tyler Hoedl, Aiden Murphy, Todd Kolbicka, Mike Show, Connor Morgan and Jimmy Brazofsky.

The first-year class is comprised of Devin Markert, Braydon Wuestner, Griffin Coyne, Ryan Johnston, Ethan Fuller, Evan Melberger, Jake Cambria and Hunter Lawall.

This season the team is focused on the process and seniors are looking to leave



The Beacon/Baylee Guedes

**Vrabel attempting to catch the runner at first. Game day pictures on page 20.**

their marks on the program.

"I trust every single guy in our roster and every decision our coach makes," said Brosious. "I want to be able to help all the younger guys around me and leave a mark that will benefit them for the years they have remaining here."

The Colonels started off their season with a split against SUNY Cobleskill and then headed to Fort Pierce Florida for seven spring break games.

In Florida, Wilkes went 4-3 with big wins over Houghton University, Wheaton College (Ill.), Thiel College and Norwich University.

The Colonels' 16-10 win over Houghton included Spezzaferri leading Wilkes at the plate by moving runners, going 3-4 with three runs-batted-in (RBI) and one run. Sanderson got the win with two strikeouts.

The 11-7 win over Wheaton consisted of Vrabel going 3-4 at the plate with two RBI's and two runs. Murphy took the win on the mound with five strikeouts. (In the 6-5 loss to Wheaton, Molitoris surpassed the 100 career strikeout mark as he recorded eight in that single game.)

Thiel took the 8-7 loss to the Colonels as they tried to play the catchup game, which proved unsuccessful. Shortlidge took the win on the mound and Show got his first career save pitching. Multiple Colonels had their day in the batter's box: Show (2-5, two runs), Schuck (2-3, two walks, one run), Kerdesky (2-4, two RBI's, two runs, one walk), Brosious (2-3, two RBI's one

run) and Kolbicka (2-4, two RBI's).

To wrap up the spring break gameplay, Wilkes beat Norwich 3-1 in eight innings. The Colonels scored one run in the third inning and Norwich tied it up in the seventh, leading to an eighth inning. Show hit a double in the top of the eighth and Morgan got to first as Norwich made an error on his bunt attempt. Show was able to score on the error, leading Morgan to third. Brosious ended the scoring with a sacrifice fly, bringing in Morgan, making the score 3-1. Show came in for the save on the mound with two strikeouts.

After completing spring break gameplay, the Colonels came back to Wilkes-Barre to host DeSales University. Game one left Wilkes with a 0-6 loss and a 4-7 loss in game two, but Hoedl who pitched in game two with three strikeouts noted that it is more than the wins and losses sometimes.

"One thing many people forget is that we're playing a game—a game that is meant to be fun," said Hoedl. "I believe if a team isn't having fun together on the field, they aren't a close team. Luckily myself and the rest of the guys have a blast day in and day out."

Last Wednesday, the Colonels hosted New Jersey City University where the Navy and Gold came out on top with a 4-2 win. Shortlidge has a career-high of seven strikeouts to secure the win on the mound, only allowing one run, three hits, and two walks in six innings. Melberger scored two runs off of two hits, Show added one run

off of one hit and contributed to one RBI and Brosious added an RBI off of a hit also.

On Thursday, Wilkes crushed DeSales in a 13-6 win off of 15 hits. Alessi scored three runs on three hits and had two RBI's. Kolbicka added three hits for two runs and Show produced two RBI's off of three hits. Vrabel (2-5, one run, two RBI's) Melberger (two runs), Kerdesky (one hit, two runs, one RBI), Luksic (two runs), Johnston (1-1, one run) and Markert (one hit, one RBI) all contributed to the win. Lawall took the win on the mound with seven strikeouts in six innings, allowing five hits, one run and added three walks.

"(That) was our first conference win and we put up double digit hits, runs and had a clean game in the field with no errors," said Spezzaferri. "We need to use those games as building blocks if we want to be in the playoffs and reach our goals as a team."

The Colonels finished out the week's gameplay with three games against Arcadia University on Saturday and Sunday.

"Arcadia is a very good team and we lost every single game to them by one run last year," said Brosious. "We need to retain leads this year and hold them because that was our biggest downfall last year. I expect to be in the playoffs as does our entire team and coaching staff."

