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Wilkes University - Wilkes-Barre, Pennsylvania

The news of today reported by the journalists of tomorrow.

Panamanian students celebrate culture on Square

By Cabrini Rudnicki
Co-News Editor

The Panamanian exchange students of Wilkes University had a chance to showcase their country's charms to the Wilkes-Barre community.

On Sept. 20, MEDUCA Cohort 9 students performed traditional Panamanian songs and dances on Public Square in Downtown Wilkes-Barre.

The event, which was free to the public, also featured information tables on Panamanian culture, cuisine and art.

Vendors and other members of the city's weekly Farmer's Market also participated in the event.

The event served as MEDUCA's final project before leaving Wilkes.

"We divided the entire group into different sections," explained Tania Flores, a member of MEDUCA. "Every section was in charge of something, from the food stand to the performers, to the decorations."

Carlos Bonilla, another student of MEDUCA, was proud to have the opportunity to share his culture.

"The initiative of this event was to promote Panama as a country," he said. "Who better than the students who come from Panama to represent this country?"

The students performed three songs and five dances.

Students lined the stage to sing along to Spanish-language traditional Panamanian music.



The Beacon/Seth Platukis

Maria Giron and Jair Mendoza perform El Punto, a dance symbolizing the love a couple has.

"We performed one song about Panama, the Teacher's National Anthem and another song about the importance of Panama to its citizens."

The first dance featured was el congo.

"[El congo] is an African-descent dance," explained Bonilla. "It involves three dancers and a queen."

"The object of the dance is to 'kiss the girl.' Everytime the guy approaches her, the queen

has to block him. In the original dance, there are three guys trying to kiss her, so she has to be very careful which one is coming towards her, and she has to cover her face pretty much the whole time."

The second dance was called 'punto.'

"The dance is very romantic," he said. "It's when a couple is showing their love. They

SEE PANAMA, Page 4

Sordoni Art Gallery hosts Art in Context lecture

By Sean Schmoyer
Staff Writer

On Sept. 18, Professor Diane Wenger presented her lecture, In Their Own Words: Recovering The History of Slavery Through Slave Narratives, in the Sordoni Art Gallery to help inform the campus about the history of slavery that was presented through William Earle Williams' art in the gallery.

Wenger is a professor of history and the chair of Global Cultures: History, Languages and Philosophy. In her lecture Wenger presented to the audience the different ways the history of slavery had been viewed by historians.

Wenger explained that until the mid 20th century, historians focused on the accounts of wealthy plantation owners and slave masters to view slavery. This was due to society's focus on white men and the lack of care to explore other viewpoints from women and men of other races. This meant that the personal stories of slaves were not

SEE SORDONI, Page 4



The Beacon/Steffen Horwath

Draw the Lines hosts gerrymandering event, page 5



The Beacon/Breanna Ebish

Family Day photos, page 12 & 13



The Beacon/Savannah Pinnock

Is society becoming softer?, page 14



The Beacon/Kyle Kraemer

WSOC: Colonels drop non-conference battle to Susquehanna, page 20

News

Have a breaking story or a press release to send? Contact either news editor: Cabrini.Rudnicki@wilkes.edu or Madelynn.Davis@wilkes.edu

Student Government notes: Sept. 19 weekly meeting

By Sean Schmoyer
Staff Writer

Student Government came together for its weekly meeting. To begin this week, a member of the Wilkes branch of the Pennsylvania Society of Professional Engineers spoke to the board describing what the club does on campus.

The PSPE Wilkes chapter here on campus brings professional engineers in to speak to students interested in engineering about getting their engineering license, ethics, and many other topics through panels. The club also does different community service activities such as visiting local middle and high schools to host math based competitions to stress the importance of math in the field of engineering. The club's

major purpose is to serve as a resource for engineering majors on campus.

Next the board split into grade levels to briefly discussed plans for the year, until President Leahy arrived to speak about campus happenings and take questions.

Leahy began with an update about the renovations to the campus. The work on the Mark Engineering Center, and mansion landscaping project (which involved restoring the outside of the mansions on campus to their original appearance) are both complete, while the Gateway project is very close to completion.

Leahy addressed concerns of where the money for these projects was coming from, stating that almost all of the renovations on campus were paid for

through outside money state grants and alumni contributions. He then went on to state that in the future there will be continued work on Stark for pharmacy, a major renovation on the Ralston Athletic Complex, and a renovation across from Weckesser Hall.


Leahy then addressed concerns relating to the overcrowding of freshmen and reminded Student Government of Kareem Abdul-Jabbar visit to campus on Sunday Sept. 30, from 11:15 a.m. to 12:15 p.m. in the lobby of the Sordoni Art Gallery to meet and take pictures, and then to listen to a lecture with him at 2 p.m.

Finally, Leahy stated that any concerns or questions from students can be formally emailed to him, and that he will gladly through email plan a time for students

who wish to speak with him to do so.

Announcement from committees included a reminder from Operations to stay off of the greenway for now and to please stay out of construction areas. It was also announced that on Sept. 28 and Oct. 10 the student body should expect a loss of internet due to maintenance. The Commuter Council still may have upwards of 20 seats available for the Niagara falls trip.

Next week, the new freshmen representatives will attend their first Student Government meeting.

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Beacon Briefs: The happenings on campus -- Sept. 25 to Oct. 1

Compiled by Madelynn Davis

Chamber Orchestra welcoming new members

If you have an instrument and are looking to participate in an extra-curricular activity, the Wilkes University Chamber Orchestra is welcoming members. For any questions or for more information please contact Mr. John Vaida through email at John.Vaida@wilkes.edu.

Flu shots available at Passan Hall

The Wilkes University Health and Wellness Department has a limited number of flu shots available for students.

The flu shots will be given on a first-come, first-served basis. The office is located on the first floor of Passan Hall and is open from 8:30 a.m. to noon, or 1 to 4:30 p.m. Flu shots will cost \$20 and can be paid to the University through cash or check. For any questions please contact the Health and Wellness Department.

