



THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

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

Senior Night celebration leads to MAC Championship title

The first graduating class for the No. 9 Men's Ice Hockey team celebrated its accomplishment on Saturday against Stevenson University where Wilkes won the MAC Championship 3-1. That same day, the Colonels recognized 15 seniors and one graduate student.

"It is hard to sum up our senior class in a few words but I know one of them is resilient," said head coach Tyler Hynes. "This group does not blink, they attack adversity and welcome challenge. Bunch of blue collar colonels with white collar talent."

Wilkes honored seniors (by jersey #) Nico Pidro, Dylan Kuipers, Jay Gallagher, Tyson Araujo, Donald Flynn, Michael Gurska, Tyler Barrow, Devon Schell, Nick Fea, Ben Stefanini, Danny Reidel, Ryan Galvin, Scott Mueller, Phil Erickson, Tyler Dill, and graduate student Xavier Abdella.

"This senior class means everything to the program, They built this team from the ground up and have great pride in wearing the Colonel logo," said junior Billy Berry. "They make it easy for newcomers to feel welcome and be apart of the Wilkes hockey culture."

Pidro leaves the Colonels with a career-high of 31 saves in a single game in the 2021-22 season against Utica College. During the regular season, Pidro had

a total of 222 saves with a .945 save percentage.

Kuipers had six goals on the year along with six assists. Defensively, Kuipers

added 21 blocks with a game-high of three this season. His 79 career blocks helped lift Wilkes over some of their toughest rivals.

Gallagher added nine goals, three assists and 16 blocks for the Colonels this season. He had a game-high of two goals in their 4-2 win over Chatham University.

Araujo scored two goals and also connected with his teammates for 11 assists leading to big goals this season. His season-high of two assists in a single game helped boost Wilkes over Lebanon Valley 8-1.

Flynn led the team in assists this season with 26, while also adding seven goals and six blocks. Throughout his career as a Colonel, Flynn has chipped in 88 assists along with 56 goals and 859 face-off wins – the most in Wilkes history.

Gurska helped Wilkes' defense by adding 22 blocks this season, 122 overall, preventing opposing goals. Offensively, Gurska notched five goals and assisted 10 Colonel goals this year.

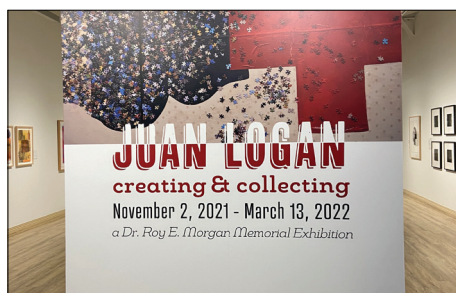
Barrow added 12 goals and 22 assists for Wilkes on the year. Over his career as a Colonel, Barrow tallied a total of 49 goals, 77 assists, and 235 face-off wins.

Schell contributed five goals and 10 assists this season along with nine blocks for the Blue and Gold. Schell's game-high of two goals helped lift Wilkes over Neumann University 9-5.



The Beacon/Baylee Guedes

The senior Colonels come together for their final in-season home game picture..



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Creative Colonel of the Week: Billy Berry and Toon De Schepper, page 11



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MVB picks up two wins in tri-match, page 21

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News

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

Student Government notes: Feb. 16 weekly meeting

By Zach Paraway
News Staff Writer

Student Government began in traditional fashion with a call to order and roll being taken. The treasurer's report indicated a total of \$76,400 across all SG accounts.

The first order of business was a club report from the Veterans Council. The club's community events include Toys for Tots, Kids Corner and the Veterans Day Ceremony. The two explained a greater desire to expand and raise the amount of support for veterans at Wilkes. Many of the veterans are not traditional students in the 18-23 range and can feel left out of the target demographic. They plan to

work more closely with the AFROTC, especially in terms of community outreach events. They also hope to work closely with more student groups on campus.

The next order of business was a budget request from Phi Beta Lambda for the 2022 State Leadership Conference. The conference used to be an in-person only event, but this year, PBL would like to attend over zoom. They asked for \$300 in order for registration for 30 students. This will be voted on next week.

The next order of business was a budget request from ASME for the 2022 edition of their car show. This year, the charity that is being supported is The Seeing Eye, a guide dog school located

in Morristown, New Jersey. They came to SG to ask for \$2,000 in order to rent a mobile dino from Modern Muscle Motorsports, with the rest of the funds going to make a poster for the provider to be hung on the dino. This will be voted on next week.

The next order of business was a budget request from the Sports Management Club. The request is for a trip to Philadelphia on March 24. This will provide an inside look at how venues are run and will also provide a networking opportunity for future internships or jobs. Members asked for \$225 to partially fund the trip. This will be voted on next week.

The last order of business was a

budget request from the GeoExplorers Club for a Southwest trip over spring break in order to study rock formations. The trip would cover seven different national parks over four states. They asked for \$9,130 for flights, Airbnb, and transportation. This will be voted on next week.

SG will meet again Feb. 23

Beacon Briefs: Upcoming campus events

Compiled by Beacon News Staff

Career and Internship Fair

Save the date: Wilkes University will host its first in-person Career and Internship Fair in three years from 10 a.m. to 1 p.m. on Thursday, March 17 in the McHale Athletic Center.

Both students and alumni are encouraged to attend and meet organizations that are seeking employers and interns for both the summer and fall semesters.

For those looking to improve their resume, the Center for Career Development and Internships will hold a multitude of resume workshops and job fair prep sessions to prepare

For more details, keep up to date with events in your Handshake account.

Online Buddhist Meditation Returns

Interested in practicing some sitting and walking meditation with others?

The sessions will be offered each Tuesday and run for about 40 minutes.

No experience is needed and anyone interested is welcome.

For more information or the link for the virtual sessions, contact Linda Paul, associate professor of philosophy, at linda.paul@wilkes.edu.

Buy a Tote Bag

Looking for a new bag? Green Giants tote bags are an affordable, sustainable and durable alternative to plastic and are being sold for ten dollars each.

The bags come in two designs: the Wilkes logo and blue butterflies.

Students looking to purchase one should watch out for anyone selling them in the Student Union Building, the Simms Center, or DM them on Instagram @greengiantstotebags to place an order.

Ninety percent of proceeds go to Little Eric's Foundation, a local organization that funds pediatric cancer research.

Submit work to Manuscript Society
Manuscript Society is accepting submissions for the 2021-22 edition till 11:59 p.m. on Apr. 17.

Submissions are open for undergraduate and graduate students, faculty and alumni. The society accepts poetry, essays, short stories, photography, art and digital art. The limit is five submissions per person.

To submit original work or any question, email magazine@wilkes.edu

Do you have a Parent or Grandparent Who Graduated From Wilkes?

If you have a parent or grandparent who graduated from Wilkes, you may qualify for the Alumni Scholarship.

The Alumni Association Scholarship is awarded annually to a current Wilkes undergraduate student (first year through junior) who has had a parent or grandparent graduate from Wilkes and has at least a 3.0 GPA.

Applicants are required to have a current FAFSA on file.

Apply online; the link is available through the Wilkes, Today emails by Tuesday, Mar. 22.

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Want your event featured in the calendar?

Email: Madelynn.Kinard@wilkes.edu

Sophomore history major completes project for archives

Examining the undiscovered secrets of the university

By **Sydney Umstead**
News Staff Writer

Sophomore Connor Middleton has transcribed all of the engravings within the John Wilkes manuscripts, available to view online on the ArchivesSpace catalog.

The archival collection comes from a larger collection titled the “Gilbert Stuart McClintock Special Collection.” Gilbert Staut was a board member of the university from the 1930s until 1950. The archives were given to the college after his passing and included several pieces of history from the 16th century until the 20th century.

“Although this collection was transferred over in 1959, I noticed in summer 2020 that none of the previous librarians who had worked on cataloging this collection had done an item-level inventory. What that entails, essentially, is going through every single item, transcribing it, and researching its historical significance,” said Suzanna Calev, archivist.

Archives work study student Christopher Smith went through

the boxes, researching each item individually. He started this work in the fall of 2020 and continued into the summer after he graduated in May 2021. He took part in organizing items into their respective series and subseries.

In the summer of 2021, two more archives work-study students worked on transcribing the remaining items within the McClintock collection. Those students were history students Logan Yeakel and Ryan Mercer. Calev completed arranging the items into series and subseries in the fall of

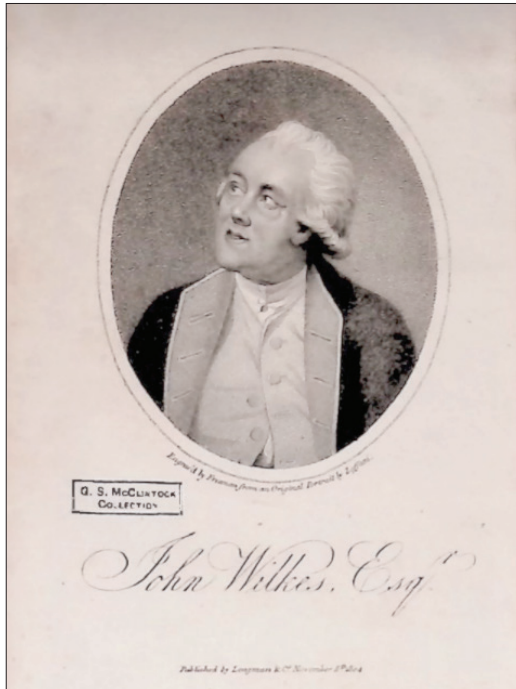


Photo Courtesy of Suzanna Calev

2021, with the John Wilkes subseries falling under the foreign figures series.

This is when Middleton began to work on the John Wilkes subseries. He worked through the 2021 winter intersession and is currently interning in the archives, working on a different subseries.

Middleton worked throughout the 2021 winter intersession and after. He analyzed each item and its relation to John Wilkes' life, discovering and unraveling many details, including an incorrect piece of information from a 1988 exhibit at the

Sordoni Art Gallery. The original caption stated that Wilkes was in a duel with William Hogarth—however, Middleton dug deeper and found that Wilkes and Hogarth had actually exchanged shots.

“Of course, there are some bits that might get a little frustrating while transcribing documents of that age, however I've really come to find that it just makes it all the more satisfying when you are able to crack some word or name that makes everything click,” said Middleton.

Middleton stated that his favorite part of the experience was the “research rabbit holes,” with his favorite fact being from the presidents of the United States subseries.

