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Wonder Women:

The Beacon highlights women's sports captains for Women's History Month - pages 12-13

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2015-16

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Beacon Briefs

Law Day

Wilkes University is hosting Law Day on March 29. The goal of this event is to educate students on careers in this dynamic field and provide guidelines on how to be successful in law school. Law Day will be held in the Miller Room in the Henry Student Center from 8:30 until 11:45 a.m. Three seminars are included, as well as breakfast and lunch. To register, visit the Wilkes University website under the “Pre Law” major. For more information, contact Dr. Kreider at kyle.kreider@wilkes.edu.

Glow Run 5K for Suicide Awareness

The third annual “Glow the Distance” Glow Run 5K will be held April 1. The run is organized by the Office of Residence Life, and all proceeds go to the American Foundation for Suicide Prevention. Registration will begin at 7 p.m., and the race will begin at 9 p.m. on April 1. There will be three waves: competitive runners, non-competitive runners, and walkers The online registration cost is \$5 for undergraduate students, and \$10 for graduate students/non-students. Registration includes a free T-shirt. The registration deadline,with guaranteed T-shirts, has been extended until March 23.

SG Notes: Fund requests approved; PSEA, Capital Projects, Big Event; constitutions

By Jen Baron
Staff Writer

On Wednesday, Wilkes University’s Student Government held its weekly meeting.

Sarah Kennedy, member of the Wilkes University Dance Team delivered thei club report. The team danced at some of the home basketball games and had many different clothing fund raisers. The club recently collected prom dresses from Wilkes students and donated them to local high schools for students who could not afford to buy dresses. The club has participated in BIG Event in the past and plans to do so again this year. They hope to increase their presence at basketball games in the future.

Lennae Thompson (President), Karissa Hensel (Vice President), Dian McKinney (Secretary), Sarah Kennedy, and Jennifer Baron, members of the Education Club came in for week 2 of 2 to make a fund request for the Pennsylvania State Education Association (PSEA) Conference they will be attending in Valley Forge from March 31st to April 2nd. The club requested \$1,600, which would cover registration, hotels, and gas for 12 students. Student Government allocated \$75 per student for up to 12 students and \$40 for gas reimbursement for a total of \$940.

The Capital Projects group made a fund request for the second week. The group is hoping to get new materials and appliances for the facilities department at Wilkes. Items they wanted to purchase included two new grills, materials to make renovations on the volleyball court between Roth and Pearsall, volleyball net, one generator, 100 tables, and 100 chairs. They requested \$13,938 to cover the costs. Student Government members decided to allocate \$3,638 for two grills, volleyball court reconstruction, and a new net. They decided against a generator and instead increased the amount of tables to 125 and chairs to 250, which will cost \$14,375. In total, Capital Projects was granted \$18,013. As a part of this motion, members of Student Government also allocated \$129 to purchase 10 new first aid kits for BIG Event.

Katelyn Jimison made a fund request for Big Event for week 2 of 2. Big Event is a day where Wilkes students participate in various community service events in the area. Big Event will take place on Saturday, April 30. Individuals or groups can register at wilkes.edu/BigEvent. Everyone who signs up will receive a T-shirt and drawstring bag. The request is for \$5,764.26, which covers food, T-shirts, bags, and buses. She was allocated the full amount requested for BIG Event.

Valerie Woods, president of Programming Board, discussed the updates made to the group’s constitution. Notable changes include: Any general board members who would like to run for executive board can be excused for one of two semesters when it comes to meeting and event attendance if they have a class conflict, a marketing chairperson has been added to the executive board, and that in order to be president of Programming Board you must have served in another position on executive board for at least one year. Members of Student Government approved all of the updates.

The council reviewed the Treasurer’s report. The current budget is as follows: All College: \$5,081.00, General Funds: \$11,337.05, Conference: \$414.10, Spirit: \$1,440.00 for a Student Government total of \$18,272.15.

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Mary Fisher: “Be a messenger, not a victim”

HIV, AIDS activist speaks out on entrepreneurship in global world

By Sarah Bedford
News Editor

On March 16, Mary Fisher, author, artist, advocate and social entrepreneur met with a group of Wilkes University students to discuss entrepreneurship as well as her story of HIV prior to her Allan P. Kirby lecture.

The discussion, held in the Henry Student Center Miller Room, allowed students to ask Fisher questions on her business skills while gaining a better understanding of the HIV and AIDS virus.

Fisher, who is a mother of two and whose ex-husband died in 1993 from AIDS explained that her children, Max and Zachary, helped her at her lowest points.

“Those days, it was very much a death sentence,” Fisher said. She explained that while medication existed, she wasn’t able to take it, and many felt that the drug was actually killing people with the disease.

Fisher explained that she became an activist for her children because she “didn’t want them to feel the shame as they were growing up and going to school,” as she recalled a time when her sons were still young and they weren’t allowed to bring home teddy bears from school because people thought HIV could be spread through the home, which was -- and is -- not the case.

Fisher acknowledged that people were uneducated on the disease and her advocacy works to tell people how they can protect themselves.

Part of this work is done through Fisher’s work with women in Africa.

She explained that she began teaching women in seven African countries how to make jewelry such as the “100 Good Deeds” bracelets because it gave them not only a trait but employment and responsibility.

Students asked Fisher questions on her life but also on entrepreneurship.

Fisher explained that a good entrepreneur must be creative, willing to take a risk, have business and marketing skills as well as getting “no sleep.”



Above, Fisher.



The Beacon/Jesse Chalnack

She added that one of the biggest problems for entrepreneurs in Third World Countries is poverty. Because of this, Fisher teaches the women in these areas a trait which they can then use to invest in themselves and their families. Fisher shared stories of women who have been able to get other jobs, expanded their market place and now even rent homes.

Fisher later added that she visits these countries to help the women, regardless of her health.

“I go everywhere,” she said. “I don’t care so very much,” she explained of a trip to Liberia that was eventually canceled due to an ebola outbreak, only after her doctors urged her not to attend.

Fisher was also asked about the current AIDS epidemic and if she found any changes since her diagnosis in 1991.

She explained, “It’s still an epidemic; people just aren’t talking about it.”

Fisher said that with new medical advances, the disease is no longer a death sentence but the stigma surrounding it discourages people from seeking treatment.

She added that in the United States alone, 1.2 million Americans have the disease whereas 850,000 people have died from it and 15 percent of Americans have it but are undiagnosed.

Fisher said that it continues to be the same story it was 25 years ago even though their


have been strides in research and medication but stigmas still exist.

“I don’t feel like I’m a bad person and I don’t feel like I’m a victim,” she said. “It’s a disease like any other.”

Fisher explained that while her art and her businesses do help those infected with the virus, the most she can do to help other women is to share her story.

“Be a messenger, not a victim.”

The 100 Good Deed Bracelets are available online at <http://www.maryfisher.com/collections/bliss> and can also be purchased at Macy’s.

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Allan P. Kirby Lecture; Fisher covers variety of topics; election to stigmas

By Toni Pennello
Staff Writer

At the Allan P. Kirby lecture Mary Fisher gave at the Dorothy Dixon Darte Center on March 16, Fisher spoke on such topics as the epidemic of xenophobia and the “othering” of groups of people, in wake of the rhetoric of “certain republican candidates.”

Fisher related this to her plight as an HIV

positive individual, telling stories about her and her children being ostracized.

“I have learned what it means to be the other. That stigma kills us before the virus,” Fisher said.

Fisher also related the topic of “othering” to entrepreneurship, saying that the most successful business in today’s world is global; thus xenophobia is the enemy of

entrepreneurship.


“The other disappears when we are all colleagues,” Fisher said in the lecture.

Fisher also discussed women’s issues in the world of business, saying that poverty, lack of education, illness, and injustice are the main things holding women and other oppressed individuals back.

“Investing in women and girls is a powerful

global tool,” Fisher said.

Fisher maintained throughout the lecture that she is an optimist, and there is always hope despite opposition.

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Law Day, Political Science Dept.

By Moriah Teed
Correspondent

Wilkes University is hosting Law Day on March 29 for all of those interested in attending law school and getting involved in the legal field.

Law Day will be held in the Miller Room in the Henry Student Center on campus from 8:30 to 11:45 a.m. Registration can be completed on the Wilkes University website beneath the Pre Law tab. For additional information, contact Dr. Kyle Kreider at kyle.kreider@wilkes.edu.

Breakfast and lunch will be provided. Between the scheduled meal times, three seminars will take place. The first (9:00-9:45) is "High School, Pre Law and the Undergraduate Experience." This seminar will discuss what can be done now, in the stages prior to entering law school. It will provide helpful tips on how to improve one's resume and application and share other ways to become more prepared for the legal field.

The second seminar (10:00-10:45) is "How to Succeed in Law School." As its title

suggests, this will cover methods that will help individuals once they get accepted into a law school.

Finally, the third seminar (11:00-11:45), "Careers in Law: How to Be a Successful Lawyer," will include information on the legal field and how to stay up-to-date in the future, as well as how to succeed as a lawyer. This event is intended to be interactive, so the seminars are set up in a panel-like style, where students can ask questions. Each panel will consist of area lawyers and experienced faculty from Wilkes University.

Those attending this event will learn tips from the professionals themselves.

Members of the Pre Law Society will also be present to offer advice and answers to any questions students and parents may have.

"Law Day is an excellent opportunity for those interested in a career in the legal field to gain an understanding of what pre law and law school entails," said Christie O'Brien, president of the Pre Law Society.

She added that she hopes this event will spark the minds of students who have a true passion for the legal system.

