

The Beacon - January 31, 2017



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THE BEACON

The news of today reported by the journalists of tomorrow

Men's Volleyball Spotlight

Latest addition to Colonel Athletics

Full story on page 20

The Beacon/ Luke Modrovsky

News

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

Beacon Briefs

TREC seeks nominations from students

The Teacher Recognition and Effectiveness Committee (TREC) is seeking nominations from students for the following awards:

Innovative & Nontraditional Teaching
Outstanding Advisor
Adjunct Teaching
Multiculturalism Awards

The TREC asks that students please consider nominating a professor or adviser for any of the above-listed awards from Spring 2016 to Spring 2017. Nomination letters should be submitted online by the deadline of Feb. 17.

Spring concert tickets on sale

Tickets are now on sale now for this year's spring concert featuring Frankie Ballard and co-headliners LOCASH.

The show is March 19 at 7 p.m. at the F.M. Kirby Center for the Performing Arts.

Students can get their tickets for the concert in the Henry Student Center from 11 a.m. to 5 p.m. Monday through Friday. Student tickets are \$10.

Adventures in Reading Begins Feb.

15

The Education Department of Wilkes University is sponsoring Adventures in Reading.

Adventures in Reading an after school reading program for children in grades Pre-K through sixth.

Teacher Education candidates will present innovative learning opportunities across the content areas with a focus on vocabulary and comprehension enrichment.

The series of eight sessions, which is free of charge, begins on Feb. 15 from 4 p.m. to 5 p.m. on the second floor of Breiseth Hall.

Contact Dr. Diane Polachek at diane.polachek@wilkes.edu for more information and registration forms.

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Wilkes University Student Government notes

Staff Report

Week 1

On Jan. 18, Wilkes University's Student Government held its weekly meeting.

The meeting opened with a moment of silence in respect to Brianna Smarkusky after she passed away on Jan. 12 following an illness. She was a senior biology student.

Allie Grudeski requested \$100 to send on behalf of Student Government to Smarkusky's family either in the form of flowers or a monetary donation for funeral costs. The board voted and passed the motion to send a monetary donation to the family. The Class of 2017 had already sent flowers upon hearing the news.

The Feminist Majority Leadership Alliance of Wilkes University came in for week 1 of 2 of club status approval. The group's focus is on community activism on women's rights and empowerment. The group currently has roughly 20 members and is planning a trip to Seneca Falls for Women's History Month as well as a conference in Washington, D.C.

The treasurer's report for Week 1 was as follows: All College: \$49,898.82 General Funds: \$18,123.03 Conference: \$5,000.00 Spirit: \$2,000.00 Student Government Total: \$75,021.85.

Week 2

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

Liam Bartko was appointed as the new Sergeant-At-Arms.

The Feminist Majority Leadership Alliance of Wilkes University came in for week 2 of 2 for SG club status. The club came back with an update that safe space signs would be placed on campus as their first awareness project. The board voted and the motion passed 29-0-2 to grant the group club status.

SAAC came in for a non-club fund request for Project Standing Room Only. Student Athlete Advisory Committee (SAAC) is a club for student athletes that provides with them a voice in the NCAA. The group requested \$260 for 250 T-shirts to be handed out at the men's and women's basketball games on Feb. 1. The board will vote next week.

Block Party came in for week 1 of 2 fund requests, presented by Cody Morcom. The event is to be held on April 22. The theme is "toxic" and attractions will keep with the theme. Activities include inflatables such as the Adrenalator, Meltdown, Toxic Elements, big red balls from Wipeout, and a large inflatable chair. Food includes Levan's walking tacos, Chilly Willy's Ice cream, and Pete Webby's concessions, as well as giant pixy stix, warheads, big league chew and Auntie Anne's soft pretzels. Prizes include a mountain bike, smart TV, T-shirts for 300-350 people and possibly an Apple Watch. The total fund request is \$14,820. The board will vote next week.

Student Government was asked to participate in the annual St. Patrick's Day parade in Wilkes-Barre. The board was split as the day of the parade is the same as the day students return from Spring Break. More information will follow.

The treasurer's report was as follows: All College: \$49,898.82, General Funds: \$17,723.03, Conference: \$5,000 and Spirit: \$2,000.00 with a SG total of \$74,621.85.

Title IX Compliance Updates, grant awarded

By Toni Pennello
Asst. News Editor

At the beginning of the fall semester, a clarification of Title IX led to the addition of all-gender bathrooms on campus. However, as Dr. Helen Davis previously indicated, this was only the tip of the iceberg in regard to inclusion.

Title IX exists to protect against gender discrimination on campus. As of May 2016, this was clarified by the U.S. Department of Justice and the U.S. Department of Education to include gender identity in addition to sex assigned at birth.

One of the big changes put into place for this semester was the ability for transgender and agender students to change to their preferred name. The change is visible on course rosters, in email addresses, and just about everywhere else a student's name appears.

Title IX Coordinator Samantha Hart, formerly Samantha Phillips, explained that students who wish to use their preferred names soon will only have to fill out one registrar form, leading to a "streamlined" process that would change their name through every necessary department.

Elliot DeMesa, a senior psychology major who identifies as nonbinary, took advantage of this new ability as soon as they could.

"I feel a lot better now that it's been changed. On the one hand, it's much more convenient," DeMesa said. "Since I introduce myself as Elliot, it can be confusing to have to give them an email address of a different name or have them recognize emails from me under a different name."

"It's also nice that, since the name is no longer used in our school's systems, people don't accidentally call me Danica. Being called by that name makes me uncomfortable."

DeMesa described the process as very easy.

"I don't have any complaints, and I haven't heard any complaints from others about this transition," they said.

Due to FERPA (Family Educational Rights and Privacy Act), other students who made this transition could not be disclosed.

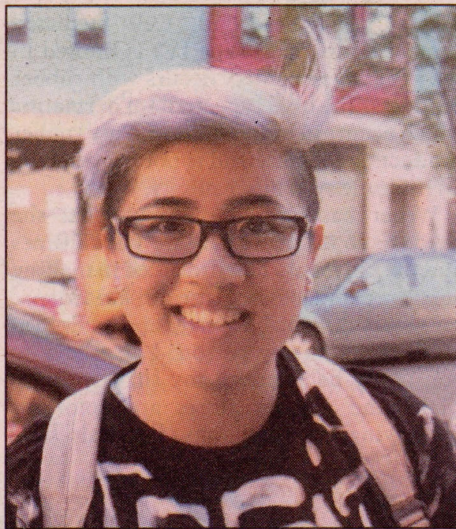
In addition to the name changes, Davis said that a web page and brochure are being worked on detailing the locations of all 40 all-gender rest rooms on campus.

"I've also led informational sessions for



The Beacon/Jesse Chalnack

Samantha Hart, left, is the Title IX coordinator at Wilkes University. She and Dr. Helen Davis are working to ensure that trans and agender students like Elliot DeMesa, right, can use their preferred name through the Wilkes portal.



Courtesy of Elliot DeMesa

student affairs and several faculty groups to provide information on Title IX protections for trans and agender students and to offer suggestions for how to make students more included, comfortable and welcome on campus," she added.

In addition to streamlining the name change process for students, Hart has some more in store for Title IX compliance at Wilkes.

Wilkes recently received a grant from the Department of Education for the It's On Us campaign, which aims to protect individuals from sexual assault through awareness and activism.

"We applied, and we were one of the schools that were lucky enough to receive the grant," Hart said. The grant money will be used for a week long event at the end of March into April. April is Sexual Assault Awareness Month.

The event will tie into sexual assault awareness, and Hart hopes to "provide meaningful discussions" pertaining to those issues as well as sexual harassment and dating violence.

"We want to talk about how to have responsible relationships and things like that," she said.

The event will begin with a keynote speaker, who has not yet been decided. "We're looking for someone internationally known," she said. After that, Hart hopes to reach off campus and into the local

community.

"One of the things we intend to do with the grant money is invite local high schools in the community to come to our campus and have our peer trainers do the bystander intervention training with them," she said. "We aren't able to reach our students until orientation... I think the discussions surrounding sexual assault need to start sooner, when students are in high school," she added.

The week-long event will include One Love Escalation training, which will teach students to read the signs that they or one of their friends is in an abusive relationship.

The week will culminate at the end with Wilkes' own bystander intervention training, which will be influenced by what is learned from students and others during the week-long event.

The grant money will also be used to add to the first "Colonels Don't Stand By" sexual assault bystander intervention video, which focuses on first year students, and include a video pertaining to upperclassmen.

For more information about Title IX compliance, contact Samantha Hart at samantha.hart@wilkes.edu or Dr. Helen Davis as helen.davis@wilkes.edu.



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Title IX Timeline

1970

Congress begins addressing gender discrimination on college campuses.

1972

Title IX is enacted.

1997

Office for Civil Rights issues "Sexual Harassment Guidance" which states that institutions are responsible for preventing and punishing sexual harassment.

2015

Samantha Hart is hired as a full-time Title IX coordinator at Wilkes.

2016

A Dear Colleague letter from the Department of Education clarifies Title IX to include transgender and agender students. Wilkes creates all-gender rest rooms.

2017

Wilkes receives grant from the Department of Education to hold a week-long event for sexual assault awareness.