For example, he uncovered that First Lady Florence Harding was a fan of the supernatural, and even met with a psychic who informed her that her husband would one day be president, but die in office. All of these predictions would eventually become true.

“The collection of reference material is specific to Wilkes University and can be a major reference source,” said John Stachaz, dean of the library.

University college offers tutoring and supplemental instruction

By **Zach Paraway**
News Staff Writer

University College has begun offering supplemental instruction (SI) to help students in different general education classes and more major-specific classes. Classes that are offered include CHM 115, Bio 113, SI Bio 116, Accounting, MTH 100/MTH 111, SI EC 102, SI CHM 235, BIO 105, English conversation partner and many more.

In total, 40 students are available across multiple subjects to help students. This provides more uniform help.

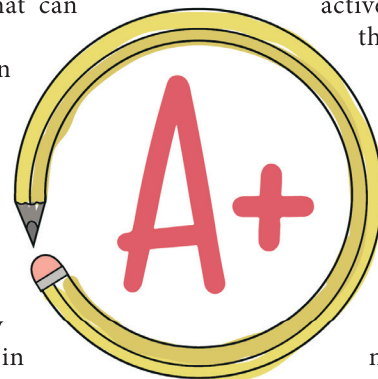
Instead of students having to go find a friend that knows what they are doing in their class who may still have not seen all of the content for that specific class, they can now go to someone that not only has passed the class, but also whom

the professors know that can help those students.

The program is run out of Conyngham Hall by Dr. Kimberly Niezgoda, director and coordinator for the intensive English program. The director of University College Learning Center, Katy Betnar, also has a part in the program.

There are many students for the program, the majority of which are specified in their classes and are able to give better help geared towards the specific needs of the students.

“I think SI is a resource that is underutilized by many freshmen, and I've noticed that the students that



actively come to SI tend to be the students that get 3.5 and 4.0s, so therefore it's a very helpful study tool when it's utilized,” said Megan Oakley, senior biology major and SI leader. “I think being an SI leader has helped me tremendously in my studies and it's a very nice refresher.”

Many of the tutors try to provide a safe environment for their students to feel comfortable as many of them come defeated because of the subject or embarrassed that they need tutoring at all.

They also tend to think highly of the students that ask for tutoring or SI because it is showing an initiative to try.

“Something as simple as learning a trick to remember a formula, or having a student explain differently than a professor, might be all it takes to do better in a course,” said senior finance major, Jessica Smith. “I wish I utilized the programs more myself as I first entered college, as I'm sure it could have saved me a lot of late nights and overall would have helped my understanding in a number of courses.”

For students interested in tutoring, they can reach out to Betnar or Dr. Niezgoda. They can be reached via email or in their offices in Conyngham Hall. Betnar is located in Conyngham Hall 202, and Dr. Niezgoda is located in Conyngham Hall 214.

Graphic by Zoe Rosensweet

Allan Hamilton Dickson Spring Writers Series welcomes Boada

By Maddy Kinard
News Editor

As part of the Allan Hamilton Dickson Spring Writers Series, poet Dr. Richard Boada came to Wilkes University and visited the ENG 298: “Advanced Workshop in Creative Nonfiction” class.

Boada, an assistant professor at Lane College and HBCU in Jackson, Tenn., is the author of three poetry collections. He was born in Ecuador and spent a good part of his adult life in Mississippi.

His visit was described by Dr. Mischelle Anthony, associate professor and chair of English, as “one focused on the craft of poetry and the writing life”.

Elizabeth Howey, English adjunct faculty member and professor of the class, facilitated the workshop and began by outlining how the hour would proceed. Students had roughly 20 minutes to discuss each essay one at a time, offering constructive feedback and engaging in productive conversation about the essay’s subject topic.

For some students, having a visiting writer hold a workshop and give feedback, can be intimidating, especially in a creative nonfiction workshop where writers can share detailed pieces of themselves. However, Boada’s feedback aimed to uplift the students.

“He commented not only on what could be improved but what was already wonderful, which is important for student writers understanding their talent and power,” said Howey. “Having a writer of Richard’s caliber come in and give close and careful attention to undergrad writing is proof that these student writers are doing the same sort of work as people like Richard.”

Alexis Charowsky, junior English major, reflected similarly on Boada’s presence in the class, finding it influential to all of them as writers hearing an experienced writer talk about their own work.

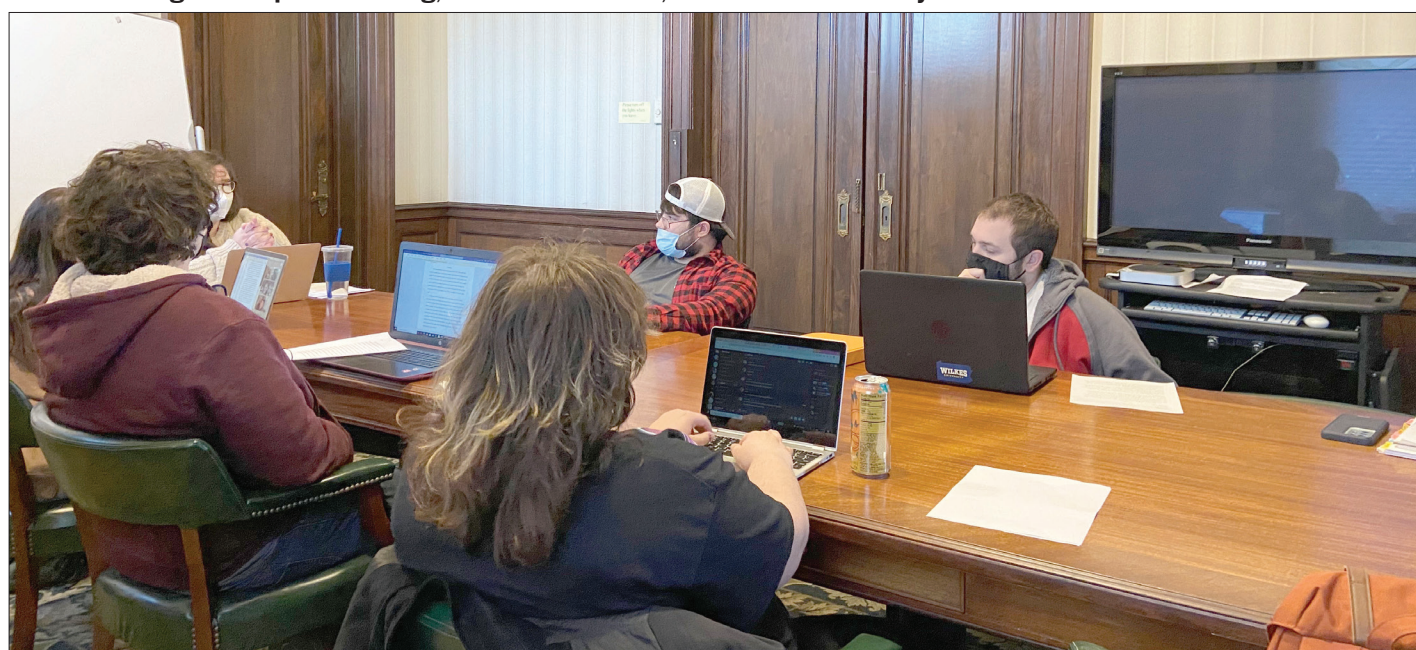
Not only did Boada visit Howey’s class, but he also held a poetry workshop open to the Wilkes campus community and an evening reading, open to the public, where he shared some of his own personal history.

“Boada spoke of his experience



From left to right: Philip Muhlenberg; Dr. Richard Boada; Dr. Mischelle Anthony

The Beacon/Maddy Kinard



Students discuss and critique eachothers personal essays in ENG 298: Adavanced Workshop in Creative Nonfiction.

The Beacon/Maddy Kinard

living in an area geographically rich and conflicted, both environmentally and racially,” said Anthony. “His poetry held up the dissonant pressures specific to that region, while also universalizing the struggles to live authentically, with curiosity, in this conflicted world.”

After the reading, attendees were able to participate in a book signing. Of those in attendance were a group of Panama students, which Anthony stated

Boada mentioned as being a highlight of his evening as he was able to speak with them in Spanish about the student’s journey to Northeast Pennsylvania.

At the poetry workshop, students were afforded the same opportunity of having Boada’s “razor-sharp” attention to their work. He discussed with them the art of writing and revising poetry, along with how to manage “personal experience and individual voice through

poetic language,” said Anthony.

The Allan Hamilton Dickson Fund allows faculty to choose three writers to bring to campus each year who work with students and provide a reading and book signing to the public.

The Spring Writers Series will host two more writers this year: Jason Schneiderman on March 30 and Margaret Atwood on April 26.

Sordoni Art Gallery hosts “A Special Evening with Juan Logan”

By Maddy Kinard
News Editor

On Feb. 16 via Zoom, in part with Wilkes University’s Black History Month series, the Sordoni Art Gallery hosted “A Special Evening with Juan Logan.” The featured artist presented his work in detail and engaged with attendees in a question and answer session.

Heather Sincavage, director of the Sordoni Art Gallery, facilitated the event and began with a short background on Logan, describing him as a “big favorite” around the gallery.

Logan, joining the webinar from his studio, was born in Nashville, Tenn. and now lives and works in Belmont, North Carolina. His artwork addresses subjects surrounding the American experience.

“At once abstract and representational, his paintings, drawings, sculptures, installations and videos address the interconnections of race, place and power,” said Sincavage. “They make visible how the hierarchical relations and social stereotypes shape individuals, institutions and the material and mental landscapes of contemporary life.”

Logan received an MFA from the Maryland Institute College of Art. His artwork is featured in many private, public and corporate collections, for which he has received multiple awards for. His works can be found in many museums, most recently, the Smithsonian National Museum of African American History and Culture.

Logan went on to present from a selection of his work, some of which is currently on display at the gallery.

One of these works, titled “Help Me, Save Me, Love Me”, is a mixed media work depicting the lived experience during Hurricane Katrina. Thousands of puzzle pieces are used to depict the crowds trying to get into the Super Dome which is represented with a red cross symbol.

“At first, I always imagined that it was this huge puzzle that had been taken apart that you couldn’t put back together again,” said Logan. “I think most importantly here is the idea that we’re talking about people. They’re people standing there with their belongings—that’s all we’re looking at. It becomes really abstract, in

a way.”

The following companion piece, “I’ll Save You Tomorrow,” depicts an inverted boat on the right beside another red cross symbol. The left side housing the symbol depicts the ritualistic response of officials to “pray” for those struggling in New Orleans instead of offering legitimate help.