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Health and Wellness Fair to be held Health and Wellness Services, BACCHUS

Staff Report

On March 31, Health and Wellness Services in conjunction with BACCHUS and contributions from Human Resources, will host a Health and Wellness Fair.

Educational topics include fitness and sports medicine, stress management, holistic education, chiropractic evaluation, STI education, contraceptives, nutrition, dental, vision and more.

At the event there will also be bone density and blood pressure screenings.

They will be offering massages, blood glucose testings, hearing and cholesterol screenings as well as stroke prevention and thyroid screenings.

For screenings, there is a \$30 charge with \$10 being donated toward the screening.

The event will take place from 11 a.m. to 1 p.m. in the Henry Student Center Ballroom.

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ISIS economy reliant on female sex slave trade

By Toni Penello
Staff Writer

ISIS is repeatedly committing a heinous crime on humanity, one that is spoken about markedly less often than the group's other acts of terrorism that make headlines.

Sex slavery is a growing epidemic in the Islamic State. According to Dr. Jonathan Kuiken, assistant professor of global history and languages, sex slavery is permitted by the religious law of ISIS.

While raping sex slaves is permitted by ISIS law, women who are pregnant and Muslim women are not permitted to be sex slaves.

"A lot of these laws that ISIS is calling on to justify what they're doing were actually laws sometimes from the preaching of the Prophet Mohammed himself, sometimes from these early years of Islam," Kuiken explained.

The early years, according to Kuiken, were the first 70 or 80 years. He went on to explain that these laws were written in the 7th century, when the usual practice of a

marauding army was to rape and pillage.

The laws were meant to allow rape and pillaging, with the moral limitation of never injuring a child and never raping Muslim women.

"Of course as society evolves in the Middle East and elsewhere, we kind of move away from this idea that you have a right to rape and pillage.

"So in some kind of odd way, ISIS is taking these laws, that were actually somewhat progressive in the 7th century, and applying them in the 21st century in really retrograde ways," Kuiken said.

Women of Yazidi origin in regions that ISIS overtook were highly prized because they fell into the slim category that allowed them to be taken as slaves by the ISIS law.

Thus, they could promise foreign fighters that if they fought for ISIS, they would receive sex slaves among all of the other things promised, such as housing and money, Kuiken said.

However, if these women were to become

pregnant, they would not be able to be used in the sex trade.

"So there have been reports that they are forcing these sexual slaves to take contraceptives so that they don't get pregnant, and it shows in some ways that these women are actually a very important part of the ISIS economy," Kuiken said.

Kuiken reluctantly described the scenario in black and white terms, saying that there is a large demand for these slaves, with a very limited supply because of the limitations on who can be used as a sex slave.

"Supposedly, these women get passed from fighter to fighter; as the fighter gets killed in battle or blows himself up, his sex slave gets passed to the next foreign fighter," Kuiken said.


"So if they get pregnant, ISIS loses that ability to use them as a bargaining chip, as a form of payment. It's kind of a very perverse logic, but a logic nonetheless."

Kuiken maintains that ISIS law is quite different from Islamic law.

"They [ISIS] pick and chose their history... in theory, what they claim to want is to return to this time of really early Islamic history... It makes it very convenient because you can pick little bits and pieces to construct the world that you want.

"It's kind of a gross misuse of history and theology in order to kind of do what they want to do... it is a deeply developed school of thought, I mean many of them are very smart, but most Islamic scholars, I think, would point out that they are misusing some of this historical precedent or twisting it," Kuiken explained.

"A smart bad guy never just makes stuff up. They always take something that is legitimate and twist it to meet their own ends. So basically, everything that ISIS teaches and preaches does have some tie to actual Islamic history or teaching, but not in a way that most scholars would recognize as valid or legitimate."

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Ambassador, Permanent Rep. of Republic of Palau discusses climate change



The Beacon/Jesse Chalnack

On March 15, Dr. Caleb Otto, Ambassador and Permanent Representative of the Republic of Palau to the United Nations presented "Climate Change, Small Island Developing States, and the United Nations" as part of the U.N. Lecture series. Educated in medicine and health management, Otto has work experience in health and policy development both in national and international arenas, having served in the Senate of the Palau national congress (OEK).

Hoverboard regulations in effect, University sets safety standards: Possession, use and storage, and safety in operation issues addressed

By Gabby Glinski
Asst. News Editor

A ban on the use and possession of hoverboards has taken place on the Wilkes campus due to hoverboards' potential as a fire hazard.

The ban states that possession, use and storage of hoverboards on all university property, including university shuttles and vehicles, due to the reputation of the device's battery to overheat and catch on fire is prohibited.

The decision to ban hoverboards from campus was made in late November before the holiday season when the United States Consumer Product Safety Commission stated concerns about the product.

Justin Kraynack, chief risk and compliance officer, researched the risks of the devices and collaborated with Student Affairs and Residence Life to establish the ban.

"If you go to Philadelphia, there's hoverboards everywhere, but it doesn't seem to be as common in Wilkes-Barre so the campus didn't seem to have a problem

with the ban," Kraynack said.

He disclosed that soon after establishing the ban, a student emailed him thanking him for banning the devices.

The problem with the hoverboards lies in the lithium battery and battery casing that is used in numerous models. The battery is reported to heat up during charging and use and does not cool down, thus causing fires.

"The battery is the same one that is used in cell phones," Kraynack stated. "However, the size of the battery used in the hoverboards creates the problem."

Kraynack states part of the problem with the hoverboards is that cheap versions were being manufactured after the market saw there was a demand for the new devices, stating that the problem does not always

occur but happens enough to need to eliminate the opportunity.

Public Safety is in charge of enforcing the new ban. If there were a hoverboard found on campus, Public Safety would contain the hoverboard in a concrete room in the offices and wrap it in fireproof blankets to

prevent any incidents. The hoverboard would then be removed by outside services.

As of right now, hoverboards are not

allowed on campus until the university hears the products have been greatly improved and have surpassed testing.

United States Consumer Product Safety Commission Chairman Elliot F. Kaye states in an official statement about the concern of gifting and owning hoverboards, "Anyone who purchased one to give as a gift during

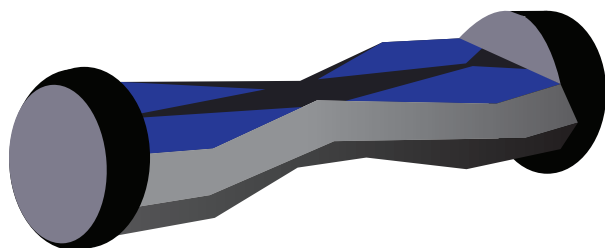
the holidays, or who is thinking about buying one deserves to know if there is a safety defect."

Anyone with a hoverboard is urged by the U.S. Consumer Product Safety Commission to take caution when charging and operating the product. It is advised to not charge a hoverboard overnight or when the hoverboard is out of sight. When charging, the hoverboard should be kept and stored in an open, dry area away from flammable objects.

It is also advised to not charge the device directly after operating it, giving it a chance to cool down before the battery becomes heated again due to charging.

Reported injuries to the commission include concussions, fractures, contusions and abrasions and internal organ injuries. It is advised to always wear a proper helmet and padding while using this product and to not operate the device near traffic.

Any questions or concerns about hoverboard safety on campus or the ban can be emailed or called in to Justin Kraynack at justin.kraynack@wilkes.edu or (570) 408-4554.



Catching up with Beth Gilbert

By Gabby Glinski
Asst. News Editor

Wilkes senior and Wilkes-Barre City Councilwoman Beth Gilbert, elected for District C seat in January, discusses future plans for after graduation.

Gilbert has been working in her new position to improve the neighborhood she represents.

Recently, she welcomed Heritage Point Apartments, a new apartment building on the corner of Grove and Dana Streets in Wilkes-Barre. Gilbert is also supporting a project to create an outdoor skate in Wilkes-Barre.

In late February, Gilbert traveled to Washington D.C to attend CUNA Governmental Affairs Conference to advocate for the credit union movement.

After graduation, Gilbert intends to continue with a career in public service, working behind the scenes to directly serve the public.

"I can't see myself ever leaving this field," stated Gilbert in an interview.

"Becoming elected has helped me to put everything I learned at Wilkes into real world context. I am a firm believer that all

public officials should have at least some education in political science or policy studies.

"While it is essential to have real world experience, the education earned from a degree in this field is truly fundamental."

Gilbert encourages students to become involved in the Wilkes-Barre community off campus. There is a plethora of community service programs available for the surrounding area. To become involved, Gilbert suggests reaching out to small businesses or charities in the community and asking how to become more involved.

"College students are an essential part of our community here in Wilkes-Barre, and I would love to see more of these students become more active in our city," Gilbert said.

Gilbert will host a District C Town Hall Meeting on Wednesday, March 30 at 7 p.m. at Marymount Parish Center, 154 South Hancock Street. The meeting will be held to congregate the community and address any concerns and issues the community members may have.



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Life, Arts & Entertainment

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Think before you underage drink at Wilkes

By Amanda Bialek
Staff Writer

All it takes is one time.

A night out partying with friends and getting caught drinking underage can have some serious repercussions on your future. “Underage drinking is a challenge on college campuses across the country, and Wilkes is certainly not immune to it,” Dr. Philip Ruthkosky, associate dean of student affairs/development said.