Homecoming tickets on sale now

Homecoming tickets will be on sale every day until Oct. 1 in the Henry Student Center from 11 a.m. to 1 p.m. Tickets are \$5. This year's theme is Welcome to Hollywood. The dance is from 6 to 11 p.m. on Friday, Oct. 5 at Genetti's. Pep

Rally is Thursday, Oct 4 from 5 to 8 p.m. in the MAC. The game is Saturday, Oct. 6 at 1 p.m. against Albright. Anyone with questions can contact Caitlin.Brossman@wilkes.edu.


Campus Halloween Party seeks Participants

Campus clubs and organizations are invited to host a table at the Annual Community Halloween Event. Space is first come, first serve. Each table is expected to bring their own food and/or activity. The party will take place from 4 to 6 p.m. on Sunday, Oct 28, in the Henry Student Center. Anyone interested should

contact Kristin Osipower at Kristin.Osipower@wilkes.edu or ext. 5904.

Indoor Rock Climbing

Adventure Education Club will be hosting indoor rock climbing sessions every Friday from 6 to 8 p.m. in the UCOM. Equipment is provided and students of all skill levels welcome.

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Upcoming Events: 2018 Fall Semester

September

25 - SG Ballots closed
26 - New SG Members announced
27 - Bingo (WUPB)
28 - Homecoming Ballots round two
30 - Rosenn Lecture: Kareem Abdul-Jabbar

October

4 - Homecoming Pep Rally
5 - Homecoming Dance
6 - Homecoming Game vs. Albright
18 - Fall Fest (WUPB)
19 - SG Fall Event
22 to 26 - Freak Week (WUPB)
22 - Monster Social Monday (WUPB)

23 - Zombie Bar (WUPB)
24 - Mobile Escape Room (WUPB)
25 - Bingo (WUPB)
26 - Scary Place (WUPB)

November

1 - Cupcake Wars (WUPB)
6 - Casino Week: Texas Hold 'Em (SG)
7 - Casino Week: Bingo (SG)
9 - Casino Night (SG)
15 - Wing Wars (WUPB)
29 - Bingo (WUPB)

December

6 - Holiday Party: PJs and Pancakes (WUPB)

WUPB denotes Wilkes University Programming Board
SG denotes Student Government

Want your event featured in the calendar?

Email Madelynn.Davis@wilkes.edu

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Impact of Supreme Court appointments discussed in Constitution lecture

By Madelynn Davis
Co-News Editor

On Tuesday, Sept. 18, Dr. Kyle Kreider of the political science department held a talk titled "Supreme Court Appointments and the Battle for the Constitution" by Widener University Commonwealth School of Law professor Michael Dimino.

Dimino graduated from State University of New York- Buffalo with a degree in history and political science. Dimino then earned his JD from Harvard Law School. He is considered an expert in election law, and has published articles on questions pertaining to judicial selection.

A Constitution Day-themed event is held every year on campus to commemorate the adoption of the U.S. Constitution and the singing of the constitution by the 39 delegates on Sep. 17.

This year, professor Dimino focused his talk on the history of the Supreme Court through the present nomination and appointment processor of Judge Brett Kavanaugh.

Kavanaugh is President Trump's nominee to fill the vacant seat left by retired Supreme Court Justice Anthony Kennedy. There is controversy surrounding around Kavanaugh's appointment regarding an alleged sexual assault when he was in high school, which Dimino touches on during his talk.

Dimino started his talk around the topic of Supreme Court appointments and constitutional meaning. He stated that the Senate and the president care about the Supreme Court appointments, and their views, because of the power they have to interpret the law.

"Who the interpreters are makes a difference as to what the legal interpretations will be," said Dimino. "Liberal and democratic justices tend to approach matters of legal interpretation and in particular and most importantly, matters of constitutional interpretation differently than Republicans do."

Everyone knows this said Dimino, from academics to the president.

"Presidents when they are appointing justices, senators when they are deciding whether to vote to confirm justices or not, do so with the knowledge that the appointees will have an effect on what interpretations the constitution will

prevail over the next couple of decades."

He then began to talk about the differences of interpretations of the law: originalism and those who view the Constitution as a living document.

Those with the originalist view of the Constitution see the Constitution for what it is. They do not find it necessary to amend as society evolves, but to only view, the document as the original framers of the Constitution would. This view is mostly seen in conservative judges, academics, and lawyers.

Those that view the constitution as a living document understand that the evolution of society should be addressed by the constitution. They believe that the justices have the power to look at the law as it affects society today, not to think back to how framers would react to the law. This view of the law is preoccupied with mainly liberal judges.

These views resonated through the rest of Dimino's talk as he explained how the politics play into the appointments.

He specifically ended with how the Senate will use different tactics to not confirm a potential justice because they do not agree or have the same views of the constitution that the majority does.

Dimino then directed towards the audience for questions. Dr. Thomas Baldino who attended the event as a professor in political science inserted his own views of the appointment process when he asked Dimino a question.

"It strikes me that one of the things that definitely changes... was the concern with age," said Baldino reflecting on the lack of term limits of the Supreme Court Justices. "The younger the appointee the longer that person sits on the bench... that person could be there for even longer."

Kreider, the person in charge of Constitution Day at Wilkes, decided to bring Dimino in to talk about Supreme Court nominations because of Kavanaugh.

"I knew that he studied judicial law," said Kreider. "He is a law professor at a school that a lot of our students go to."

"I asked him, given the Brett Kavanaugh nomination, whether he would focus on that process."

"I thought he was excellent, he explained the process, he explained the politics of it, the legal part of it as well."



The Beacon/Madelynn Davis

Professor Dimino talked about the importance of the appointments of Supreme Court justices regarding their views on how the Constitution should be read.

Essential Supreme Court Facts:

- There are currently eight Supreme Court Justices on the court. There has been one vacant seat left by retired Justice Anthony Kennedy.
- Although the justices wear black to symbolize their unbiased decisions, the President and the Senate affirm the judges that closely resemble their political views.
- Four justices are considered to be liberal-leaning: justices Ginsburg, Kagan, Sotomayor and Breyers.
- The other 4 justices are considered to be conservative-leaning: Chief Justice Roberts and justices Alito, Gorsuch and Thomas.
- Judge Kavanaugh is now in the confirmation process by the Senate.