Materials and the role that they play is a crucial aspect of Logan’s work. The boat portrayed in “I’ll Save You Tomorrow,” was made of 30 years worth of acrylic paint edges saved from painting pallets.

“I’ve always imagined that we have been green forever, speaking of African Americans, because we had no choice but to be green,” said Logan. “We didn’t waste. We saved everything, we used everything. It’s like my history playing a role in saving you.”

Logan also emphasizes the importance of his work not as portraying victims of true history, but rather the things that have occurred. It is just about history, not that it is good or bad, but he feels it is his responsibility as an artist to comment on.

“It’s how we document the present. It gives the opportunity for those in the future to look back and understand why it was important to us, why it remains



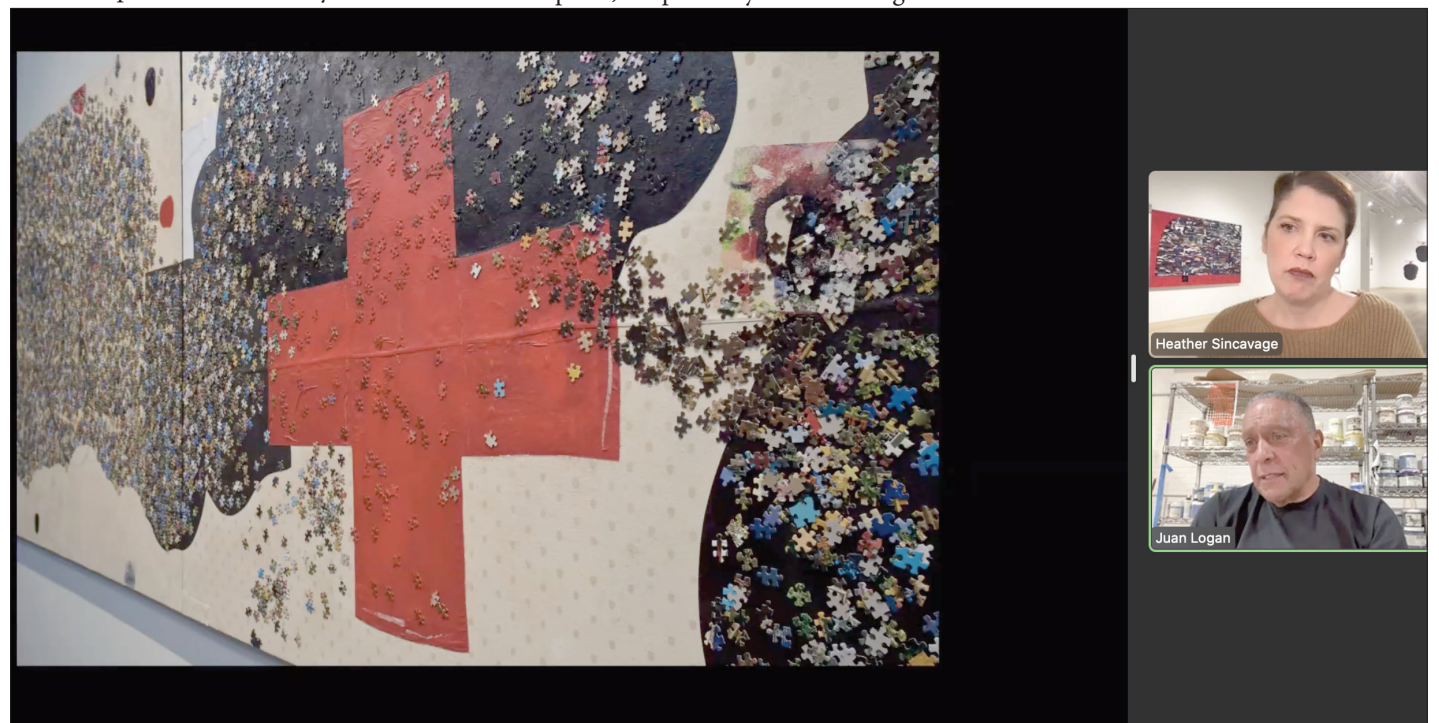
important,” said Logan.

Dr. Gina Zanolini Morrison, associate professor of global cultures, was in attendance and walked away with plenty of insight on the artist and his works. She thanked Sincavage for her effective facilitation. She had asked questions in the discussion about how one remains upbeat and positive while working with a dark subject.

“I was thinking of the Aunt Jemima pieces, but also, particularly the ‘Sugar Mill’ piece, inspired by the drawing he

showed of Jamaican slaves tied to a mill wheel that served no purpose other than to ‘break the slaves,’ as he put it,” said Morrison. “But his answer surprised me. He said something like, he didn’t think his subject matter was so dark. How could it be really unbearable for me to think about it, but ‘not so dark’ for the artist? I really have been thinking about that.”

For those looking to engage further with Logan’s collection, the Sordoni Art Gallery will showcase his work until March 13.



Photos: The Beacon/Maddy Kinard
Heather Sincavage and Juan Logan discuss the use of puzzle pieces as a medium in, “Help Me, Save Me, Love Me.”

Wilkes holds third transcribe-a-thon to observe BHM

By **Sydney Umstead**
News Staff Writer

Transcribe-a-thon was held on Feb. 15, serving to commemorate Frederick Douglass Day and Black History Month. The event centered on transcribing records from the Colored Conventions.

“The first Colored Convention was held in 1830 in response to Ohio’s 1829 exclusionary laws and a wave of anti-Black mob violence that had forced two thousand Black residents to flee the state,” according to The Colored Conventions Project.

This meeting led to what eventually became a worldwide movement.

“There’s a lot of history in the things we’re transcribing today and I think it’s very important that the student body is more aware of the things that we have available to us,” said Katie Ermeus, president of multicultural student coalition.

The Transcribe-a-thon has been running for three years at Wilkes and was held via Zoom last year due to the pandemic. The information being transcribed this year came from researchers at Penn State who have been working to make the documents from the Colored Conventions available.

Students and faculty who participated in the event were able to transcribe material from the conventions so that researchers could have quicker access to the pieces.

“Last year we had a virtual transcribe-a-thon, so we’re very happy to be back in person,” said Dr. Amy Sopcak Joseph, assistant professor of history and global cultures.

The History Department sponsors the event and it was organized by Joseph. Joseph and associate professor Dr. Jonathan Kuiken attended in order to help students with any questions they had while working through the documents.

“A lot of the time, people get stuck on certain words or phrases; these are all 150 year old documents, so they may need a little explanation,” said Kuiken.

The Transcribe-a-thon offered an opportunity to learn about the colored conventions and be a part of the process in informing people about them.

“It’s interesting to see the things that were transcribed in history and things that we are carrying over today so that they will be available for people to read and be able to learn from,” said Caleb Ofori, business management major.



The Beacon/Zach Paraway

Students transcribe records from the Colored Conventions.

Civic engagement holding virtual IMPACT conference

By **Taylor Dillon**
Staff Writer

On Feb. 25, Wilkes Civic Engagement is inviting students to the Virtual IMPACT Conference, the largest annual civic engagement-based conference for college students in the country. The Conference will take place virtually from noon. to 6:30 p.m.

The IMPACT Conference stems from the tradition of the COOL Conference that dates back 32 years. The IMPACT conference features over 100 workshops with different skill levels, ranging in topics from service learning to professional development.

This conference is responsible for bringing students, administrators, faculty, AmeriCorps members and VISTAs, and nonprofit professionals from around the world together each year to learn from one another and share

personal skills and resources and be inspired and challenged.

“Students should get involved in the conference because every voice deserves to be listened to. Students are in a great position to make a difference. They have access to many amazing resources, educators, and peers with all backgrounds and experiences,” said AmeriCorps VISTA, Monica Morrison.

Morrison spoke about how it is important for the next generation of leaders to know the reality of our social world in order to truly make a change.

“I became involved in the IMPACT Conference through my VISTA position



with Megan Boone Valkenburg.

I thought it would be a great opportunity to become a more educated advocate, and to develop my personal and professional self,” said Morrison. “I will be attending the conference as a listener, learner, and leader. I want to be able to make an impact and become more actively engaged in social issues.

Education and active listening are the first leap towards doing this.”

The IMPACT Conference is a great way for students who are interested in social change and want to learn about what service, action, and advocacy mean in the ongoing search for social justice.

“This conference is great experience

that will give you talking points in any future business opportunities,” says Civic Engagement Coordinator, Megan Boone. “Not only do you get the opportunity to meet hundreds of students just like yourself, but you get to exchange new and different ideas and experiences.”

The IMPACT Conference opens the door to new professional opportunities and helps to prepare you for future leadership roles.

“If you are interested in going to grad school, the IMPACT Conference has a workshop that prepares students for those interviews,” said Boone.

To attend the conference and have the registration fee waived, students should email Megan Boone Valkenburg, Civic Engagement Coordinator, at Megan.boone@wilkes.edu.

Graphic by Zoe Rosensweet

Life, Arts & Entertainment

Have any events or artists to be shared? Contact Life, Arts & Entertainment Editor Jordan Daniels: Jordan.Daniel@wilkes.edu

Dr. Edward Schicatano gives presentation about stress

Honors program hosts its first pizza plus of the semester

By Morgan Rich

Life, Arts & Entertainment Staff Writer

The honors program hosted this semester's first pizza plus session with psychology professor Dr. Edward Schicatano. Schicatano discussed understanding and overcoming stress.

In order to access funding, graduate with honors and remain in good standing with the honors program, students must earn two participation points per year. Pizza plus sessions are a few of the many opportunities where students can earn these points and eat free pizza.

These pizza pluses are also accompanied by a presentation. This year, Dr. Jonathan Kuiken, history professor and Jennifer McLaughlin, honors and scholars program coordinator, invited Schicatano back to present.

"We actually put a poll out every year to honors students about topics they would like to hear about and this one is the first that everyone wants to hear about," said McLaughlin. "We try to give the students the coping skills they need to get through the school year, and honors students are particularly hard on themselves."

Dr. Schicatano previously did this presentation in the spring of 2021 and due to high demand, Dr. Kuiken and McLaughlin decided to bring it back. They chose a hybrid option for the event so that many students could have the chance to attend.

McLaughlin noted that even though the pizza helps draw students towards the presentation, most students are drawn to this one in particular because everyone is overwhelmed with stress and because "who is more stressed than college students?"

