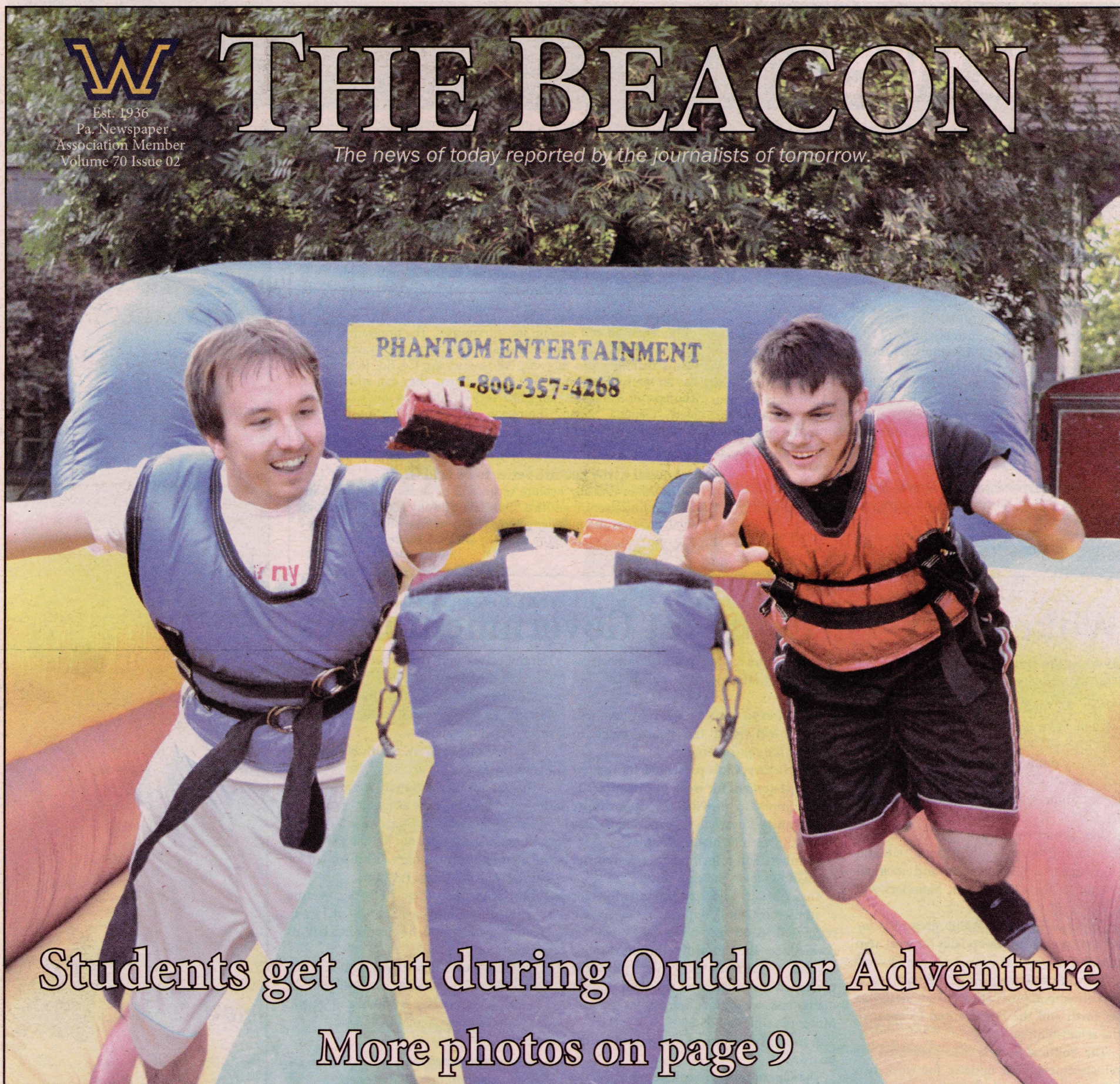




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Volume 70 Issue 02

THE BEACON

The news of today reported by the journalists of tomorrow.



Students get out during Outdoor Adventure

More photos on page 9

News

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

Beacon Briefs

Aramark Building Community Day - Sept. 20

On Tuesday, Sept. 20, Aramark Building Community Day will take place on the Greenway from 2 to 4 p.m. There will be snacks and games at the event, and all donations will benefit Weinberg Memorial Food Bank in Wilkes-Barre. Students can also donate non-perishable food items to be qualified to win prizes.

Outdoor Nation Campus Challenge Update

Wilkes University is currently in 3rd place for the Outdoor Nation Campus Challenge, and Adventure Education needs more students to sign up and log their activities.

To join, download the Outdoor Nation app or sign up online at www.oncampuschallenge.org. Choose Wilkes University as your school. To log an activity, take a picture of yourself/your group or part of you doing something outdoors and then choose the appropriate category.

Wilkes University Blood Drive - Sept. 20

Wilkes will be hosting a blood drive on Sept. 20 from 10 a.m.-4 p.m. in the Henry Student Center. Register today at redcrossblood.org, as appointments are filling up fast.

On-campus room decoration contest hosted by Admissions

The admissions office is holding a room decoration contest for students who live in residence halls or on-campus apartments. Submit photos of your room to ambassadors@wilkes.edu before Friday, Sept. 23. All of the photos received will be uploaded into a photo album on our Facebook page called The Room Photo Contest. The residence hall room and apartment style room. The winners will receive Wilkes gear and a \$20 gift card to Barnes and Noble. Only one picture per room/apartment.

Intramural Sports Fall 2016

Students can still sign up for intramurals. The program is using a website called ImLeagues for all Intramural registration, sign-ups, scheduling and playoffs. All leagues are Co-Ed. If a student has an interest in a sport that is not offered, they can email Stefan Thompson. Availability of sports is determined by student interest level. Contact Stefan Thompson with any questions: stefan.thompson@wilkes.edu

Annual Kirby Lecture Series to be held Oct. 5

The Allan P. Kirby Lecture series will be hosting Lt. Col. Allen B. West for a lecture entitled "Building a strong economy through small business and military veterans." The lecture will take place at 7 p.m. on Wed., Oct. 5 in the Dorothy Dickson Darte Center.

table of contents

news.....2

life, a&e.....7

spread.....12

opinion.....14

sports.....19

Wilkes University Student Government notes

By Meghan Burns
Staff Writer

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

Zebra Communications, the student-run public relations agency on campus, gave its presentation requesting a non-club fund request.

The group requested \$1,300 to pay for transportation to a PRSSA national conference in Indianapolis and a small portion of their hotel costs. Members will return next week.

The Geo-Exploration club presented for its reinstatement with updates for week two of two.

The club was inactive in the past years. A motion to approve the reinstatement was set forth and the board voted to approve the reinstatement.

The Political Society also presented for reinstatement with updates for week two of two.

The group is nonpartisan and hopes to

spread campus wide political awareness throughout the current election and beyond.

A motion to approve the reinstatement was set forth and the board voted to approve the reinstatement.

The History Club presented its request for reinstatement for week one of two. The group hopes to provide the opportunity to advance knowledge, experience and interest in various historical areas.

Members will return next week in order for SG to vote on the club status.

The AMCP gave its presentation for a non-club fund request. The AMCP requested \$235 in order to attend a conference. The club will return next week.

Cody Morcom, SG vice president presented his updates on the fund request made last week for the Sports Smash. Morcom requested \$5,500.

A motion to approve was passed by the board.

The Operations committee reported the new Media Center will be dedicated to the

Karambelases and the expected move in date will be Aug. 1, 2017.

Members also reported there is a new system in Towers that will help with unexpected fire alarms.

The building at 32 W. South St. now has handicap-accessible access.

The Commuter Council reported that the new lounge is now available for use.

The Programming Board also reported there was a great turn-out for Club Day and the board's next meeting was scheduled for Thursday, Sept. 16 at 11:30 am.

The RAs also reported a meeting scheduled for Thursday, Sept. 17 at 11 am. Election ballots and homecoming ballots were sent out.

The Treasurer's Report stands as follows: All College: \$11,944.48; General Funds: \$24,500; Conference: \$5,000; and Spirit: \$2,000 for a SG total of \$43,444.48.



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A Colonel forever: Jonathan Ratchko's memory lives on

By Alyssa Mursch
News Editor

A crowd of a fallen Colonel's family and friends filled the walkway passing Kirby Hall Friday morning, sharing stories, hugs and tears in memory of their friend and son.

"I can feel him here," a friend said as a light breeze interrupted the heat of the brightly-lit day.

It was what the crowd called a "perfect day," with the sun shining down, reflecting off the gold plaque of the new bench that read "In memory of our wonderful friend Jonathan Ratchko."

On the evening of Nov. 10, 2014, Ratchko was found dead in Ross Hall. The Luzerne County Coroner's Office ruled no foul play was involved.

Two years later, the weight of his loss is still felt on Wilkes's campus. The university shared the sentiments of family and friends as they agreed to dedicate a bench and tree to the former student.

"We always say that when you come to this school you're a lifelong member, and even in a case as tragic as this one, Johnny will remain a lifelong member of this community," said President Patrick Leahy.

Also among the crowd were Ratchko's parents, friends and Vice President of Student Affairs Paul Adams.

Jillian Ehret, who was a close friend of Ratchko, was a big part of putting the memorial together.

"I'm grateful for the beautiful memorial

on campus, especially because Wilkes is where we got the closest. His spirit is with me everyday and I'll be walking for the both of us come graduation."

"I believe Johnny has shaped all of us who knew him. I know he has become a part of my life and part of my family's life and will always be remembered as part of the Wilkes community," said Vice President of Marketing Jack Chielli, whose two children, Maria and Anthony, were close friends of Ratchko's.

Adams spoke of the opportunity to attend the dedication a "privilege," saying he didn't think there was a better location for the bench and tree placed in Ratchko's honor, as they were alongside one of the most heavily-trafficked areas of campus.

The dedication concluded with the soft words of Ratchko's mother. Through tears and shaking hands, she shared her thanks and gratitude for everyone that contributed to the memorial. As she spoke, tears filled the eyes of those who surrounded her.

"Please use this space for peace during your time here," she said.