The “bursting” reality of latex allergies

By Sarah Bedford
Editor-in-Chief

Arachnophobia. Ophidiophobia. Acrophobia. These are the some of the most common fears people have. But for a Wilkes University sophomore, the thing that scares her most is the sound of balloons being inflated.

On Nov. 30, Ellen Weber and her roommate decided to go to the Henry Student Center Cafe for breakfast. As the two started preparing their bagels, Weber turned to see approximately 50 latex balloons being blown up.

No big deal to some, but for Weber who was diagnosed with a latex allergy at the age of 5, this was a huge concern.

Typically when a reaction occurs, Weber's eyes will begin to itch. If she is unable to leave the area where the material is, her throat may begin to swell and close up. With her specific allergy being airborne, she does not even need contact with the material to have a reaction.

According to the American Latex Allergy Association symptoms after exposure may vary based upon severity of sensitivity. Common symptoms include skin redness, hives or welts, redness, itching or tearing eyes, chest tightness, wheezing, or shortness of breath and in rare but serious cases, Anaphylaxis shock.

As she left the building, being there no more than three minutes, Weber did not experience any of her typical symptoms so she continued to her physics class. Within 10 minutes of the exposure though, her throat began to swell and she had a difficult time swallowing.

With the help of a nearby friend, Weber made it to Health Services and had Epinephrine administered. Once her throat went back to normal, she was taken to the hospital to ensure she was fine.

After a day of rest, Weber reports that she is feeling much better. “Epinephrine gives you an adrenaline rush and Benadryl calms your system down, so having both, and a trip to the ER was enough for one day,” she said.

The ALAA reports that less than one percent of the United States population suffers from a latex allergy though health care workers and individuals with spina bifida (a congenital defect of the spine) are at a higher risk for contracting the allergy. In total, there are three types of latex allergy: IgE mediated allergic reactions (Type I) which is life threatening as the allergy is to the antibody called IgE directed against retained proteins in latex products. This type can be caused by direct skin contact, mucosal surface contact or

inhalation. The second, Cell mediated contact dermatitis (Type IV) is limited to the skin where contact occurs with rubber products. The final type, Irritant dermatitis which occurs in individuals who use rubber products frequently and is not triggered by an immune system sensitivity.

Weber has figured out just what she needs to do to ensure her safety at all times and the university has also aided in making sure the campus is not a health hazard.

“I carry dissolvable Zyrtec and an EpiPen at all times on my person. I also have to constantly be aware of my surroundings. Malls and grocery stores are notorious for having latex balloons, hospitals have

out to key groups on campus (admissions, food services, alumni, department chairs, residence life, lab managers, etc.) to inform them that we have a student on campus with a severe latex allergy and to avoid the use of latex balloons on campus,” said associate dean of student affairs and student development Philip Ruthkosky. “With that said, there are so many different groups and organizations on campus that put on activities; so we all need to keep that in mind and make education on the matter an ongoing effort.”

Because the balloons were popped on the second floor of the Henry Student Center, Weber is unable to enter the building until

Injecting EpiPen

*According to Drugs.com, an EpiPen auto-injector may be administered after severe allergic reaction resulting in anaphylaxis.

Administering

1. With tip pointing down, form first around injector and remove safety cap.
2. Place tip on fleshy portion of outer thigh. Injection can be done through clothing.
3. In quick motion, press injector into thigh. After injection, hold EpiPen in place for a few seconds.
4. Remove auto-injector from thigh. Insert used needle into carrying tube. Recap tube and bring it to emergency room so personnel knows how much was administered.

*Have a conversation with the individual with the allergy to learn how to use their specific injector and how to best help them in case of emergency.

gradually gone latex free. My plan of action when I see balloons is typically, if I can get away from the area, I hold my breath and move quickly... Two, take Zyrtec. Three, as I found out, Epinephrine is a lifesaver, literally. And so if I need it, I inject the EpiPen into my thigh.”

The university has been working with Weber to make the campus latex free and input a plan of action so it doesn't happen again. “Not every school I have been in has been so accommodating. The university is working on an action and prevention plan/policy regarding latex as well as working on continually educating faculty staff and students,” Weber said.

“Mrs. Katy Betnar, who is Director of the University College Learning Center, reaches

the latex particles dissipate as the rapid release of particles in such a closed spaced ultimately makes the building a “death trap” for her. Weber plans to avoid the building until the following week before she goes back.

In avoiding such an essential part of the campus, plans had been put in place so Weber could still get her meals. Student Affairs has also began making plans on education and awareness.

While she remains very candid and open about her allergy, Weber admits that there is a lot of other difficulties she faces that others may not be keen to.

“Some people fear spiders, the thing I fear most is the sound of balloons being inflated.”

Latex products, public health hazard when in unknown places

While changes have been made overtime to remove latex products from public places including hospitals, many individuals are unaware of just how common the material is. ALAA reports explain that some of the most common products that include latex are: gloves, balloons, condoms, bandages, blood pressure cuffs, erasers, rubber bands, spandex, and stethoscope tubing.

Weber explains that events that others take for granted like festivals, birthday parties and even car dealerships are hazardous for her to enter.

“Think of all the places they see latex: car dealers, grocery stores, birthday parties, parades, festivals, events, jewelry stores, malls, etc. It is difficult living in today's world because I always have to worry about it,” Weber said. “I also cannot be fully independent since I can't buy my own groceries sometimes, or ever get my own car, also birthday parties for kids friends if I have a family someday.”

Along with manmade materials, there is also natural latex which is found in some foods like, banana, avocado, chestnut, kiwi, apple, carrot, celery, papaya, potato, tomato and melons.

The ALAA has made efforts to ensure safety to those with the allergy in the foodservice industry as well as cross contamination can occur when latex gloves are worn in food preparation as well as foods which naturally contain it.

States such Rhode Island, Oregon, Arizona, Massachusetts and Wisconsin have laws or food codes banning latex glove use in food service.

In a fact sheet by Angela M. Fraser, Ph.D., associate professor food safety specialist from the Department of Family and Consumer Sciences at North Carolina State University, in compliance with the Extension Service, U.S. Department of Agriculture, regulations on glove ware in the foodservice industry have been regulated so that non-latex gloves are available to employees and that they be changed every four hours or sooner if a tear occurs or the worker is handling raw poultry.

University mourns loss of student

Information submitted by Dean Paul Adams

Brianna Rose Smarkusky, 21, of Nicholson, Pa., died on Jan. 12 at Geisinger Wyoming Valley Medical Center, Wilkes-Barre. She became ill while participating in a Biology Department Field Trip in Buck Township, Pa.

Smarkusky was born in Tunkhannock, Pa., and was the daughter of William and Mary Belcher Smarkusky.

She was a senior biology student at Wilkes and was employed as a medical technician at the office of Dr. Davis Haire Sr., O.D., in Tunkhannock.

Smarkusky was very active in sports, playing softball, basketball, field hockey, track and field, and travel ball. She also belonged to the National Honor Society (high school high honors), Pre-Professional Society and Adventures in Science.

Smarkusky was very involved with 4-H clubs including the Wyoming County Grow'em and Show'em, Elk Mountain Baconeers, Wyoming County Beef Club and Sewing Club.

Brianna was also a dairy miss, dairy maid and dairy ambassador. She was crowned the 2012-2013 Wyoming-Lackawanna County Dairy Princess.

Counselors from the University's



SMARKUSKY

Office of Campus Counseling (570-408-4730) are available for students in need of grief support. The University provides 24-hour access to counseling services by dialing (570) 408-CHAT (2428).

PUBLIC SAFETY NOTICE

From the Wilkes University Department of Public Safety

On Jan. 24, Wilkes Public Safety issued the following notice:

Dear Members of the Wilkes University Community:

The Department of Public Safety would like to inform you of a crime which occurred last night on our campus. The purpose of this notice is to heighten your awareness, enable you to take actions which can help increase your safety, and to aid in the prevention of similar crimes.

Certain details will not be included in this alert so as to avoid releasing identifying information about the victim. This Public Safety Notice is being issued in accordance with a federal law requiring universities to disclose information about certain crimes.

On January 23, 2017, at approximately 8:45 p.m., a student entered the Department of Public Safety's office to report a crime. The student had posted an item for sale on an internet site. The advertisement was responded to and a meeting place to the rear of the University Towers on S. Main Street was agreed upon. Two individuals met the student, and one produced cash for the sale. It was at this point that the other suspect grabbed the student from behind and assisted in the property being taken. Both suspects fled on foot towards South Street. Public Safety Officers and the Wilkes-Barre

Police Department responded to the area. As noted in the text alert sent last night, the student was not physically harmed and no weapon was implied or observed.

While the overwhelming majority of people buying and selling items online are trustworthy and well-meaning, there has been an increase nationally in incidents where criminals search for easier means to lure victims to locations knowing they have cash or a particular item they want. To address this, the Department of Public Safety will create a public space for legitimate transactions to take place safely.

Buyers and sellers hoping to carry out a potential transaction through an online service can arrange to meet in the lobby of the Department of Public Safety. Well-lit and under constant observation, the lobby is open to the public for 24 hours a day, seven days a week. We hope this "safe harbor" on campus provides a greater degree of safety to our campus community. More information on this program will be forthcoming later in the week. Until then, we highly recommend that you follow time-honored safety practices for on-line business transactions such as avoiding meeting anyone alone, never listing your home address, phone number, or any other identifiable information, and conducting your business in public areas.