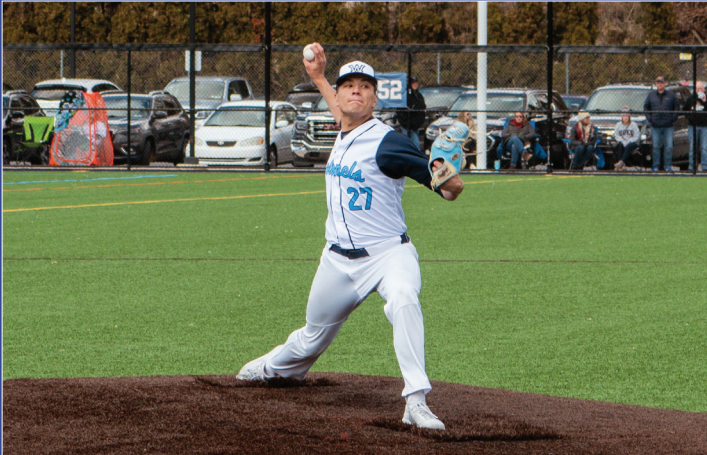
Game one added a loss to the Colonel column as they fell 1-0 in nine innings. The tough back-and-forth game ended with an Arcadia run on a Wilkes throwing error and the Colonels could not come back in the bottom of the inning.

Game two resulted in another loss for Wilkes, 7-4. Runs were scored by Schuck (1-3, one run, one RBI), Kerdesky (2-3, one run, two RBI's), Johnston (2-3, one run) and Markert (one run after getting on by error).

Game three on Sunday resulted in a 10-5 loss for the Colonels. Seven recorded hits in the loss: Kolbicka, Brosious, Morgaon, Show, Johnston, Kerdesky and Alessi.

*All statistics are as of March 19.*

## *BASE: Doubleheader loss to Arcadia University - March 18.*

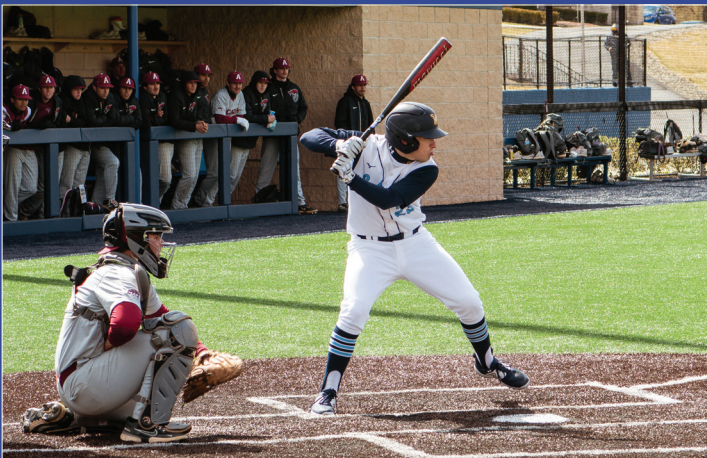


**TOP LEFT:**  
Tony Molitoris pitching in game one. He recorded three strikeouts.

**TOP RIGHT:**  
Darren Kerdesky coming in from the outfield in between innings.

**BOTTOM LEFT:**  
Jason Spezzaferri up at the plate for the Colonels.

**BOTTOM RIGHT:**  
Zack Luksic giving the infield the signal for top of the order.



*Wilkes will host Susquehanna University today at 3:30 P.M. at Bruggeworth Field.*

*On Friday, the Colonels will host King's College at 3:30 P.M. and then play at King's on Saturday at noon for a doubleheader.*

Photos: The Beacon/Baylee Guedes

## **SOFT: Early success brings hope for start of conference play**

**By Julia Mazur & Baylee Guedes**  
*Contributing Writer & Sports Editor*

Wilkes began its season with a spring break road trip to Myrtle Beach to compete in the Fastpitch Dreams Spring Classic.

Last season, the Colonels went 14-16 overall in the regular season, hoping to have a better overall record this season and compete in the Middle Atlantic Conference (MAC) Freedom Championship.

The Colonels played eight games at the Classic and went 6-2 overall with their only losses being to Penn State Harrisburg and Immaculata University.

"This trip each year allows the full team to grow together through good times and adversarial times on the field and off the field," said Head Coach Jacqueline Klahold. "These players get to know each other so much more on a personal level in this week and it really prepares them for

the rest of the season and postseason. It is great as a coach to watch them pick each other up, support each other and develop great bonds."

The 11-hour bus ride from Wilkes provided plenty of time for the team to learn new things about one another from seniors to first-years.