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PANAMA, from front page

dance with beautiful, loving faces.”

The dance is traditionally done at Panamanian weddings.

The third dance, called ‘bullereunge’, told a story about a man trying to impress a woman. The woman steals his hat, and in order to win her love he has to steal it back without using his hands.

The fourth dance, called ‘La Espiga’, features a love triangle.

“It is a fight between two guys for the love of one girl, but through dances” explained Bonilla. “Each of them have their own dancing time, in front of the stage. At the end, she choosing which one she wants to be with.”

The fifth dance, called ‘denesa,’ is Panamanian ballroom dancing that comes from the country’s Spanish era.

Bonilla participated in many of the dances.

“It felt amazing,” he said. “Being able to represent my culture here at Wilkes-Barre, is like bringing Panama with me.”

Tania Flores was in charge of decorations, which featured Panamanian flags, as well as a table with free gifts for visitors.

“Several weeks ago, we planned how

everything was going to go,” said Flores. “We planned things like the fans and the bookmarks.”

The bookmarks featured Panamanian recipes, while the fans featured pictures of traditional Panamanian dresses.


MEDUCA features academics and social interactions as part of its program.

“I know there will be more students coming to Wilkes to study in the future,” said Bonilla. “This college provides different programs, for being coming to learn English, for people learning teaching techniques, as well as some people coming for cultural experiences.”

MEDUCA Cohort-9 is a group of public school teachers brought to Wilkes in order to be immersed in the English language and American culture.

Other Panamanian programs include IFARHU, which featured students sponsored by Panama to be prepared for academic course work in the United States.

“To be at the Square, introducing Panama to the Wilkes-Barre community, it’s nice because we are introducing all of the Panamanians that will come in the future.”

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The Beacon/Seth Platukis
Carlos Bonilla and Reina Barria dance the first dance, el congo, which is inspired by African culture in Panama. The dancers wear colorful, patchwork clothing.

SORDONI, from front page

published, or looked at, until much later.

“I think the legacy of the question of the assumed black inferiority is still coloring our society today. The experiences of Jim Crow and segregation impacted education. Today that still impacts people of color,” said Wenger.

This method of viewing history through a bias lens was problematic and caused a lasting impact on the history of slavery and the growth and position of people of color in the Americas.

“The study of history is an ongoing process that is shaped by the perceptions and interpretations of historians writing and working in a particular context. Despite the good faith effort of most historians to be as objective as possible, it is still important to take into consideration how the historian’s viewpoints may be shaped by their situation and beliefs. I think this is very important to keep in mind in the current climate of doubt about the trustworthiness of our information and news sources,” said Dr. Jonathan Kuiken, professor of history and global cultures.

Wenger then focused on the history of slavery, focusing on the transition from indentured servants to slavery, to the conflict between the north and the south’s



The Beacon/Maddie Davis
Dr. Wenger discussed the importance of reading slave narratives.

views on slavery. Wenger quotes a historian who describes the southern way of life as “Not as a society with slaves, but a slave society.”

Wenger went into detail about how the 19th century brought a wealth of reform movements to the United States. Years after the narratives of slaves began to be written down in books by those who managed to survive slavery or escape from it. These personal accounts from freed blacks slowly shifted the view on slavery giving it a new perspective.

Wenger details one of these accounts of a woman who used the pen name Harriet

Jacobs. The stories details the horrors of how Jacobs was assaulted by her slave master and her masters wife who was even harsher. Jacobs’ account details how she had children with a local white man, and how she survived her enslavement by hiding herself in a small crawl-space in an attic, an experience that left Jacobs crippled. In the end, Jacobs’ story is one in which she struggled and had to leave behind her children to escape the horrors of slavery.

This particular account garnered the interest of Dr. Mia Briceño, assistant professor of communication and gender, and, for me,


that means examining and analyzing the role that communication plays in the social construction of gender and also drawing conclusions about why that matters. Sitting in Dr. Wenger’s gallery talk, I began to think about the intersections of gender and race within the institution of slavery in the United States and the ways in which gendered expectations contributed to the material experiences of people who were enslaved, as relayed in first-person narratives of those individuals.

“The exploration of a topic like this can help us better understand how society is stratified, how shared cultural ideas and ideals have real consequences for or impacts on people’s lives, and perhaps, ultimately, how we can improve social institutions in the United States,” said Briceño.

Wenger also covered many other slave narratives and reliable historical books throughout the lecture.

“[The history of slavery, through a slave’s eyes] is not taught in history books. If we do not know our own history, we cannot work to better our present,” said Wenger.

The Stirring Song Sung Heroic exhibition will be at Sordoni Art Gallery until Oct. 7.

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Draw the Lines Pennsylvania Holds 'Eat Pizza, Save Democracy'

By Freddy Del Rosario
Staff Writer

Last Wednesday, Sept. 19, Chris Satullo, civic engagement leader, project director of Draw the Lines Pennsylvania and former journalist, hosted a presentation as well as several fun activities to raise awareness about gerrymandering in Pennsylvania.

The presentation, entitled "Eat Pizza, Save Democracy," is the first of numerous presentations planned for this fall by Satullo.

Satullo took this opportunity to explain to students, faculty and community in attendance why it is crucial for Pennsylvanians, in particular, to take part in the 'redistricting' competition we currently face.

Gerrymandering is the practice of redrawing congressional districts in order to group all of an opposing party's voters into a few large districts while grouping all of the controlling party voters in many smaller districts.

Every state has a series of congressional districts depending on the states' population—Pennsylvania has 18—, every two years voters in those districts elect a single representative to Congress; every ten years the boundaries may be redrawn to represent the change in population. Since each district gets a single representative regardless of size, many believe there is drastically unequal representation in Congress.

Many believe, including Saluto, that the popular vote would not necessarily matter when gerrymandering occurs. Instead

of voters choosing their representatives, representatives end up choosing their voters.