After the group dispersed, Leahy shared an embrace with Mrs. Ratchko, ensuring her that the university would "take of it," in reference to the memorial.

Chielli paraphrased a quote from poet Mark Nepo that he felt paralleled the situation. "We can let go of the deepest things that matter to us because they have already shaped us and become part of who we are."



The Beacon/Alyssa Mursch

Vice President Paul Adams dedicates the bench and tree to fallen Colonel, Jonathan Ratchko, alongside his friends and family.



The Beacon/Alyssa Mursch

The memorial dedicated to Jonathan Ratchko that lies under the tree outside of Kirby Hall.



The Beacon/Alyssa Mursch

The bench placed outside of Kirby Hall in memory of Jonathan Ratchko, January 14, 1995 - November 10, 2014.



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New director appointed to the Sordoni Art Gallery

By Sarah Bedford
Editor-in-Chief

Those who spend time on the first floor of Stark Learning Center are likely to have seen a new face packing and unpacking some very large art boxes.

Heather Sincavage was appointed as the director of the Sordoni Art Gallery and assistant professor of art at Wilkes University on July 18.

The move into Wilkes has been one of excitement, according to Sincavage, who was previously a faculty member in art at the University of Maine at Presque Isle.

She also ran the campus art gallery.

"After about three months their gallery director decided to retire and I asked to take on that role," Sincavage explained of her role at the university. "It was something I didn't expect to love as much as I did. When I saw this was an opportunity to get involved waist-deep, I was excited about it."

Sincavage explained that the location of the university in central Wilkes-Barre drew her to the opening, too.

"I really wanted to be able to be community-driven to do work that was something significant to (not only) the students but (also) the community at-large."

Along with her university experience, Sincavage is also a visual artist, which she explains as "mixed media artist who uses sculpture, drawing, installation and performance kind of holistically together".

One of her favorite creations was a performance called, "The Weight of These Decisions," which uses art to "logically formalize things that you can't."

Sincavage explained that human emotion are very real to each individual but one cannot assign a value to their worth.

"I kind of play around with the idea of how real our emotional context is and how we're always trying to negotiate that realness within our lives," she said. "I made these sandbags out of old mattress casings and I wore them around my neck and there are seven three pound sandbags, three pounds is the weight of our brain. And so I'm always relating back to our body in a way that I'd say that some of this takes place."

Sincavage has been able to travel around the world because of her art, including Spain, Iceland and Finland.

"I started doing residencies around the states and then had an opportunity in 2009 to live in Spain for a summer," Sincavage said. "That was incredibly generous of this organization that brought me over and that's really where I got the taste that I have to do more of this."

Sincavage explained that her artistry is beneficial to the type of position she currently holds as she can appreciate the past but look to the future.

"I think it's unique when artist are in more of a curatorial position," she said. "Artists are always looking forward and sometimes historians are still looking back. There's a nice balance here."

"I have a background in what's happened historically but I'm also looking forward and I'm looking forward in a way that the exhibition space is less of a white box," she said adding, "But really use the space in an innovative and experimental way."

With her focus on community dialogue, Sincavage also hopes to incorporate cross-disciplines in the exhibitions she brings into the Sordoni Gallery.

"I'm trying to tap into people who thought maybe art wasn't their thing and kind of bring them into the fold a bit," she explained. "So I'm looking for artists whose content may spill over a bit into environmental science or biology or global relations or feminism... I really want my programming to be geared that way."

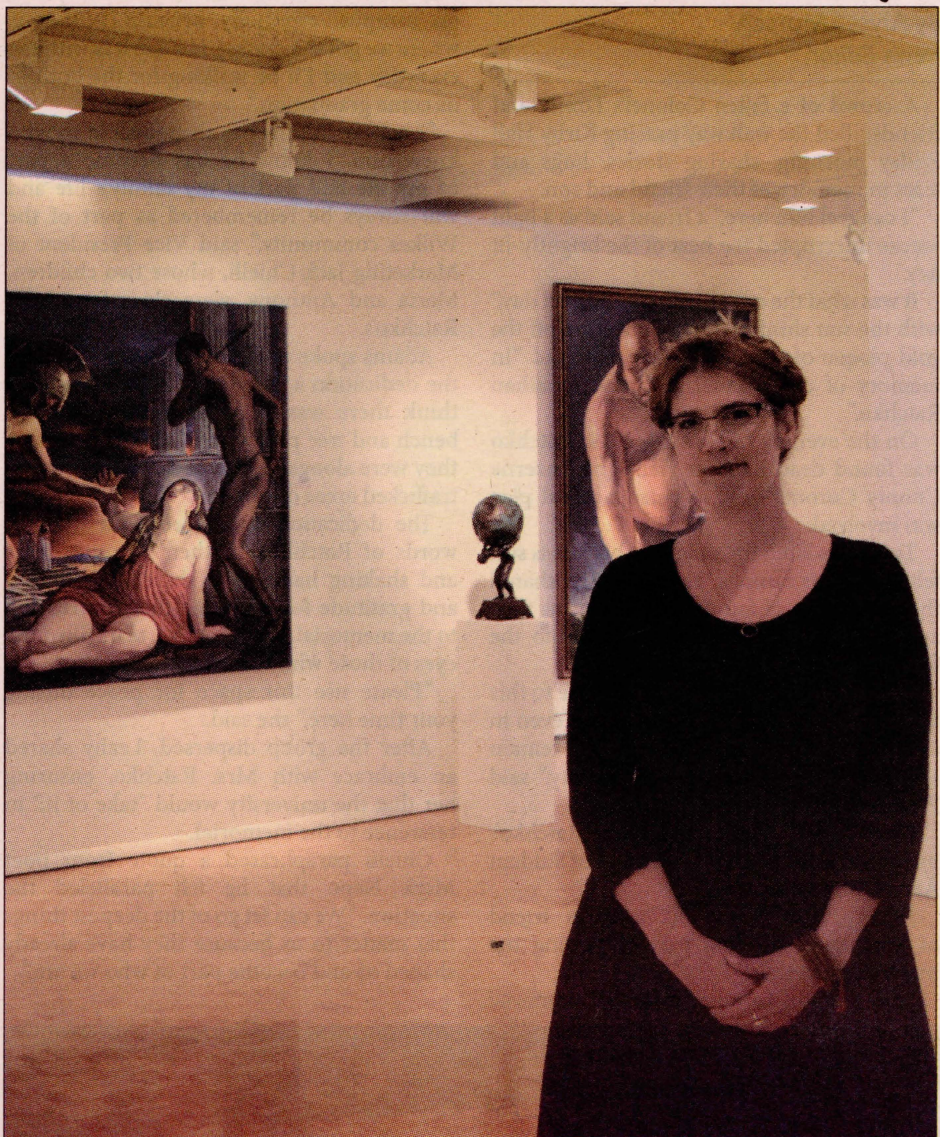
The graduate from Tyler School of Art at Temple University and the University of Washington from where she earned her master of fine arts explained that, in the future, she hopes the gallery space will be used for more than just art but for gatherings and performances as well, but not restricted to the gallery itself.

"Art does not have to be just within those walls."

The next Sordoni exhibition will begin Oct. 25 featuring the work of Ying Li, entitled *Geographies*.



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The Beacon/Jesse Chalnack

Heather Sincavage is the new director of Wilkes University's Sordoni Art Gallery. She is also an assistant professor of art.

Exhibitions

Current:

Persistence: The Continuing Influence of Classical Myths

Aug. 30 – Oct. 12

A group exhibition of works by contemporary artists who find inspiration in Greek and Roman mythology.

Future:

Geographies

Oct. 25 – Dec. 18

Landscapes and city scenes surveying the past four years of work by the Chinese-born Li in a selection of more than 100 paintings and drawings on view at Haverford College, where she has taught since 1997.

Campus counseling expands services with after-hours support line

By Alyssa Mursch
News Editor

Wilkes University has expanded its campus counseling services by implementing a new after-hours support line, providing an outlet for students that may need immediate assistance at any time.

The after-hours support staff will be available to students from 4:30 p.m. to 8:30 a.m. Monday through Friday, as well as anytime on weekends, breaks, holidays and during the summer.

Campus counselors Susan Biskup

during office hours can be directed to their office.

Biskup added that when students utilize this line they will be asked to identify themselves, although those records will be kept confidential, as always.

She continued by saying that campus counseling believes in reaching out to students in need of support and, as such, they will want to know who to contact to arrange follow-up counseling or to simply check in.

"We want to provide comfort and care for all Wilkes University students by letting them know that despite

"We want to provide comfort and care for all Wilkes University students by letting them know that despite their circumstances, support is always available."

- Susan Biskup

and Melissa Gaudio provided further explanation about the new service, which is already up and running.

"The purpose of the after-hours support line is to offer Wilkes students the opportunity to talk with counselors who are well versed in the behavioral health field specifically pertaining to college student mental health issues," Gaudio said.

Students reaching out through the after-hours line can expect to speak with master's and doctoral-level health clinicians who are specifically trained to assist with all issues related to the mental health needs of college students, Gaudio explained.

The support line is mainly a resource to use during times of crisis that are outside of regular office hours.

Gaudio added that it is important to remember that students can also schedule appointments with her or Biskup between 8:30 a.m. and 4:30 p.m. by contacting the Health and Wellness Services at 570-408-4730, which is located in Passan Hall.

Any mental health crises that happen

their circumstances, support is always available," Biskup said of the benefits of this new addition to students.

"Through this service, students will find a listening ear and a skilled clinician to assist with guidance in the treatment and care of our students. Counselors, faculty and staff can all sleep better knowing that our students are cared for in the best possible way," she added.

"We are really fortunate to have this service at Wilkes University."

To contact the after-hours support line, call 570-408-CHAT. Along with this outlet, students can also contact Public Safety after hours at 570-408-4999.



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Support Line

570-408-CHAT

Hours:

4:30 p.m. - 8:30 a.m.