According to the Wilkes University Clery Report of 2014, there has been a significant increase in the amount of liquor law violations on campus over the last few years. In 2011, there were 88 liquor law violations; in 2014 there were 172. Underage drinking is a pressing issue college campuses everywhere face. Christopher Jagoe, director of Public Safety, believes that the drinking culture is

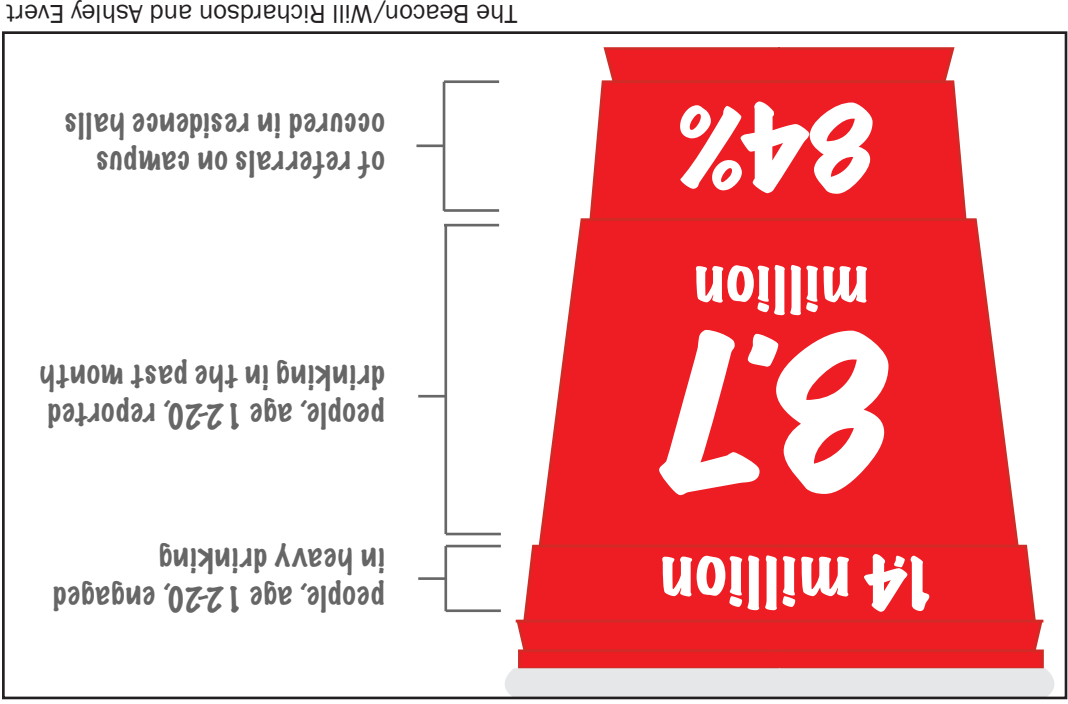
heavily glorified in movies and television shows.

This ultimately leads to an expectation for underage drinking to occur in college. When students have the opportunity to be away from their parents and support systems, they tend to be more independent, Jagoe said.

This independence may involve drinking underage for some students. In 2015, Sergeant Seth Pesta reported that there were 106 disciplinary referrals on campus: Of them, 89 occurred in residence halls. The majority of these liquor law violations were underage drinking incidents.

“It’s rare that we have a liquor law violation on campus that’s not involving a student,” Philip Miller, lieutenant of Public Safety said.

There are problematic behaviors that



The Beacon/Will Richardson and Ashley Evert
Wilkes is not an exception when it comes to college safety problems, especially underage drinking. However, Wilkes does take initiatives to decrease issues.

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are attached to drinking underage, Jagoe said. Some risky behaviors associated with alcohol are sexual assault, damaging public property and inflicting injury upon yourself or another individual. According to the Journal of American College Health, a 2009 study found that “more than 80 percent of campus sexual assaults involve alcohol.” In 2015, Sergeant Seth Pesta reported that there were 106 disciplinary referrals on campus: Of them, 89 occurred in residence halls. The majority of these liquor law violations were underage drinking incidents. “It’s rare that we have a liquor law violation on campus that’s not involving a student,” Philip Miller, lieutenant of Public Safety said. There are problematic behaviors that are attached to drinking underage, Jagoe said. Some risky behaviors associated with alcohol are sexual assault, damaging public property and inflicting injury upon yourself or another individual. According to the Journal of American College Health, a 2009 study found that “more than 80 percent of campus sexual assaults involve alcohol.” In 2015, Sergeant Seth Pesta reported that there were 106 disciplinary referrals on campus: Of them, 89 occurred in residence halls. The majority of these liquor law violations were underage drinking incidents. “It’s rare that we have a liquor law violation on campus that’s not involving a student,” Philip Miller, lieutenant of Public Safety said. There are problematic behaviors that are attached to drinking underage, Jagoe said. Some risky behaviors associated with alcohol are sexual assault, damaging public property and inflicting injury upon yourself or another individual. According to the Journal of American College Health, a 2009 study found that “more than 80 percent of campus sexual assaults involve alcohol.” In 2015, Sergeant Seth Pesta reported that there were 106 disciplinary referrals on campus: Of them, 89 occurred in residence halls. The majority of these liquor law violations were underage drinking incidents. “It’s rare that we have a liquor law violation on campus that’s not involving a student,” Philip Miller, lieutenant of Public Safety said. There are problematic behaviors that

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- 14.) Somerset County

Did You Know...
OnlyInYourState.com surveyed Pennsylvania counties to see where in Pa., the population of most alcohol drinkers live. The following are 14 counties in Pa., listed in order, where 20% or more residents self-reported participating in either binge drinking or heavy drinking.

Lenten update

By Austin Ely

Life, Arts & Entertainment Asst. Editor

Lent and the Christian religion, which guides the principles of the season, is not only a religious custom. It has become a tradition and custom to those who wish to resist temptation in general.

Whether it is to give up drinking coffee, stop smoking or discontinue procrastinating, Lent is a 40-day span in which many people attempt to rid themselves of something negative in their lives.

Peyton Heishman, a freshman biochemistry major at Wilkes University, said his Lenten sacrifice was to give-up "sweets," such as candy, soda and things made with sugar.

Neishman commented, "I will surely keep my Lent promise until Easter."

Trent Force is another student who has stayed true to Lent, making a personal promise to give up drinking tea.

"All kinds of tea," Force added, citing his excessive drinking of tea.

However, some of those who were questioned about their Lenten promises were disappointed that they weren't able to fulfill them due to the intensity of school and work.

Both Corene Parish and Chelsea Brodrick, who are enrolled in the accelerated nursing program at Wilkes University, expressed that despite their wishes, they could not commit to their Lenten give-ups like coffee and processed food.

"It sucks because I don't have time because of school," Brodrick said.

Parish iterated the intensity of the accelerated nursing program and going to school itself for not observing the custom of Lent.

Observing Lent is solely a Christian tradition but the idea of Lent can also be observed as a social custom. While some refrain from small things and temptations like candy, coffee and spending too much time online, others refrain from Lent, as well, and for good reason.

For those who cannot wait to release themselves from the chains of Lent, fear not. Easter is just around the corner.



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Students twice as lucky at St. Patty's Bingo



The Beacon/Marissa Spryn

Members of WUPB, decked out in green for St. Patrick's Day, work the prize table at Bingo Night last Thursday in the SUB.



The Beacon/Marissa Spryn

Emma Kraemer (center) poses with her prize basket full of green surprises awarded at Programming Board's St. Patrick's Day Bingo event. Tori Rudovitz (left) and Lara McQue (right) are happy to see their friend win at the event.

Kanye cries money trouble; asks Zuckerberg for bailout

By John Michael Rey
Contributing Writer

For many people \$53 million dollars is a considerably large amount of money. However, one celebrity feels he is entitled to more.

Kanye West recently went on Twitter claiming he was more than \$53 million in debt. This news was shocking considering *The College Dropout's* prominence in the music industry and many business ventures.

Kanye went as far as to beg Mark Zuckerberg, the creator of Facebook, to bail him out via a tweet.

The reaction to Kanye's recent public declaration also spurred a GoFundMe

campaign spearheaded by Jeremy Piatt.

Wilkes students, however, were not as concerned for Kanye's financial state.

Michael Legg, a history major, felt Kanye accumulated this much debt by living the rockstar lifestyle filled with "tons of ... partying."

When asked how he believed Kanye lost so much money, computer science major Collin Gryskiewicz echoed words similar to Legg's.

Khadijah Venable, an integrative media

major, offered a different view of Kanye's recent twitter tirade by noting the expensive price of Kanye's clothing line.

"The pricing of his clothing is ridiculous, have you seen the cost for a pair of Yeezy's?" Venerable said. "The man is asking a thousand dollars for a pair of shoes...it is no wonder he is losing money."

Fellow integrative media major Annie Stauffer was shocked that Kanye had the audacity to ask Mark Zuckerberg for the money over Twitter.

Other students like Aneal Knowles, an undeclared freshman, believe this is all a publicity stunt for more attention, and feel no one should give Kanye any money.

"He is an egotistical jerk," Knowles said.

However not all students had negative things to say about Kanye.

Both Aneal and Stauffer agreed that when Kanye first emerged on to the music scene, he was an excellent producer, a feat no one can take that away from him.

In general, students seem confused by the recent shenanigans, including biology major Vihesh Ramlall.

"I actually do not mind him," Ramlall said. "He made a couple good songs, but he made no good life decisions. He married a Kardashian and named his son North. Is he trying to make a compass now?"

"The pricing of his clothing is ridiculous, have you seen the cost for a pair of Yeezy's?"

Khadijah Venable,
integrative media major

HUMANS OF WILKES UNIVERSITY



The Beacon/Alexandra Devarie

"I chose mechanical engineering because I wanted to do something with my life that I knew I would enjoy and that I could create a career with. I like to think of myself as a problem solver, so I knew that this was something that was definitely meant for me. I like being pushed and pushing myself to understand things. I feel like the hardest thing I have experienced so far is just managing the homework. It might surprise you but sometimes the homework assignments can take 12 to 15 hours. I'm happy with my choice and am excited about doing this for the rest of my life. It's something that I have been thinking of as my junior year comes to an end."