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



Chinese students celebrate New Year; campus celebration canceled

By Gabby Glinski
Co-Managing Editor

Chinese New Year, celebrated on Jan. 28, is the most important holiday celebration in China. For the 18 Chinese visa students on Wilkes campus, they make the holiday they best they can while away from their families.

The holiday is based off an old story of a demon, Nian, who once a year, would come to people's homes and eat all the livestock and children. The people were scared and a god told them to use firecrackers and the color red to scare off Nian. In Chinese, the word for New Years is Guo Nian, literally translated it means to "overcome Nian."

The Chinese New Year is traditionally a time for families to gather together. The holiday is celebrated as a way to chase away bad luck and spirits and welcome good luck and fortune.

Sophomore Mingzhu Yue, president of the Wilkes University Asian Cultural Society usually celebrates the New Year in a traditional way with her family. Yue celebrates in the way that most people from middle and northern China celebrate.

There is a lot of preparation that goes into celebrating the New Year. A few days before New Year's Eve, Yue's family cleans the house from top to bottom and prepares the food.

"The most important meal is dumplings," stated Yue. The traditional way of preparing dumplings is to cook them in boiling water and serve with vinegar and sesame sauce. The whole family partakes in making the dumplings together.

The Wilkes University Asian Cultural Society usually hosts a Chinese New Year celebration for all the students to enjoy, with singing, dancing, entertainment and food for the whole campus to enjoy.

Even though the Wilkes Chinese New Year celebration may not be how the students are used to celebrating, they try to make the best of it by contributing to the planning of the campus celebration.

"The main part of New Year is Chinese family. No matter what we do, we can't change this fact. But we could regard our friends as family, that's the only thing we can do," stated Yuchen Xie, sophomore. "And the more people that participate in this celebration, more easier to plan the whole thing."

Gina M. Petrucelli, associate director, International Admissions and faculty adviser of the Asian Cultural Society, understands the disconnect between American students and the Chinese students. Petrucelli is

working with student ambassadors and the community to encourage diversity and help get the word out about events like the Chinese New Year as well as help Yue plan the New Year.

However, despite the effort put forth from the students, the Wilkes Chinese New Year celebration for Feb. 2 was canceled.

Yue confirmed one of the reasons the celebration was canceled was due to lack of enthusiasm.

"I don't think Wilkes students come, most of them are professors and their families," stated Yue on the usual turnout of their campus celebration. The turnout is somewhat discouraging for the Chinese students. "Maybe if we get more help from the Chinese students, we will have it next year."

The Asian Cultural Society also does not receive more money to celebrate the New Year due to its university status as a club. The members find that they have to budget where they can and cut down on the amount of activities they can do to fund their New Year celebration. The students would rather focus their time on future events that the whole campus would enjoy.

Prior to a few years ago, the Center for Global Education and Diversity used to plan the Chinese New Year.

"We always want to push these activities into the hands of the students, it makes the events more authentic," stated Georgia Costalas, executive director of the Center for Global Education and Diversity at Wilkes University, on the reassignment of event responsibility.

The members of the Asian Cultural Society believe that the school should help them in bringing awareness to the importance of the event.

"We are trying so hard, not just for us, but for everyone," stated Zipeng Zhang, junior and vice president of the Asian Cultural Society.

Instead, the Chinese students pulled their efforts into their own private banquet celebration on Jan. 28. They are hoping to change the style of campus celebration to that of a banquet for next year.

Keep watch for future events hosted by the Wilkes University Asian Cultural Society. The club also has a Facebook page @wuasianculturalsociety.



@wilkesbeacon
gabrielle.glinski@wilkes.edu



Courtesy of the Wilkes University Asian Cultural Society

On Jan. 27, many of the Wilkes Chinese students gathered together to celebrate the Chinese New Year with food and games.



The Beacon/Alyssa Mursch

On Jan. 28, The Osterhout Library hosted a Chinese New Year celebration to teach children about the importance of the holiday.

Life, Arts & Entertainment

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

Education Club creates Jared Boxes for CHOP; building spirits at the holidays

By Sarah Bedford
Editor-in-Chief

The Wilkes University Education Club does more than shape the minds of students--they build spirits to those in need, too.

Teaming up with residents in Doane Hall to create care packages known as the "Jared Box Project", the organization delivered 75 boxes to children at the Children's Hospital of Philadelphia to lift their spirits as they stay in the treatment facility. The club members made the final delivery on December 3.

Club vice president Karissa Hensel, senior early childhood and elementary education major explained that the program was another way the group could give back.

"The Jared Box Project means a lot to me, not only do we get to help children in need, but we get to brighten their spirits in such a dark time which makes it all worth the while," Hensel said.

In order to complete the donation, the club completed a baseball t-shirt sale to raise money as their primary source of fundraising. The group also held bake sales to help offset the cost.

According to the Jared Box Project website, the care packages, known as The Jared Box, are plastic storage bins filled with small toys and games for a specific age and sex.

For another club member and education club treasurer, junior English and secondary education major Jen Baron, CHOP has held a special place in her heart after her brother had two battles with lymphoma.

"Donating the Jared Boxes to Children's Hospital of Philadelphia really meant so much to me personally. Not many people know this, but my younger brother had cancer twice (lymphoma) and he went to CHOP to get his treatments," Baron said.

"I remember what all of us would try to do to make his day better. When the education club introduced me to the Jared Box Project

it made me so happy to know that we could do one small thing that would really brighten a child's day. When we arrived at the hospital to drop off the boxes, the woman there told us that they would all be going to the cancer unit of the hospital. Hearing this made me feel like I was giving a small token of appreciation to the place that gave my family and my brother so much.

The Jared Box project was started in 2001 by the children at Our Lady of Victory School in State College, Pa and since its conception has delivered more than 200,000 boxes across the United States.



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Are you
interested in
joining the
Education Club?

Contact:
Dian McKinney,
President
or
Jennifer Barron,
Vice President



Courtesy of Karissa Hensel

The Education Club is pictured above. (From left to right) 3rd row: Domingo Franciamore, Karissa Hensel, Stephanie Kaszuba, Pamela Grayer, Cassandra Bordelean, Sarah Cole, Samantha Haskins 2nd row: Jennifer Baron, Dian McKinney, Abby Yerger, McKenna Woodley, Julianne Scalzo, Amy Kulp 1st Row: Caitlin Klinger, Lennae Thompson.



Courtesy of Karissa Hensel

Within each box contain toys, coloring books and other trinkets to lift the spirits of children inside CHOP.

RECIPE OF THE WEEK:

Energy-Boosting Banana Toast

INGREDIENTS:

- Rye bread
- Peanut Butter
- 1 Banana
- Chia Seeds
- Organic milk
- Ovaltine milk mix

INSTRUCTIONS:

1. Toast one slice of Rye bread.
2. Slice banana.
3. While toast is warm, spread on peanut butter.
4. Place bananas on toast.
5. Sprinkle with Chia seeds.

*For additional vitamins and minerals, mix Classic Malt Ovaltine in a glass of milk. Enjoy!!



Design 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

THIS MONTH, EARN UP TO...

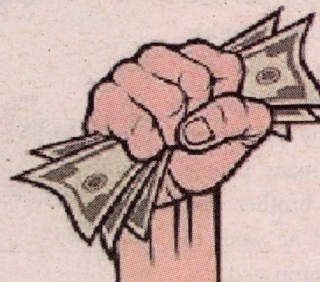
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Division of Performing Arts offers new yoga class

Students of all skill levels are encouraged to participate in the course

By Rachel Leandri
Co-Managing Editor

Wilkes University's Department of the Performing Arts has enhanced its program with a new addition this spring semester. Yoga is no longer just occasionally offered on the greenway or during club hours, but rather is now a three credit class.

Instructed by Catherine Schaeffer, the class takes place every Tuesday and Thursday morning in the first-floor dance studio of the Dorothy Dixon Darte Center. Schaeffer, certified yoga instructor for 10 years, has worked as a professional dancer in cities such as Philadelphia, Baltimore, Washington D.C. and New York City.

After 14 years of teaching both yoga and dance at Valdosta State University in Georgia, Schaeffer moved back to Northeastern Pennsylvania and quickly became interested in the theater and dance programs at Wilkes.

She presented the idea to the Chair of the

University's Performing Arts, Dr. Steven Thomas, and shortly after, DAN298 was added to the curriculum.

I wasn't sure what the interest would be since we had not previously offered a class

*"She creates
a comfortable
environment for
everyone in the class."*

- Vanessa Serano

on this topic," Dr. Thomas said. "Having yoga as a class diversifies our division's offerings, and the significant student interest in the class shows that there is certainly a demand for it."

An active member of the University's dance program, Senior Vanessa Serano said Schaeffer is a perfect fit for the job.

"She works very well balancing both beginners and advanced students at the same time. She creates a comfortable environment for everyone in the class."

Schaeffer said that yoga is so much more than just bending oneself into a pretzel, but rather an integration of body, mind and spirit that benefits people's health on all levels.