As the event began, students came into the room and were immediately offered different kinds of pizza to enjoy while watching the hour-long presentation. Dr. Schicatano started off by covering what

stress was before moving on to the causes of stress, the effects of stress, how stress affects the body, strategies for overcoming stress, information on the NeuroTraining and Research Center in Breiseth and different kinds of coping skills for stress.

"The part where he talked about everyone experiencing stress and how you find a method to cope was my favorite," said Nick Superko, a P2 pharmacy major. "It was my favorite because it's true and we all have to find what works for us. Everyone has their own methods and you have to find what works for you."

Quinlan Toomey, a P2 pharmacy major, noted that it was interesting to learn how mental health is connected to

biological health through different brain hormones. Toomey and Superko found through the presentation that "meditation is interesting" and that they might try meditation as a future coping mechanism for stress.

There is no other university in Pennsylvania that has a neuro training and research center like the one on this campus. At the NeuroTraining and Research Center interns offer cutting-edge neuroscience techniques that can help with stress and improve focus, which is called neuroplasticity.

The center even offers meditation programs that show you how to meditate. It is free of charge and the hours are as

follows: Monday, Wednesday and Friday from 11 a.m. to 4 p.m., Tuesday and Thursday from 9 a.m. to 4 p.m.

At the end of the presentation, Dr. Schicatano opened the floor to questions and feedback. Students then asked questions regarding coping skills and many thought it was interesting they used some coping skills without realizing it.

"I like giving this presentation because it helps people," said Dr. Schicatano. "That's the intention but my thing in life is helping people and having people be happy. If there is something that I can do to help, like having people look at old pictures to cope, for instance, I did my job."



The Beacon/Morgan Rich

Students enjoyed various kinds of pizza while they listened to Dr. Edward Schicatano give an hour long presentation on understanding what stress is and how students can overcome it while they are in school.

Dollar store recipe: Sweet, cinnamon sugar dessert nachos

Ingredients:

4 flour tortillas
8 tablespoons of butter
1 cup of granulated sugar
4 tablespoons of ground cinnamon
1/2 cup of hot fudge topping
1/2 cup of Hershey's caramel syrup
Whipped cream

Directions:

First, preheat the oven to 375 degrees Fahrenheit.

Next, put the butter in a small bowl. Microwave for two minutes or until melted. Mix halfway through and set aside.

Next, combine the ground cinnamon and sugar in a separate small bowl and set it aside.

Place a tortilla on a baking sheet and brush both sides with melted butter. Sprinkle the cinnamon sugar on both sides.

Then, cut the tortilla into eight triangles and line them on the baking sheet. Place the tortilla chips in the oven for eight minutes or until the sugar caramelizes.

Next, remove the tortilla chips from the oven and let them cool.

Put hot fudge topping into a separate small bowl. Microwave for two minutes or until melted and mix halfway through.

Grab a spoon and drizzle the fudge onto the tortilla chips. Drizzle the 1/2 cup caramel syrup onto the tortilla chips.

Once completed, top with whipped cream.

Enjoy!

Allergens: Dairy

By Morgan Rich

Life, Arts & Entertainment Staff Writer

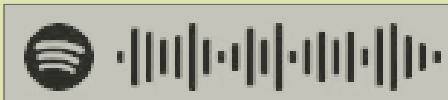


The Beacon/Morgan Rich

This is a perfect snack to share with friends at a party or any type of event.

Beacon Bumps

Each week, the Wilkes Beacon staff adds a song to the Beacon Bumps playlist on Spotify. Check us out under Chris Gowarty's Spotify or check out this week's picks right now!



Emily Cherkauskas, Editor-in-Chief:

The Fall - Lovejoy

Ariel Reed, Managing Editor:

Rumors - Gucci Mane, Lil Durk

Liz Cherinka, Social Media Editor:

Dance, Baby! - boy pablo

Maddy Kinard, News Editor:

Politics & Violence - Dominic Fike

Jordan Daniel, LA&E Editor:

Nail Tech - Jack Harlow

Bre Ebisch, Opinion Editor:

Cutie - COIN

Lindsey Scorey, Opinion Asst. Editor:

Jackie and Wilson - Hozier

Christopher Gowarty, Sports Editor:

Gotta Have It - JAY-Z, Kanye West

Baylee Guedes, Sports Editor:

Red Flag - Natalie Jane

Jason Eberhart, Sports Asst. Editor:

City of Gods - Fivio Foreign, Kanye West, Alicia Keys

Zoey Rosensweet, Lead Layout Designer:

Honey - 070 Shake, Ralphy River, Hack & Tree

Programming board hosts first ever “Couch Potato”

Tater tots, french fries, pierogies, oh my

By Cassidy Taylor

Life, Arts & Entertainment Staff Writer

On Feb. 18 programming board held a spectacular-spud event in the ballroom. The themed event called “Couch Potato” featured all things potato related.

Everything from food, trivia, sack races and more involved potatoes. Students also had the opportunity to compete in games against each other for prizes, some of which were potato-themed as well!

Maggie McHenry, sophomore digital design and media arts major, was the creator of the event. She shared her obsession with french fries and even has a french fry tattoo to prove it. McHenry brought the idea to programming board and was ecstatic when they approved it.

“We wish we could’ve had the food earlier in the night and sit down together to eat but with COVID restrictions we had to make do,” said McHenry. “Personally, I was most excited about setting up the event and seeing everyone show up. I love seeing students smiling and enjoying themselves during the activities.”

Programming board kicked off the night with a 30-question Kahoot game of potato trivia. The top three winners of the trivia game were awarded blankets with cartoon potatoes on them, along with a gift card to places like DoorDash and GrubHub.

Next on the schedule was a game of hot potato, where a few large groups of students played separately. The game did use a real potato, which added to the festive atmosphere and the last person standing within each group was awarded a prize as well.

The first-year students especially loved this event.

“I love the event, it’s chill, people are having fun and smiling and enjoying themselves,” said Sean Robinson, first-year sociology and communication studies major. “It’s a great way to destress and relax after the week and a huge shout out to the programming board for

doing this. What’s there not to like about potatoes?”

Robinson was asked if he’d like to see more potato events in the future and he said he absolutely would.

The night also featured a search for three hidden potatoes in the room and prizes were given out to whoever discovered them. Plus, students had the chance to sign up for potato sack races, which got so competitive that some students were diving to the finish line.

One student in particular, Alex Schweitzer, first-year environmental engineering major, jumped to the end and rolled right into the prize table. Fortunately, no students or potatoes were harmed in the duration of the sack races.

Two students who are involved in programming board spoke on how fun and unique it is to attend an event all about potatoes. Lauren Beaver, first-year nursing major and general board member, never thought of having an event such as, “Couch Potato.” When she thought about activities to do in college, however, she found it to be fun.

“We are on the executive board and we had a hand in coming up with ideas but all finalized events are decided by the president of the programming board,” said Brynn Marlow, first-year nursing major and analytical chair.

The menu featured all varieties of potato foods. There was a buffet line courtesy of on-campus dining services with take out containers for everyone to fill. Mashed potatoes, french fries, tater tots, potato pancakes and mini pierogies were available, along with everything people needed to dip and enjoy them with.

To stay safe and in line with campus policies, students had to stay socially-distanced while eating and only were permitted to have their masks off while actively eating.

For more information and to stay in the know of programming board’s future events follow their Instagram account @wilkesupb.



The Beacon/Cassidy Taylor

Students indulged in a buffet line of food courtesy of on-campus dining service. The buffet included mashed potatoes, french fries, tater tots, potato pancakes and mini pierogies .

Follow @wilkesupb for more information about Thursday night events.

Liz's Craft Column: Boho yarn tassel wall hanging decor

An affordable boho chic decoration, perfect for any space

By Liz Cherinka

Social Media Manager

This craft is a boho yarn tassel wall hanger. Not only is this craft is easy and stress relieving and also adds a cute, personalized boho touch to any space. This craft is affordable because it only requires a few supplies, which can be found at any craft store—yet it looks like an expensive decoration that would be found at stores or on Etsy. You can impress house guests with this decoration because it was handmade.

- One ball of yarn or 180 feet
- Scissors
- Wooden dowel
- Wooden beads

1. The first step is to cut the yarn, which will be used for the tassels. Cut out nine groups of 20 strands of yarn, which are at least a foot each. This will total 180 feet, but separate them into groups of 20 for each tassel.

2. Line the 20 strands of yarn up together and fold them in half. With a new piece of yarn, 1-2 feet long, make a knot around the middle of the group. Repeat this for each group.



Liz's difficulty rating:



3. Then, grab one of the groups that are now tied in the middle. With a new piece of yarn, make a knot around the whole "tassel" about an inch below the knot that was just made in the middle. This will form the actual shape of the tassel. Repeat this for each group of yarn. Cut the excess from this new knot to blend in with the other strands that hang down.

4. String three wooden beads onto the long strand of yarn on each tassel that will be used to tie them onto the dowel.

5. Grab the dowel and start to plan out the placement of the tassels that will be hung from it. Start with the middle tassel making it hang as long as desired. Wrap the extra yarn around the dowel a few times to hold it in place until the other tassels are placed.

Then, grab another tassel and hang it so that the bottom bead of one tassel is even with the top bead of the middle tassel. Make the one on the other side even with this one. Repeat that across the dowel for the rest of the tassels.

Once the tassels are planned out, the yarn can now officially be tied onto the dowel. Unwrap the yarn and make a double knot and then cut the extra. Repeat that for all the tassels.

6. Adjust the tassels to be about an inch from each other, depending on the size of the dowel. Next, grab the ball of yarn again and tie a knot onto the end of the dowel. Then, tie another knot onto the other side. This will be used to hang the wall hanger so make it as long as preferred and then cut the extra yarn.

Adjust any of the tassels and then the wall hanger is complete. Hang it anywhere to add a boho touch to your space.



CREATIVE COLONELS

Creative Colonel of the Week: Billy Berry and Toon De Schepper

By **Jordan Daniel**

Life, Arts & Entertainment Editor

Billy Berry, junior financial investment major and Toon De Schepper, senior sports management major, are great representations of creative colonels. Both students began a food truck business called All Belgium LLC in 2021 and have been serving people delicious waffles every day since.

“We both have an entrepreneurial mindset, so when I came to Billy with the idea of starting a food truck he was all for it,” said De Schepper. “We thought there was great potential and that it could potentially be successful. We figured that worst case scenario, we would learn a lot of valuable lessons and that “business owner” would look great on our resumes.”

The idea of All Belgium sparked in 2019. However, due to COVID-19’s impact on the world and especially on campus, De Schepper and Berry were forced to delay their opening day and were not able to launch their business until two years later.