This problem isn't unique to a particular party, as it has been seen that different states are controlled by different parties, he said.

"In 1986, the Supreme Court announced the practice could potentially violate the 14th Amendment on equal protection, however, they could not come to a resolution because they could not agree on what exactly constitutes gerrymandering, or even arriving at an alternative solution," he explained.

"Although in 2015 the popular votes were roughly the same, though Republicans were behind by a small percent, democrats representatives were only a quarter in relation to Republicans."

Draw the Lines understands gerrymandering as standing in the way of true democracy, while helping partisan politicians consolidate power.

"It is very difficult to function as a fully democratic government when these kinds of things are being done deliberately by some of our leaders." Geraldine Ojukwu, a political science senior, said.

"One can see gerrymandering in practice if we see North Carolina 2012 House elections: the results showed 50.5 percent voting democrat and 48.7 percent voting Republican, yet, only four Democrats were elected as opposed to nine Republicans," Satullo mentioned.

"I think gerrymandering is very bad and discriminatory thing, and that we should proactively fight to see a decrease in



The Beacon/Steffen Horwath
Students, faculty participated in activities to highlight the importance of gerrymandering, including drawing lines on a map of Pennsylvania.

gerrymandering," said Christopher Smith, a sophomore majoring in political science, history and international studies.

The event drew attention to how people can fight against gerrymandering. Raising awareness and getting more people involved in what's being done with our state's political system is what people in Draw the Lines, Pennsylvania, are trying to achieve.

Satullo also encouraged the audience to draw a map that reflected our "values and common sense," so they can participate in the first statewide redistricting competition, and will have the chance to be entered in the "Draw the Lines" mapping competition, a competition that runs every semester between now and 2021, and promises the winners a first place prize of \$5,000 dollars.

After the presentation, the audience had a chance to solve a jigsaw in the shape of Pennsylvania, get creative with drawing within shapes and solve gerrymandering puzzles, among other activities, along with eating lots of pizza, salad, and soft drinks.

All these games, Satullo affirmed, will help us in understanding the different aspects gerrymandering entail.

Dozens of representatives from Draw the

Line are all around Pennsylvania doing the same thing as Chris: going to high schools, colleges, and community centers to spread the word.

On Feb. 15, the Supreme Court ruled that Pennsylvania's congressional map is unconstitutional, and the map will be redrawn in 2021.

"Pennsylvanians have a unique opportunity to put the redistricting process in the hands of the people and end gerrymandering," he said.

"Working together, citizens can learn how they can make a difference by creating a process that produces better maps and a renewed sense of civic engagement among Pennsylvanians."

Draw the Lines PA is a Pennsylvanian education and engagement initiative, led by three regional committees as part of Committee of Seventy. The organization's purpose is to, in a nonpartisan way, be a resource for Pennsylvanians who want to end gerrymandering and help democracy work better.

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The Beacon/Steffen Horwath

Chris Saluto, project director of Draw the Lines PA, explained ways to get involved in redrawing the constitutional map.

Profile of a professor: Dr. Amy Hnasko, Education

By Brandon Belfonti
Staff Writer

Focused, dedicated, and child-centered.

These are the three words that Dr. Amy Hnasko said described her best. The last word, came with some deep thought and even more background.

The word should not be a surprise because Hnasko, originally from Ewing New Jersey, has just joined the Wilkes education faculty as an assistant professor in the undergraduate education program.

“My specialty is children from birth to third grade because I can make such a connection with them. If I am at a party or family gathering, the children will gather around me and I love that,” added Hnasko

Hnasko completed her undergraduate studies at Bloomsburg University where she earned a Bachelor of Science in education and has served as the early childhood program coordinator at Rowan University for the past year.

She also served at William Patterson as an adjunct for nine years, received her

master’s at La Salle University, and her Doctorate from Rutgers.

“When I interviewed here I felt that this was a good staff with a great sense of collaboration,” said Hnasko. “My initial feeling was correct because that it is exactly what it is now.”

Hnasko talked about her interests outside of education and childcare.

“I love being outdoors. I love the mountains and that is something great about this area,” said Hnasko. “I have three children at the ages of twenty-three, nineteen, and seventeen – two girls and a boy. We have two dogs named Roxy and Lila. They are Yorkipoos.”

Hnasko is a part designing the new online TEACH (Teacher Education And Compensation Helps) program of Pennsylvania.

Only Wilkes and Drexel University are currently involved with.

“[TEACH] works with early childhood providers, colleges and child care staff to offer scholarship programs and support systems that improve the education and compensation of child care workers.”

She ended the with why she likes




Dr. Amy Hnasko

Submitted

Wilkes in particular.

“Pennsylvania has a different vibe than New Jersey. I like it. This is my first semester at Wilkes and I am still learning

about the campus, but am excited to work here”.

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Life, Arts & Entertainment

Have a story or want your event to be featured? Contact the Life, Arts & Entertainment editor: Sarah.Matarella@wilkes.edu

The Campus Interfaith Office Hosts the House of Worship Tour

By Isabella Sobejano
Staff Writer

Wilkes University's Interfaith Office encourages students, faculty, and staff to learn and interact with various faith groups in the local area, in order to enrich, strengthen and even learn more about a particular faith.

There are a variety of services, faith-based events, information sessions and celebrations that are always taking place throughout campus. However, recently, the Interfaith Office at Wilkes University is offering House of Worship Tours. They will occur throughout September and the first week of October, which are being led by Kristin Osipower.

Those who wish to attend do not need to be part of a specific religion or denomination.

The purpose for these visits is to give individuals an opportunity to enrich their faith while also learning about different faiths and religions. It also allows students to see the beauty and architecture of some of these Houses of Worship since they are an integral part of our community.

The tours are relatively new, as they started two weeks ago and it's the first time they've been introduced to Wilkes University. They will take place each week, and for those interested will visit an array of

houses of worship from different religions and denominations. Visits typically last 45 minutes to an hour.