Though Schaeffer's original intention was to work strictly with music, dance and theater students, she is overwhelmed by the positive responses she has received thus far.

"As the class is open to any student, the room is filled with students from all majors," Schaeffer explained. "I added as many extras as I could, but had to turn students away because there was simply no room left in the studio. It's just amazing."

With students on all different levels of yoga experience and training, each has his or her personal motives and goals behind registering for this class. One such student

is senior Ryan Dailey, who chose to take this class to remain flexible now that he has concluded his college football career.

Dailey said he wished this course was offered in previous years to help with football.

"I highly recommend Wilkes athletes to take DAN298 in the future to loosen their bodies and to free their minds," he stated. "I feel like a new man every time the class ends."

Schaeffer hopes this yoga class is the first step in making an impact while sharing her expertise with the Wilkes community.

"I love teaching - it's a two-way street," Schaeffer shared. "I learn from my students and become excited when I see people grow, as I hope to be growing always."



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The Beacon/ Jesse Chalnack

The DAN298 class is in a child's pose in the first-floor dance studio of the Dorothy Dixon Darte Center.



The Beacon/ Jesse Chalnack

The students are participating in a downward dog pose towards the end of their morning class.

Tune in to 90.7 WCLH for the station's 45 birthday

By Amanda Bialek

Life, Art & Entertainment Asst. Editor

Instead of lighting the birthday candles this February, turn up the volume on your radio and celebrate the Wilkes College Listening Habit's 45th anniversary.

WCLH has been providing the Wyoming Valley and surrounding areas with student produced programming since 1971. The station offers a variety of music genres including metal, alternative and hip-hop music as well as specialty programming and sports coverage.

Over the last four decades, WCLH has achieved some great accomplishments. A few years ago, the staff launched a new program, Recesso Comunitario. This program is produced entirely in Spanish and can be heard across the globe through online streaming.

The station also received the Best College Radio Station award by entertainment weeklies The Weekender and Diamond City. WCLH has also been ranked as one

of the Top 50 College Radio Stations in the country (bestcolleges.com).

"One the biggest highlights for WCLH has been the ability to keep our equipment and software current to reflect what's being used at commercial radio stations," Kristen Rock, station manager said. "From vinyl to cart machines to compact discs and MP3's, WCLH has been able to provide students with quality hands-on training while giving listeners great programming."

In honor of the anniversary of the radio station, WCLH will be airing a five-hour pre-recorded show beginning at noon on Feb. 4.

"The staff has really taken on this project with full enthusiasm," Rock said.

She said she supports them with whatever they need in terms of alumni outreach, production and anything in between.

The executive staff has been working diligently to pre-produce the show. Staff members include Kendle Peters, metal

director; Kya Lewis, hip-hop director; Kim Hein, marketing director; John Michael Ray, production director; Emily Bellanco, alternative director; and Cody Colarusso, assistant alternative director.

The show will feature the past four decades that WCLH has been broadcasting along with alumni interviews and archived audio and music. Each staff member will be on the air highlighting a different decade.

"I am excited to be hearing from past WCLH DJ's, as I feel the station is influencing my future career choices, and I will enjoy hearing how WCLH influenced [alumni]," Peters said.

According to Rock, the station plans to have some alumni visit the day of the show for a listening party at 2 p.m. She hopes to have a few of the alumni get behind the mic to talk about their personal experiences at WCLH.

"Everyone will have something to relate to, and it's something you won't want to miss," Lewis said. "It will bring memories,


laughs and maybe even tears."

To prepare for the show, Lewis, contacted all of the past WCLH DJ's from the 90's decade. The staff collaborated on a list of questions to ask Wilkes DJ's from the past and has been pre-recording their responses.

"I am excited to see it come together and hear the different aspects of the show throughout the decade and how the station has changed over the years," Lewis said. "Being able to see past DJ's, and learning how they conducted their shows will be an amazing experience, that I can not wait to witness."

She hopes that everyone tunes in.

"Listeners should tune in because it's an amazing opportunity to hear where we've come from, where we are now and where we plan to be in the future," Rock said.

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College SnowJam returns to Montage Mountain

By Michelle Lehman
Guest contributor

College SnowJam is the largest snow sports and music festival in NEPA.

Two students from Marywood University started this event in 2015 in the hopes of getting University students and the community together for an exciting day in the middle of winter. Frank Winger and Tim Kane are now returning to Montage Mountain for their 3rd Annual College SnowJam on Sat., Feb. 11.

"There's Music in the snow and skiers and Snowboarders flipping through the air competing for thousands in prizes. It really is a great time for everyone to get together and celebrate in the middle of winter," said Winger.

The 3rd Annual College SnowJam hosted at Montage Mountain will have live entertainment scheduled from noon to 7 p.m. Lift tickets and event admission will be \$20. Rentals will be

\$15.

College SnowJam provides a day of the most affordable lift tickets and rentals for skiing and snowboarding in the region.

A day on the snow will be accompanied by a lineup of live, local bands and artists: Black Tie Stereo, Newpy Hundo, Cedar Green, Dreamers, Like Us, Send Request, and, DJ D'Law.

There will also be an Urban Rail Jam Competition, food and drink specials, fire pits, games, and other recreational activities.

"No one in NEPA has ever attempted to shove this much value into a single winter day," Winger said.



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Marketing Manager at Montage Mountain/ Jesse Faatz

College SnowJam provides students with a fun-filled -- and affordable -- day in the snow.

It all starts with a *cheer* at this year's spring concert

By Kimberly Hein
Life, Arts & Entertainment Editor

Programming Board announced that Frankie Ballard and LOCASH will be the spring concert at the F.M. Kirby Center, March 19 at 7 p.m. Tickets are now on sale in the first floor of the SUB. The student ticket price is \$10 and the public price is \$30.

Students can buy as many tickets as they want; however, they can only receive the student price on two tickets. After that, they will pay the public price.

Jenna Graziano, major event chair for programming board, said that planning an event such as this is no easy task.

"Once an artist confirms, building the actual show consists of figuring out their production, shopping for the artist's hospitality needs and making sure ticket sales run as smooth as possible for the students," Graziano said.

Frankie Ballard is an American country music singer-songwriter and guitarist. He has well-known songs such as Sunshine and Whiskey, and It All Started With a

Beer.

One student has seen Ballard in concert before and is excited to see him again.

Lorin Paugh said, "He put on a really good show, and my favorite song ever is Sunshine and Whiskey. I'm so excited for a good show."

Graziano said that she is excited to see both Ballard and LOCASH to perform especially because it is the first time having a country concert for the big show at the Kirby Center.

If anyone is interested in joining Programming Board, the club meets every Thursday at 11:30 a.m. At noon, Jenna Graziano will hold concert committee meetings. Anyone who is an active member of Programming Board can be involved in the concert committee.

The concert is open to the public and is encouraged to attend.



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The Beacon/Jesse Chalnack

Jenna Graziano, Major Event Chair for Programming Board and Caitlin Brossman sit at the ticket sales table on the first floor of the SUB.

President Trump's Inauguration

Sarah Bedford
Editor-In-Chief

On Friday, Jan. 20, Donald J. Trump was inaugurated as the 45 President of the United States in front of the U.S. Capitol Building in Washington, D.C. Michael R. Pence also took the oath as Vice President.

According to Nielsen, the inaugural ratings were the second highest in the last 36 years at 30.6 million viewers across 12 networks. This came second to President Barack Obama's 2009 inauguration with 37.8 million viewers. The highest viewership was that of Ronald Reagan in 1981, who was seen by 41.8 million viewers. This report does not account for online viewership however.

His inaugural address garnered much attention for its strong populist message on the reunification of the American people, an anti-establishment theme which he carried throughout his campaign and criticism of both political parties.

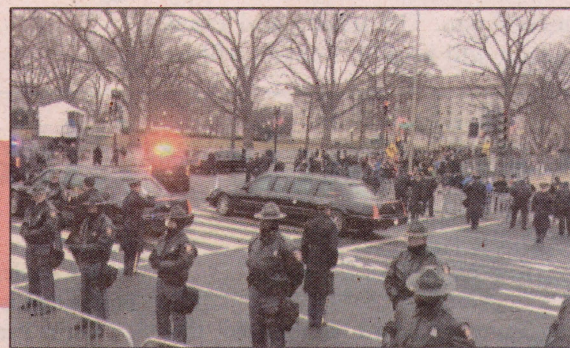
"The establishment protected itself but not the citizens of our country. Their victories have not been your victories. Their triumphs have not been your triumphs. And while they celebrated in our nation's capital, there was little to celebrate for struggling families all across our land," Trump said. "That all changes starting right here and right now. Because this moment is your moment. It belongs to you."



The inaugural ratings were the second highest in the last 36 years at 30.6 million viewers across 12 networks.



The Inauguration Day Parade marched down Pennsylvania Avenue to the White House with military regiments, marching bands and floats.



Executive Orders

The Trump administration has taken a leap in the early days of taking office as the president has already signed 10 executive orders and presidential memorandums as of Jan. 24.

Ease regulatory burdens of the Affordable Care Act: The act directs agencies to "waive, defer, grant exemptions from, or delay the implementation of any provision or requirement" of the ACA that imposes "fiscal burden on any State or a cost, fee, tax, penalty, or regulatory burden on individuals, families, healthcare providers, health insurers, patients, recipients of healthcare services, purchasers of health insurance, or makers of medical devices, products, or medications," according to the memorandum.