“The process has been nothing but fun,” said Berry. “Sure we face adversity sometimes, but it is very rewarding to see the joy people get in eating our waffles.”

All Belgium LLC has received a lot of buzz from students and faculty on campus. Since Berry and De Schepper are both classmates, teammates and student-athlete-entrepreneurs they have built a strong partnership.

“They have really good waffles,” said junior digital design and media art major Maggie Murphy. “I think it is really cool how they have their own student-run

truck and they are nice people.”

People have many choices of toppings to order on their waffles, such as chocolate sauce, whipped cream, fresh fruit, bacon and ice cream. They sell other Belgian treats like Biscoff spreads and cookies. Their most popular food order is a waffle with nutella and strawberries.

“My favorite thing is the reaction people have when they have their first bite of a Belgian waffle,” said Berry.

The owners have also received help from others around campus to help run their business and keep it alive. The Allan P. Kirby Center and their scholars aid them in free enterprise and entrepreneurship.

“First off, it is hands down the best waffle around,” said De Schepper. “Secondly, I firmly believe that all entrepreneurial activity is worth supporting.”

De Schepper and Berry have big dreams for the future of All Belgium LLC. They hope to become a distributor of their dough to restaurants, dining halls, stadiums and bakeries. Plus, they are working on other entrepreneurial ideas to support their business.

“Under the name All Belgium, we are able to sell more than just Belgian waffles,” said Berry. “We can sell things that are all Belgian such as cookies and spreads, merchandise, and other Belgian sweets.”

All Belgium LLC’s hours of operation are 10 a.m. to 8 p.m. and the food truck is usually located on Main St or somewhere else near the university. People can find out more information on their social media platforms or on their website www.allbelgiumllc.com.



Courtesy of Billy Berry

Toon De Schepper (left) and Billy Berry (right), owners of All Belgium LLC.



All Belgium LLC sells belgian waffles with various toppings to place on top.

Want to showcase your skill and talents?
Contact jordan.daniel@wilkes.edu

The Beacon commemorates

BLACK HISTORY MONTH

Understanding the need for a month of observance

WHAT IS BLACK HISTORY MONTH?

February is Black History Month and while it is recognized nationwide, the importance of what is being honored can often be overlooked when countless events are occurring and social media posts circulate online. Although it's dedicated month is the shortest of the year, this topic is crucial and deserves to be our main focus at all times for a variety of reasons.

It has never been more clear that the racial injustice and inequality in our society is still prevalent in many ways. The Black Lives Matter protests that occurred in the summer of 2020 in response to George Floyd's death among several other events sparked the conversation most recently, but change remains slow in the United States and around the world.

Black History Month originally started back in 1926 as only a week when Carter G. Woodson created the movement to reach African American students in schools, but has since grown

exponentially.

Now recognized and celebrated in the United States, the U.K., Canada, Germany, Netherlands and Ireland, millions of people learn and focus on the disparities that exist between races and understand how the movement has grown over time, thanks to icons such as Rosa Parks, Muhammad Ali and many more.

The specific month puts the emphasis on the systematic racism that remains very much alive in our daily lives and provides a new kind of visibility for others outside the community in terms of education and understanding. This is how change starts. And while it may seem like an impossible task, it begins with each and every one of us.

Everyone deserves equal rights and as of right now, that is not a guarantee for everyone who lives in our country. Especially not for those who identify with or are part of the African American community.

WHY WE OBSERVE IT

According to History.com, the population of African Americans in the United States has grown from 4.8 million to 46.8 million in 2019. Yet, those numbers mean nothing. There have been countless firsts that have happened over time, but the injustice and inequality that the community faces has not wavered.

Statistically, the African American community faces inequality in countless areas of life. According to the Inclusion Solution, only 18.7 percent of African Americans receive their bachelor's degree and a mere 3.6 percent earn an advanced degree.

There are only six Black CEO's on the Fortune 500 companies list which is a staggering comparison. It is also obvious that the unemployment rate in America affects the African American population

significantly more because the number of unemployed has remained about double that of white Americans for 50 years.

The differences between the wealth gap, marriage rate and employment positions all show why it's necessary for us to dedicate time to these issues every February.

We must be better than this. The goal and importance of Black History Month lies in the benefits that its education brings to shifting the way our society works and eliminating the discrimination against people of another race.

A majority of that knowledge should be shared in a school setting, which has been receiving a strong push back by several states recently, but the individual learning that can be done plays a significant role as well.

“According to the Inclusion Solution, only 18.7 percent of African Americans receive their bachelor's degree and a mere 3.6 percent earn an advanced degree.”



TAKING A STEP FORWARD

There are many things, but starting small is the easiest way to get involved.

Attend the numerous events on campus that are held to teach and demonstrate how necessary this specific month is.

Educate others on the issues that are built into countless systems within our society and learn how you can help change them.

Support locally owned Black businesses either through making purchases or sharing their information on social media. Never stop learning. Use

your voice to speak up in any way that you can.

While Black History Month remains important, the topics and issues that are put in the spotlight for 28 days should be addressed and remembered throughout the entirety of the year with no exceptions.

When February ends, the systematic problems in our society do not disappear.

Keep fighting, and remember the reasons why Black History Month is necessary and always important.

“The goal and importance of Black History Month lies in the benefits that its education brings to shifting the way our society works and eliminating the discrimination against people of another race.”

By Breanna Ebisch, Emily Cherkauskas, Ariel Reed

Resources:

Organizations to follow and support:

National Association for the Advancement of Colored People (NAACP)

Highly involved in tackling racial issues happening in schools, political organizations and other current events regarding inequity and injustice.

The American Civil Liberties Union (ACLU)

Offers advocacy, counsel and aid in the legal world surrounding racial issues and cases.

Multicultural student coalition (MSC)

One of Wilkes’s mega councils. Focuses to promote diversity on and off campus. Offers space and events for those wishing to educate, or be educated, on diversity topics. Available to reach at msc@wilkes.edu

Documentaries:

“13th”

Uncovering the racial injustice present by law enforcement and prisons today, allowed and encouraged by legislative policies. Available to watch on Netflix.

“LA 92”

Examining the impact and aftermath of the 1992 Los Angeles riots after the acquittal of police officers who were charged for beating Rodney King. Available to watch for free on National Geographic.

“Slavery by Another Name”

Challenging the widely accepted notion and idea that slavery ended upon the enactment of the Emancipation Proclamation. Available to watch for free on PBS.org.

“King in the Wild”

Covering and discussing the final 18 months of Dr. Martin Luther King Jr.’s life, which includes his part in the Voting Rights Act of 1965 up to his assassination in 1968. Available to watch on HBO Max and Hulu.

Opinion

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

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Our Voice

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

The hockey players may like ice, but we do not

It is no secret that the cold and dreary NEPA winters lead to conditions of problematic sorts.

While Wilkes does its best to control walkways and slippery spots on campus, there is still a persistent problem of black ice and lack of fully salted parking lots.

It also comes as no surprise that wintertime is the most dangerous season in a temperate climate. Snow, below-freezing temperatures and wind chills create a hostile environment on the roads, sidewalks and walkways across campus.

While total cleanup of lots is hard to master, it is a reasonable assumption for commuters and students alike that they have safe means of travel while on campus.

Even one small patch of ice can lead to disastrous accidents. This is something the university would arguably want to avoid having to deal with the aftermath of.

When black ice forms and is not taken care of, students are faced with the possibility of sustaining severe and/or life-threatening injuries if they were to slip and fall on it.

When it is evident that these patches of ice have not been salted or maintained, we feel neglected by an organization that promises the safety and care of its students.

A tough component to this topic is the fact that even if there are campus closures for maintenance of the snow and ice, many students still have to travel by walking in these icy areas to necessary destinations.

Shuttle services may be made available or public safety can be of assistance for those uncomfortable in winter weather conditions, but they are not always reachable. Additionally, sometimes even a short walk alone can make for tragic outcomes.

However, according to the university's inclement weather policy, their goal is to keep campus open whenever possible. This is arguably in students' interest, yet that assumes that campus facilities are well-maintained enough for students to travel to and fro.

Another part of the university's weather policies is "common sense and good judgment" for students to decide whether travel to and on campus is

appropriate or not.

However, in many cases professors do not accept this as an excuse to miss class, especially when many residential students may have an easier time making it to class.

The task of on-campus maintenance and facilities management is undoubtedly a tough and incredibly important job to fulfill. With that being said, the university has increased tuition for things much less pressing than its students safety during inclement weather.

We are not asking for any ludicrous or measures, but rather putting emphasis on the areas of campus safety that remain necessary year after year.

We urge the university to develop a better strategy to rid the campus of its ice problem.

Although recent weather has depleted the majority of black ice patches around the school, there is no telling when the next big snow and ice storm may approach.

When and if it does, Wilkes must have a plan in place to control the ice and prevent the possibility of students becoming injured.

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

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

Email: Emily.Cherkauskas@wilkes.edu or Ariel.Reed@wilkes.edu

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

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

T. Swift says it is supposed to be fun turning 21—is it?

The trials and tribulations of turning 21

By Rudy Urenovich
Staff Writer

Milestone ages are a perplexing thing to me. I definitely do think they are worth celebrating: making it to a certain age and overcoming/conquering situations in life to make it so far is an achievement.

At the same time, I feel milestone ages are an opportunity to feel a sense of insecurity, to be quite frank. I feel there is so much pressure to be at a certain point in your professional and personal life by the time you reach a certain age.

I almost feel this ideal is something that is ingrained in people from a rather young age due to how we are able to do new, mature things the minute we turn a certain age.

When we turn 16, we can drive. When

we turn 18, we are considered a “legal adult” and can do things like vote. When we turn 21, we can drink—arguably the most fun.

I think the fact that we anticipate reaching a certain age because we are able to do things in accordance with the law that we were not able to before, allows

us to subconsciously put personal expectations on ourselves to always be a specific place when we reach a certain age.



Graphic by Zoey Rosensweet

I have just recently turned 21, and wow, does it feel quite strange sometimes.

Sometimes, it feels like absolutely nothing – no big deal. Obviously this is the biggest milestone I have had thus far. I guess my next is 25. I find that one to be rather underwhelming and the thought of being a quarter of a century old exhausts me.

Back to 21. I feel it is strange because I am already an adult, but I can do more

adult things? Is it really that big of a deal?