-Trevor McNulty

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Libby takes part in student's psychology capstone research

By Carlie Coolbaugh
Staff Writer

A dog of all traits.

That is how one could describe Cadet Libby, Wilkes' resident psychological service dog who is also taking part in a junior's psychology capstone.

Kavan Rai, a junior psychology major and women's and gender studies minor, was assigned a capstone project by her psychology professors for graduation credit.

The psychology capstone at Wilkes is a two-semester study on independent research of a problem or question that intrigues the individual conducting the experiment.

Many universities believe that this type of study really shows the progress the students have made and helps prepare the individuals for their careers.

The Southern Oregon University states that the purpose of a capstone is "to help you critically reflect on, review the scientific basis for, and integrate what you have learned and accomplished as a psychology major."

Here at Wilkes, it is mandatory for each academic department to have a set course or courses that help the students gain hands-on experience or further academic research in their chosen field.

"The project helps with the process of looking into graduate schools. Many programs ask for experience in research, so I'm thankful for the opportunity. I'm a fan," Rai said.

Rai decided to test a myth widely known by the general public: Do dogs actually relieve stress?

From personal experience, she said that her dog always makes her feel better and she looks forward to seeing her.

Rai added, "I know it works for me, so I wanted to see if it worked for other people, too."

Rai decided that there was no better test subject for her study than Wilkes' own ROTC pup, Libby.

Libby, a 9-month-old wirehaired pointing griffon, is Wilkes' Air Force ROTC dog that provides emotional support for the campus and the community. She thought that using Libby would help give her a real world response to the myth.

Although at the time Rai had not been able to see her results, she was able to reflect upon her experiences with Libby.

While out in the field, she was able to see physical changes from her interactions with people and Libby.

She saw that the blood pressure of her interviewees dropped after confronting the puppy.

"It was cool to see the drops in blood pressure after encountering Libby. Being around Libby made others feel better, too."

Rai said that using a puppy had a lot more liability than she had initially expected, but she only gained positive experience throughout the experiment.

Rai had to take into account that Libby was her responsibility and had to treat her exactly as she had been trained to behave.

"Working with a puppy was a lot of work, and I'm thankful for Libby. I don't think I

"Working with a puppy was a lot of work, and I'm thankful for Libby. I don't think I could've done the experiment without the help of an animal."

-Kavan Rai

to get her project approved, she had a very positive experience and would definitely do this kind of study again.

She had no regrets apprenticing Libby and would love to re-conduct the experiment in the future when Libby is older to see if there are any changes that may affect the study.



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The Beacon/ Carlie Coolbaugh

Libby, the AFROTC psychological service dog, lays as Kavan Rai pets her chin. Libby is a featured resource in research for Rai's psychology capstone.

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Students can try to get lucky during Casino Week

By Austin Ely
Asst. Life, Arts & Entertainment Editor

Casino Week at Wilkes University is one of many events Student Government works tirelessly on in order to offer students a fun and exciting experience.

This year's casino week will be happening between April 5 and 7. In the meantime, those who set their eyes on particular prizes can begin strategically planning for bringing home the big ones.

For those who decide to make it a fun night out with friends, well, it's a time to get out, have fun and possibly win a prize. No matter the motivation, students can expect to see prizes on display within the Student Union Building within the coming weeks.

Sophomore Cody Morcom, executive treasurer of Student Government, is

responsible for formulating a budget for casino week and said the event was awarded around \$13,000, including prizes and supplies. The Student Government body, as a whole, has already met several times to decide what prizes students might expect to see.

Morcom expressed that there are a number of changes being made to this year's casino week, as well.

The first change is in regard to the size of the prizes. Fifteen prizes have been chosen to entice students to play, from a kayak to a mountain bike and various seasonal items, as well.

The second change comes in an attempt to simplify the chip system. In years past, two different colors of chips were used to represent different values toward being awarded tickets for prizes. However, this

year, the two chip system is no more and has been implemented with a simpler, one chip system.

"A lot of people in Student Government put a lot of work into Casino Week and all of the events on campus," Morcom said. "We want to make everything all about our students and making their experience both eventful and exciting."

Casino Week has been an extension of student government activities for many years; however, the student turnout has increased ever since its creation. Morcom referenced the record-breaking number of students who had attended last year's casino week and is confident in witnessing an even more fruitful turnout this year.



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Casino Week Schedule

Tuesday, April 5
Texas Hold 'Em Tournament
SUB Ballroom at 6 p.m.

Wednesday, April 6
Bingo
SUB Ballroom at 8 p.m.

Friday, April 8
Casino Night
SUB Ballroom, Miller Room
and Lobby

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\$7.95 + TAX

each for 5 or more
large plain pies

\$16.95 + TAX

3 hot & cold subs
mix & match

\$20.95 + TAX

large 16" pizza & 12
cut tray sicilian pizza

\$17.95 + TAX

2 large plain pizzas
toppings extra

\$20.95 + TAX

24- cut Sicilian pizza

\$17.95 + TAX

12- cut Sicilian pizza
& 1 order of wings

\$11.95 + TAX

12 -cut Sicilian pizza

\$23.95 + TAX

2 tickets to Movies
14, 1 med- 1 topping
pizza & 2 drinks

\$12.95 + TAX

small 12" 1-topping
pizza & choice of
any sub

\$18.95 + TAX

large 16" pizza, 1
sub, & an appetizer

\$28.95 + TAX

3 large 1- topping
pizzas

Wonder Women Spotlighted in March

Story by Rachel Leandri

Photos by Jesse Chalnick

Sarah Birchmeier catching a flyball at a recent practice.



Top to Bottom, Left to Right:
Tennis: Madison Salmon, Taylor Hoffmann
and Olivia Hewison
Golf: Christy Taylor and Kate Mahoney
Lax: Tori Kerr, Madeleine Brownsey, Emily
Ketterman and Jessica MacConchie



Women's lacrosse team playing against Smith College at a home game this past Thursday earning a 13-10 victory.

March is Women's History Month, a time that highlights the contributions of women in history and contemporary society. The Beacon sports section has chosen to highlight the female captains of Wilkes' spring athletic teams for their strength, leadership and perseverance.

For these women, springtime is not just about flip flops or being a step closer to summer. For them, it means game time. Preparing on and off the field or court, a captain becomes the lifeline of her team.

Sarah Birchmeier feels that for her to be a strong leader on the softball team, it takes the same qualities as a man to be a strong leader.

"I need to be the first to serve and the last to be served. If I lead by example, they will follow," Birchmeier explained. "I cannot demand respect, I must earn it. To be a great leader, I praise others, protect and defend my

team, become a problem solver and am mentally tough."

With the victories and accomplishments of every team comes with the struggles and obstacles to hurdle, and that is where a female captain's role is essential.

Taylor Hoffman, captain of the women's tennis team, feels patience and understanding is a huge part of her job because at the end of the day, she wants her team to look back on the great memories.

"With any team there is always going to be bad days, and as a captain it is your job to make sure those bad days are minimal and to try make the best of them," Hoffman said.

Besides staying positive, captains must remain effective communicators to their fellow teammates no matter what the particular sport.

"When a leader cannot communicate, there is no team

unity," said Madeleine Brownsey, women's lacrosse captain. "When communicating with my team, an obstacle I face is knowing that as a captain I sometimes have to be the bad guy. Constructive criticism is needed to pinpoint what is wrong and how we can get better."

Birchmeier uses a similar mindset when leading the softball team.

"It's not always easy because at times I will be the mediator, presenting unwanted and unfavorable news, and there may be times that I will be doing the work no one wants to do," she said.

With all that entails to be an effective team captain, many agree that it is crucial that universities such as Wilkes have female sports teams so equal opportunity is provided for both men and women in college.

Therefore, the notion of having a Women's History Month is both appreciated and valued by female

athletes campus wide.

"This month of March inspires female athletes to keep going and reassures them that women can accomplish anything men could," Hoffman said. "Women's History Month allows women to celebrate what those before us have accomplished, and among those women are athletes who have shaped the history of sports."

Women honored throughout March trademarked within history books and classrooms everyday exemplify similar qualities of female captains in college athletics.

"Every moment is worth it because any chance I have to be a part of something great and have my team by my side, the blood, sweat and tears will all have had a purpose," Birchmeier said.



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Opinion

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

Women's History Month: Women in Politics Wilkes professor offers insight into women's representation in politics

By Dr. Jennifer Thomas
Guest Writer

Dr. Thomas is an associate professor of Psychology and the Chair of the Women's and Gender Studies Department.

March is Women's History Month. While our country has made great strides toward recognizing and celebrating women's contributions to society, gender inequity continues to exist.

One place where gender inequity is glaringly obvious is the political realm. Politics is typically viewed as a masculine domain. Not surprisingly, the majority of formal political positions are held by men. Although women represent half of the population, there has never been a woman president and only 18.5 percent of congressional seats are held by women. This is disconcerting because we will not have a true democracy until all voices in a population are represented.

Why should we care about the lack of gender equity in politics? In addition to helping our society becoming a true democracy, women politicians serve important symbolic and practical roles. Symbolically, both men's and women's assessments of women's capabilities improve when women are political representatives. Additionally, women politicians serve as important role models, leading to greater interest and involvement in the politics by girls and women. Furthermore, women political representatives make laws and public policies. They are more apt to favor legislation that addresses social issues

such as peace, education, and health care.