Monday through Friday

Anytime during

Weekends, breaks, holidays, summer

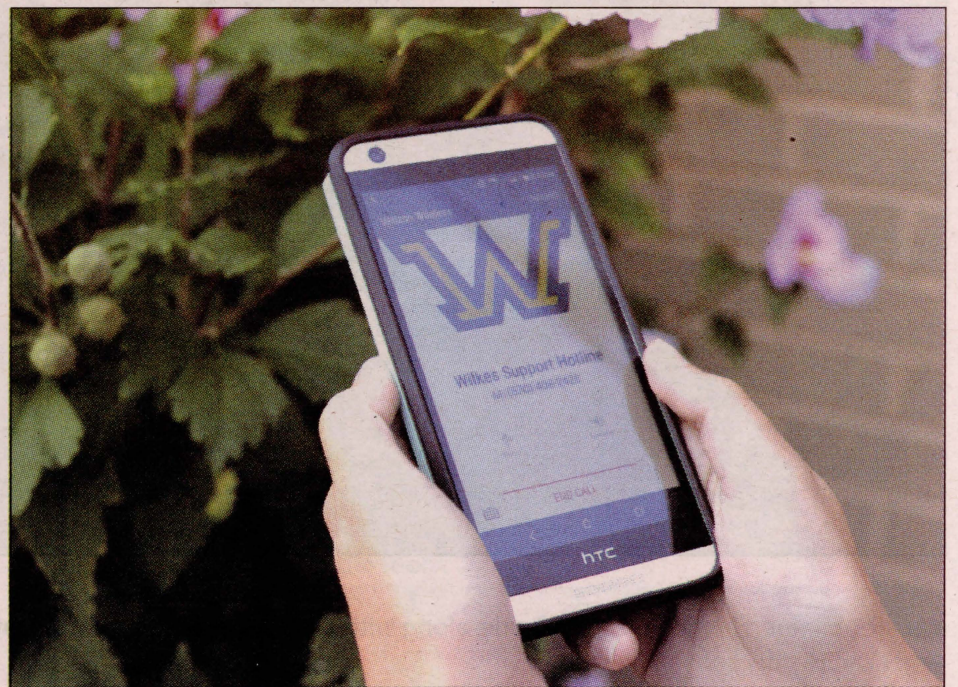


Photo Illustration The Beacon/Gabby Glinski

Do you like to write?
Interested in current events?
Want to get more involved?
Write news for the Beacon.



Contact us!

Alyssa Mursch, News Editor, alyssa.mursch@wilkes.edu
Toni Pennello, Assistant News Editor, toniann.pennello@wilkes.edu

Wilkes professor participates in national seminar

Slave narratives in history; new spring course in works



Photo courtesy Diane Wenger

Wenger, pictured in the bottom left side, along with 24 other applicants, participated in the Council of Independent Colleges and Gilder Lehrman Institute of American History seminar in June.

By Zachary Smith
Staff Writer

Dr. Diane Wenger, associate professor of history and co-chair of the Global Cultures Division, was involved with a special seminar on "Slave Narratives" in American history this past June at Yale University.

The seminar, which was sponsored by the Council of Independent Colleges and the Gilder Lehrman Institute of American History, focused on works from both literary and historical perspectives. Led by John Stauffer, professor of English and African American Studies at Harvard University, and Edward Rugemer, professor of African American Studies and history at Yale University, the faculty members used slave narratives and other readings to delve into the lives of slaves both before and after their experiences in bondage. This is an important discussion, as Dr. Wenger says, "I

believe it is important that we as Americans understand just how terrible the institution of slavery was in our country, and recognize the important role that enslaved African-Americans played in building our nation."

"Attending the CIC Slave Narrative Seminar was an extraordinary experience," Wenger said "It gave me the opportunity to discuss the experiences of enslaved African-Americans, using testimonies from the slaves themselves, who experienced the horrors of slavery firsthand, with a diverse group of college educators from around the country".

The seminar is open to any institution faculty whose institutions are members of the Council of Independent Colleges. Faculty who are interested in participating in the seminar must submit a letter of application as well as send in a letter of nomination written by a chief academic officer of the institution in support of the

faculty member (in Wilkes case, it was Provost and Senior Vice President Anne Skleder).


Of the roughly 75 applications and nominations received from members around the world, only 25, Dr. Wenger included, were selected to participate. "It was a very interesting and diverse group from around the United States" Dr. Wenger remarked, "There was even a professor who flew in from Hawaii to participate"

Speaking about groups who have been silenced in history is a matter Dr. Wenger feels very strongly about. "I am passionate about teaching about minority groups" she said "People whose voices have not always been heard and whose stories were not included in history books for a long time".

Dr. Wenger will be taking that passion with her in a new class she is developing for the 2017 spring semester. The class, entitled "Slave Narratives in American History",

will focus on excerpts from slave and post slavery narratives, including the works of Frederick Douglass, Booker T. Washington, Harriot Jacobs, and Solomon Northrup. "The current racial climate in our country is not good" she states, "almost every week we see headlines about confrontations between police and minority groups".

Wenger sees this class as an opportunity to educate students on how we got to this point. "Having knowledge of the history of race relations in our country, going back to slavery, emancipation, and the Jim Crow era, can help us all understand better the current state of affairs" she said about the course. The 300 level course will be open to all interested students, regardless of major and with no prerequisites.

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Life, Arts & Entertainment

Have a story or want your event to be featured? Contact the Life, A&E Editor: kimberly.hein@wilkes.edu

What in carnation?: Student does dorm room DIY

By Kimberly Hein
Life, Arts & Entertainment Editor

As the school year commences, one might be thinking of ways to add a personal touch to their home away from home. A great way to do that is a Do It Yourself project that will make people on their floor envious.

Whether the DIY project is for fun, decoration, or just to save some room, it is

“My favorite DIY project is just to buy a bleach pen from Walmart and a plain T-shirt. It’s cheap and you can create whatever design you want!”

- MaryKate Hubbard

a way to spice up your living situation and relax at the same time.

MaryKate Hubbard, a sophomore living in University Towers, did a creative DIY project on her living room wall.

She used fake flowers from Michaels and hung the flowers together in rows of three using green yarn and then hung them in rows using a command hook behind each flower.

Hubbard warns that the flowers can get pricey so everyone should “watch out for the coupons!”

She got the inspiration to produce her masterpiece from her best friend from home.

“She had done something of a smaller scale on her bedroom wall with only flowers of the same color,” she said.

This project took less than four hours and she said that it was worth the time it took because it was simple, quick and added a piece of her personality to her apartment.

“Anyone who comes into our room immediately notices the wall and how much color and liveliness it adds to our apartment! I think people really like it,” Hubbard said.

She said that she loves DIY projects

because they are simple, quick and fun to create. Hubbard said that when people compliment her DIY project it means so much more because it’s not something she bought, it is something she created.

“My favorite DIY project is just to buy a bleach pen from Walmart and a plain T-shirt. It’s cheap and you can create whatever design you want.”

Hubbard encourages other students to get involved with letting a piece of them show in their living conditions.

If you or someone you know has a great DIY project to share with the campus, email Kimberly.hein@wilkes.edu.



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kimberly.hein@wilkes.edu

If you would like to submit a DIY project, contact the Life, Arts & Entertainment editor, kimberly.hein@wilkes.edu



The Beacon/Jesse Chalnack

Hubbard says that people who come in her room immediately notice the wall and the liveliness it adds to the room.



Hubbard admiring her creation in her dorm.

The Beacon/Jesse Chalnack

RECIPE OF THE WEEK: Blueberry streusel muffin

INGREDIENTS:

Makes 6 Jumbo, 12 Medium or 36 Mini Muffins

• Box of Duncan Hines Simple Mornings Blueberry Streusel Muffin Mix

- 2 Large Eggs
- 2/3 Cup Water
- 1/3 Cup Oil

INSTRUCTIONS:

1. Preheat oven to 400°F. Grease muffin pans or line with paper baking cups. Rinse and drain blueberries thoroughly with cold water. Set aside.

2. Empty muffin mix into large bowl. Stir eggs, water and oil into muffin mix until moistened (about 50 strokes). Batter will be slightly lumpy. Fold rinsed and drained blueberries gently into batter. Spoon batter into prepared muffin pans. Fill cups 2/3 full. Sprinkle streusel topping evenly over each muffin and tap lightly into surface.

3. Bake in center of oven at 400°F following baking times provided. Cool 5-10 minutes. Gently loosen muffins before removing from pan.



For those of you who aren't chefs, here is a simple box recipe made with 100% whole grains and 0 grams trans fat. This recipe was found by Victoria Morrison.

6 Jumbo Muffins: 23-26 minutes
12 Medium Muffins: 16-19 minutes
36 Mini Muffins: 10-13 minutes

Graphic Design above by Nicole Kutos

Do you have a favorite dorm room recipe that's convenient for college students always on the go?

Submit it to Amanda Bialek, LA&E Assistant Editor

amanda.bialek@wilkes.edu

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Students get out at Thursday night's *Outdoor Adventure*



MaryKate Hubbard and Cat Tuman scramble to run the furthest distance in the bungee run during Programming Board's Outdoor Adventure last Thursday night.



Students tie dye various items ranging from programming board T-shirts to bandanas. Music, snacks and Rita's Italian Ice were among the other free treats at the event.



DJ Kya Lewis leads a group of students in the Cha Cha Slide.

Photos by The Beacon/Gabby Glinski



Lauren Brunner and John Vols complete the inflatable obstacle course, featuring climbing walls and jumps.

Next Programming Board Event:

HOMECOMING BINGO - THURSDAY, SEPT. 28

Wilkes Student Government president encourages club participation

By Amanda Bialek

Asst. Life, Arts and Entertainment Editor

With 90 clubs and counting available to students, there is an opportunity for every individual to get involved at Wilkes.

The beginning of the semester is a perfect time to join a new club and establish relationships with fellow students, faculty, community members and local businesses.

"Club involvement is extremely beneficial to students in a plethora of different ways," said Allie Grudeski, a pharmacy major and Student Government president.

Participating in a club helps students discover what they are passionate about, gives them hands-on experience and networking possibilities. It provides them with real life exposure to subjects of interest.

Individuals can also express their strengths and work on improving their weaknesses.

Building rapport within a club is a necessary skill to learn and be able to apply in your career field. It is critical to know how "to relate to others in a way that creates a level of trust and understanding," according to www.inspirationsolutions-nlp.co.uk.