Regulation Freeze: Any regulations that were approved before Trump was

placed in office are on hold until the new administration reviews them, including some environmental and energy policies.

Abortion, "Mexico City Policy": "To ensure that U.S. taxpayer dollars do not fund organizations or programs that support or participate in the management of a program of coercive abortion or involuntary sterilization," according to the official memorandum. This relates to international organizations and has continued to go in and out of power depending on which party is in power since the Reagan administration.

TPP: The U.S. is removed from the Trans-Pacific Partnerships and negotiations.

Federal Hiring Freeze: Federal agencies cannot fill new or existing vacancies with exception to military personnel and critical public safety positions.

Expedite approval of Dakota Access and Keystone Oil Pipelines: Plans include

expediting "the environmental permitting process for infrastructure projects related to the pipelines; direct the Commerce Department to streamline the manufacturing permitting process; and give the Commerce Department 180 days to maximize the use of U.S. steel in the pipeline," according to Fox News.

Keystone XL, TransCanada Invite: Trump invited "TransCanada to resubmit its application for a pipeline permit, and he directed the State Department to issue a final decision on that application within 60 days," according to PBS News Hour.

Manufacturing Regulations: "This memorandum directs executive departments and agencies (agencies) to support the expansion of manufacturing in the United States through expedited reviews of and approvals for proposals to construct or expand manufacturing facilities and through

reductions in regulatory burdens affecting domestic manufacturing," according to the official memorandum.

Expediting Environmental Reviews and Approval for Infrastructure: The memorandum states, "it is the policy of the executive branch to streamline and expedite, in a manner consistent with law, environmental reviews and approvals for all infrastructure projects, especially projects that are a high priority for the Nation, such as improving the U.S. electric grid and telecommunications systems and repairing and upgrading critical port facilities, airports, pipelines, bridges, and highways."

Construction of American Pipelines: Materials and equipment used in the construction of American pipelines will be, by extent of the law, American-made. Most commonly, this refers to steel and iron made materials.

Photos Courtesy of Bernie Socha

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Washington D.C. Women's March

Maria Chielli
Guest Writer

On Jan. 21, approximately 500,000 people attended the Women's March in Washington D.C. Men, women and children all came together to make their voices heard.

The inauguration of President Donald Trump left some feeling visibly hopeless, angry, confused and disenfranchised. Those people took this opportunity to come together to empower one another and unite against what they viewed as an oppressing force.

The march was more than an anti-Trump protest, however. The main goal is to get one message across, a message that many held up on signs as they walked: "women's rights are human rights."

This sign floated among several others. Some included illustrations of a uterus giving the middle finger. Some people simply wrote "I'm scared." The majority of these signs pertained to a woman's right to choose whether or not to have an abortion when faced with an unplanned pregnancy.

Roe vs. Wade was a decision made by the Supreme Court legalizing abortion in 1973 and is a decision that many believe may be threatened by the new administration. One of the powerful ways women expressed their concern about this was by making cat-ear headbands out of a clothes hanger wire.

At certain points during the march, there were so many people packed into one area that movement was impossible. The only escape in many cases was up, and indeed the agile people took to trees or traffic lights to get some air.

The feeling of being packed too closely with so many people is hard to describe. It was certainly overwhelming, but it also felt empowering. Despite the cramped circumstances, there was no pushing or fighting; there were only smiles and warm wishes to fellow marchers.

Every 15 minutes there would be a rumble off in the distance, the rumble would spread until everyone in the march was just yelling a collective "WOOOOO" up into the air.

After so many months of not feeling heard while screaming frustrations at televisions or the radio, it felt liberating to finally yell at the steps of Washington among 500,000 friends.



Pictured above at the Women's March in Washington D.C. are Sarah Fasulka and Wilkes University students Maria Chielli and Anthony Chielli.



Several Women's March participants sit on a wall holding their homemade signs. The majority of the signs in the march pertained to women's reproductive rights.



Approximately 500,000 people attended the Women's March in Washington D.C. At certain points, there were so many people, that many climbed trees and fences to get some fresh air.

Photos Courtesy of Maria Chielli

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 Ladies: Let's keep it intersectional



By Toni Pennello
Assistant News Editor

The women's marches happening all over the world are, in a word, inspiring. They, personally, give me hope that America has the potential to get on the right track, since its citizens have the power to protest a government that they feel is not acting in their best interest.

This, truly, is what makes America great. We do live in a democracy, though, which, by definition, gives that power to the majority. Cisgender, straight white women are the majority in these protests.

Of course, cis white women have plenty to protest. Restrictions on reproductive rights and health care, domestic violence, sexual assault - these are all extremely important.

Go ahead, slap a picture of a vagina on a t-shirt. I'm with you, girl.

However, as cisgender women, we need to remember that there are women who don't have vaginas, and there are men with vaginas. We live in a transphobic society.

This goes beyond the right to use bathrooms. In 2016 alone, according to Advocate, 26 transgender people were murdered, making it the deadliest year to be a trans person.

Most of them were trans women.

Most of them were trans women of color.

In addition, the "Gay Panic" and "Trans Panic" defenses are still only banned in California - this means that a murderer has the right to claim that a person's sexual



Photos Courtesy of Maria Chielli

On Jan. 21, women everywhere marched for the issues important to them. However, the march has been criticized for not being inclusive of black women, women of color, gay women and transgender women.

orientation or transgender status caused them to go temporarily insane, thus "causing" the murder.

This is the reality for trans people.

Racism had a fire lit under it in 2016. Islamophobia and xenophobia are running rampant.

Muslim women are having their hijabs ripped from their heads by angry Islamophobes. They are being verbally harassed for exercising their freedom of expression and religion.

Hispanic and Latina women are being taunted and threatened, told to "go back to their country," and face the threat of deportation and discrimination.

Remember that we as white women can not possibly understand the experience of being a black woman or woman of color. Remember that there are a lot of racist white women.

A lot of racist white feminists.

What I'm saying is, cis/straight white women need feminism, but need to stand up for other women as well. Use your privilege. Trans women, gay women, black women, Islamic women and Latina women need our help, and, as women, as feminists, it is our responsibility to be inclusive.

Educate yourself about the plights of other oppressed groups.
All of it is connected.
Listen to them.
That is your duty as an activist.



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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.**

Falcons vs. Patriots

Super Bowl LI: The Houston showdown

By: Mark Makowski
Opinion Co-Editor

On Feb. 5, 2017, Houston will lift off with Super Bowl LI. The NFC Champion Atlanta Falcons (11-5) will face the AFC Champion New England Patriots (14-2).

The Patriots and Falcons both had easy paths into the playoffs. New England faced Houston and Pittsburgh which were blow outs. Atlanta achieved the same results with wins against Seattle and Green Bay.

This is the second Super Bowl appearance for the Falcons. Their only other game was in Super Bowl XXXIII, which was a 34-19 loss to the Denver Broncos. The Patriots have loads of experience as they are making their NFL record, ninth Super Bowl appearance -- their seventh appearance since the 2001 season.

With a win, Quarterback Tom Brady would win his fifth Super Bowl championship, and most likely cement himself as the greatest quarterback in NFL history. However, a loss would possibly put a large dent into his legacy. If the Patriots were to lose to the Falcons, this would be Brady's third Super Bowl loss giving him a 4-3 record.

The Falcons enter this game as the team that is looking to make a name for itself. Matt Ryan has had a very solid career over his past nine seasons with the Falcons.

The third player selected in the 2008 NFL Draft has seen lots of regular season success and has even led the Falcons to the playoffs four times, but this trips would in failure as the Falcons would lose in their first round games.

The closest the Matt Ryan led Falcons ever got to reaching the Super Bowl was the 2012 season where the

Falcons would be downed by the San Francisco 49ers. With a win, Matt Ryan can enter his name into the list of elite quarterbacks in the NFL.

The Patriots and Falcons both started the 2016 NFL season as teams that might not be able to make the runs that they have. For the Patriots, they would be without Tom Brady for the first four games of the season while serving a suspension over the Deflategate scandal which occurred during a 2014 playoff game.

The Patriots ended up starting three

season with rookie Head Coach Dan Quinn and would hit the ground running with a 5-0 start. However, this successful start was about to crash as the team lost eight games to finish the season with an 8-8 record.

After this rebuilding type of year the Falcons reached new heights during this past season. They had the number one offense in the NFL and were the highest scoring team in the league averaging almost 34 points per game.

All of this success of the offensive side of the field gave Matt Ryan the

could be one of the highest scoring Super Bowls to date. Yes, both offenses were on hot streaks throughout the playoffs, but the defenses also did their parts to help secure victories.