If women politicians are so important, why are there so few of them? I have been asked this question many times. Those who pose it often inform me that women just "don't care about politics." In other words, it is women's "fault" that gender inequity in politics exists. However, multiple research studies indicate this is not true. Women vote more often than do men. And in the 2008 presidential election, 18 to 25-year-old women were significantly more likely to engage in political activism than were same aged men. Anecdotally,

"This is disconcerting because we will not have a true democracy until all voices in a population are represented."

- Dr. Jennifer Thomas

the young women I interact with are extremely passionate about making the world a better place. They volunteer their time at food banks, medical clinics, and domestic violence shelters. They rally others to donate time and money for causes to help those who are less fortunate. Young women care deeply about the state of affairs in the U.S. and abroad.

Although, young women are more politically active than young men, it is true that they are far less likely to consider politics as a career path and to describe themselves as "political." Instead of not caring about politics, many barriers exist that prevent women from entering the political world. Sexism and discrimination have been identified as primary obstacles. For instance, media coverage of women who run for office tends to be sexist. In fact, women candidates receive more attention for their appearance, personality and family compared to men. These comments distract the public from learning more about important issues, such as a candidate's views on policy issues and



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his or her leadership style. In addition, experimental research has shown that when a woman candidate is exposed to sexist questions and comments, we like her less and we are less willing to vote for her. Thus, sexist media coverage has real costs to women who are running for public office.

Traditional gender stereotypes and socialization pressures also limit young women's political aspirations. Boys are encouraged to be aggressive, dominant, independent, and strong while girls are taught to be submissive, nurturing, and emotional. Masculine traits embody what we believe encompasses a "good leader," thus many consciously or unconsciously think men would be better suited for political roles. In line with these stereotypes, young men are more likely to be socialized by parents to consider politics as a career path. Furthermore, experiences with teachers, peers, and media indicate that young women are exposed to less political information and discussion than

young men. And young women receive less encouragement from parents, mentors, and party representatives to run for office. Finally, because there are so few women in positions of power, young women lack role models. All of these factors contribute to young women having less confidence in their ability to run for office compared to young men. And young women are less likely than young men to think they will be qualified to run, even when they are established in their careers.

What can be done to encourage more young women to consider political careers? Drawing awareness to the damaging effects of gender stereotypes and demanding that the media present candidates in less sexist ways would help. Because young women engage in political activism and care deeply about helping others, reframing what "politics" means – in other words, highlighting how real change can come from serving as a political representative – would likely motivate more young women to enter politics. In terms of becoming "qualified" to run, nonprofit organizations such as Ready to Run, teach young women campaign training skills and allow networking opportunities that boost young women's confidence and help them navigate the political world.

Want to learn more about women and politics? The theme of this year's Women's and Gender Studies conference is "Women, Politics, and Activism." It will be held at Wilkes University on April 11 and 12. The keynote address, "Double Standard: Media Treatment of Women Politicians and Why it Matters," will be given by Dr. Jennie Sweet-Cushman, assistant director for the Pennsylvania Center for Women and Politics and Assistant Professor of Political Science at Chatham University, on Tuesday, April 12, at 7 p.m. in the Stark Learning Center, room 101 Wilkes University.

Sum It Up: 1,098 Victories, a Couple of Irrelevant Losses, and a Life in Perspective

By Sara Pisak
Opinion Editor

Sum It Up is an autobiography written by legendary Tennessee basketball coach Pat Summitt and close friend, journalist, Sally Jenkins. *Sum It Up* is the remarkable story of Summitt's resiliency, barrier breaking and determination spanning her childhood in Clarksville and Henrietta, Tennessee to her present day triumph in dealing with early onset Alzheimer's.

I originally bought this book as a gift for my mom, a former basketball player herself and the person who introduced me, at a young age, to Summitt and the Tennessee Lady Vols. With the arrival of March and March Madness (The NCAA Basketball Tournament), I figured there would be no better autobiography to review than Summitt's, since she is the person who has consistently dominated the month of March.

What I love about this text is its conversational style. Imagine sitting down at your kitchen table with a hot cup of coffee and chatting with your best friend. This warm, friendly, inspiring and welcoming conversation is how Summitt addresses her readers. Summitt is raw and honest. She is never phony or high and mighty. Above all, Summitt is a humble trailblazer who cares more about people than individual accomplishments.

Sum It Up flawlessly describes Summitt's love of the people whose lives she's touched. Summitt has many individual accomplishments, and no review of her life, including this book, would be complete without listing a few achievements: 1,098 wins are the most by any coach, man or woman, in NCAA history; eight NCAA titles; gold and silver Olympic Medals; seven time NCAA coach of the year and Presidential Medal of Freedom honoree. Summitt appreciates her success and relishes the hard work it required for these honors but she is more concerned with the people in her life: her family, friends and the girls she coached. *Sum It Up* is just as much about honoring them as it is about honoring Summitt.

Pat Summitt has influenced the lives of great coaches and athletes such as Tamika Catchings, Holly Warlick and Candace Parker and under her leadership the Tennessee Lady Vols have experienced a 100 percent graduation rate. These graduates have gone on to become successful coaches, professional basketball players, nonprofit founders, and school teachers. The jobs, many graduates hold, look to shape the lives of others, reflecting what Summitt has done for them.

When speaking of her recent diagnosis

with early onset Alzheimer's, Summitt lists her players as memories she will never forget. She describes each player as a tattoo on her heart which cannot be erased. The book relays touching tales of former players who rejoined her staff, others whom she has kept in touch with. One of the most notably tales showcases Summitt sitting at player Lisa McGill's bedside and assisting in her recovery after a horrible accident. Viewing the lives she touched as her greatest accomplishments "sums up" what a selfless and loving person Summitt is.

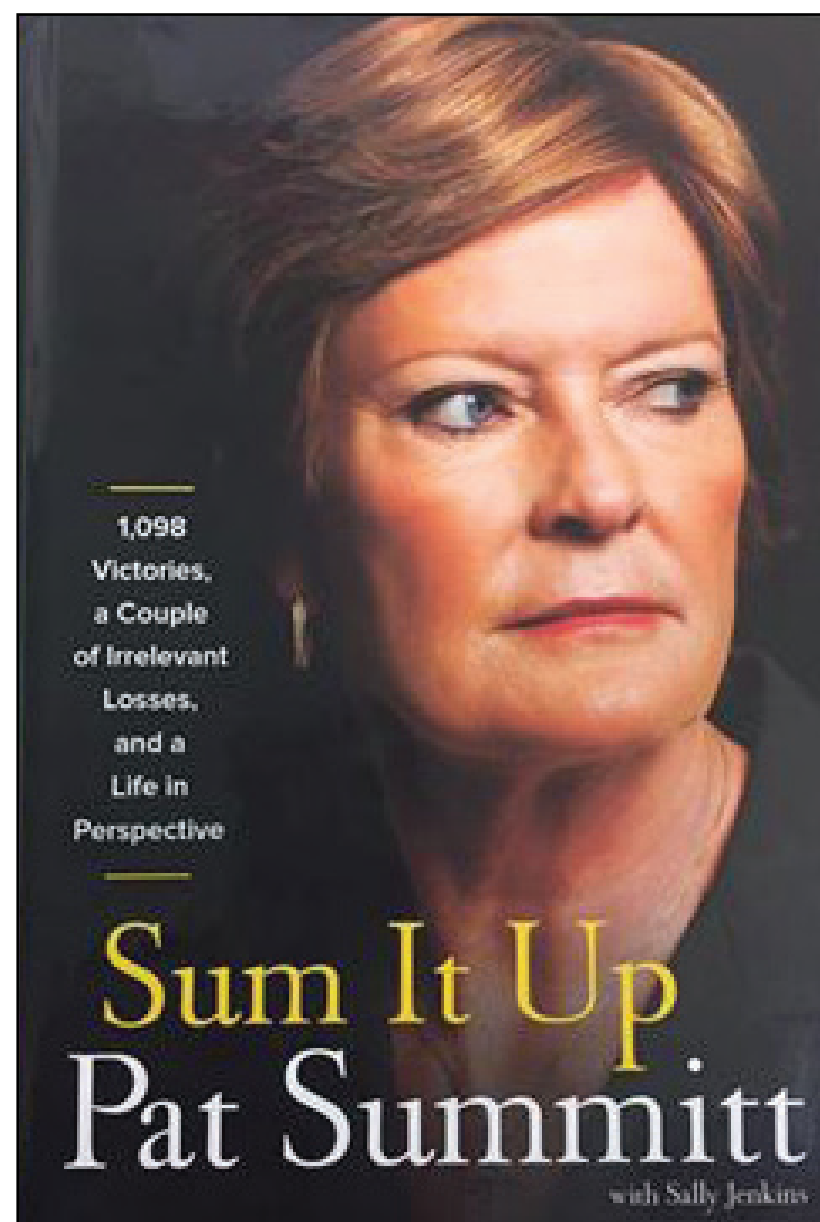
Another great aspect of *Sum It Up* is how Summitt explains her tough love and determination to succeed. As a child, Summitt worked on her family's farm every day, where her father expected her to work side by side and complete the same tasks as her brothers. Only after their chores, could Summitt and her brothers play basketball in the barn. There were no fouls and Summitt once again held her own. While a young college player and a young coach (she was named Tennessee's head coach at the age of 22) Title IX was not yet passed and when passed was only in its infancy. Women's sports were not given the same funding as men's. While the men flew to games, Summitt's teams rode in broken down vans which she often drove.