That being said, kind of conversely, I feel like I am in such a different place than I was three years ago. In terms of school, work and the professional side of life, I never imagined I would be doing all the writing and graphic design work I am doing right now.

Back then, I was hesitant and unsure about my place and talent in the field I wanted to study in college, as I am sure many of you felt back then as well.

The years between 18 and 21 are where I have experienced the most growth and maturity in the shortest amount of time thus far in my life. It is scary to think where I'll be in another four years.

Growth and the unknown is frightening, but it is also thrilling. Here's to more.

Bre's Beats: Louis Tomlinson tour exceeds high expectations

A great impression left on a first tour

By Breanna Ebisch
Opinion Editor

Like millions of others around the globe, One Direction shaped a lot of my early teenage years and much of my music taste even to this day. So it's no surprise that even after the band separated back in 2015, I still follow a majority of the members as solo artists.

Up until now, I had been lucky enough to have seen both Harry Styles (multiple times) and Niall Horan live in concert before. But after many rescheduling attempts due to the pandemic, Louis Tomlinson finally went on his highly anticipated world tour and I was in the crowd when he stopped in New York City.

Hammerstein Ballroom became home to Tomlinson's fans for two back-to-back nights on Feb. 11 and 12. Both shows were sold out and that was clear right from the beginning, this was going to be a night to remember for many reasons.

A majority of the fans in attendance,

like myself, had waited over two years to see Tomlinson on this tour so the excitement was palpable to say the least. The show did not disappoint. Sun Room, a small, mostly undiscovered band from San Diego, took the stage first as the tour's opening act. Tomlinson personally handpicked the group and their upbeat music fit the atmosphere in the most perfect way which made them a crowd favorite.

Tomlinson himself was outstanding. With only one full album, a handful of individual singles and an entire discography from his previous band, the concert had something for everyone. There was no lack of stage presence as Tomlinson interacted with the audience and made the venue his own while performing the well loved songs that have become his fan's favorites. It's always interesting seeing someone who had experience in a group prior to going solo take the stage just by themselves, but there was no doubt throughout the hour and a half set that

Tomlinson wasn't made to perform. The mix of heartfelt ballads, rock infused hits and One Direction songs made the night unforgettable for everyone in attendance.

Overall, I loved seeing Tomlinson live and the concert was one of the best that I've had the pleasure of going to.

Personally, I'm not a fan of general admission concerts so that part of the experience impacted the entire night's impression.

Music and atmosphere wise, it was unbelievable and I would highly recommend seeing the former One Direction member on tour if possible.



Decades of spook: Hannah's horror film picks of each decade

By **Hannah Simerson**
Staff Writer

50s: "Creature from the Black Lagoon"

"Creature from the Black Lagoon" quite literally kickstarted the creature feature movement, which gave us classics such as "The Thing," "The Blob," "The Mummy" and more. The film, which stars Julie Adams and Richard Denning, follows a group of scientists attempting to uncover an undiscovered creature in the Amazonian jungle. The creature has become quite an icon, with memorabilia in every costume shop in town after Halloween.

60s: "Village of the Damned"

Are you scared of cult-like children? Then "Village of the Damned" is not for you. A once-peaceful village is turned deadly after every woman falls pregnant and births almost identical emotionless children with blonde hair and glowing eyes. Similar to "Children of the Corn," this film might make you think twice about taking a babysitting job.

70s: "Halloween"

Another trend setter, "Halloween" originated the idea of "the final girl" with its iconic Laurie Strode, played by Jamie Lee Curtis. The film made a name for the holiday of which it is named after with its mute stalking killer and fantastic score. Michael Myers might just be the king of all horror, so "Halloween" is a must-see. This film has stood the test of time and is still adding to the franchise to this day. If you haven't seen it yet, what are you so scared of? The Boogeyman?

80s: "Child's Play"

The birth of killer doll horror flicks, "Child's Play" combines comedy and thrills perfectly to create a horror experience like no other. The film follows Andy, played

by Alex Vincent, as his "friend till the end" turns out to be a murderer in a doll's body. Quite like "Creature from the Black Lagoon," Chucky is a well-known icon of horror. Brave children and adoring adults purchase life-save replicas of the doll and its fanbase is ever-present even 40 years later.

90s: "Scream"

What's your favorite scary movie? I have a favorite horror film. You know the one: the girl answers the phone when she's home alone and some creepy guy on the line asks her all kinds of horror trivia. When she gets a question wrong, a knife-wielding ghostface killer jumps from behind a piece of furniture and kills the girl. Of course, I'm talking about "Scream." Aware of its own tropes, "Scream" is like watching a horror movie inside of a horror movie.

2000s: "Creep"

Probably the most disturbing film on this list, "Creep" is not as well-known as other horror films during the 2000s. Starring Franka Potene, "Creep" boasts a seriously terrifying monster and an unnerving setting. After falling asleep in a subway terminal, Potene awakens to find herself locked in—but she's not alone. This film kept me away from subways for many years, so watch at your own risk.

2010s: "Hereditary"

When they say film is art, they're referencing this film. "Hereditary" is a visually stunning, anxiety-inducing experience. Following Annie and her family after they experience deaths in the family, it becomes clear very quickly that this film has less to do with death and more to do with the occult. Be prepared to be scared after this one; the images you will see will haunt you long after the credits roll (and that might not be all that rolls).

Graphic by Jack Malatesta

Hannah's honorable mentions of each decade

50's:

House on Haunted Hill

60's:

Psycho

70's:

The Exorcist

80's:

Christine

90's:

Candyman

00's:

Sorority Row

10's:

Us

THROUGHOUT THE YEARS...

HORROR MOVIES

50's ... *Creature From The Black lagoon*



60's ... *Village of the Damned*



70's ... *Halloween*



80'S ... *CHILD'S PLAY*



90's ... *Scream*



00's ... *Creep*



10's ... *Hereditary*



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Setting boundaries is the key to self-respect satisfaction

By Sydney Allabaugh
Staff Writer

Why are we so hesitant to stand up for ourselves? So often we find ourselves angry that someone took advantage of us or mistreated us, yet when it comes time to express this frustration to the perpetrator, we remain silent.

If this disrespectful behavior continues, we begin to resent this person as they make us feel powerless over our autonomy. How do we break free from the cycle of mistreatment, frustration, and self-ridicule?

To find peace in our relationships, we must set boundaries and stick to them.

Boundaries are your rules or guidelines for a relationship, or the expression of which behaviors are tolerable or intolerable to you.

By expressing our needs to ensure they are met and expressing our limits

“I only recently realized that I have been basing my entire idea of self-worth and self-respect on my ability to serve others instead of my ability to serve myself.”

to ensure we are not disrespected, we are promoting healthy communication and demanding self-respect. If we find empowerment in setting boundaries, why do we still struggle to do so?

I have always struggled with setting boundaries myself.

I get so involved with others' issues that I tend to disregard my own needs. If someone asks me to talk, hang out, or do them a favor, I always say yes, even if it is strenuous or damaging to me.

I feel validated when people tell me “You are so accepting and helpful,” or “Thank you for always being here when no one else was.”

Other times I fear the consequences of telling people no. I do not want someone to think that I don't care about them if I refuse to listen to their triggering rant or decline when they ask for a ride.

I always thought it would make me a bad friend, girlfriend or daughter if I did not want to sacrifice my own time and

happiness for others.

I only recently realized that I have been basing my entire idea of self-worth and self-respect on my ability to serve others instead of my ability to serve myself.

Allowing others to take advantage of me and disrespect my needs has been incredibly straining on me and my relationships. The brief feeling of validation after bending to the needs of others is not worth constantly feeling unheard, dissatisfied, and used.

Mental freedom and empowerment come from defending yourself from behaviors that are damaging to you. The longer you remain silent, the longer you will remain dissatisfied and frustrated in your relationships. Do not fear expressing boundaries and do not hesitate to say no. You will find that your relationships are healthier and that you are happier when you feel heard.

Body image and sex shaming in ‘Too Hot to Handle’

By Lindsey Scorey
Asst. Opinion Editor

Like any other consumer of media, I often find myself mindlessly watching shows with no real purpose besides pure entertainment. My most recent eye-catcher was Netflix's “Too Hot to Handle,” which besides clear drama and enjoyment, covers a plethora of societal stereotypes to analyze.

The premise of this show is bringing on attractive heterosexual men and women who are used to “mindless swiping” or the pleasure of hookup culture. The producers then encourage emotional growth and connections through a lack of any sexual interactions— even kissing.

The jackpot ranges from \$100,000 to \$200,000 in the most recent season. Every kiss, “heavy petting” or other sexual endeavour costs them money.

The entire purpose of the show is to discourage putting physical pleasure over intimate relationships and emotional connections. However, many of the growth spots in the contestants feel as though they are doing it to achieve the green light for physical

contact which is another facet of the show.

Some fans have argued that not only does the show not always achieve what it has set out to, but it also shames

individuals who engage in casual sex.

In many cases, contestants are surrounded by each other for days on end without much to do besides drink and flirt. Ultimately, the show is setting

up a perfect context for sexual mingling and then shaming individuals when they cannot withhold themselves from even a kiss.

Another aspect of that sexual attraction is the fact that the show only ever incorporates traditionally attractive people in terms of stereotypes and expected body types for both men and women. On top of this, the paired off couples are all heterosexual.

The premise of the show is not inherently evil, but rather just a reflection on modern sex and relationship standards. The issue is that a secluded vacation where all you have to do is avoid sex is not really the solution to emotionless relationships that they seem to be insinuating are the problem.

In terms of representation and impactfulness, “Too Hot to Handle” did not hit the mark. While the show provides excitement and drama, it is not relatable by any real means.



Kim Petras takes fans by storm with new EP Slut Pop

By **Zara Lantzman**
Opinion Staff Writer

Editor's note: This article contains potentially triggering content for some readers. Others may also find the material in the article offensive.

German transgender singer-songwriter Kim Petras released her EP "Slut Pop" on Feb. 11.

"Slut Pop" has a total of seven songs in the EP. "Slut Pop", "Treat Me Like A Slut," "XXX," "Superpower B-tch," "Throat Goat," "They Wanna F-ck" and "Your Wish Is My Command."

My favorite songs on "Slut Pop" are "XXX," "Superpower B-tch" and "Your Wish Is My Command."

In the first week of the release of "Slut Pop," the EP reached number one on the iTunes pop chart. It also debuted at number four on the Spotify global chart and reached number two in the United States.

This is Petras' first project to debut on the Spotify charts.

Petras has released other projects such as "Era 1," "TURN OFF THE LIGHT" and "Clarity."