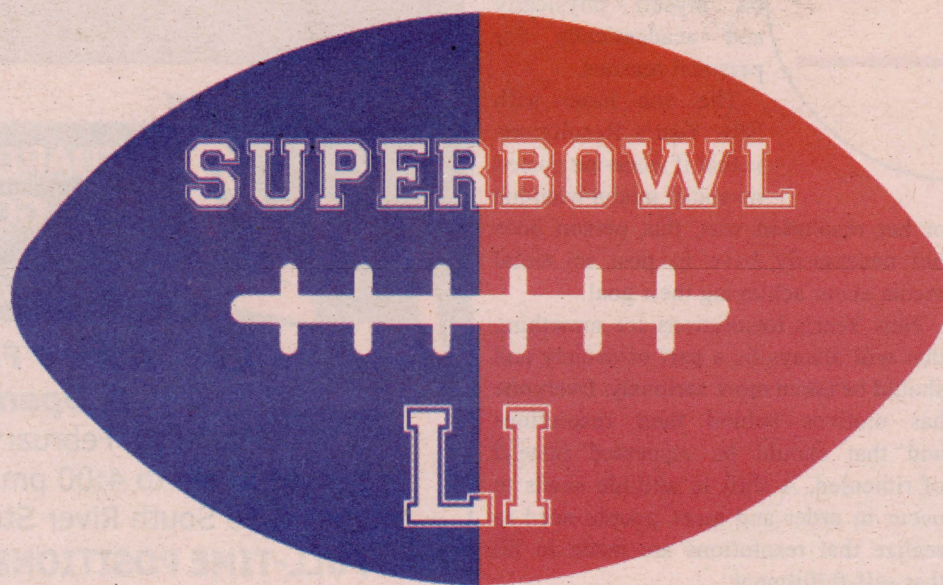
The Patriots defense has been one of the most reliable in the league all season while the Falcons defense has gotten better since the season has progressed. So the game can also turn into a defensive showdown.

The key for the Falcons to win their first championship is to get to Tom Brady, and keep sacking him. Tom Brady's two Super Bowl losses were to the New York Giants in Super Bowl XLII and Super Bowl XLVI.

If the Falcons are able to achieve this then they will be hoisting The Vince Lombardi Trophy that night, and will look like a team that will be competing for the next few seasons to come as they have young talent at all positions.

The Patriots are riding with the high stakes here as they look to cement themselves as a two-decade dynasty by winning three titles during the 2000's and looking for their second in the 2010's. This Super Bowl seems like it will be a nail biter to the end.

But I believe that the Falcons can pull off the victory, they are riding under the radar as the Patriots really have a lot more on the line than the Falcons do. Either way, we are expecting a great game with the team with the least mistakes hoisting up The Vince Lombardi Trophy.



different quarterbacks during the four games. However, the Patriots defense would step up and the offense would be able to survive and have a 3-1 record before the return of Brady.

With Brady under center, the Patriots went on their revenge tour of the NFL. Brady played 12 games and throw for 3,554 yards and 28 touchdowns. However, Brady should give thanks to his defense for this run. The defense finished the season in the top 10 of all stats, including the number one scoring defense.

The Falcons came into the 2015

best statistical season of his career to date, and is also a strong favorite to win the NFL MVP Award. Ryan threw for 4,944 yards with 38 touchdowns passes, which would lead the NFL for both categories.

Running Back Devonta Freeman again posted another 1,000 yard rushing season in back to back seasons. Wide Receiver Julio Jones missed two games during the season while nursing a turf toe injury but still proceeded to have more than 1,400 receiving yards.

On paper the game looks like it



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New year, same resolutions

By: Andre Spruell
Opinion Co-Editor

A new year brings about a change in the actual year, but it also brings about optimism in people.

"New Year New Me!"

This is a quote often seen on the different platforms on social media as the previous year comes to an end.

Many people tend to become optimistic as they reflect on the low points of last year and try to better themselves to ring in the new year. Starting a new year is seen as an opportunity to start over because after all, it is the start of a new year.

The most common new year resolution that gets ridiculed is getting that gym membership to shed some pounds but that often does not last long for most people.

Even more common is starting that new diet for a week only to just give up on it, starting a cycle of continuously attempting to start a habit that is hard to maintain.

While people who claim the "New Year New Me" attitude often get ridiculed, there are a large number of people who actually pull through with those new resolutions, which creates a feeling of self-satisfaction.

That feeling of satisfaction is the reason why people create these resolutions. Whether those people follow through on those resolutions or not is a story in it of itself. Despite that, satisfying one's self is something everyone strives for because at the end of the day, people have to take care of themselves.

Self-satisfaction is created by setting an achievable goal and gaining that rewarding feeling of actually accomplishing that goal.

What makes achieving that goal that much greater is the fact that people who post on social media about starting a resolution often get mocked.

The reason why is because people who commit to a new resolution often don't finish it. Since they are not often fulfilled, they are often seen as a comical and not

taken seriously.

In order for resolutions to be taken seriously, there has to be an attitude shift on both sides of the fence. Those that claim a new resolution must actually take it seriously and attempt to complete. At the same time, those that are quick to ridicule must be more open-minded and realize that everyone has different reasons as to why they decide to accomplish that goal of self-satisfaction through resolutions.

Personally, I used to be one of those ridiculers and honestly judged people because resolutions are usually not completed. As I got older, I started to realize that everyone has their own motives, especially when I decided to create my own resolution, which is to just work on myself physically and academically for personal reasons.

The one issue with New Year's Resolutions is that if someone posted on social media what his or her resolution was, that person does not necessarily have to post to social media about achieving their goal.

New Year's Resolutions are something that will always be a part of society and should be taken more seriously. Everyone has motives behind their resolutions and that should be respected instead of ridiculed. A shift in attitude needs to occur in order and more people need to realize that resolutions are made to fill that self-fulfillment.

2017

Have you stuck
to your 2017
resolution? Let us
know...
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Have a an opinion or want to write a
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EOE

Colonels Talk Back

Women's March on Washington, D.C.

Interviews by
Peyton Neishman
peyton.neishman@wilkes.edu

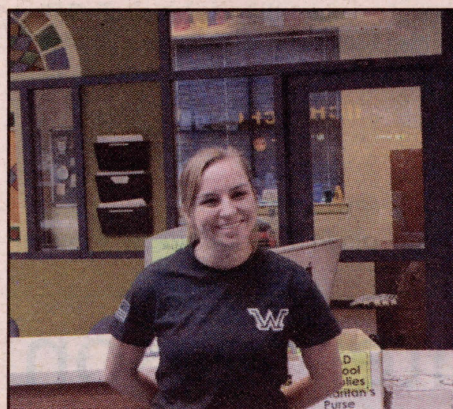
Photos by
Jesse Chalnack
jesse.chalnack@wilkes.edu

On January 21, 2017 millions of people around the world, united as one to take a stand on their rights and freedom. About 4.8 million people participated in this worldwide event. This took place to fight for women's rights. The rallies were aimed at President Donald J. Trump.

The Beacon asked members of the Wilkes Community their thoughts and opinions on the Women's March Movement. Want to be in the next Colonels Talk Back? Email peyton.neishman@wilkes.edu

Megan McGovern
Junior
Biology/Spanish

"I feel that women do have equal rights as men in this country. I do understand the globalization, the women empowerment and women's rights globally. I think in other countries that don't have women's rights this was good idea. In the United States, I felt that it was unnecessary."



Julie Murphy
Freshmen
Sports Management

"I think it's crazy, I think it is cool on how people are uniting together as one to fight for their freedom and rights. I feel that it is good and bad. I think it's a good thing that people are taking a stand on this issue in our country for their rights."



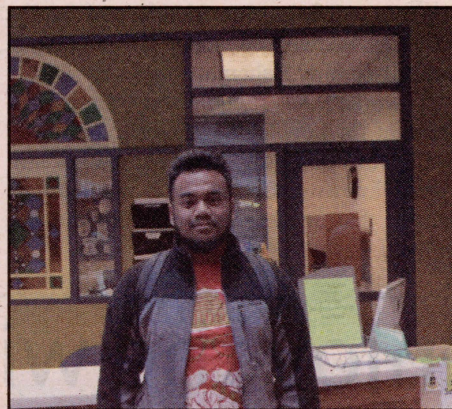
Ben Mandell
Freshmen
Communication Studies

"I feel that it is good thing that everyone can show and express their rights. I don't see how this will help or change the issue. I think it was good idea, but I don't know how it will change anything in the country anytime soon."



Richard Young
Sophomore
Engineering

"I think what they are doing is right. I feel that it was great idea that they are fighting for their rights and equality. It was great that there were so many different groups that came together to do it. I didn't think it was a good idea that some groups were not included such as the LGBT. The only bad thing was that not everyone was not united."



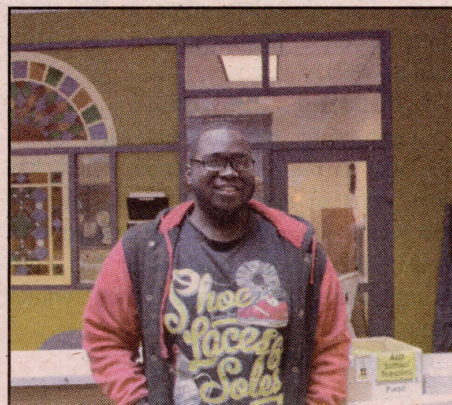
Kelci Piavis
Junior
English

"I am so supportive of it. I wanted to go down and participate in it. I had some family and friends in the march. It was wonderful thing that had happened. I think it was great and so happy that people all over the world came together took a stand."