Last year, the team competed in the Fastpitch Dreams Tournament. Many returning players have experienced the tournament on multiple accounts, noting that is a positive way to begin their season.

"I honestly feel like our team's biggest strength this year is our team chemistry," said senior Hope Mullins. "We're all friends on and off the field, which makes us play that much harder for each other."

The team returns with 11 upperclass students with four seniors leading.

The seniors include Mullins, AJ Bryfogle, Carly Endres and Nicole O'Rourke.

The juniors include Taylor Douple, Sami Hendershott, Hayden Calaman, Haylee Calaman, Hannah Boyd, Megan Marshall and Marissa Pick.

The sophomore class is compiled of Kayla Burluson, Evan Sherrick, Bella Peters, Emily Murphy, Allison Radicchi and Nicole Howell.

The first-year class contains Olivia Dougher, Lauren DeMarco, Hana Cross and Salma Lampack-Heverly.

The regular season began this past Saturday when they played a doubleheader against Arcadia University. Wilkes lost 4-1 in the first game with the only run in game coming from a single from Douple, scoring Marshall who was pinch running for Radicchi's double.

Game two added another loss to the day for the Colonels as they fell 7-0. Boyd, Daughter and Hayden Calaman were the only ones record hits.

"The season has been short so far, but this team is so different than some teams in the past," said Klahold. "They set the standard and continue to fight hard in games, no matter what."

Their busy schedule features many local teams including King's College, Marywood University, the University of Scranton and Penn State Hazleton.

The Colonels will be competing and fighting hard to the end of the season. They will play tonight in a non-conference doubleheader as they host Keystone College. On Saturday, Wilkes will continue conference gameplay as they host Delaware Valley University.

Wilkes will play 30 regular season games in total, which will wrap up on April 29., when they take on Stevens University in a back-to-back double header in Hoboken, N.J.

# MIH: Five awarded in post-season ALL-MAC honors listing

By **Baylee Guedes**  
Sports Editor

Five Colonels were named to the All-Middle Atlantic Conference (MAC) Men's Ice Hockey Conference team after the conclusion of their season.

Under head coach Tyler Hynes and new assistant coach Josh Hoff, Wilkes went 13-10-3 after graduating most of their starting roster from the previous seasons. This rebuilding season landed the Colonels with a quarterfinals appearance in the United Collegiate Hockey Conference (UCHC) Tournament. The fifth-seeded Colonels fell to the fourth-seeded Manhattanville College 4-1 to end their 2022-23 gameplay.

Cole Jungwirth was named to the All-MAC First-Team, while Ben Stefanini, Garrett Nieto, Joe Johnson and Matt Carlson were Second-Team recipients.

"All five players had outstanding seasons and it was exciting to see them get recognized," said Hynes.

Sophomore Jungwirth recorded 28 blocks for the Colonels, the most on the team during the season. He also added 15

assists over the season and scored a single-goal on the year during the 5-3 win over Alvernia University in Dec.

Graduate-student Stefanini scored 13 goals, added seven assists, recorded 20 points and had 13 blocks on the year. His season-high of three goals lifted Wilkes over Chatham University 4-2 in Dec.

"It's an honor (to receive the award)," said Stefanini. "We, as a team, battled adversity and worked to get better each day, receiving these honors is a testament to that."

Senior Nieto's solo-season in goal for the Colonels landed him with a .922 save percentage after recording 436 saves in 17 games. Nieto earned multiple weekly MAC awards as well as an award in the UCHC.

"Ben and Garrett stepped up as older players on a young team and led through their play on the ice," said Hynes. "Their statistics speak for themselves, but I'm particularly proud of how they were always involved in community service and committed in the classroom away from the rink."

Sophomore Johnson recorded 14 blocks,

13 assists, 14 points and one goal during his second season as a Colonel. His game-high of three assists lifted Wilkes over Lebanon Valley College 4-3 in Jan.

"It's an honor to receive this recognition," said Johnson. "Thank you to my teammates and coaches, they make coming to the rink everyday a great experience."

First-year Carlson added 11 goals, 10 assists, 21 points, six blocks and won 196 face-offs during his opening year as a Colonel. His 13 face-off wins, one goal and one assist in their Feb. matchup with King's College helped lift Wilkes over the Monarchs 3-0. Carlson received the UCHC Co-Rookie of the Week award in Feb. while also receiving a MAC Offensive Player of the Week award in Dec.