"I went to major labels and all they would talk about was my gender," said Petras in an interview with Galmour UK. "They wanted me to hide it or use it. I kind of didn't want to do either and I just wanted my music to speak for itself."

Petras did not want to be known as "that transgender artist," but rather for

her music. She wanted to make a name for herself and not for her transgender identity.

Petras initiated her career with her own independent label entitled BunHead.

Controversial producer Lukasz Sebastian Gottwald, who is widely known as Dr. Luke has been her producer from the beginning.

A lot of people do not like Kim Petras

due to the fact that she is associated with Dr. Luke, who was involved in a sexual assault case with Kesha.

Petras has reached a new era in her music as she signed with the well respected Republic Records in 2021.

Her first song released on Republic Records was "Future Starts Now," which was then followed by "Coconuts."

Petras' new EP is nothing like her past

music. She released this EP to feed her fans with some music to hold them over for her eventual album release.

She is known for bubblegum pop, heartbreak songs and her iconic Halloween themed music.

"Slut Pop" focuses on taking back the word slut regardless of gender.

In the song "Slut Pop," each line switches from being a slut from a male perspective to being a slut from a female perspective.

In the six other songs, Petras unapologetically praises sex and makes it known that there is no need to be ashamed of your sexuality.

As mentioned, this is nothing like her previously released music. Petras is moving into an era that is empowering to everyone.

Some fans think Petras' new EP is hurting her discography due to the major difference in her music, while other fans know this is just a placeholder for her music.

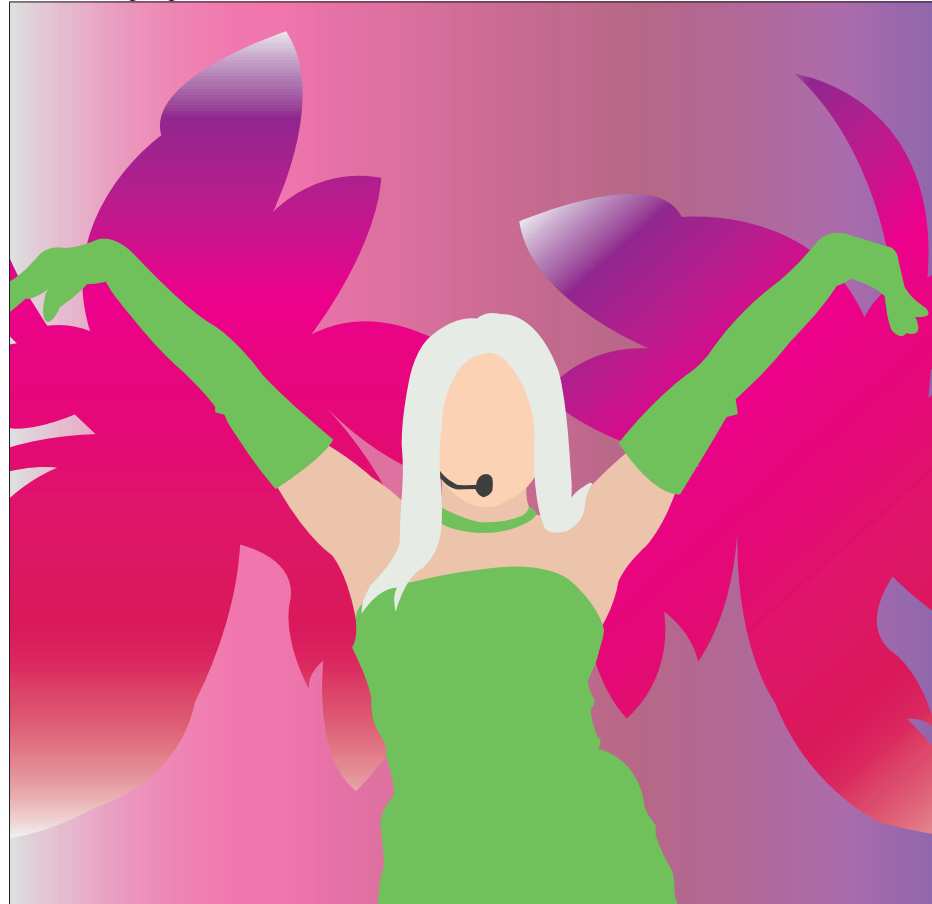
Personally, this new EP is everything I thought it would be. I knew it was going to be centered around sex with no shame involved.

The flow was extremely catchy and I loved how she was writing music for herself and not to please other people. Some fans may not like it, but she does not care.

This is one of the many reasons why she is my favorite artist.

This EP was great and I can listen to it on repeat all day long. I would rate it 7.5/10.

Graphic by Jack Malatesta



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from frontcover

Fea accounted for 12 goals, 13 assists and seven blocks this season. He leaves his Wilkes ice hockey career with a total of 39 goals and 77 assists in the regular season.

Stefanini helped boost the Colonels over Lebanon with a game-high of two goals for an 8-1 win. He scored the first goal of the game and his second goal was a buzzer beater at the end of the second period. Stefanini has also contributed to 30 face-off wins this season.

Reidel added 14 goals, 18 blocks and nine assists during his hockey career at Wilkes.

Galvin assisted his fellow skaters 12 times and added 10 blocks throughout his hockey career. Galvin's season-high of three assists helped lead Wilkes over Lebanon in the 8-1 win.

Mueller's 48 career blocks contributed to big defensive stops for the Colonels. This year, Mueller's game-high of 4 blocks helped lead Wilkes over Nazareth College in their 7-0 win.

Erickson's 12 goals and 11 assists this season helped Wilkes overcome many of their opponents. In his career, Erickson has scored 36 goals and added 52 blocks for the Colonels.

Despite Dill's short career at Wilkes, his contributions to the team have been immense in these past two seasons. Dill added 22 goals, 20 assists, as well as winning 54 face-offs for the Blue and Gold.

Finally, Abdella contributed 17 blocks, three assists, and one goal this season for Wilkes. His defensive presence was made known in many of the Colonel wins this season and in previous.

While all of these statistical accomplishments are to be noted, these skaters are leaving a legacy behind for all of the remaining and upcoming Wilkes Colonels as they are the first senior class of the men's ice hockey program.

All statistics were acquired from gowilkesu.com.



Top: Senior Donald Flynn looks to score on Stevenson

Bottom: Senior Ben Stefanini eager to gain control of the puck



Top: Senior Jay Gallhager battles for the puck.

Bottom: Senior Tyler Barrow plans his attack.



The Beacon/Baylee Guedes

**NEXT UP FOR THE COLONELS:
UCHC Quarterfinal Feb. 23 @ 7 p.m. Toyota SportsPlex**

WLAX: Fourth period comeback snuffed as Colonels fall 12-11

By Christopher Gowarty
Co-Sports Editor

A late, fourth-period comeback for Wilkes fell short of just one score as the women's lacrosse team fell 12-11 to Mount Saint Mary on Saturday afternoon. The Colonels have now begun their season at 0-1.

"When I first got here at Wilkes, there was a lot of tension when things went poorly," said head coach Amber McCarver. "I thought today we stayed poised and stayed united. When things weren't going our way, we stayed working as a family versus starting to tear each other down."

The first period began in a snow squall, with flusters of snowflakes falling upon Schmidt Stadium. However, that would not hinder the Colonels from scoring first in the game as senior attacker Camryn Devitt nailed her first goal around the 12-minute mark.

The Knights answered quickly and with authority, scoring three times within a single minute just two minutes after Devitt's goal.

Another Wilkes goal was added at the eight-minute mark by senior midfielder Savannah Bauman. Mount Saint Mary would add two more goals at the three-minute mark and 2-minute mark

respectively, putting the Knights on top 4-2 at the end of the first.

"We definitely have worked better now than in past years," said Devitt. "We took the team morale higher than we usually have. Even though we lost, we were still able to have a good game and played smart."

Mount Saint Mary opened up the scoring in the second period around the 12-minute mark. The Colonels then

attacked swiftly with a goal from senior midfielder Laura Bayzick and two more goals from Bauman. One more goal from the Knights and Devitt's second goal of the game would put the Colonels trailing 7-6 entering the second half.

The third period was dominated by the Knights as they scored five of the six goals in the frame. The only score by the Colonels came from Devitt's third goal around the three-minute mark.



Courtesy of Steve Finkernagel

Midfielder Savannah Bauman commits a pass against Stevens University on Saturday, March 27, 2018.

Every goal in the fourth period came from the Colonels as they attempted their late-game comeback. Bauman scored her fourth and final goal around the 10-minute mark, which was then followed by first-year attacker Sam Mullen's first collegiate goal.

Devitt followed Mullen's goal with two of her own, tallying her amount of goals to five.

However, that would be all the Colonels could muster in the final period as they failed to possess the ball again.

"We have to work on our second slides on defense," said McCarver. "Getting into the offense, we need to be more on the attack mindset and more cognizant of what's going on and how much is left on the clock. Especially in the last 30 seconds of that game, we should have been pressuring more to get the ball back."

The Colonels next opponent is Marywood as the Pacers travel to the Ralston Athletic Complex to play a 6 p.m. matchup on Feb. 22.

"Within the midfields, we need to be a little more confident in our transitions," said Bauman. "If we keep the positivity of the close game and the confidence we had today, we have a good chance of it at least being a close game on Tuesday."

THE BEACON

Player of the Game: Camryn Devitt

Goals

5

Ground Balls

3

Draw Controls

3



MVB: Double wins for Wilkes in tri-match on home court

By Jason Eberhart
Asst. Sports Editor

The men's volleyball team looked to rebound off a tough loss against rival King's College with a non-conference tri-match Saturday in the Marts Center. They did exactly that with a pair of wins over visiting Immaculata University and Wilson College.

"It was very exciting to see the fight the team had and will to prevail after starting the match down two sets and being in a no-lose situation," said assistant coach Alex Czopek. "Players, coaches, and spectators alike were all feeling the excitement of the win."

In the first match of the day, things were not looking bright for the Colonels as they lost the first two sets to the Mighty Macs of Immaculata. The sets were neck and neck, but Immaculata got the big points towards the end and capitalized on some Wilkes' mistakes.

Wilkes needed to respond quickly if they wanted to get back into this game. Once again, the third set was very even. This time the Colonels made the big plays at the end and won the set 25-23.