Milak Austin
Junior
Communication Studies

"I feel that it was great event that happened. It was nice that people marching and fighting for their rights. It was not right that some groups were not included. If you are fighting for equality everyone should be allowed."



Four weeks of freedom: Enjoying winter break

By: Olivia Macdonald
Opinion Writer

Moans, groans, and friends reuniting fill the hallways when spring semester commences, with some being excited to be back and others dreading the next 15 weeks.

Some students enjoy going home for the month to decompress, spend time with their families, and see their goof-ball friends that they have had since grade school. Others would rather be here, in Wilkes-Barre, where parents aren't part of the equation.

While also having a lot of students on Wilkes' campus that are from out of the country that do not have the ability to visit family over the holiday season.

Whichever is preferred, there are always perks and fallbacks with the winter semester ending, and classes resuming a month later. When asked about what is the best part about being at home, Pharmacy student Sabrina Brennan says that her favorite thing about being home is, "being able to relax and see her dog and family regularly."

With Brennan being a pharmacy major,

she was not too excited about the workload that comes along with the spring 2017 semester but she says.

"Being reunited with my school friends is always the best part of coming back," she explained.

Lots of students use the four-to-five week hiatus from school to build their wallets back up by working long hours. I personally worked about 55 hours per week in retail to make sure that my funds were sufficient for the semester to come.

Working retail ruins part of the holidays but at the same time it is rewarding to get that paycheck. Students like Senior Nick Coyne also worked a grueling amount of retail-hours during the holiday season.

While still balancing friends, and family activities he worked about 27 hours per week at Tommy Bahama.

"I worked so I could buy Christmas presents for people! My favorite part was that it wasn't school!" Coyne says.


And knowing Coyne, it is not hard to believe that another part of work that he enjoyed was the people.

"Helping other people find Christmas gifts for their loved ones," Coyne explains.

There were also some of our Colonels that did not get as long of a break as the rest of us. Lots of athletes had to come back to Wilkes-Barre early from enjoying their time off to start the season back up! Senior Forward, Emily Meinhart explains.

"Going home for break meant I finally actually got a break, but I took the 'break' a little too seriously so it was good to get back and start to play again. Coming back early from break serves as an athlete's job over break since their time is also cut short from family and friends," Meinhart says.

In all, it is very obvious that the surrounding restaurants and establishments strongly enjoy the students of Wilkes coming back since we make up a lot of their customer base.

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Six ways to enjoy the winter season

By: Peyton Neishman
Opinion Writer

It's the most wonderful time of year. The New Year has just begun and everyone is ready to start the new semester. The winter season has just begun and it's colder than ever. The streets and the trees are covered with this white magical snow.

Seeing students walk through the greenway with the long puffy jacket with the fur hoods, covering most of their faces. You can see the big furry boots and hats from a mile away.

Especially living in NEPA, there is always winter fun. There are so many indoor and outdoor activities students can conquer during this time of year. Here is a list of the top six most winter must do's.

1. Skiing, Snowboarding, and Snow Tubing.

These winter sports are a great way to start an adventure outdoors in the winter fun. There are so many different skiing slopes in North East PA. this is a great activity for families and friends to participate in.

It takes a lot of strength and skills to conquer these sports. Once people get the hang of it. It's a great exciting experience. Talking to a few students on campus, Talking to a few students on campus a lot of people take interest in this winter sport. Wilkes University does have a Ski Club. I recommend if you are interested in it to check it out!

2. Making Hot Cocoa

After playing out in the snow. It's time for a warm treat. Everyone loves their Mom's homemade hot chocolate with the mini marshmallows and fresh whipped cream. Hot chocolate come to the show many different flavors now a days. Too hard to resist.

3. Building a Snowman

Grab your mittens, hat, and scarf. It's time to build a snowman. There has to be tons of snow outside to complete this winter favorite. I think everyone in their childhood at some point has built a snowman. This brings back winter memories for everyone.

4. Snow Ball Fights

First, you have to have your snow fort ready to go. Then make as many snowballs as possible. Now they have tools to make snowballs a lot faster. Snowball fights can be very aggressive but also be a great time with friends.


5. Movie Marathon

Having a movie marathon on snow day is a great way to just lay back and relax. Sometimes it's just better to stay in on a snow day, to watch a movie and have a nice glass of hot chocolate.

I hope everyone has their Netflix favorites ready to go. Everyone loves the bin watch Netflix on a cold winter day.

6. Reading a Book

If you don't like going out in the snowy cold weather, grab a book of your choice and read it. It doesn't have to be just a book; it could be a magazine or newspaper.

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Marcus Robinson reflects on 103-76 loss vs. Misericordia

By Danny Vanbrunt
Sports Co-Editor

After losing 103-76 against the rival conference team, Misericordia, shooting guard Marcus Robinson took some time to reflect on the men's basketball team this season.

The Wilkes men's basketball team consists of three first-year players, six second-year players, four third-year players and only one fourth-year player. Robinson acknowledges that his team is young. However, Robinson believes a young team comes with high energy as well as camaraderie. The most important thing for Robinson as a team is to stay unified and continue to get the job done. The younger players should always step up to the competition, but the older players have to also.

Robinson is a second-year player. Last year, Robinson stood out as a first-year player amongst a great group of seniors. Robinson, this year, is one of the toughest players on the team and in the conference. He thinks that his success is contagious to some of the younger players. It gives them motivation because when they see someone with only one more year of work than them perform at the level that Robinson does, the younger players look up to him. Not only do the first-year players model themselves after Robinson, the other second and third players that perform well also motivate team members.

The loss against Misericordia brings Wilkes to a record of 9-9 overall, and a record of 3-4 in conference play. At this point in the season, Robinson was asked whether he thinks his team is performing better, worse or somewhere in the middle. Robinson said that he thinks the team is where it needs to be at this point in the season. He would rather not be sitting at the top spot in the MAC because that would go to the team's head. In the same breath, he knows they are not at the bottom, which is good because Wilkes wants to continue to get better in hopes of a playoff berth.

Before Misericordia, Wilkes defeated DeSales 78-74 and defeated King's 64-63. Coming off two important and close conference wins, Wilkes was surprised to lose to Misericordia 103-76. Robinson

described those two wins as hard-fought battles that went all the way to the end. He thinks his team did not come out with the same enthusiasm that they usually do, and that Misericordia threw a metaphoric boxing punch in the beginning of the game that gave them the early lead.

Robinson has recorded 59 three-point field goals made this season and that is the most for any individual player in the MAC. Robinson knows that his three-point shot is the most effective part of his game, but it isn't the only way he can score. On top of that, when Robinson makes a three-point shot in a game, the next time he gets the ball an opponent will stick to him to play defense and that opens up lanes for the rest of his team to drive the ball to the net.

Head Coach Izzi Metz is now in his third year coaching at Wilkes. Robinson thinks his coach is very focused on making his team one that is selfless and complementary to each other. In his recruiting process, Robinson believes that Coach Metz will only recruit someone if they have that 'Wilkes personality.' Along with that, he noticed that he does not recruit people who would outperform one another. He is focused on hard-workers who don't just dominate the game individually, since those sorts of players tend to see themselves as above the team. Robinson's team is a family both on and off the court. Metz is good at keeping his player's heads in the game.

Being one of the top four teams in the conference, Robinson is very hopeful to make it to the playoffs. As mentioned earlier, he thinks it is better to enter the playoffs as an underdog so his team can play without being too confident. He says the team needs to play smart and hard in the final conference games to get the playoffs. Once in the playoffs, Wilkes takes it one game at a time, but Robinson has a feeling that he and his team have a good chance at taking the MAC title.

Individually, Robinson thinks he has played pretty consistently this year. One thing that he thinks he could improve on is his defense. When the playoffs come around, he begins to play at another level. The hype of the playoff games is what drives him. However, he sees almost every game as a



The Beacon/Purvit Patel

Marcus Robinson has scored 59 3-point field goals this season, which is the most for any individual player in the Middle Atlantic Conference.

big game, so he is always ready to play. No matter what, he will always play his heart out.

There are seven games left in the season after the game versus Misericordia. With wins over DeSales, Fairleigh Dickinson and King's, Wilkes will now play the seven conference teams again for the second time. Many of the games were very close, so the second time around for most of these games could go either way.

The game against Fairleigh Dickinson ended 73-59, which was Wilkes' strongest conference win so far. Wilkes will be looking to defeat them again.

As mentioned earlier, Wilkes beat DeSales 78-74 and King's 64-63. These two games were very close, and could go either way for a second time.

Wilkes lost two conference games they could have won. They lost to Manhattanville 58-61, and Delaware Valley 65-69.

There are two more teams in the conference that will give Wilkes some trouble. One team, Eastern, will be a tough game since Wilkes fell to them, 70-83. Finally, Misericordia gave Wilkes the hardest time in all of the conference. This 103-76 loss is by far their largest deficit of the season so far, and the way that Wilkes bounces back in their next game against Delaware Valley will define how they will perform the second time around.

"We need all of the support that we can get. I would love the fans to come out to the games so that we can show we really are a Wilkes family here!" Robinson said.



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Three of Wilkes football's finest perform on national stage

By Taylor Ryan
Sports Co-Editor

As football season begins to wind down, many senior athletes begin to feel a little nostalgic about their time ending.