Grudeski believes that every person has one life to live; therefore, it is important to take advantage of all the opportunities.

"Some majors on campus have a very defined track and there aren't necessarily a lot of opportunities to take electives outside of your realm," Grudeski said. "Clubs are a great way to make sure you're still doing the things you love to do without necessarily having to take a class for it."

There are clubs like Anime Club, Autism Speaks, Cheerleading, Chemistry, Christian Fellowship Club, a Pharmacy-related club, the Nursing Student Organization, Knitting Club, Dance Team and Programming Board, to name a few.

Pharmacy students can join the club called the American Pharmacist Association Academy of Student Pharmacists (APhA-ASP).

The club's goal is to impact the community through patient care events such as blood pressure screenings, blood glucose screenings as well as educating people on and off campus, according to Catherine Sarver, communications vice president of APhA-ASP.

She believes that the experiences

APhA-ASP has to offer provides student pharmacists with the opportunity to grow professionally. There are two conferences offered to members every year, one regional and one annual.

"You really have the chance to impact pharmacy and the voice of pharmacy," Sarver said.

APhA-ASP meets every other Thursday in Stark Learning Center 166. Anyone interested can contact Tyler Bartol, membership vice president at tyler.bartol@wilkes.edu or by visiting pharmacist.com. It is \$60 to join for the year which includes the national and club fee.

Zebra Communications is the student-run non-profit public relations agency at Wilkes. It was established in 1999 and has worked with more than 80 non-profit organizations throughout the community and has since raised over \$100,000.

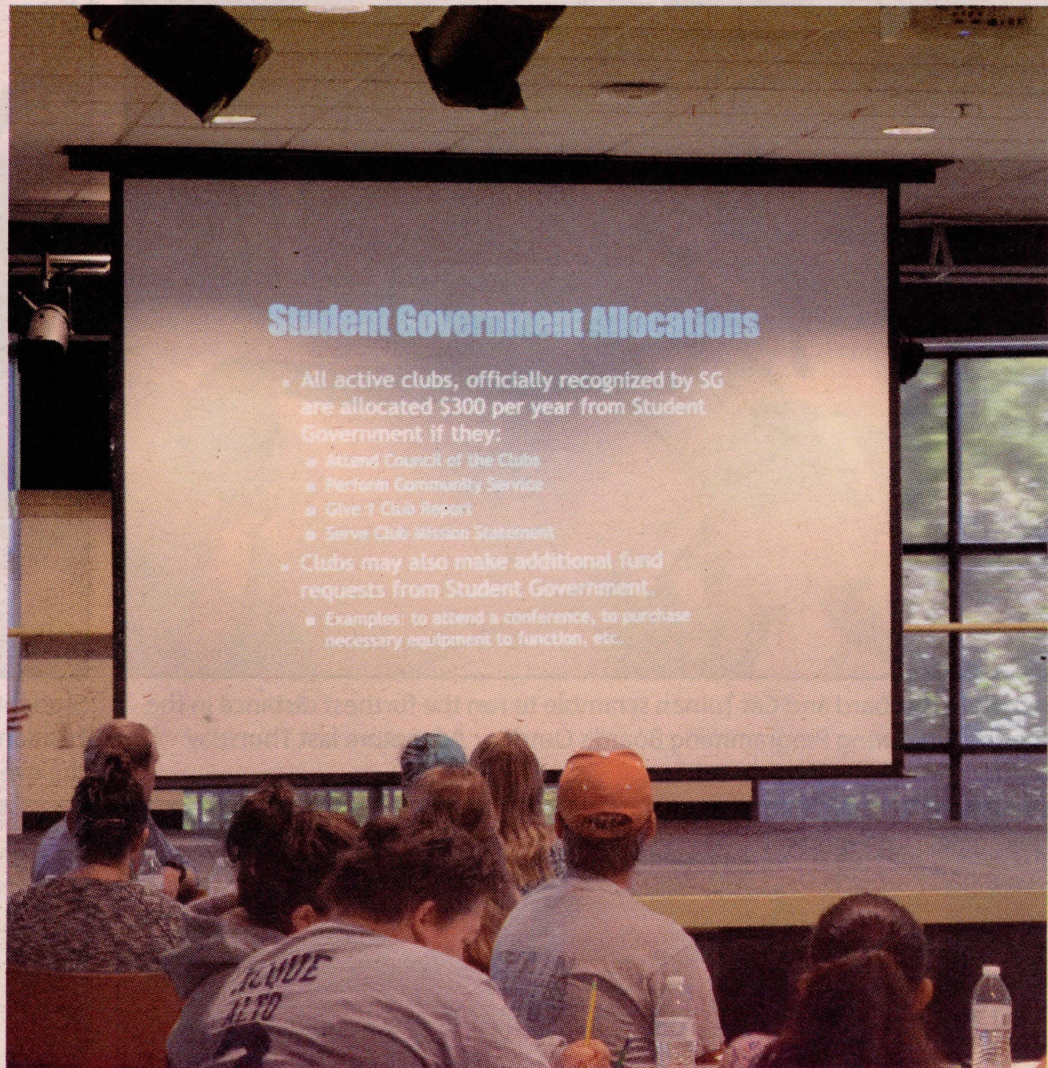
"Our goals at Zebra are to provide clients with quality public relations services, as well as event planning for various types of fundraisers and events," Annelise Przywara, co-chair of Zebra Communications. "We also aim to carry out these public relations campaigns in a highly professional manner and obtain a successful outcome to satisfy our clients."

Zebra has worked with clients such as Salvation Army, Volunteers in Medicine, League of Women's Voters, The Osterhout Free Library and Embrace a Child in Tanzania.

"Hands-on experience is invaluable in the public relations field and allows for a different setting, in which students can learn outside the classroom," Przywara said.

Zebra meets every other Thursday in the Breiseth basement room 13 during club hours. For more information, contact Annelise Przywara at annelise.przywara@wilkes.edu.

A new club that has started on campus this year is Fermata Nowhere. This is an a capella group that gets together twice a week to learn contemporary/pop songs.



Students take notes during a recent Wilkes University student government meeting.

"We hope to get to the point where we can perform, but we still have a lot of work to do," Micaela Oliverio, president of the a capella club said.

Fermata Nowhere meets on Fridays and Sundays to rehearse in the Dorothy Dickson Darte Center. Students who are interested in participating are welcome to audition next semester.

"I think a capella is a great group to get involved in because we don't have one on campus yet," Oliverio said. "It will be fun and laid back, but I'm hoping we can go to competitions in the future."

Student Government is another option for students who are interested in the university's social agenda. The group is responsible for formulating student activity budgets and coordinating events on campus.


"We are a voice for the students, by the

students," Grudeski said.

Student Government meets every Wednesday in its office in the Student Union Building. If you would like to join, contact Allie Grudeski at Alexandra.grudeski@wilkes.edu.

For more information on the rest of the clubs offered at Wilkes University, visit wilkes.edu/studentgovernment under the Clubs tab.

Editors note: The Beacon will be spotlighting various Wilkes clubs in its upcoming issues. If your club is interested in being featured, contact Amanda Bialek at amanda.bialek@wilkes.edu.

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Little Theatre of Wilkes-Barre continues its ROCK OF AGES run

By Catherine Rose
Staff writer

If you haven't seen the Northeastern Pennsylvania premiere of Rock of Ages, there's still time.

Little Theatre of Wilkes-Barre, located at 537 N. Main St., will present the final weekend of the jukebox musical this weekend.

Characters Sherrie (Katie Owens), a small-town girl looking to become a movie star in Hollywood, and Drew (Joey James), an aspiring rock star, fall in love but not without complications. Lonny (Lou Lyons), acts as a comical narrator to the love story.

The show attracts a diverse audience.

It is not your typical musical with classic show tunes—it's a hybrid of sorts, adopting well-known classic rock music into its score. The song list includes hits such as *We Built This City*, *The Final Countdown*, and *Every Rose Has Its Thorn*.

"Everybody knows every single song in this show," Director Tom Franko confirmed.

Franko, who is also an assistant professor in Wilkes' School of Pharmacy, said the music in Rock of Ages reminds him of the times his dad would play that music for him growing up. He wanted to direct it so that he could "consistently live back to those moments" and grant other people the opportunity to feel the same way.

What would rock be without a revolution?

Throughout the plot, protestors fight to stop their prized Sunset Strip from being turned into a strip mall. Time after time they challenge the German developers, singing *We're Not Gonna Take It* in true 80s-style rebellion.

"I loved that they took 80's hits and put them into the musical," said Maddison Black, a Wilkes freshman who attended Rock of Ages on the opening weekend.

For Black, a musical theater major, seeing the show at Little Theatre was like returning home. This summer, she played the role of Mitchie in *Camp Rock*.

"It was great to revisit the stage I had so much fun performing on."

The show is very high-energy.

Black said it had her on the edge of her seat, wondering if Drew and Sherrie would find each other again.

Like a proud dad, Franko is satisfied not only with his cast, but the musicians, band, crew, set constructors, and choreographers for bringing the show to life, as he recalls the "thunderous applause" at the end of each act.

Tickets start at \$20 (Wilkes University students can see the show free of charge with student ID) and can be purchased online at rocknepa.com or at the Little Theatre box office located at 537 N. Main Street, Wilkes-Barre. Remaining shows and times are 8 p.m. on Sept. 23, and 24, and at 3 p.m. on Sept. 25.

Franko stresses the unique opportunity students have "literally four minutes away" from campus. In the coming months, three more off-Broadway shows will be performed at Little Theatre. He says those over 21 can take a break from studying, get a drink at LTWB's bar, and spend a night out at the show.

Students can "live the New York lifestyle for the cost of a dinner."



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At left: Drew (played by Joey James) and Sherrie (played by Katie Owens) hope to live out their dreams of becoming stars in the rock musical, Rock of Ages. Below: Stacey Jaxx (Conway Rowe) is flanked by Venus Club dancers (from left) Janelle Nemetz, Natasha Bogutzki, Deirdre Lynch and Maureen Hozempa.