There is also a lot of flexibility with these visits because there are several different churches and houses of worship to visit. "I'm welcoming going to all different houses of worship," said Osipower. Many times we walk by these places and now here's the chance to go inside and see what they are all about, whether it be a temple or a church.

Another added benefit to these visits is that students who live on campus have an easier opportunity to attend because Osipower tries to pick churches close to campus, so transportation won't become a problem.

If a student or faculty member is already active in their own faiths, then this gives them the opportunity to still go to the church of their choice, or to broaden and learn more about another faith.

The tours are open to everyone, including families of students and those that attend do not have to practice a religion. "I'm hoping that people step outside their comfort zone a little bit and attend some of these because it's really meant to engage and encourage student to explore the issues of religion and spirituality. It's not meant to convert or be preachy in any way," said Osipower.

This also gives students the possibility

to not only interact with their clergy and learn about the place of religion in their own lives, but it also allows students to explore their communities.

The first visit was to First Presbyterian and students were invited to celebrate the kickoff to the new school year and they celebrated with a barbecue social afterward. "They opened it to our community to participate," said Osipower.

Also, last spring, the baccalaureate service was held for the First Presbyterian. This service received a great response from the public, "The response was incredible, both in turn out and how people felt and responded to being inside in a sacred space. Because of the warm reception I received from baccalaureate, I thought this was something our community would respond to," said Osipower.

These visits can also be inspirational for people. Osipower mentioned that when she was in college she was required to attend different houses of worship for a religion class. She found it intimidating at first because she needed to step outside of her comfort zone spiritually.

By doing this she realized that she was wrong on so many levels about how that faith practiced and they're much more welcoming than she had thought they were. "It was very eye-opening to me about how much people of faith have in common and that I can use the differences not to create diversity but rather to build myself and to affirm what I believe," said Osipower.

It's this personal experience that drives Osipower to make these visits accessible to students and faculty throughout campus

and encourage students to step outside their comfort zone spiritually.

While these visits are a new addition to the Interfaith Office at Wilkes University, Osipower hopes to follow up with these visits in the future because it's a way for students and faculty alike to learn more about various faiths and "grow as an individual," said Osipower.

Overall, this is a way for Wilkes University students and faculty to continue to build relationships with various places in the local community because they can help to enhance campus life.

Ms. Osipower mentioned that there are already students who teach religious education courses at some of the churches, and they've gotten involved in music ministry at these various churches.

The Interfaith Office is also working on a pregame service for the football team. This is meant to not only to include prayer but also motivational words for our athletes.

Going forward, it seems that these visits have a positive response and it's important to spread the word in order for students to step out of their comfort zone spiritually. In fact, four other churches have contacted Ms. Osipower asking to be placed on the tour list in the future so that students may visit those as well.

While these visits are relatively new, the next one will be this coming weekend at Parker Hill Church, 667 N River St. The service will be in the afternoon on Sunday.



The Beacon/Isabella Sobejano


Kristin Osipower, campus interfaith coordinator

Interested in writing for Life, Arts and Entertainment?

Contact Sarah Matarella at
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Movies celebrating 25-year anniversaries in 2018 : Conclusion



By Nicholas Filipek
Managing Editor

Last week, Nick's Flick Picks took a look at five movies that premiered in 1993 and are celebrating their 25th anniversary this year. As it turns out, 1993 just happened to be one of the best years cinematically, and five titles were just not enough for Nick's Flick Picks so there are five more to add to list to round it out on an even 10.

Just in case you missed the last issue with the first five picks, here is a quick recap. If you want to find the full list, be sure to stop by The Beacon office in The Karamelas Media and Communication Center to pick up last week's issue, or go to www.thewilkesbeacon.com

The first five titles were, Groundhog Day, The Sandlot, Jurassic Park, Hocus Pocus and Robin Hood: Men in Tights.

Now let's get back on the nostalgia train and look at five more incredible movies turning 25 in 2018.

Dazed and Confused- Sept. 24. Written and directed by Richard Linklater. Starring Jason London, Joey Lauren Adams, Mila Jovovich, Shawn Andrews, Rory Cochrane, Adam Goldberg, Anthony Rapp, Wiley Wiggins and Ben Affleck.

Though this movie is celebrating its 25th anniversary, it feels like it could be celebrating its 42nd based on its realistic 1976 look and feel. The film follows a group of high school kids on their last day of school in '76, and it captures all the wild shenanigans that would not be possible in any capacity in today's society.

The truly all star cast brings this story, that is basically about nothing, to life and really has you caring about these kids on their last day of school. It's a throwback to a time you may not have been alive for, but somehow still feels familiar.

This is the movie that launched Matthew McConaughey into stardom and gave him his most iconic line to date, "alright, alright, alright", which he works into the dialogue of nearly every character he plays.

A Bronx Tale- Oct. 1. Directed by Robert De Niro, screenplay by Chazz Palminteri, based on his play. Starring Robert De Niro, Chazz Palminteri, Lilo Brancato and Taral Hicks.

By 1993 Robert De Niro was already a big player in Hollywood, having starred in films like The Godfather: Part II, Taxi Driver, and Goodfellas, but this was the year he also showed the world that he knew what to do behind the camera debuting as a director rather than actor.

A Bronx Tale is one of only two movies De Niro has ever directed, the other being 2006's The Good Shepherd, and it is a perfect directorial debut film. The story is a great mix of heartfelt kid-next-door and wise guy-on-the-corner, that follows a young boy's journey growing up in The Bronx, who is torn between listening to his straight laced, hard working father (De Niro) and the real muscle of The Bronx, Sonny (Palminteri) a known gangster.

Mrs. Doubtfire- Nov. 24. Directed by Chris Columbus, written by Randi Mayem Singer and Leslie Dixon, based on the novel by Anne Fine. Starring Robin Williams, Sally Field, Pierce Brosnan, Lisa Jakub, Matthew Lawrence and Mara Wilson.

What could be the late great Robin Williams most memorable work, and that is saying a lot considering his obscenely wide range of hits, Mrs. Doubtfire is a true family story that still hits you right in the feels even 25 years later.