"These guys have had a lot of success early in their careers but I believe are just scratching the surface of how good they can be," said Hynes.

The Colonels will return next season in hopes to continue having winning seasons and add more players to the post-season award winners list.



Photos: courtesy of GoWilkesU  
Graphic: Baylee Guedes

## ONLINE SPECIAL:

# WIH: Three Colonels awarded, including Coach of the Year

By **Baylee Guedes**  
Sports Editor

Three members of the women's ice hockey team were recognized with awards after their second best season in Wilkes history.

The Colonels' best season was in 2019-20 as they went 5-17-1.

Under new head coach Dave LaBaff, Wilkes went 4-19-2.

LaBaff was awarded with the 2022-23 Coach of the Year honor after completing his first season with the Navy and Gold. LaBaff swiftly improved the team after they came off of a 3-19 season in 2021-22 and an 0-9 season in 2020-21....

View the entire  
article at  
[www.TheWilkesBeacon.com](http://www.TheWilkesBeacon.com)



The Beacon/Baylee Guedes  
LaBaff coaching his team to victory amid a timeout against the Knights.

# Athlete of the Week

## Hunter Riley

Senior Lacrosse Defender/ Long Stick Midfield

### ***The Beacon:* Male Athlete of the Week**

Riley was chosen as our Athlete of the Week (AOTW) after his performance during the one-goal loss to Marywood University. Riley recorded his 100th career ground ball and currently has 115, the third most in Wilkes history (as of 3/18).

**Major:** Psychology

**Hometown:** Ballston Lake, N.Y.

**High School:** Shenendehowa Central

**What had been your favorite sports memory from your time as a Colonel?**

Playing against Utica my freshman year, where we went three men down and still won the game in the final seconds.

**What is your favorite professional sports team (any sport)?**

New England Patriots.

**What is your favorite thing to do away from sports?**

Fishing.

**What is your favorite part of being an athlete at Wilkes?**

Being part of a very close-knit group of guys, who always want to see everyone at their best.

**What sports movie is your go-to for movie night?**

"Mighty Ducks" or "Talladega Nights."

**If you did not play your current sport, what sport would you have wanted to play?**

Football, or swimming as both of these were large parts of my childhood.

**What has been your favorite sports memory overall?**

Winning a tournament in Niagara Falls with my club team, Albany Power.

**What is your favorite post-game meal?**

Buffalo wings and burritos.

**How do you feel about being selected as the Athlete of the Week?**

I am excited to be selected as the Athlete of the Week..

The Beacon/Baylee Guedes

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

Compiled by Baylee Guedes, Sports Editor

# Athlete of the Week

## Hannah Boyd

### Junior Softball Catcher/Infield

#### ***The Beacon:* Female Athlete of the Week**

Boyd was chosen as our Athlete of the Week (AOTW) after her performance during the softball team's spring break trip. Boyd went 7-12 at the plate with four runs and two RBIs. She ended the trip with a batting average of .583.

**Major:** Sports Management  
**Hometown:** Escalon, Ca.  
**High School:** Escalon

**What had been your favorite sports memory from your time as a Colonel?**

Getting to play alongside my sister for her senior year at Wilkes.

**What is your favorite professional sports team (any sport)?**

New York Yankees.

**What is your favorite thing to do away from sports?**

Traveling and hiking.

**What is your favorite part of being an athlete at Wilkes?**

Being able to play the sport I love with an amazing group of girls.

**What sports movie is your go-to for movie night?**

"Friday Night Lights."

**If you did not play your current sport, what sport would you have wanted to play?**

Volleyball.

**What has been your favorite sports memory overall?**

Winning our 3rd consecutive softball section title for my high school coach's last year of coaching.

**What is your favorite post-game meal?**

Chipotle chicken and fajita bowl.

**How do you feel about being selected as the Athlete of the Week?**

I feel very honored and thankful to be selected.

*Compiled by Baylee Guedes, Sports Editor*



The Beacon/Baylee Guedes

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

# ATHLETE OF THE YEAR

COMING SOON...

**Think you deserve to be  
The Beacon's Athlete of  
the Year?**

**A voting poll will be  
announced soon containing all  
of the featured Athlete of the  
Weeks from the athletic  
season of 2022-2023.**

**Be ready for the  
announcement, get ready to  
vote and be sure to share with  
your friends!**

**One male athlete and one  
female athlete will be voted as  
the Athlete's of the Year.**