Photo Credit: On My Cue Photography



For more information or to purchase tickets
head to rocknepa.com

Remember, admission is

FREE

for Wilkes students with a current Wilkes ID

Remaining shows and times are 8 p.m.
on Sept. 23 and 24, and at 3 p.m. on 25.

Potent thoughts: Get Ready for flu season

By Felicia Snyder
PharmD. Candidate 2018
Neuroscience & Psychology Minor

Flu season is right around the corner, and while timing varies throughout the country, most flu activity will occur between October 2016 and May 2017.

As it approaches, it is important to take the necessary precautions to protect yourself and those around you.

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia.

Symptoms typically include a fever of 100°F or higher, headaches, cough, sore throat, body aches, chills, fatigue, nausea, vomiting, and diarrhea. Although flu-related complications seem less likely to occur in the college-age population, the virus itself is common and there are risks of missed classes/work, falling behind in schoolwork, and transmitting the virus to family and friends.

Young children, elderly and individuals with compromised immune systems can experience hospitalizations and even death due to the influenza virus. The Centers for Disease Control and Prevention stated that last year vaccinations helped to prevent 1.9 million cases of the flu and 67,000 hospitalizations.

What can you do to protect yourself and others?

Early vaccination is the one of the most important steps. Since it takes roughly two weeks for your immune system to develop antibodies after receiving a flu shot, receiving it now will better prepare you for the upcoming weeks. Many pharmacies

and physician offices have already begun offering this year's influenza vaccine, and typically the cost will range anywhere from \$0-\$30 depending on your insurance.

Most places are only offering the vaccine in the injection form, since the intranasal spray is not recommended for this year's strain. For those who are concerned with getting the flu from the flu shot: It is a debunked myth.

The vaccine is formulated from inactivated/dead virus, making it impossible for it to infect you. Typically those who become sick after receiving their flu shot will find that it is due to being exposed to the live virus before the vaccine could take effect.

Other methods to protect yourself include washing your hands, staying well-rested and staying away from sick individuals.

If you find yourself experiencing flu-like symptoms, typically starting with a slight fever and sore throat, visit your doctor or a clinic for confirmation.

There are three FDA-approved influenza antiviral drugs available - Oseltamivir, Zanamivir and Peramivir - which can be prescribed to help reduce your symptoms, the duration of your illness, and complications. It is essential to be checked

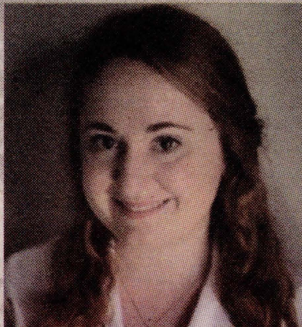
out right away, since these medications are only effective if started within 48-hours.

Over-the-counter medications are also available to help treat flu symptoms and it is recommended to speak to a pharmacist before making any purchases to confirm you are making the appropriate choices. It is also very important to take care of yourself if you find that you have the flu.

Drinking plenty of fluids, getting plenty of sleep, and staying home are vital to your recovery and the prevention of spreading it to others.

If you would like more information on receiving your influenza vaccination or how to treat symptoms, contact your pharmacist or Health and Wellness Services at 570-408-4730 (Mon.-Fri. 8:30 a.m. - 4:30 p.m.).

The American Public Health Association is holding its annual Get Ready Day on Sept. 20. The Get Ready campaign helps Americans prepare themselves, their families and their communities for all disasters and hazards, including pandemic flu, infectious disease, natural disasters and other emergencies, according to its website.



Design by Israel Rodriguez

Common signs/symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)

Onset of symptoms:

About 1 to 4 days, with an average of about 2 days.

How flu spreads:

Droplets of spit/liquid from a sneeze, cough or talking from someone who has the flu. By touching a surface that someone with the flu has also touched (less common).

Period of contagiousness:

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

Flu facts taken from:
<http://www.cdc.gov/flu/keyfacts.htm>

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Opinion

Have an opinion or want to write a guest column? Contact the opinion editors: mark.makowski1@wilkes.edu or andre.spruell@wilkes.edu

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Our Voice

Colin Kaepernick: Will he ever stand up?

By: Danny Van Brunt
Sports Co-Editor

San Francisco 49ers quarterback, Colin Kaepernick, chose to sit down during the national anthem before the preseason game on Aug. 26, against the Packers. He continues his protest and now has gone a step further as to kneel.

"I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color. To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder," Kaepernick said, according to NFL.com.

I will make it clear: I am against Kaepernick and his actions. He has brought social justice issues to the NFL. The NFL does not take sides in issues as complex as this one. It is so complex that the NFL released a statement saying, "players are encouraged, but not required, to stand during the national anthem."

When was the last time anyone sat down for the national anthem?

Never.

The NFL's decision not to intervene has caused this publicity stunt to gain lots of attention. #VeteransforKaepernick was a top trending tweet, multiple other players have sat down too and Kaepernick's jersey became the top-selling jersey on the NFL's website.

My problem with Kaepernick's actions is not deeply rooted in what he is sitting down for. I would be a fool to say that there is no racism in America, and that police have handled every criminal they have ever encountered in a perfectly ethical way.

There is a problem in America and Kaepernick has made sure we all know that racism is alive and breathing in our society. Thanks Colin.

Kaepernick has made his stance clear on how he feels about the police when he wore socks that had images of pigs wearing police hats to practice. He is against the police and hates how they operate. This is creating a bigger gap between civilians and police across the country.

Kaepernick's arguments can all be traced

back to the Black Lives Matter movement. The movement started after a series of unfortunate events involving police officers taking civilian lives causing uproar in some cities.

Video footage of police killing black men has made it to the top of our social media homepages.

How should we interpret videos that depict the police killing civilians?

It is very important to understand that these videos can be examined for evidence, but justice is not served in these videos. The police have the right to defend themselves and that should be respected. If the police are faced with a situation like this, they need to be taken away from their job and then give testimony as to what happened.

Everyone is innocent until proven guilty.

Imagine what the police officer would say if you asked him: Why did you shoot that person?

In many of these cases, police are acquitted from these cases because of the complex nature of how the laws that govern policing work. If you were the police officer, when would you pull out your gun?

So why won't Kaepernick stand up for all of those treated unfairly?

Kaepernick is focusing his energy in the wrong place. Every time he kneels, he is a constant reminder that he believes his country is full of racists.

When will he stand up?

Racism can never be eradicated. Sitting down is literally the one thing that shows you are doing nothing.

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Each week a Beacon editor will take a stance on a current topic.

Note: The views expressed are those of the writer.



Photo Credit: Flickr, Seatacular:
<https://www.flickr.com/photos/footballschedule/8401669637>

Rise in ACL injuries due to pressure on youth

By Andre Spruell
Opinion Co-Editor

Missing time from playing a sport is difficult for any athlete, but missing six or nine months is becoming common due to the rise of ACL injuries.

According to NBC Dallas, doctors in Philadelphia noticed a 400 percent increase in anterior cruciate ligament (ACL) injuries in teens and adolescents over the last 10 years.

An ACL is the ligament inside the knee joint that connects the thigh and shin bones. There are many theories as to why there has been such a significant increase with this serious injury, such as only playing one sport for many years, overworking joints, and many other factors.

Personally, I think it is due to the increased pressure put on the youth in athletics. From a young age, children are taught that if they really want something to go after it, especially when it comes to sports. One proponent is the Amateur Athletic Union, better known as AAU, is an organization that sponsors showcases and tournaments for kids and teenagers of different age groups in different sports, but are mostly known for basketball.

These showcases and tournaments are a chance for kids that play for a team to showcase their talents in front of high school and college coaches in hopes of getting recruited. By doing this, it is telling kids from 8-18 years of age that getting an athletic scholarship to get a full ride at school is the best route to take.

The only problem is that I feel organizations like AAU only care about the money they get from tournaments. The teams would have to pay if it was not an invitational tournament, and the players themselves, who have to pay on average \$300-600 just to be on a team.

For kids who live in areas that are not wealthy and have the gift of athleticism, their only way to go to school is through athletics because of how expensive college is. Just by having financial problems, it can become another added pressure for certain athletes which could cause further injury.

As a result, many kids across the country are training like professionals before they even become teenagers for a chance to get a full athletic scholarship, and also



Wilkes trainer Carl Andrews examines Beacon Opinion Co-Editor Andre Spruell for an ACL tear.

The Beacon/Purvit Patel

to become a professional athlete, which is an occupation that many kids dream of achieving. Due to over training, young athletes have a chance of facing serious injuries early.

With all the possible injuries out there, tearing an ACL is arguably the worst injury an athlete can get next to breaking actual bones, but the scary part is that ACL injuries are on the rise and happen rather simply, usually through non-contact.

Wilkes University athletic trainer Carl Andrews has been a trainer at Wilkes for 12 years and has been practicing in the field for 25 years. When asked if ACL injuries are on the rise, Andrews said, "Overall yes. Athletes are bigger, stronger, and faster than let's say 20 years ago. Physically reaching a higher level at an early age, which may not be a good thing."

At Wilkes University alone, the terrible

injury has claimed victim to dozens of athletes from various sports, including myself with basketball. Last year when I played a pickup game right after my freshman season, I tore the ACL in my right knee after landing on my leg awkwardly. Recently, a month prior to the start of my junior season, I played pickup with my teammates and tore my ACL by turning to run after the ball.


From children, to teenagers, to adults, and even many professional athletes, tearing the ligament is an athlete's worst nightmare. Gender plays a role as female athletes are slightly ahead of male athletes as being more likely to get an ACL injury.

According to the University of California, San Francisco, more than 200,000 people tear the ligament per year and most often occurs in agility sports, most common are basketball, soccer, and

football. It also mentions how 70 percent of ACL injuries are suffered through non-contact. It is important to repair the ligament if it gets damaged because it accounts for 90 percent of the stability in the knee.

Andrews also said, "It seems like athletics has become a year round affair without any breaks, which can lead to overuse syndrome, and chronic types of injuries like ACL tears."

If you are an athlete and do not want to fall victim to this fearful injury, there are many programs and exercises on the internet that focus on single leg training to strengthen the knee, a popular one being Sportsmetric.