After his wife asks for a divorce, Daniel Hillard (Williams) has limited time to spend with his kids due to a court mandate. In order to get around the legal mumbojumbo, Hillard disguises himself as a female housekeeper, gets hired by his wife, and works within his former home to stay close to his children.

Schindler's List- Dec. 10. Directed by Steven Spielberg, written by Steven Zaillian, based on the book by Thomas Keneally. Starring Liam Neeson, Ben Kingsley, Ralph Fiennes and Caroline Goodall.

Based on the critically acclaimed bestselling novel, which tells the true story of how Oskar Schindler came to save more Jews than any other single person during World War II and the Holocaust.

This may very well be the toughest film on the list to actually sit down and watch, due to some of its graphic imagery, but after viewing, it is impossible not to have a sense of gratitude for the life you live.

Even more, the depictions of the sacrifice, and willingness of characters to do whatever to help his fellow man that Neeson brings to the "character" Oskar Schindler, will leave you with the hope that maybe the human race is not as horrible as we may fear.

The movie is set in German- occupied Poland during WWII where Oskar Schindler becomes worried for his Jewish workforce after witnessing some of the atrocities that the Nazi's were capable of. He then works to secretly sneak as many of his workers out of the country as he can.

Spielberg brings his mastery of directing to really honor this story and bring it the respect it deserves to showcase a true hero.


Batman: Mask of the Phantasm- Dec. 25. Directed by Eric Radomski, Bruce Timm, Kevin Atieri, Boyd Kirkland, Frank Paur and Dan Riba. Written by Alan Burnett, Paul Dini, Martin Pasko and

Michael Reaves, based on the story by Alan Burnett. Batman created by Bob Kane and Bill Finger. Starring Kevin Conroy, Mark Hamill, Loren Lester, Melissa Gilbert, Robert Hastings, Stacy Keach and Dana Delany.

What might be the best Christmas gift the world has ever received, this classic, animated Batman movie still holds up brilliantly to entertain an entirely new audience of Bat-Fans.

Batman must go up against a new masked vigilante that has come to Gotham, but this Phantom will take his enemies to the one place Batman will not, the morgue. It is up to The Dark Knight to figure out who this Phantom is and why they're trying to permanently punish Gotham City's rogue gallery.

Do you think Nick forgot a serious pick? Let The Beacon know by reaching out on Facebook, Twitter or Instagram by following The Beacon on social media.

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Self care with Sarah: Sexual Health Awareness

By Sarah Matarella

Life, Arts & Entertainment Editor

Sexual health is a topic that is often overlooked due to the stigma that has developed around it. September is Sexual Health Awareness Month and it brings forth a lot of information that is not normally addressed.

According to the American Sexual Health Association (ASHA), "Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity."

Therefore, sexual health does not just encompass protecting oneself from sexually transmitted diseases and infections, but also from sexual misconduct and harassment. Furthermore, sexual health applies to every single person no matter their gender, sexual orientation, race etc.

Sexually transmitted diseases tend to be the first thing people think of regarding sexual health. Despite this, STDs are still often depicted in society as indecent. As a



result, nobody talks about them and more people are continuously being affected by them.

"Sex still is primarily seen as a set of risk factors that we counsel against. I am convinced that this perspective on sex and sexuality as "risk" legitimates the stigma associated with sexually transmitted infections and contributes to our society's

poisonous intolerance of sexual diversity," says J. Dennis Fortenberry, MD, ASHA Board member and professor of pediatrics at

Indiana University School of Medicine.

Just because this stigma exists does not mean that you have to hide any concerns about your own sexual health. Wilkes University offers free and confidential STI and STD testing through Caring Communities conducted on campus at Wilkes University's Health and Wellness Services in Passan Hall.

Furthermore, sexual misconduct and harassment are also issues related to sexual health. This is a widespread problem

not only in colleges and universities, but all over the world in every demographic.

Wilkes University offers several types of services for sexual assault victims. They include but are not limited to accompaniment to the hospital (if desired) and access to ongoing information, support, and advice from counselors. Academic support services are also offered in addition to assistance with reporting the incident to the local police department (if desired) and accommodations to minimize contact with alleged assailant and protection from retaliation.

Get checked

STDs are also caused by oral sex, sharing razors, unregulated tattoos, sharing needles and kissing not just by sexual intercourse. Getting checked is normal to ensure that you do not develop any prolonged issues.

Use protection

Using available forms of protection when you are sexually active helps to prevent unwanted pregnancy and STDs/STIs to an extent.

Keep up with personal hygiene

There are several products available in



local stores to help with personal hygiene. Even a simple google search can help you figure out more about hygiene habits to consider.


Use your resources

There are several services offered by Wilkes University and also in the local Wilkes-Barre area that are available.

Normalize it

"The prevalence of these negatives in many people's lives tells us how far we are from achieving a just and equitable society. But I think that sexual health ultimately requires much more active involvement from all of us, and it seems quite insufficient to hope that sexual health will arise on its own if coercion, discrimination, and violence are finally conquered," said Fortenberry.

For more information regarding health services, contact anita.burns@wilkes.edu, call 570-408-4730, visit the first floor of Passan Hall or go to <https://www.wilkes.edu/campus-life/student-affairs/health-and-wellness-services/index.aspx>.

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Wellness at Wilkes: Get active with Adventure Ed

By Natalie Stephens

Asst. Life, Arts and Entertainment Editor

Adventure Education is a Wilkes University program where students can seek adventure but also learn from their experiences in the process. The program offers a wide variety of activities that focus on teamwork, communication, problem solving, group bonding, and leadership.

"It is introducing students to things that will enhance their college life and beyond," said Jill Price, the Adventure Education Coordinator. "The focus of this program is for people to get outside and play. In the seriousness of an academic education sometimes the play is last on the list and Adventure Education combines playfulness with the purpose of gaining awareness of experience," said Price.

Adventure Education regularly offers three activities that are available to all students, a yoga series, bike rentals, and the step-up rock wall and ropes course.