From these humble beginnings, Summitt turned herself and the Tennessee program into the powerhouse they are today. It is through her tough love and her uncanny ability to read people, which allowed her to break down her players through grueling workouts, discipline and frank discussions all while building their confidence and bringing out the best in each player.

Finally, Summitt speaks frankly about being diagnosed with arthritis, early onset Alzheimer's and stepping aside to become coach emeritus. *Sum It Up* allows Summitt to speak of her goal of bringing awareness to dementia and Alzheimer's. Summitt deserves to be celebrated for openly coaching with the disease and staying active by attending practices. She successfully proves people with Alzheimer's should not be shut away.

Summitt speaks candidly about her close relationship and reliance on her son, Tyler, as they both work to bring awareness to and eradication of Alzheimer's. Their relationship and bravery is inspiring and admirable. *Sum It Up* makes it clear, Pat Summitt beats Alzheimer's by the way she continues to live her life and her positive outlook for the future.

If you would like to learn more about Alzheimer's and The Pat Summitt Foundation please visit: <http://www.patsummitt.org/>.



Courtesy of Sara Pisak

Sara's Score:



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Media portray political race as entertainment; student asks for facts

By Amanda Kornak
Special to The Beacon

Author's Note: Ben Carson has since suspended his campaign.

The 2016 Presidential Election has this young voter concerned about the priorities of American media.

As a communication studies major, I am aware of the importance of a good rating and the importance of sustaining a high viewership.

However, I am concerned as a young voter that these factors outshine the seriousness of an election, especially a presidential election.

I am concerned as a young voter because most of the headlines in the media revolve around two presidential candidates, both who are doing very well in the primary elections by the way.

Hillary Clinton and Donald Trump have taken much of the focus and much of the media's attention, which leaves candidates like Ben Carson without a fighting chance to get his name out there. Yes, I said his name rather than choosing to say his views, positions, and plans. The headlines currently read things like, "Is the Trump Show Ready for Prime Time?" and "The 23 Must-Read Emails from Clinton's Inbox." These are two headliners from *Politico* that make me wonder, is this politics or pop culture?

I was hoping to be able to turn my attention to the GOP and Democratic debates in order to get the information I was searching for. I cannot say I was surprised, but I was again disappointed with the chaos of these debates.

Unfortunately for me, I found myself watching grown men and women, current and future leaders of our country, verbally attacking each other.

Video clips, I have learned, are very affective when calling a candidate out on changing a position from years back.

One Democratic debate that aired on PBS had me hopeful. I was happy to finally be able to clearly understand both Sanders and Clinton and their priorities and missions. That is of course until Clinton decided to go after Sanders at the end and called him out calling President Obama "weak, he has called him a disappointment, and wrote a forward in a book that basically argues that voters

should have buyer's remorse..."

This attack, like all of them I have witnessed during debates, was followed by chaos, talking over one another, and most importantly, neglecting the real issues.

At the end of the day I am confused, as you could guess, as to who I plan to vote for. This, however, does not concern me much since most people seem to be undecided at this stage of the "game."

My main concern is that I cannot choose who the best candidate is because

the media have neglected to focus on what Trump and the other candidates plan to do to better my future.

Thus far, the media have taught me about Trump's hair, his feud with Megyn Kelly and his feud with the Pope. I know about Clinton's email scandal and I know about Sanders' free public college idea. I have learned about the chaos of politics and the circus it has become.

I have learned that the media care more about the entertaining content rather than what is important for voters to not only

know but understand.

I applaud the Town Hall Meetings for having one candidate on stage at a time to eliminate this chaos.

The CNN Town Hall was the first chance I had to get to know Ben Carson.

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Colonels Talk Back

We asked: "What do you miss most about home after breaks?"

Interviews by
Luke Modrovsky
luke.modrovsky@wilkes.edu

Photos by
Jesse Chalnack
jesse.chalnack@wilkes.edu

This year's spring semester features two breaks. The first is known as "Spring Break" and the second is called "Holiday Break". Resident students do not usually have the ability to travel home that often during the course of a semester, except on breaks. Some students develop homesickness while others tend to adjust well.

The Beacon asked members of the Wilkes Community to share what they miss most about home. Want to be in the next Colonels Talk Back? Email luke.modrovsky@wilkes.edu

Bryan Bilbao
Junior
Psychology & Minor: Neuroscience

"I miss my family and friends because I miss the constant comfort and unity of being at home. My friends out here make up for it though. I really miss my mom's cooking and my Xbox."



Brendon Kelly
Freshman
Biology

"I don't get to see my dog a lot since he's back home. I really miss the delis and diners of New Jersey. I left a few comic books back home but I have a bunch here so it's all good. I don't have a car here so I miss driving."



Ethan Robinson
Sophomore
Criminology & Psychology & Sociology

"The thing that I miss the most about breaks is that I get to see my family because I really don't get to see them a lot, especially my brothers. I really like Joey's Pizza back in my hometown. Homemade pizza made over a fire tastes really good."



Dafer Alshiban
Junior
Finance & Accounting

"I miss my family and friends the most. It's a big difference from here to there. The culture is a lot different. I really miss the beach back home. It's relaxing just to either hang out or take a walk along it."



Elliot DeMesa
Junior
Psychology

"I miss not having much to do. I enjoy hanging out with my sisters and pets. Having free time is pretty cool while on break. Usually when I'm at home, my friends and I go hiking. My PlayStation 3 is at home and I really miss that too."



Ashley Smith
Sophomore
Pharmacy & Spanish

"I miss my three cats and two dogs the most. The home cooked meals are something I miss too. There is a fantastic movie theater back in Freehold, New Jersey. It has those big reclining chairs and it's really relaxing to watch a movie there."



Teachers still make a difference without a budget

By Veronica Romanelli
Guest Writer

Editor's Note: This piece is a personal reflection which serves as a continuation of a series exploring the state of education without an state budget.

Veronica Romanelli is a 10th grade student at Meyers High School. She is a hip hop and ballroom dancer at Cooper Dance Academy. Aside from writing and dancing, Veronica's hobbies include eating pizza and dog walking.

For 10 months a year, five days a week, and roughly six hours a day, parents and guardians everywhere trust a bundle of adults to take care of their children and teach them all they need to know.

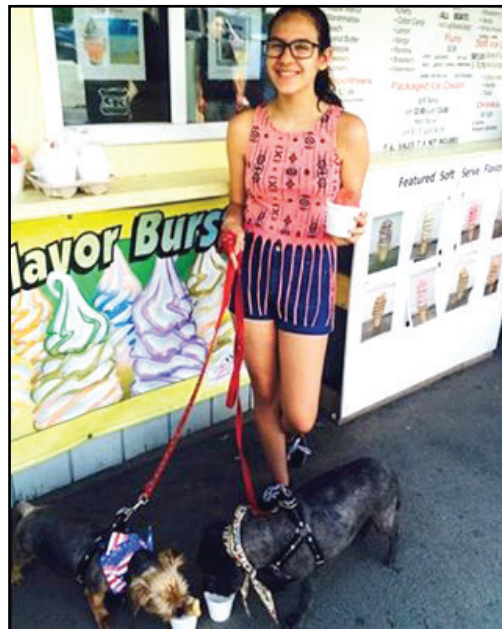
At least one thing about every teacher I've ever had has stuck with me, whether the memories are fond or negative is almost entirely up to them. I've been fortunate enough to have a copious amount of phenomenal teachers who have influenced me greatly, but I've also had to learn to take the good with the bad.

I've noticed that no matter who the student is, nobody thrives when a teacher is constantly putting him or her down. In eighth grade, my class had to do a project on what we wanted to be when we grew

up. My teacher went around the room asking us what we might be interested in for the future, and when I told him I'd like to dance, he immediately shot the idea down and told me I "might want to choose something more realistic."

An article from edutopia.org states, "A painful few educators regularly appear bored with their subject material, lecture constantly instead of engaging students in intellectual conversation, or even seem to specialize in classroom put-downs."

These types of teachers have been the worst to deal with in my experience. I had this teacher who would gossip about students and tell kids in the class that their questions were dumb, so it didn't take long for the whole class to stop asking questions



Courtesy of Veronica Romanelli

make a positive difference, and this teacher is definitely invested in her students. She's the first to say something whenever a kid is being bullied. Her door is always open for anyone who is having a rough day and just needs to talk. Her caring nature reminds me how important it is to be a good person.

Last year, I became too overwhelmed

altogether.

While I've dealt with negativity from teachers, there are also many who have made a positive impact. I had a teacher in seventh grade who was all about making our school and the world a better place. Three years after being in her class, I still visit her classroom every day. Passingthebaton.org lists investment as one of the top five ways for teachers to

with the pressure I felt at school, so I started cyber schooling. I went back to public school this year, and after a while, began to feel it was a big mistake. I almost made the decision to return to cyber, but the person who kept me in school was my English teacher.

I knew that if I left, I'd miss his class too much. I have never seen a teacher care as much as he does, and it makes such a big difference. He has such a positive attitude, and doesn't make his students feel bad if they mess up.

Writing about teachers, The Itawamba County Times writes, "I'm sure there were many times they had absolutely no idea that what they were saying or doing before a classroom of students would have the effect that it did," and I'm sure this is true.

I bet he didn't tell me my paper was a masterpiece and underline part of it in three different colored pens because he knew I'd beam to my family about it, but that's what happened.

He treats all of his students with respect, and it's refreshing to see that he actually cares.

I will always be grateful for the remarkable teachers I've had the privilege of learning from.