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Remember Me: Celebrating World Alzheimer's Day

By: Brandon Gubitosa
Opinion Writer

World Alzheimer's Month was launched in September 2012. Every year World Alzheimer's day falls on Sept. 21. According to the World Alzheimer's month website the month "provides an opportunity for Alzheimer associations around the world to gain recognition and credibility for the work they do, placing themselves in a stronger position to influence opinion leaders and governments."

Every year more and more countries all around the world are participating to help raise awareness about dementia. The theme for this year's World Alzheimer's campaign is Remember Me.


Every three seconds, someone in the world develops dementia. They expect that in 2050, 131.5 million people will be living with dementia. Alzheimer's disease is the most common type of dementia, which is a name for a progressive degenerative brain syndrome which affects memory, thinking, behavior and emotion. Senior Nursing student Ronald Espinosa has experience dealing with patients that have Alzheimer's. "Dealing with families of patients I had in

the past, I always noticed the heartbreak it caused a family. No one ever wants to walk into a room to visit their mother or father and they have no clue who you are," said Espinosa.

Not only does Alzheimer's affect the person who has it, but it also affects their families who are left having to take care of their loved one.

As of now, there is no cure for Alzheimer's disease, nor can a cure be expected in the near future. There are still researchers out there developing drugs that will slow down the progression of the disease in some case. There is no specific preventative measures for Alzheimer's; however, there is research that suggests a healthy lifestyle will help reduce an individual's risk.

The National Alzheimer's Association offers help and support to people with dementia and their carers. They provide friendship, support and a lifeline for many people. To find out more how you can get involved visit www.worldalzmonth.org.

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10 Warning Signs of Alzheimer's

1. Memory Loss
2. Employment Problems
3. Daily Life Confusion
4. Visual Issues
5. Fine Motor Skills
6. Trouble Speaking
7. Losing Items
8. Poor Judgment
9. Emotional
10. Decreased Activities

Information from <http://rmhealthy.com/>



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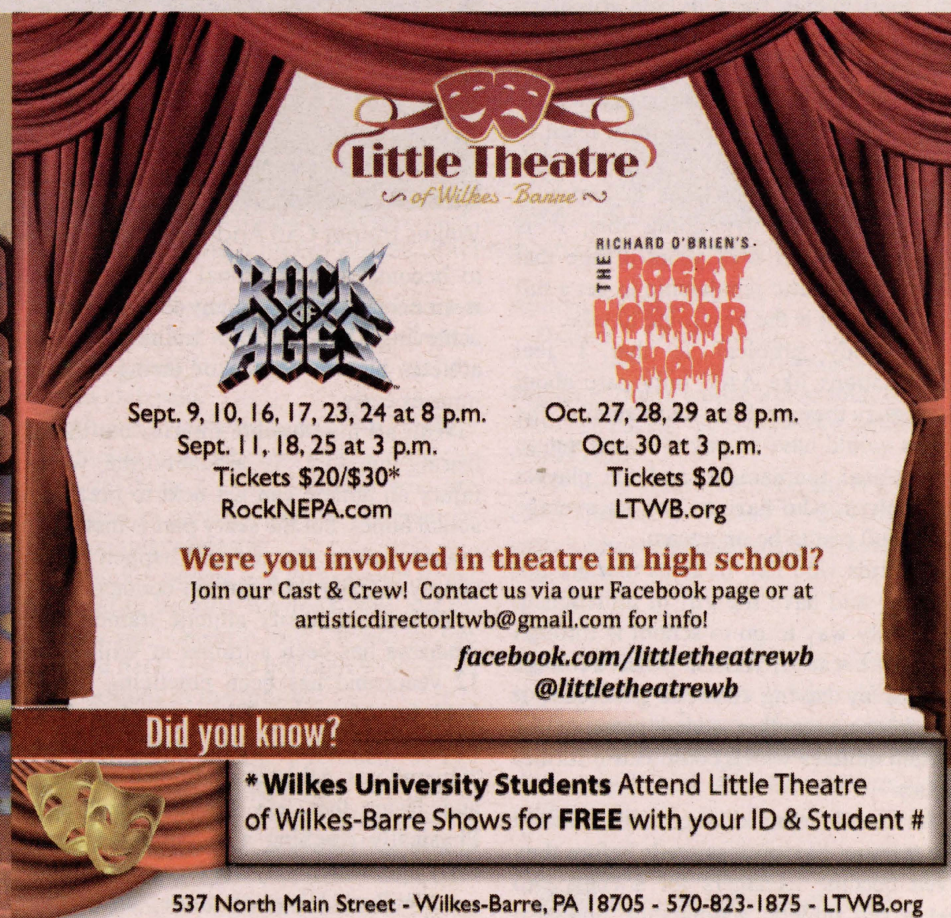
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RockNEPA.com

THE ROCKY HORROR SHOW
Richard O'Brien's
Oct. 27, 28, 29 at 8 p.m.
Oct. 30 at 3 p.m.
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Colonels Talk Back

Apple's move to remove headphone jack on iPhone 7 causes stir

Interviews by
Luke Modrovsky
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Photos by
Jesse Chalnack
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Apple recently announced that they would eliminate a widely used piece of the next version of their iPhone. The iPhone 7 will only allow users to use Bluetooth enabled headphones, instead of having a headphone jack.

The Beacon asked members of the Wilkes Community to share how they feel about Apple's controversial decision. Want to be in the next Colonels Talk Back? Email luke.modrovsky@wilkes.edu

Team iPhone?

Sean Ramsey
Junior
Entrepreneurship

"I think it's a useless elimination and just makes it harder for everyone to listen to music. I would not be interested in buying the headphones. They are way too expensive. I'd probably find a cheaper pair of bluetooth headphones."

Lorin Paugh
Sophomore
Criminology

"I think it's stupid. If I want to upgrade my phone, I will probably go to Android because it's a waste of money to go out and buy a pair of \$170+ headphones. They are pushing people to Android at this point."

Sal Piccone
Sophomore
Marketing

"I think it's stupid. When you don't charge your Bluetooth headphones, you are going to be in for a long day. Maybe companies will find something that will plug into the lighting port."

OR

Team Android?

DeWitt Moore
Junior
Computer Information Systems

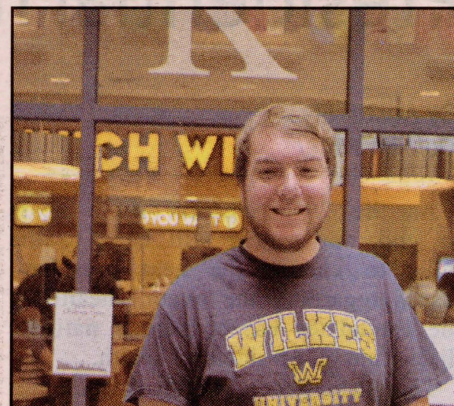
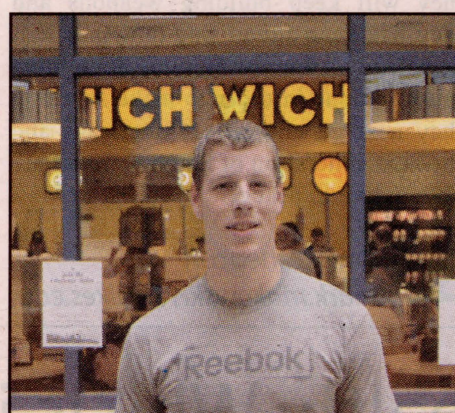
"I've always been an Android person but this really scares me away from the iPhone. Getting rid of a feature that everyone uses is going to hurt. It's also going to hurt business owners that use the Square swipe."

Micah Evans
Sophomore
Communication Studies

"I already feel superior to have the superior phone because I won't have to put up with this nonsense. This definitely makes me not interested in going out and getting the iPhone 7. I use my headphone jack way too much for that."

Parker Dorsey
Freshman
Computer Science

"I have a Droid Turbo and I couldn't be any more happier with it. Hearing about the headphone issue really turns me away from the iPhone. I use my headphones for a few hours each day. Having to charge a pair of headphones would be a huge hindrance."



North Korea creating more nuclear threats

By Mark Makowski
Opinion Co-Editor

On Sept. 9, the U.S. Geological Survey detected seismic activity in the country of North Korea. However, this was not an actual earthquake. It was the communist state's fifth test of a nuclear weapon.

Its second test this year, and the fourth time that the Obama Administration has learned of such event. To date, this was the largest nuclear test in the history of North Korea.

And with this, they have announced that they will soon be able to attach the weapon to a ballistic missile or other device and try to strike the western seaboard of the United States.

President Obama has addressed the testing as, "a grave threat to regional security," which this is true, but this is now a security problem for the United States as well. North Korea won't be launching these weapons at Russia or China, who may have secretly helped

them.

They want to destroy South Korea and its democratic government.

North Korea needs to be stopped and their government needs to be replaced for not only its threats to the world, but also to the deplorable way their citizens are treated. Everyday since this test, the United States has flown B1-B supersonic jets being escorted by US and South Korean fighter jets. I believe this is the right move, we need to show force in moments like this.

A nation that tries to destroy not only our way of life but South Korea's as well can not, and should not stand. There also should be an up build near the North Korea-South Korea border also known as the DMZ. However, having a war with North Korea could turn into a much larger scaled event. North Korea has China to its west, and Russia to its north, two countries that most likely would back the north if war was to breakout.

If this would occur, this war would switch from another Korean War to

World War III.

Now its easy to say that we should go in and take out the current regime. But we have tried this before and it does not necessarily work. In the instance of South Korea it succeeded, but it had people who wanted this government and fought for it.

Overall this is a problem that the United States and the United Nations have been trying to curb these nuclear bomb building/testing exercises for years. And in the end, they find a way to get around treaties and sanctions imposed by the UN, or they just flat out ignore them. If we stand around and do nothing than they will keep building weapons and they will keep advertising how they will be able to hit our great nation. Something must be done in order to make sure that they next generation of Americans and the next generation of South Koreans are able to live in peace.



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guest column?**

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Presidential health: Why is it important?

By Austin Ely
Opinion Writer

As the 2016 election cycle nears its end, and voters will head to the polls to choose the next president. Issues regarding the overall health of the candidates has sparked a national discussion on presidential health.