Three Wilkes football seniors were able to suit up for one last game in various senior classic games. Including William Deemer, Tanner Stengel and Marcellus Hayes. These players were invited to play in various All-American Senior Classics in order to showcase their four years of hard work and exceptional talent. Stengel played in the eighth annual Tazón De Estrellas senior all-star game held in Mexico. While Deemer and Hayes traveled to Myrtle Beach to represent Wilkes University in the DIII Senior Classic.

The DIII Senior Classic is put on by the Collegiate Development Football League. The North vs. South all-star format was developed for Division III football players to showcase their skills in front of professional teams and scouts.

According to playcdfl.com George and Pete St. Lawrence, the founders of the

Division III Senior Classic, saw a large increase in the recruiting opportunities in smaller division III athletics, "it was then decided to broaden the scope of their services by looking to provide more opportunity for small college players to gain exposure to the pro-scouts."

This year was the 6th year that the game has been played and has seen a large amount of success, as well as a large spectrum of talent. The players must be selected in order to play in this showcase game.

"It has attracted the best football players Division III has to offer, for the past three years, boasting rosters that are consistently 82% All-Americans", according to playcdfl.com

While other Wilkes players have been selected to play in these games, or similar ones, Deemer and Hayes were able to have a unique experience, not only getting to play the sport they love one more time, but also play one more game with a teammate by their side.

Deemer stated, "It was awesome to share this experience with another teammate



Photo courtesy of Howard Deemer

William Deemer and Marcellus Hayes show their Wilkes pride after the game

Most people are there alone but for us we get to feed off of each other as if we were playing in PA. It made the experience that much more enjoyable."

Being able to go from representing your university, fellow teammates, and coaches on a local base and taking it to the national level is something remarkable and unique. In many Division III instances, you perform on a smaller stage. This game allows senior athletes to showcase all of

the hard work, time and leadership they have dedicated in their last four years, on an even bigger stage.

When asked what his favorite part of the overall experience was, Deemer said promptly, "my favorite part was being able to represent Wilkes on a national scale instead of just NEPA."

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Men's volleyball begins action as 21st Wilkes varsity sport

By Luke Modrovsky
Asst. Sport Editor

At production time, Wilkes Men's Volleyball remains as the only Colonel athletic program with zero losses. Men's volleyball shined in their first official matches of their inaugural regular season, scoring two wins against Bard College and Lehman College.

After a strong performance in their first-ever weekend of play, junior Daniel Sales said he is confident in their ability to succeed.

"We have a decent amount of experience and the ability to keep up with some of the better teams," Sales said.

Sophomore Kyle Price, a Crestwood High School product, believes this team has bonded much quicker than someone might expect.

"A good part of the team is already from the area, so I think we have an advantage when it comes to team chemistry," said sophomore Kyle Price.

Six of the other 13 roster members are just like Price, coming to Wilkes from local high schools.

A member of the initial club volleyball team, Sales was part of getting the program

to the varsity level.

"Getting volleyball established at the collegiate level in this area, in this state, was my ultimate goal," Czopek said of the addition of the program.

Czopek pointed out three areas when it came to getting the program "Ready for Liftoff": filling a roster, finding enough gym time, and building a match schedule.

This year's roster features two seniors, Dylan Smith and Mike Morrison, and two juniors, Sales and Michael Henne. Not to be underestimated, the remaining ten underclassmen have a good amount of their own playing experience.

"I pulled heavily from my experience in the high school game," Czopek said reflecting on his 20 years at Wyoming Valley



The Beacon/Luke Modrovsky
Head Coach Joe Czopek, right, looks on during a recent practice.

West High School when recruiting for this year's team. Czopek also mentioned his affiliation with the Northeast Alliance club volleyball program as a benefit.

With gym time, it can be difficult to find enough available time with both the men's and women's basketball teams in the middle of their own seasons.

"It worked out well with the other coaches. We've had a couple of stumbling point where we've had to shorten practice time but it's all worked out," Czopek said.

Beginning with the 2017-18 academic year, the Middle Atlantic Conference will sponsor three additional sports, including men's volleyball. Starting out, there will be eight teams competing in a single conference format, so the traditional lineup of the

Freedom and Commonwealth designations will not be used. For its inaugural season, Wilkes men's volleyball is competing as an independent school with no conference affiliation.

The schedule features 27 matches over 18 playdates. Two of the 19 opposing schools, Arcadia and Alvernia are first-year programs as well, while others like Bard College and New

Since Czopek also coaches the women's team in the fall, forming a relationship between both team is important.

Czopek said it will be an asset to have players from the women's team available during the men's season to fill roles such as scorekeeping and libero tracker. He said it is important to have someone with volleyball rules experience working in these positions.

"It's nice to have them help out one another," Czopek said of the new bond.

Colonel Volleyball will take the court for their first-ever home game on Mar. 1 against Lancaster Bible College. First serve is scheduled for 7 p.m.

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Senior leadership guides team both on and off the court

By Ashton Gyenizs
Staff Writer

With a record of 4-13, the Wilkes University women's basketball team is on the final stretch of its season.

The women started off strong this year with wins over Penn State Wilkes-Barre, Alvernia University, Keystone College and Summit University of Pennsylvania.

Chris Heery, women's basketball head coach, said, "We started off strong and since we got into conference play, we had some injuries and we haven't been able to turn the corner yet. We play everybody one more time, so we are hoping in the second half of the conference season that we start to turn it around."

In order to get back to being successful on the court, the Lady Colonels need to stay healthy. Coach Heery attributes some of the team's lack of success to the injuries they have suffered.

On top of staying healthy, Heery also stresses the importance of taking advantage of scoring opportunities on transitions. He accredits the team's average of 60.4 points per game to not being successful in scoring on



The Beacon/Purvit Patel

The Wilkes women's basketball team huddle up for a timeout against Misericordia.

transitions. "Despite us hitting a little slump here, the team is very positive and I attribute that to good leadership," said Heery. "Our seniors are doing a good job of doing a lot of team building activities outside of the confines of basketball and I feel that has been helping us."

It is very important to Coach Heery that

the team has a strong relationship outside of competition because it translates to having chemistry on the court.

"Because there is a good rapport with them, everything is just very positive. Even though we have come off of a couple tough losses in a row, we will have practice later today and you would not even know we were on a little bit of a losing streak right now,"

said Coach Heery.

With a goal of being the first Wilkes women's basketball team to make it to the postseason in a long time the Lady Colonels have a tough road ahead. If they can get back to the higher scoring percentage they had in the beginning of the season and improve on defense, postseason is not out of the question.



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Getting to know...

Marcus Robinson

Sophomore Basketball Player

By Purvit Patel
Sports Writer

Name: Marcus Robinson Jr.
Year: Sophomore
Major(s): Business Management, minor
in Marketing and Sports Management
Hometown/High School: Swedesboro NJ,
Kingsway High School
Position: Shooting Guard

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

A: The coaches really are all about the
student athletes here, and the recruiting
class they brought in seemed like a great
group of guys.

Q: What are your hopes for the
upcoming season?

A: Make playoffs and make another run
for the MAC Championship.

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

A: Make the NCAA Tournament and
have a record over .700.

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

A: I had a basketball in my hands at the
age of 4 years old because my dad pushed

me to be the best player I could be.

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

A: Volleyball and Football.

Who would you say, is the most
influential person in your life? Why?
My dad because he is the perfect role
model. He taught me not only to play
the game of basketball, but how to be a
gentleman as well.

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

A: Be Colonel means to be one with
your community and your peers. You
give what you get, so as long as you are
a great individual, you should get the
same treatment and respect back.

Q: Does the men's basketball team have
anything they would like to inform the
student body?

A: Come out and support the team the
rest of the year.



Getting to know...

Em Meinhart

Senior Basketball player

By Purvit Patel
Sports Writer

Name: Em Meinhart

Year: Senior

Major(s): Majors: Entrepreneurship & Marketing Minors: Women's and Gender Studies & Management

Hometown/High School: Bowmanstown/Palmerton High School

Position: Forward/Center

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

A: My older cousins went to Wilkes and I was always up here for games when I was a kid, so it was familiar to me. When I was recruited here it just seemed like a perfect fit, and I loved the atmosphere.

Q: What are your hopes for the upcoming season?

A: To turn around our second half of the season and win some of the conference games we know we can win.

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

A: Basketball has always been a sport that my family played and I grew up watching them so it inspired me to want to play.

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

A: I love track and wish I could've continued. I also like writing, and

working with Dr. Clevenger and Dr. Newell on our Entrepreneurial Communities research and being able to present at different conferences.

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

A: I would have to say Marissa (Missy) Oertner. I aspire to be just like her.

Q: A quote you live your life by?

A: "Life is a highway"

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

A: To me, being a Colonel means leading by example in and out of the uniform.

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

A: Michael Jackson, he's a legend.

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

A: Our record doesn't show how talented we are.

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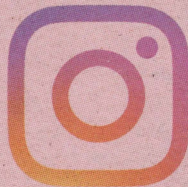
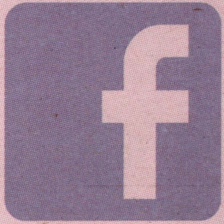
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