"We realized that we weren't playing to our full potential and that we had come into the game a bit overconfident," said sophomore middle hitter Paul Binner. "We knew we had to make a move coming

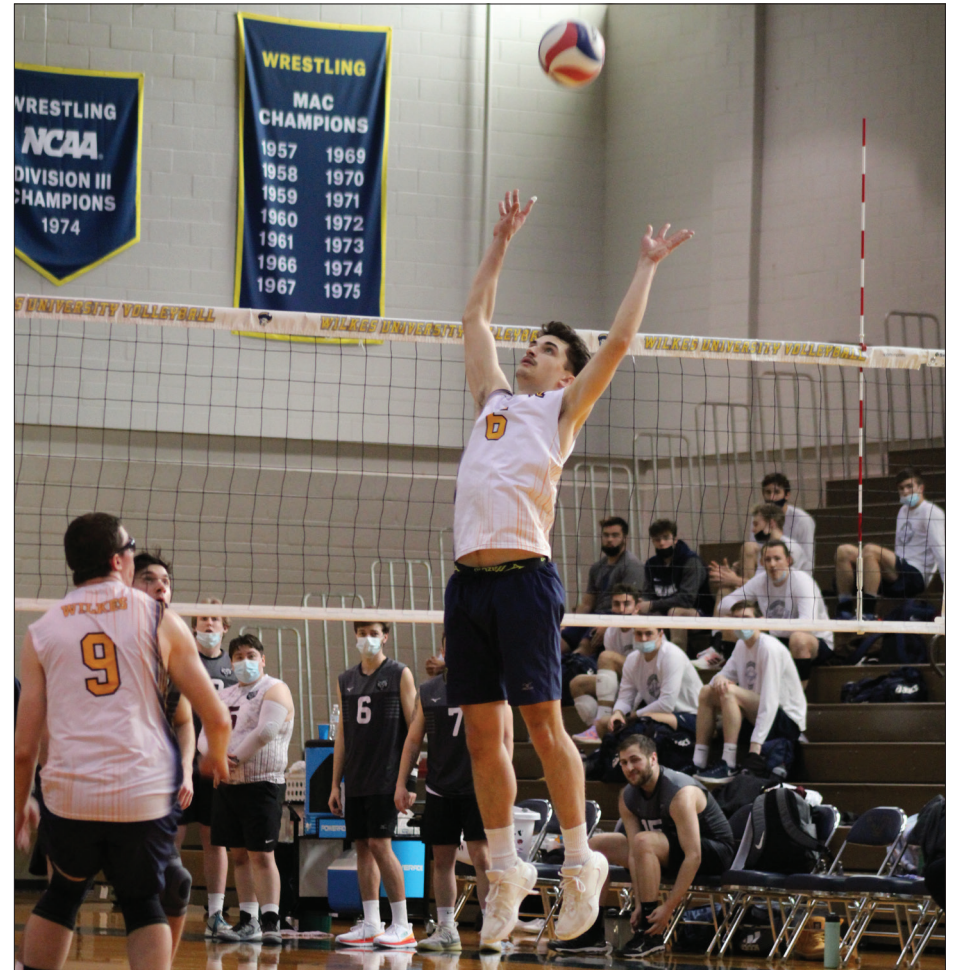
into the third game, so we made an effort to start picking it up on the offensive and defensive side of our game."

Wilkes was able to carry that momentum, and take full control of the fourth set. It was a completely different team than the one that played the first couple of sets. Everything started to click for the Colonels.

With Wilkes being able to tie things up and force a deciding fifth set, they knew they needed to stay loose and play with zero pressure. A quick run early in the set would be the deciding factor for the Colonels, as they had come back from down 2-0 to get an impressive win over Immaculata in their first match of the day.

The Wilson Phoenix had no shot of slowing down this Colonels team in the second match of the day. The offense looked like a well oiled machine and the defense was a brick wall, not allowing any balls to drop. It was a complete domination as the Colonels swept the Phoenix in straight sets 25-13, 25-9, 25-8.

"A win is a win," said Casey Shipman. "It feels good, especially after some tough losses. Coach told us he thought we would have a lot of success this weekend, and I am happy we could follow through. As a team, we want to take the momentum from these wins and ride it into next week so we can get a few more W's."



The Beacon/Ariel Reed

Casey Shipman prepares a set for a fellow teammate who is ready to get a kill for the Colonels.

THE BEACON Player of the Game: Paul Binner

Kills

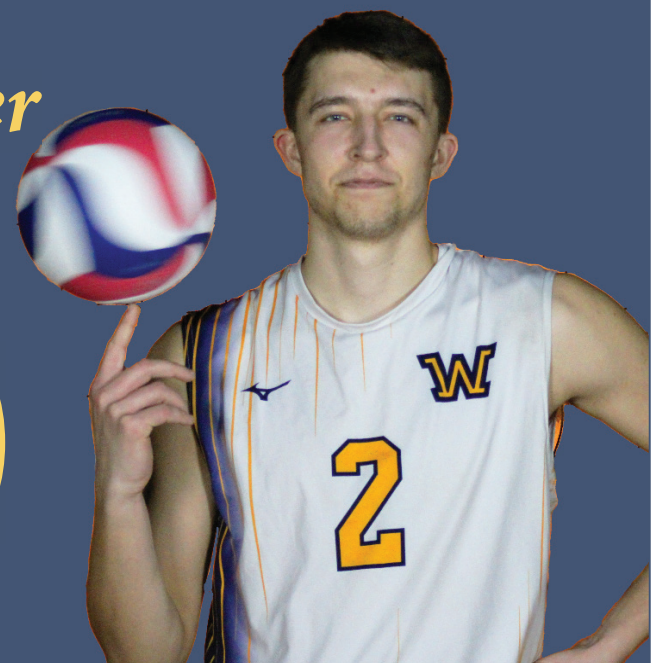
20

Blocks

1

Aces

0





Getting to know...

Trent Fisher

Sophomore Basketball Player

The Beacon: Male Athlete of the Week Feb. 9 to Feb. 16

Why Trent Fisher was selected: Fisher has racked up a lot of accolades as a young member of the men's basketball team. He has most recently been contributing to his team as the king of double-doubles. Fisher has accumulated a six game streak of double-doubles. His efforts have proven crucial in close game situations for the Colonels, as they barely outscore their opponents in games.

Name: Trent Fisher

Year: Sophomore

Major: Sports Management

Hometown: Sellersville, Pa.

High School: Pennridge H.S.

Position: Center

Other interests or hobbies off of the field?

I enjoy playing golf, hanging with friends, and fishing along with boating.

Favorite meal to eat on campus?

I really enjoy a Franco's bacon chicken ranch slice.

If your life was a movie, who would you want to play you and why?

Ryan Reynolds. I think he just fits my style and humor.

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

I would say John Madden who just recently passed away.

Most influential person in your life?

My parents.

Anyone to give a shout-out to?

Cayden Merrifield : "Yo you're tough".

- Compiled by Ariel Reed, Managing Editor

Driving force for your decision to come to Wilkes?

I really loved the small campus feel and I felt that being 2 hours away from home was perfect for me. Also being recruited to play basketball here was also a big driving force.

Post-graduation plans in terms of a career?

When I graduate I hope to find myself in the sports field, and eventually working for a minor league or professional sports team.

Favorite Memory as a Colonel?

My favorite memory would be hanging out with the guys in the locker room before and after practice.

When/Why did you first begin playing?

I began playing basketball in 4th grade. I joined because all of my friends were doing it and I wanted to be a part of that.

Favorite thing to do during practice?

I love the shooting competitions against each other.

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

The Beacon/Ariel Reed

Getting to know...

Maddy Kinard

Junior Swimmer

The Beacon: Female Athlete of the Week Feb. 9 to Feb. 16

Why Maddy Kinard was selected: During the MAC Swimming Championships, Kinard broke school records in both the 100 Backstroke and the 200 Backstroke with times of 1:02.47 and 2:19.49 respectively.

Editors Note: Maddy Kinard works for the Beacon.

Name: Maddy Kinard

Year: Junior

Major: English and Communication Studies

Minor: Global Cultures

Hometown: Dover, Pa.

High School: Dover Area H.S.

Position: Sprint Backstroke/IM

Driving force for your decision to come to Wilkes?

It came down to swim teams. I had such an amazing experience at my overnight stay during my senior year of high school, I knew this was the team I wanted to be with for the next four years.

Post-graduation plans in terms of a career?

I would ideally like to work in the editing or publishing industry for fiction. The long term goal is to one day be a published author.

Favorite Memory as a Colonel?

Definitely breaking the 100 and 200 backstroke school records at this most recent MACs meet.

When/Why did you first begin playing?

I originally started swimming competitively back in fourth grade.

Favorite thing to do during practice?

I really love long kick sets during practices.

Other interests or hobbies off of the field?

I'm news editor for The Beacon, Alternative Director for WCLH 90.7, internal director for Wilke's Dance Marathon, a tutor with the Reading Buddies program and am a staff member of Manuscript.

Favorite meal to eat on campus?

Now that CYO is back at Which Wich, you can definitely find me picking up their sandwiches.

If your life was a movie, who would you want to play you and why?

Probably Drew Berrymore—I've been told ever since I was a little kid that I looked strikingly similar to her.

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

F. Scott Fitzgerald. I have some Great Gatsby related questions I need to prompt him with.

Most influential person in your life?

Definitely my mom. She's a driving force in my life and always keeps me on track, even when I don't want to hear it.

Anyone to give a shout-out to?

Shout-out to my whole team! They're truly some of my best friends. I've never hung out so consistently in and out of season with a group of swimmers as I do my team here at Wilkes.

- Compiled by Ariel Reed, Managing Editor



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The Beacon/Ariel Reed

Wilkes-Barre welcomes an ice rink on the square, open to all

Zach Paraway
News Staff Writer

Earlier this month, a new ice skating rink opened on Public Square in Wilkes-Barre, right below the blue “Wilkes-Barre” sign.

Admission is free for the rink, but attendees must bring their own skates. It is open from 10 a.m. until dusk everyday.

The rink will stay open until the end of March. The only day it will be closed is the upcoming Wilkes-Barre St. Patrick’s Day parade.

The ice rink was funded using money from the federal COVID-19 relief plan, as voted on by the mayor and city council.

“As someone from around the area, the rink is super nice and it is in a highly-populated area of town,” said first-year engineering major Kimberly Sanchez. “It is like having our own Rockefeller Center in the middle of Wilkes-Barre.”



Top: The ice rink is free to all individuals who wish to use it. Just remember to bring your own skates.

Bottom: The rink is located underneath the Wilkes-Barre sign in the square.

Photos: The Beacon/Zach Paraway