Though the general health of candidates as well as the current president is always in question, the topic has received a large amount of attention as of late due to the democratic nominee, Hillary Clinton, having contracted pneumonia.

Clinton health came into question when she was seen stumbling en route to her motorcade after visiting the Sept. 11 memorial.

Republican nominee Donald Trump's health has also come into focus although no major health issues exist according to his doctor.

However, the question of whether

candidates are healthy both mentally and physically has become a key talking point in this campaign where it was not in the past.

Becoming a renowned public figure has its benefits, but it also brings a person's life into full-view for the general public to see. This can become difficult, especially when dealing with personal issues such as general health. Wherein presidents such as Franklin D. Roosevelt, who was stricken with Polio, and John F. Kennedy, who suffered from Addison's disease, had major health concerns, yet were both still elected to the office of president.

The reason, however, that presidential health plays a major role in this year's election is partly due to the age of the candidates. The 70-year-old Trump is not far ahead of 68-year-old Clinton who will turn 69 in October.

That makes Clinton and Trump two of the oldest candidates to ever run for

president. Though health issues are no stranger to younger people the possibility of complications increase with age and while both candidates will be well into their 70's during one's presidency, questions regarding their health may always be of focus.

Though from the 1940's healthcare and medical advancements have led to people living longer lives as well as being able to treat and solve health concerns successfully.

Therefore, Clinton and Trump stand at an interesting intersection on the way to the General Election. One in which has brought physical and mental health of both candidates into plain-view. Leaving voters and the nation to question whether the health of either candidate should partly determine who to vote for.



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Sports

Want your sport covered? Contact the sports editor: taylor.ryan@wilkes.edu or daniel.vanbrunt@wilkes.edu

Wilkes students challenged to go outdoors and be active

By Taylor Ryan
Sports Co-Editor

Are you a student who is looking for a way to get outside, exercise and gain new experiences?

Are you a student who does not quite have the time to join a full time sports team? Maybe the intramural sports league is not for you?

Wilkes University's Adventure Education may have all of the answers and experiences you are looking for, right here on Wilkes' campus.

There has been an increase of time spent on the campus greenway, finding new hiking trails and weekend camping trips. Wilkes University's Adventure Education Program has recently joined 87 other universities nationwide in participating in the Outdoor Challenge.

The Outdoor Challenge is a by-product of the Outdoor Foundation. The Outdoor Foundation is a non-profit that aims to grow and establish outdoor events and activities in America that center their focus on youth.

In recent years, Outdoor Foundation created a program called The Outdoor Nation in order to build interest in outdoor initiatives and implement it into various youth programs. This program has been adapted on various college campuses and gained a large following from the students, and has created a community of 'Outsiders'.

Wilkes Adventure Education first became involved when they received a grant a few years ago from Outdoor Nation to complete programming. The grant was used to create programming in state and national parks and incorporate local youth. After receiving the grant, Wilkes University was invited to participate in the Outdoor Nation Campus Challenge.

The way the Outdoor Nation Challenge works is through photo documenting and logging all of the time spent outside and indicating the activities that were done during that time. Each individual activity is ranked at different point values; the more points towards an activity will contribute to the overall points of the university. There are endless opportunities of various types of ways to be involved and what activities

will contribute.

This is the second year Wilkes is participating in the Outdoor Challenge. This year the challenge started on Sept. 4, and will end Oct. 15.

Currently Wilkes has about 519 participants including students, staff, faculty and community members helping the university reach its goal. It is competing with some of the largest universities from across the country.

Some of the events that are in place to encourage participation are Monday night rock climbing at the Wilkes-Barre Rock gym 5-10 p.m.; on Wednesday's there is greenway yoga held behind Chase Hall from noon-12:45 p.m.; Thursday's there are group bike rides from the SUB; and Sunday's there are hikes to different trails in the area.

In addition to the usual activities, Wilkes Adventure Education also has special events that are being held throughout the challenge and the semester.

One of the active students in Wilkes Adventure Education, as well as the Campus Outdoor Challenge, is Michael Sabon. Sabon is a senior, environmental engineer, who began participating in the Wilkes Adventure Education events through their events with programming board.

Sabon now leads the group bike rides held each Thursday, as well as participates in all of the on-campus activities. Sabon has become a huge asset to the challenge, and the challenge has become a lot to him.

"Being a part of the challenge means a few things to me. Mostly it's just a way to express myself," he explained. "I already have a bit of a manic personality but it definitely helped me do some things I don't normally get to try, like hiking cause I don't always have the time in my schedule to do it. But the challenge taps into my competitive nature so I make sure to do more fun things."

In order to gain points towards the Outdoor Challenge you have to snap a picture of it and post it to the app.

"Going to watch a football game or other sporting events can count for five



The Beacon/Jesse Chalnack

Participants begin stretching during the outdoor yoga session.

points under the category outdoor events/trainings/clinics," said Jill Price, Adventure Education Coordinator. "Teams and groups can log running each day, and everyone can do 30 minutes of stargazing from wherever they can see the sky."

There is still plenty of time and opportunities to join in on the Outdoor Challenge. Even if you are not interested in logging in points, all of the activities are open to all students. If you are looking to contribute to the challenge and put Wilkes on the map, you can download the Outdoor Nation app, or sign up at www.oncampuschallenge.org.



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Education
Coordinator**

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Wilkes athletic programs find team unity through superstition

By Luke Modrovsky
Asst. Sports Editor

Athletic programs are always trying to have an extra edge in an attempt to win as many games as possible. For some, it is important to have some tradition or season long superstition when it comes to getting ready for game day.

For the Wilkes University Field Hockey team, they believe their stick horse's presence puts them in a position to succeed.

The tradition began nine years ago when Head Coach Sara Myers brought the mascot in to be just that. Little did she know it would provide a motivational boost to the team.

Senior captains Maura Anistranski, Amanda Tredinnick and Taylor Ryan are responsible for delegating and relaying the importance of the stick horse to the team.

The stick horse has one of the best seats at

every game. Seated on the team's bench, the figure has a chance to catch every goal of the season. Most importantly, it captures every hard-working moment.

Coach Sara Myers is tasked with picking the winner of the pony ride at the end of the game. She is tasked with picking a

combination of best performance and best attitude throughout the duration of the game.

Junior standout Marissa Surdy thinks the result of this tradition ends up helping the team on the scoreboard.

"People want to ride the pony so I think it motivates us to work harder out on the field," said Surdy.

"I think that traditions are important to a team. It really helps bring us together as a team and bond over something

that's fun and different from the rest."

Sophomore Dallas Kendra said there was a minor mishap with the team's mascot during a recent trip to Susquehanna.

"We got to our next game (Keystone) and realized he wasn't there," said the netminder.

After back-tracking, the team realized the stick horse was left at their most recent game. When asked who the culprit might be for forgetting their fuzzy friend, Kendra said the team could not remember.

However, she and Amanda Thompson were tasked with making the haul to Selinsgrove to retrieve the team's mascot.

When not protecting senior quarterback Ryan Dailey, members of the offensive line spent most of this year's team camp trying to grow some facial hair. This year's team camp ran for 16 days.

All of the beards ranged from barely noticeable to full think like Junior Ryan Bowman's.

Although most of the members spent the duration of the camp joining in on the fun. Bowman took it to the next level by growing his beard for an entire year.

"Some of the other guys grow beards for the season but none to the magnitude that mine is," says Bowman.

"The runner-up, however, might be Aaron

Coyle. We are always saying how nice each other's beards are."

Although Coyle plays as a wide receiver for Head Coach Trey Brown's Colonels, he found his way into the front line's tradition.

An increasing fun competition between different positions, team members look at it as another way to bond with one another during the grueling 16 day training period.

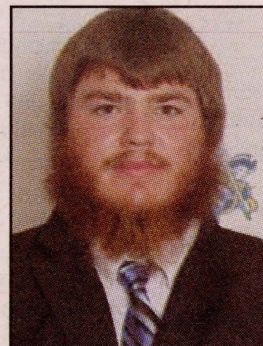
This "fear the beard" mantra is increasingly becoming popular in sports culture and one the Colonels hope will continue on in their program for years to come.

Asked about the what he would do if someone were to shave his beard, Bowman said, "It is a tradition that I like and I don't know what I'd be like without my beard."

Regardless with what traditions teams choose, the Colonels hope this tradition will bring victories their way in both football and field hockey.



The Beacon/Jesse Chalnack
Junior Amanda Thompson poses with the team's stickhorse.



Junior Ryan Bowman

Photo Courtesy of
GoWilkesU.com

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Winning spree lifts Wilkes to the top spot in the MAC

By Danny Van Brunt
Sports Co-Editor

The women's field hockey team started their season with two losses against Kean University and Eastern Connecticut State. After that, the field hockey team continued on to win four more games.

Out of those four wins, the field hockey team shut out both Keystone College and Marywood University 2-0. They beat Moravian College 2-1 and overcame an early goal by Arcadia University ending 3-2. This leaves them sitting at 4-2 overall record with a four game win streak.

"I am very happy with our team so far this season. This is one of the most tactically and technically sound teams that I have worked with in my nine years as a head coach. I am really excited to see where this season will take us," said Head Coach Sara Myers.

Through six completed games so far, junior Marissa Surdy leads the team with four goals and six assists, giving her a total of 14 points.

The team has faced some good competition so far, but in the upcoming weeks may give the field hockey team a true test. Their next game is on the road to Alvernia University



Junior Marissa Surdy looks to pass upfield. Photo Courtesy of GoWilkesU.com

"I am very happy with our team so far this season. This is one of the most tactically and technically sound teams that I have worked with in my nine years as a head coach. I am really excited to see where this season will take us," said Head Coach Sara Myers.

and they are undefeated with a record of 5-0.

As they progress through to the middle of their season, they will begin to face conference teams like DeSales University and Fairleigh Dickinson University-Florham. The team could jump out to very good spot in MAC Freedom Conference because the first two teams have worse records than Wilkes. DeSales has a record of 2-4, while Fairleigh Dickinson is 3-3.

Wilkes has the best record in the MAC Freedom so far. Coach Myers is already looking down the road to see what her team can do.