Never Settle: Success is not an option but a duty

By Luke Zack
Guest Writer

Luke Zack is a 5th year pharmacy student and has a minor in chemistry. On campus, he has done biochemistry research, helped co-found the Wilkes University Industry Pharmacist Organization and assisted in teaching Medical Anatomy and Physiology. He is currently employed by Noven Pharmaceuticals which is located in the Empire State Building in Manhattan. Luke absolutely loves to read and write, and he enjoys using this skill to help others realize their full potential.

What would you think if I said that success was not an option, but a duty?

Yes, it is a duty for every man and woman, no matter his or her color, creed, religion, social status, or environment. In every situation we must use what we have, and we must accept responsibility for making the most of our situations. Few in our society

want to do this, as I have mentioned in my other articles, we humans prefer to play the victim role. We much rather see odds stacked against us and use them to live a mediocre life.

Manhood in our modern time is becoming diluted. It is just the way of society today. Years ago, we had to hunt and gather in order for our species to thrive. To complain about the way things were at the time was useless. But now, we have supermarkets, restaurants, and police and firearms. We no longer have to hunt and gather, nor defend and protect. Surviving has never been easier, and thus we now can pick the role we want to play in society.

Typically, we aim for a role that requires less work, less effort and less freedom. We can live in society today and have to do very little. We can get away with laziness and we can thrive being insolent. But we cannot truly experience the gift of life if we complain, quit, cower in fear or wilt under

pressure. We cannot be free if we constantly succumb to this fear in the world.

We once really knew why we were all here, we all sought something more, but now, we would rather have less responsibility, and as a result, less freedom. We are afraid, and rather than being responsible for our own safety, we want to give that responsibility to a governing body. We don't want to think. We don't want to defend. We take everything we have for granted and yet we want more. We compare ourselves to others and we want what they have.

What sucks is that you actually have to work for what you want rather than hanging out, talking about it and wishing for it to occur. This movement was born out of both weakness, ignorance and the desire for less responsibility.

I do not mean to point fingers, but we are just unknowing of these things. I slide into this cowardly role when I complain of school and work, when I sleep in and don't

do my work, when I skip my training in the gym, when I eat the dessert or when I look at someone's life and envy. Despite this, deep down, we are still warriors, and our history is filled with them to use as examples.

How Can We Stop This?

Do the things in your own life that will make you tough. Make big decisions and little decisions. Get up earlier than you are now, do your errands every day, keep yourself and your room clean, get to the gym, skip dessert, work hard, work harder, set bigger goals and push yourself.

Persist, by God persist. Don't you dare even think about quitting. Life is not a race, it matters where you end up, not where you start or how quick you get to the finish line. Remember, life is unkind and full of adversity, but you are a warrior and the world needs you to act as such, and live as such.

Never Settle,

-Luke Zack

Sports

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

Bang bang, chicken and shrimp: The legacy of Tanner Stengel

By Jared Powell
Sports Writer

The Wilkes University Football team held its annual banquet on March 14 in the Student Union Ballroom.

Junior middle linebacker Tanner Stengel woke up that morning not having any idea that he would be stealing the spotlight.

During the banquet, Tanner was named Defensive MVP and Special Teams MVP. This means he never comes off the field and he never takes a play off.

Stengel is from Parkland High School, a team that has won the last four district titles. When Tanner was a senior, he led his team to the first title of the era, and the team has won ever since.

"It's a big school, where the mentality was if you weren't playing well the next man would step into your position," Stengel said. "So I always had to play to my highest potential to keep my spot."

This has shaped him into the competitor that his teammates and coaches know him as today. When Tanner was a freshman at Wilkes, he was placed on the JV team: This did not sit well with him. He came back his sophomore season bigger, faster and stronger than ever. He did not start the first game, but this was not a problem: He still started the next nine and finished the season leading the Middle Atlantic Conference in tackles.

This was Stengel's coming out party.

In 2015, during his junior campaign, he accumulated 129 tackles which led the conference again and was fourth most

in all of Division III. 70 of those tackles were solo, which ranked highest in the MAC and sixth in all of Division III. On top of those impressive numbers, Stengel racked up 4.5 sacks and 15 tackles for loss. However, he was sold short in MAC honor, receiving second team all-conference rather than first team.

"He also appears to have a grasp on the notion that there are no shortcuts to success and that attention to detail is critical in his preparation for tasks at hand. As his Position Coach, I can state with certainty that even in defeat, he consistently gives maximum effort and has a 'Never Say Die' attitude," said Coach Jefferson.

With one season left of eligibility, Stengel is not done. He set pretty clear goals for himself and his team. Some of his personal goals include leading the conference for the third time and cracking the All-American list for the first time in his career.

As for his team, he hopes to be the best team in the conference and bring home the championship for his brothers, coaches and the Wilkes University campus. There have been a bunch of doubters, but they just add fuel to the fire.

Head Coach Trey Brown just wants Stengel to continue what he's been doing which is being a leader to his teammates. "I think the leadership piece will always be the big one for me. Anyone can lead if they possess that ability, but it's obviously easier to lead if you perform at a consistent level," Brown said.



Courtesy of Tanner Stengel; Photo by Warren Ruda

Tanner Stengel looks to the sidelines to receive the play call at the Wilkes/King's game.

**Have you been honored with a sports award this season?
Let Sports Editor Rachel Leandri know**

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Wilkes baseball takes 2016 spring break road trip

By Mark Makowski

Sports Writer

Just like other students, members of the Wilkes Colonels baseball team returned to campus last week after spring break. However, they spent their time in Florida, not partying, but hard at work on the baseball field.

The Colonels spent the week in Fort Pierce, Fla., for the second year in a row. The team compiled a (6-3) record while facing Westminster College, Kenyon College, Penn State Behrend, La Roche College, Geneva College, Widener University and Hilbert College twice.

The trip was filled with several high points for the Colonels. Senior pitcher Marcus Leaf showed that he is ready to start the season hot with his performance against Geneva College. Leaf gave up four hits, one run and 10 strikeouts over 6 2/3 innings.

In this game, the offense stepped up to match Leaf's strong performance on the mound. With this formula, the Colonels stopped a three game losing streak; they would not lose again in Florida., adding the next three games to the win column. Leaf enjoyed the opportunity to be in Florida again this spring break.

"It was great to be down in Florida with the warm weather, great baseball, and hanging out with my closest buddies," Leaf said.

Nate Ramsey enters the 2016 season as his first year a head coach. Ramsey spent last season as an assistant coach with the team and looks to build upon the (18-20) record that last year's team accomplished.

However, the Colonels were left out of the playoffs, ending up on the wrong side of a tiebreaker. Coach Ramsey believes that taking the team to Florida can present its challenges and distractions.

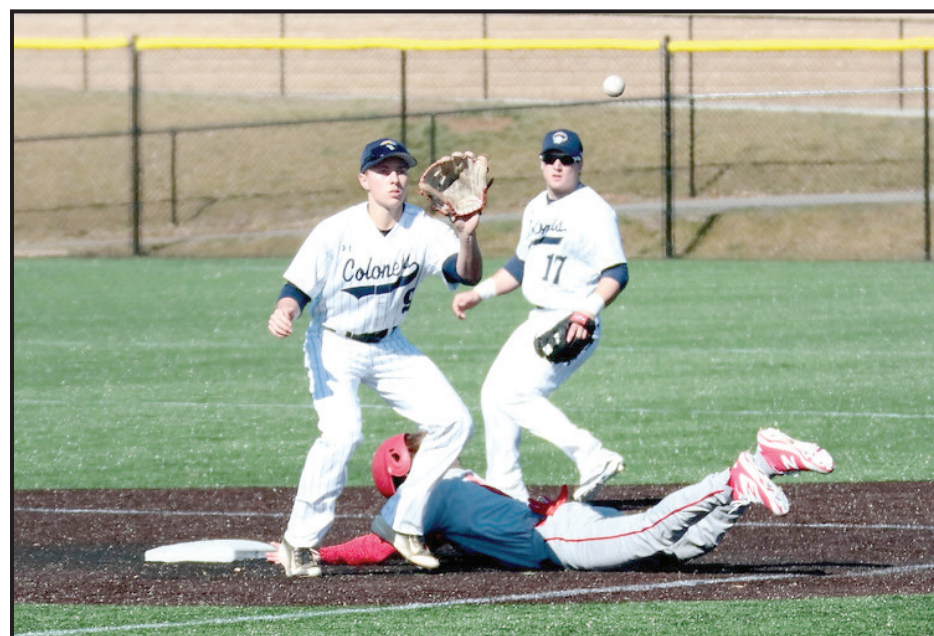
"I think distractions present themselves on every road trip in some way, shape or form. Baseball is an uncommon game, and Florida is an uncommon trip for many teams, so naturally, there can be distractions everywhere," Ramsey explains. "For us, that was seven or eight guys' first time on a plane. Acting professional, and treating the trip as business is the key to having a good trip down there."

This year's Florida trip was very different than last year's trip: The schedule was a much more difficult than last season, but the Colonels were up for it.

According to Leaf, "Last year we won two out of nine games to mediocre teams. This year we had a difficult schedule and played some of the best baseball, our pitching dominated teams and our bats supported us throughout the trip. Nothing beats winning close baseball games."

The Colonels have a roster that is loaded with depth in all positions. Coach Ramsey is not only impressed with the depth that the team has but he is also impressed with the team's "passion." Having 13 upperclassmen on any roster generally means that you have a team that is loaded with experience and can teach the freshman and sophomores the ropes for when it is their turn to lead the team.

Leaf is impressed with the pitching of the team, and with the bats finding their stride, they have a great formula for success.



Courtesy of Ben Kramer

Shortstop Mike Wozniak receives throw at 2nd base against Dickinson College.