Yoga Series

The yoga series takes place at Melt Yoga in the Gateway Shopping Center in Edwardsville. At a normal yoga studio, you would typically

have to pay around \$10 for a single class but with Adventure Education it is only \$10 for five classes. The shuttle picks students up at 6 p.m. at the SUB or you can also drive and meet everyone there.

Bike Rentals

Another program offered by Adventure Education is the bike rentals. Students are provided the bike, helmet, lock, and a total of four hours riding. This serves as an opportunity for students to get outside and get some exercise while also being able to see the local area in a way they might not normally get to do. The dates, locations, and times for when the bikes will be available will be announced in the near future on Wilkes Today.

Rock Climbing

Adventure Education also offers rock climbing every Friday from 6 to 8 p.m. at University center on main (UCOM) that is free for all students, staff, local high-school students and the Wilkes-Barre community. The step-up rock wall and ropes course encourages students to challenge themselves with either the high and low ropes course or the 30-foot indoor rock climbing wall. This program encourages teamwork, communication, trust,

problem solving and overcoming your fears.

Adventure Education also offers weekend trips throughout the school year. One of these trips is the State Park Hiking Series which offers students a chance to experience the outdoors and will help contribute to their overall health and wellness. The State Park Hiking Series begins on Sept. 29 at Ricketts Glen. The hikes will take place at a different park each month thereafter.

The Adventure Education program emphasizes a community oriented atmosphere.


"We practice and preach inclusion," said Price. "We want students to take part in activities but students do not have to attend every trip or meeting. The meetings are more informational and directed to a specific trip. You can do one thing with Adventure Education in your four years and still say that you were apart of Adventure Education."

When you think about going on trips with a school program one of the first questions might

be, what would the cost be? With Adventure Education most of the costs are included. "Cost is kept ridiculously low so that students can try things that they might not normally be able to," said Price.

In regards to having gear for trips, such as the hiking series, Adventure Education provides almost all of the gear that students will need. The only thing students have to provide themselves is clothing, shoes and any other extra items they might want.

Adventure Education gives students the opportunity to get outdoors and enjoy new local experiences. The program offers a fun, educational opportunity that also challenges students to enhance their communication and social skills. Adventure Education can help contribute to health and wellness during the busy school year. If you are interested in this program contact, Jill.Price@wilkes.edu.

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The NeuroTraining and Research Center opens for the semester

By Catie Lally
Staff Writer

The NeuroTraining and Research Center (NTRC) has officially opened for the semester on Sept. 11. It is free for all students and faculty on campus to use and Wilkes University is the only university in Pennsylvania that has this type of facility.

Although the NTRC is accessible on campus, many people are still not aware of it or are intimidated by the idea of going there. According to Dr. Schicatano, co-director and co-creator of the program, "Neurotraining means we are using neuroscience techniques to train the brain to perform better."

Essentially, neurotraining is a way to change and improve the brain's functioning by teaching it how to produce certain brain waves. The technologies that are available at no cost to students have been shown to enhance academic, athletic and artistic performance, as well as promote better

health and well-being by reducing stress.

The NTRC is designed to assist clients with their stress and time management and focus levels. Their perspective goals can be achieved through three types of feedback, audio-visual entrainment (AVE), muse, and neurofeedback.

AVE consists of flashing lights and sound. Muse tracks your meditation in real time where the goal is to have the client stay in a state of meditation longer and neurofeedback controls brain waves.

It trains you to produce the ideal brain wave associated with your goal. Each technique aids your brain to understand what it is trying to achieve.

"They are always trying to raise client's sensorimotor rhythm (SMR) brain waves and lower theta waves. Clinicians find an ideal threshold for these waves to be in for each client and use a reward system to encourage our brains to reach those thresholds. A movie, song or game plays

when the ideal amount of each wave is reached. Your brain then figures out how to keep the music of the movie going and it will automatically adjust itself," said Lauren Hine, an intern at the center and neuroscience major.

To become a client, anyone can fill out a client intel form available in Breiseth 214 or, go online to Wilkes University's website and search "neurotraining and research center" to fill out the form online. Schicatano and Bohlander will then proceed to review the form and assign a type of feedback that they believe will be beneficial based off what the individual is trying to achieve.

Sessions can range from 15 to 25 minutes depending on the technique being done. It can also take several sessions to see your desired results, so it is encouraged to stay motivated if the results are not immediate. In addition, it is not necessary to have difficulty managing time, focus or anxiety in order to become a client. This process can be beneficial to those who get test anxiety, procrastinators, athletes or people who simply want to become a better version of themselves.

While Schicatano and Bohlander are the co-directors, most of the work in the office

is handled by interns and volunteers. Each semester there are approximately five interns and two volunteers. They work as receptionists and clinicians. Schicatano and Bohlander prescribe the treatment necessary, but the clinicians perform them on clients. Last spring, four interns were offered jobs in the field to be NeuroTraining practitioners directly out of college, in part because of their involvement with the center.

Intern Morgan Burton, neuroscience major, was actually a client her freshman year. She often found herself drifting to sleep during classes and became a client to improve her focus. She serves as a first-hand example of the positive effects of this program. "I found it really helpful," said Burton. Not only did she benefit as a client, but she is now benefitting as an intern. According to Burton, she is receiving quality job experience and is able to apply her knowledge in a hands-on way.

For more information on the NTRC or if you are interested in becoming involved with the facility, contact Schicatano at Edward.Schicatano@wilkes.edu.



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NTRC Interns Lauren Hine and Morgan Burton in the facility.