"I am looking forward to seeing the team grow and develop together. Chemistry is very important and this group has undeniable chemistry. They are very fun to watch and I enjoy getting to work with them every day," said Myers.

The Colonels look to make a return to the conference tournament later in the year. The team will open the 2016 conference season against DeSales later in September.

Come out and support your Colonels at their next home game against Immaculata University at 7 p.m.

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Sports injuries should not be overlooked

Connor's injury has led to her growth as a soccer player

By Pankil Chander
Sports Writer

For a collegiate athlete, staying healthy is one of the hardest feats to accomplish. Injuries bring mental, emotional and physical hardships that can't be explained until they are overcome with resilience.

"A year without soccer was one of the most difficult things I had to do. Watch my teammates go to practice, and leave for games knowing I couldn't be apart of it," said junior forward Dianna Connor of the women's soccer team. Connor suffered several tears in both of her hip labrum's during her freshman campaign.

Connor, a native of Effort, Pa., chose to complete her undergraduate degree in five years to fulfill the year of eligibility she did not use due to nursing her hips back to health. It wasn't just about competing for herself, Connor wanted to gain another year to compete alongside her teammates.

"Having another year to be apart of something so great makes me truly so grateful," Connor said.

Although the year off devastated Connor, it bought her time to reflect and forge purpose from her struggle.

"The year off really helped me get my mind in the right spot, I was able to really do some self searching and figure out what I wanted," said Connor.

Connor soon realized that in order for her to compete at the highest level, she would have to remain patient and refer to fundamentals.

"For my body, I let everything heal that was put through a lot over the past years, and it was kind of like starting over. I retrained my body the right way and treated it the way it needed to be treated in order to stay healthy," Connor said.

Connor used the focus she demonstrated on the soccer field and harnessed that focus towards new experiences. Overcoming her

injury has changed her.

"It really helped me in the classroom, to boost my GPA and be apart of different things I wouldn't have been able to do if I had practice or games," Connor said.

Head Coach of the women's soccer team, John Sumoski, was impressed with the grit Connor displayed.


"Dianna has taken a lot of time and care to come back to full strength. For a college athlete with a four-year clock, it's a difficult thing to deal with and it involves a good blend of patience and persistence at the right times and I think she's handled this part very well," Sumoski said.

Connor, a sports management major, returned to the field in the fall of 2015 and assisted in leading the team to a runner-up finish in the 2015 MAC Championships. Connor's hip injuries strengthened her resolve and made her approach her training with a sense of humility and gratitude.

"I never walk in the weight room, the locker room or on the field and take it for granted. On days I drag or have a negative attitude, I remind myself what I've been through. I remember why I love the sport so much and how it felt to have it ripped away from me. I never take a minute with my team for granted."

Connor is excited to continue to develop as an athlete and hopes to help lead her team to another MAC Championship final berth.

"I saw how much I'm capable of my freshman year after stepping up during games and also receiving MAC freedom conference player of the week, and I know I have grown into a better athlete so I hope to break some of my boundaries and keep growing as an athlete here at Wilkes," Connor said.

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Getting to know...

Micaela Oliverio

Junior Soccer Player

By Purvit Patel
Sports Writer

Name: Micaela Oliverio #8
Year: Junior
Major(s): Musical Theatre and Communication Studies
Hometown/High School: Carlisle/ Trinity High School
Position: Left Wing/Forward

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

A: I loved the soccer team when I came to visit. I also loved that I was able to double major and play my favorite sport at the same time.

Q: What are your hopes for the upcoming season?

A: I really hope we make it to the MAC final again this year (but win this time). I think we definitely have the talent on our team to do really well, so I am excited to see how this season plays out.

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

A: I hope to do well on and off the field. I love playing soccer but school comes first. The older I get, the more anxious I get for graduation- I won't be able to play soccer anymore and I'll have to be a real adult.

Q: When/Why did you first begin playing soccer?"

A: I probably started playing when I was 4 and honestly I don't remember why I chose soccer. My parents most likely signed me up for soccer because I would run around and get all my energy out at practice. It was a win-win situation: I had fun playing soccer and my parents would be happy that I was exhausted when I got home.

hobbies off of the field?

A: I love singing and playing the piano. I also love food- I wish there was a sport where I could just eat all the time. I love to make people laugh and I also love to wrestle my friends because they are weak. Haha just kidding...kinda. I recently brought back my razor scooter from my childhood and that's been pretty fun too. I really love everything- it doesn't take much to entertain me. My favorite animal is a sloth.

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

A: I can't really think of one person that has influenced me because so many people have had an influence on my life. I think my family as a whole has shaped me into the person I am today. They even laugh when my jokes aren't funny- that's true love. My dog also influences me because he has shown me that eating, sleeping, playing and love are the most important aspects of life.

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

A: To me, "Be Colonel" means being a respectful, young adult who has their priorities in check and works hard for what they want.

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

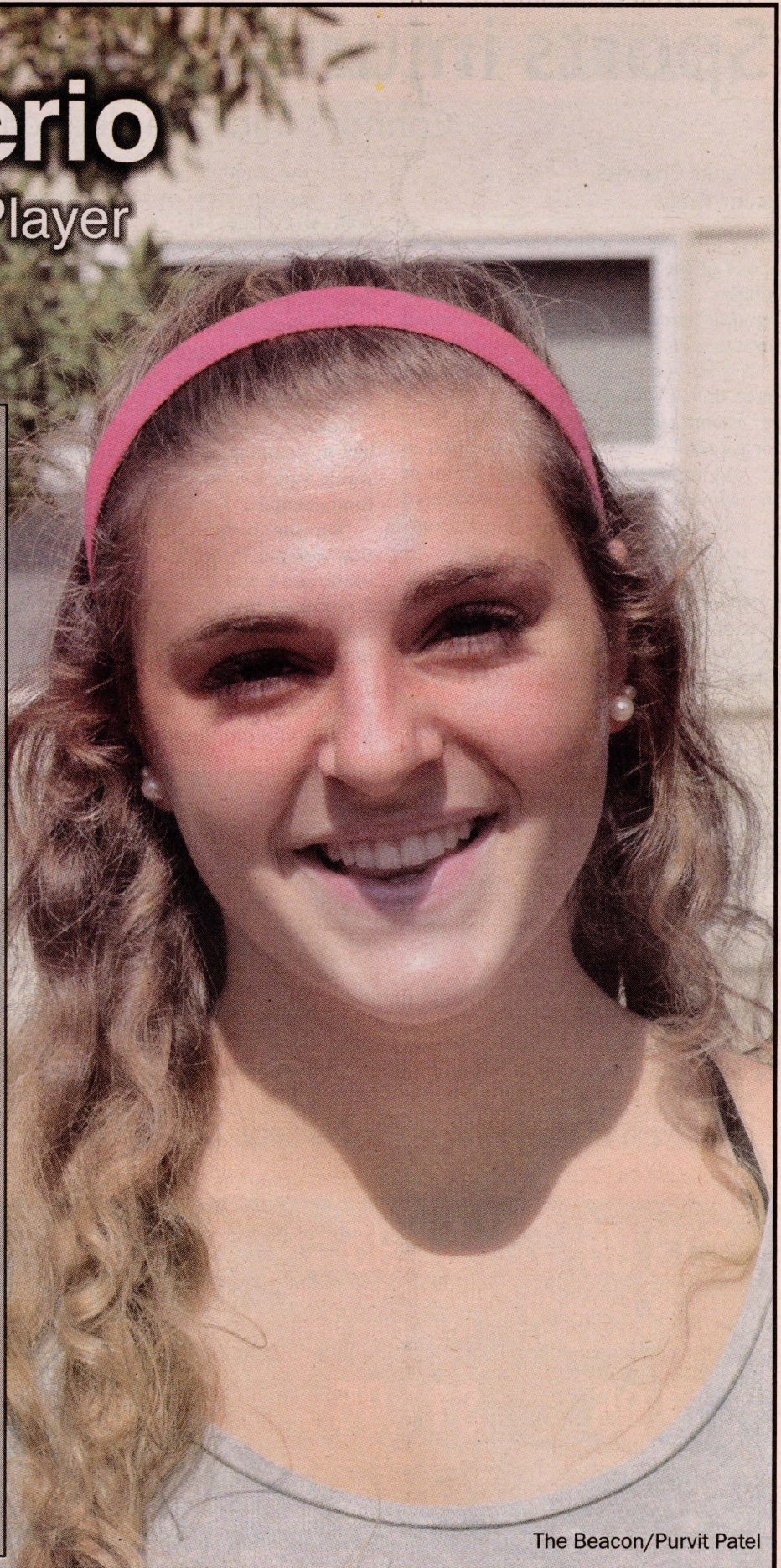
A: Amy Poehler- she's honestly the funniest person I've never met.

Q: Does the women's soccer have anything they would like to inform the student body?

A: It would be awesome if there were more people at our games to support us!

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Q: Do you have other sports/interest/



The Beacon/Purvrit Patel

Getting to know...

Storm Deemer

Senior Football Player

By Purvit Patel
Sports Writer

Storm Deemer
Class: Senior
Major: Communication Studies
Minor: Integrative Media
Hometown: Washington,
NJ/Warren Hills High school
Position: Slot receiver

Q: What was the driving force for you to come to Wilkes?

A: It was the small school atmosphere; also I was still able to play football if I came here. I want to get into sports advertising where I can use both my major and minor in my career, as well as still be around sports.

Q: What are your hopes for the upcoming season?

A: I want to win the MAC championship and Keep the Mayors Cup here at Wilkes.

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

A: I started playing football when I was 7, my neighbor asked me to join the local team because I was fast and a good athlete and I've been playing ever since.

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

A: I would just want to get more students more involved in all the sporting events so we would have bigger and better crowds to support all of our sports teams.

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

A: My brother is one of the hardest working people I've ever seen and has accomplished so much in his life already in his career field and as an athlete.

Q: A quote you live your life by?

A: "When you want to succeed as bad as you want to breathe, that's when you'll be successful."

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

A: Other than football I do a lot of snowboarding, hunting, and fishing.

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

A: To me it means, being proud of who you are and knowing there is an army people behind you that will always have your back.

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

A: Biggie Smalls and Tupac... so we could squash the beef.



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