"Our pitching this year is unbelievable: we have four starters that dominate for five or six innings and then have a bullpen that has been lights out all around, our pitching staff is confident that any team we face will be shut down," Leaf explained. "The hitting started slow, but came around as we got further into the games in Florida. Our goal is to get better and better each week: If we continue dominating on the mound and in the box, the MAC title is ours without a doubt."

2016 is going to be the year that will see

the Wilkes baseball team accomplish several things: They are poised to make their name known when the team enters conference play. They hope that their record will be better than last year's so they can secure a spot in the playoffs and not have to worry about being on the right side of a tiebreaker.



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Women's golf: Lady Colonels are ready to tee off

By Evan Willey

Sports Writer

As winter slowly (or in our case, quickly) fades into spring, a new sports season has begun.

Spring sports have gotten really lucky with such great warm weather so early in the season. Head Coach Elizabeth Spencer and her new team of female golfers are ready to start teeing off.

The female golf team is a new addition to the Wilkes Colonels. This is only the second year with the program.

The unique thing about this sport is that it is played both in the fall and spring sports seasons. In the fall, the Lady Colonels took on Marywood and Misericordia.

This season there are only nine girls on the roster. Some might think that is too

small for a team, but others look at it as a perfect opportunity to stand out more.

The team's co- captains are both returning seniors. Kate Mahoney balances golf along with soccer in the fall: "I have only been on the golf team for two years but I've loved every second of it."

Christy Taylor is also this season's co-captain. She is a pharmacy major from Carlstad, New Jersey. Coach Spencer states, "They have both been with the program since the beginning and are wonderful leaders."

Coach Spencer emphasizes often that her golf program is young, but her players have a lot of potential. All she wants from her team is for them to work hard and move forward.

Her goals for the season are for her Lady Colonels to continue to improve their game. Mahoney also agrees with her coach, stating

that she hopes for the program to strengthen and that she wants to win a couple matches.

The team also welcomes four new freshman players, the largest class on the team. With most of the players still young, this gives the women's golf team a strong foundation to grow.

Freshman Alexa Flood, who has been playing golf for seven years, is very happy that the team made her feel really welcomed.

"My coach has been very helpful with golf and school, along with the girls who've been on the team. Everyone on the team has been very nice to each other, making it welcoming on the team." She hopes to improve her performance this spring season.



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**To stay
updated on the
women's golf
team, visit
gowilkesu.com!**

Nick Racanelli brings Colonel Pride to Cedar Rapids

By Danny Van Brunt
Asst. Sports Editor

For 10 years, the Wilkes Wrestling program has qualified at least one wrestler to the national tournament each year. Nick Racanelli was the lone wrestler to qualify for the tournament in Cedar Rapids, Iowa.

Racanelli is a sophomore who wrestles at the 157-pound weight class, and he finished his second season with a record of 24-11. In order to qualify for the national tournament, Racanelli had to place in the top three of the regional tournament. He took second place in the regional tournament.

He qualified after wrestling Ian Evans of Scranton. In that semi-final match, Racanelli took down his opponent in overtime to win, 3-1. After that, he wrestled in the finals with Brett Beltz of Thiel and got pinned by him for second place.

"Qualifying for nationals was awesome. I accomplished my one goal this year and that was making it to the NCAA tournament," Racanelli said.

His first opponent in the national tournament was a familiar one: Raymond Jazikoff of NYU had wrestled Racanelli earlier in the year during the dual match between both schools. The match earlier in the year ended 7-6 and Racanelli won. The match at the national tournament was very close as well, but Racanelli lost 10-8.

"Facing Jazikoff in the first round was rough because he was a tough wrestler who I had beaten in a very close match. I knew I



Nick Racanelli during his recent match at the NCAA Championship Tournament.

Courtesy of GoWilkesU

had to be ready to go," Racanelli said.


In the wrestle back round, Racanelli faced Brandon Arteaga of Wisconsin-Whitewater. This match was fairly close as well. Racanelli fell 4-2 and ended his run in his first national tournament.

"Unfortunately, I did not wrestle to the best of my ability and was eliminated the first day, but it motivates me to be an All-American even more. My ultimate goal by my senior year is to become the national champion," Racanelli said.

Racanelli's season ended after his

national tournament run. He has two more national tournaments that he could potentially qualify for, but the seniors who hoped for one more shot were devastated. Senior Michael Fleck, ranked in the top-ten for most of his final season, was picked to take a second place in the national tournament before the regional tournament. He injury-forfeited his final match for sixth place in the regional. Kyle Diesel was also ranked in the top ten for most of his season, yet placed fifth in the regional.

"Next year, I will miss the seniors because I became really close with all of them. Brian Broderick [the graduate assistant] will also be missed; I knew him coming into my freshman year. He always kept me on track and would train with me whenever I needed to. He really had me prepared for the post-season," Racanelli said.

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Wilkes tennis caps off break with the Special Olympics

By Andre Spruell
Asst. Sports Editor

Over the spring break, while most students were back home or on vacation somewhere, the Wilkes men's and women's teams both went down to Hilton Head Island, S.C. for a series of matches and to take part in a special event that the players will never forget.

The men's and women's tennis teams have been dominant on the Division III level, winning eight and nine conference championships respectively, accompanied by NCAA tournament appearances.

Despite experiencing success in the series of matches in South Carolina, being able to spend time with the boys and girls from the Special Olympics down there in Indigo

Run was a great perk. To take a break from playing competitively on the court against other schools, both tennis teams spent time teaching children that are part of the Special Olympics how to play tennis.

Andrew Neidig, a sophomore on the men's team said, "Working with the Special Olympics was great. Getting to teach the kids tennis and helping out others was a great opportunity for the team."

Aside from just teaching the kids how to play tennis, the team also played classic playground games and even danced with the kids.

"It was not hard at all to recognize how excited the kids were, they had so much fun with us that they can't wait for us to go back down next year," said Artyom Nabokin, a

sophomore on the men's team.

Overall, the team was very excited to help out the children that were part of the Special Olympics program. From talking to members of both teams, it was a rewarding experience and is something every player looks forward to do every spring break.

The tennis team getting involved with the Special Olympics has been going on for about the last five years and is something that many people do not know about.

For the actual games, the women finished second, losing the finale 6-3 against Berry College, while the men swept the competition and took first place by notching 8-1 consecutive victories on the final day against Berry College and Belmont Abbey.

Probably the most important part of the

trip, besides working with the children in the Special Olympics and experiencing success on the court, was the teams being able to bond by doing things like watching movies, going to restaurants, outlets, spending time at the beach and even having a team picnic.

Nabokin said, "You don't get to know everyone as well as you would like because of things like classes and homework, but the break definitely brought us all together."

For upcoming games, the women will travel to Swarthmore, PA to take on Swarthmore College on the 24th, while the men will take on Ursinus College down in Collegeville, PA on the 28th before both teams open up MAC Freedom play against Misericordia on April 2nd.

Getting to know...

Grace Graham

Freshman Tennis Player

By Purvit Patel & Elyse Guziewicz
Sports Writer; Copy Editor

Grace Graham is a freshman English major from Rockville Centre. She graduated from Sacred Heart Academy High School in 2015.

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

A: I took one of the campus tours and loved the people and atmosphere.

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

A: I'd like to try and become a book editor for a publishing company.

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

A: To play my best and help the team out as much as I can.

Q: When and why did you first begin playing tennis?

A: I first started playing tennis when I was little, but it became the only sport I played in high school because I liked it the most.

Q: Do you have other sports, interests or hobbies off of the field?

A: I love playing soccer and volleyball, and enjoy watching football during the fall.

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

A: My mom is the most influential person in my life because she is a hard worker and always puts others before herself.

Q: Is there a quote you live your life by?

A: "If you can dream it, you can do it." – Walt Disney

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

A: To me, "Be Colonel" means giving it your all, and never giving up no matter how difficult things get.

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

A: If I could have dinner with a famous person from the past, it would be with Alexander Hamilton.

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

A: Dig deep, stay steady and rally!



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Getting to know...

Ryan Dupre

Junior Football Player

By Purvit Patel & Elyse Guzewicz
Sports Writer; Copy Editor

Ryan Dupre is a junior entrepreneurship major with a management minor. He is from Parkland High School in Allentown.

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

A: What really drove my decision to come to Wilkes is that I had an opportunity to play football as a freshman, and also Wilkes offered my major of interest which is entrepreneurship along with being able to get an MBA in only one year.

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

A: My only hope for this upcoming season is that we are able to put the final pieces together and click as a team. We have a lot of talented players and will be a dangerous unit once we get rolling. This being my last season ever, it would be great to go out winning some games and to help contribute to the rise of the program.

Q: When and why did you first begin playing football?

A: I first started playing football in first grade with former athlete of the week Tanner Stengel. I grew to love the game and have been playing ever since.

Q: Do you have other sports, interests, or hobbies off the field?

A: I enjoy long walks on the beach, golfing, hunting, traveling, hanging with

friends and Amy Beckwith.

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

A: I would have to say my father is the most influential person in my life. He is the most selfless person I know, and has taught me many things that I will carry with me the rest of my life. It took me till later in life to truly appreciate that I was never forced to participate in any sports or activities. He has always encouraged me to work hard, but has never forced or pushed me to do something unlike most parents. He told me one day that he did this so that I would be able to find a self-desire in my interests, which allowed me to be able to motivate myself and therefore have true love for the game, which I believe I have.

Q: Is there a quote you live your life by?

A: "What we do in this life echoes in eternity"-- Gladiator.

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

A: It means be a savage. Guys or girls, live your life to the fullest and achieve everything you want to. Beat King's!

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 Walt Disney.



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