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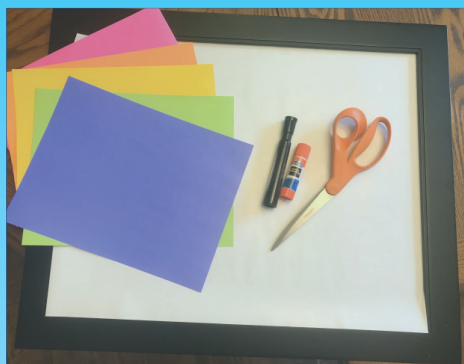
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DIY WHITEBOARD CALENDAR

Supplies Needed:

- Craft paper
- Scissors
- Glue
- 16x20 frame
- Dry erase marker

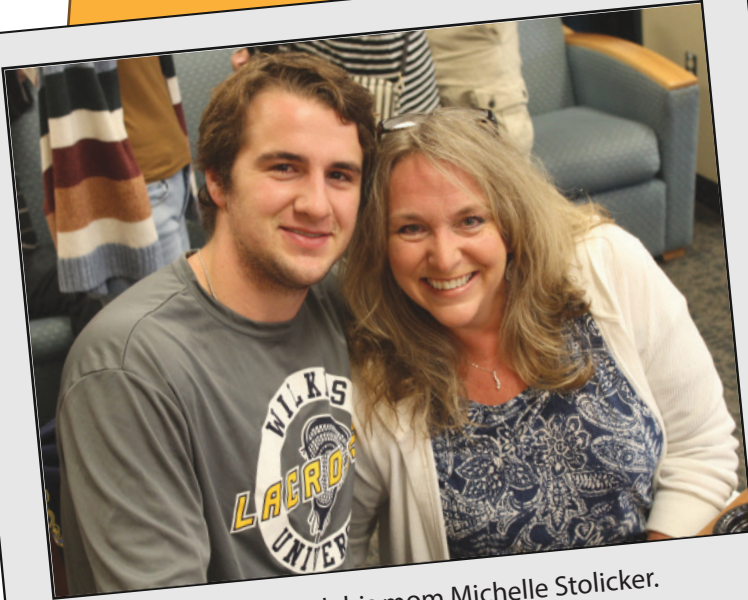


Instructions:

1. Cut 35 squares out of the craft paper
2. Arrange colored squares in rows of seven
3. Glue colored squares to the back of the 4. paper that already in the frame
5. Place paper back into frame with the colored squares pressed on the glass
6. Close frame
7. Using the dry erase marker, fill in the days and month accordingly
8. Add events, assignments, birthdays and test dates



WILKES FAMILY DAY 2018



Evan Stolicker posing with his mom Michelle Stolicker.



Students in line to make walking tacos with their families at the tailgate lunch.



A student posing with her family for a caricature drawing at Ralston Field.



Courtney Dolan smiling with her family members, Richard Bertz, Pam Bertz, and Benjamin Bertz at the bagel brunch.



Seth Hanchett enjoying the bagel brunch with his parents
Douglass Hanchett and Pam Hanchett before the football game.



Morgan DeAngelo, Kristin Osipower and Debbie Scheibler representing at the computer council table at the SUB.



Getting photo ready for the family photo booth.



All smiles for the walking tacos at the university's tailgate tent.

Opinion

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

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2018-19

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The desensitization of Millennials and Gen Z

By Savannah Pinnock
Opinion Editor

The 21st century is a century marked by radical technological changes, progressive ideals, and relative equality. While it may be remembered for a series of revolutionary changes, it may also be recognized for the desensitization of its society.

The nation has grown to truly become “the land of the free, and the home of the brave”. America has overcome a series of injustices such as slavery, as well as the disenfranchisement of women and people of color.

We have also witnessed the increased acceptance and inclusion of marginalized groups such as those who have disabilities and sexual minorities. The keyword within our analysis of the progression of society is the term relative.

In other words, the positive changes in which the United States has undergone are easy to see in comparison to how negative society once was. It leads one to wonder if this a sufficient measuring apparatus that we should be using? Also, if something is relatively better, is it good?

Paying close attention to the concept of relativity, one will quickly come to find that relativity is defined by a gradient. If one looks at the past as the residence of negativity and the present as the residence of positivity, it is clear to see that as a society we have already been in our worst state.

Collectively we have already dealt with the negative end of this equilibrium of relativity. This is an important observation as it allows one to see the underlying mechanisms that contribute to the desensitization of society.

In order to truly understand how this works, it is imperative to understand the process of desensitization. By definition, desensitization is “the diminished emotional responsiveness to a negative, aversive or positive stimulus after repeated exposure to it”.

Within the case of 21st century America, this negative stimulus is our exposure to adverse situations and phenomena. At the turn of the century, America underwent the emotionally deleterious effects of the Ground Zero terrorist attacks. Within this century alone, the nation has faced a wide range of

disheartening events such as The Boston Marathon Bombings, the Pulse nightclub shooting, and much more.

As a result of these events, society has grown weary and we have collectively undergone a sensory overload of sorts. Our nation has simply experienced a shock to our collective system that has now rendered us unfeeling.

With this being said, it leads one to wonder how this manifests in Millennials and Generation Z. The answer is quite simple, this desensitization comes as a result of cultural immersion. Millennials and younger generations share one thing in common. These generations were born near the turn of the century and after.

In the first year of the millennium, one of the biggest tragedies America has ever witnessed occurred, 9/11. During this time, America’s philosophy of rugged individualism was traded in exchange for one of collectivity.

This event also acted as a massive shock to our nation’s system. On a psychological level, it may have prompted society to become subconsciously numb. It is also important to note that the attitudes of the former generations will inform the attitudes of future generations.

With the influx of technologies such as computers, cell phones, and digital media, a subtle air of numbness manifested within younger generations. These generations found an outlet to escape the negative phenomena occurring around them.

These technologies were also created by those who witnessed the 9/11 terrorist attacks when they were old enough to understand it. Subsequently, gaming is often primarily centered around tragedy, gore, and violence. One of the most successful games, Call of Duty which is a first person shooter game with a military based framework has been played by millions of people. It appears as if these games are made in an effort to allow people to feel more powerful.

These people are often part of younger generations. Sometimes these games can act as a catalyst for our cultural numbing. Michelle Renee writing from the Huffington Post reflects on this phenomenon of cultural numbness stating that she feels “a sudden surge of sadness at the thought of just how desensitized society, and especially our youth,

seem to have become to violence, abuse, death and trauma.”

While older generations may have been subconsciously desensitized with the events at Ground Zero, younger generations are being affected by a more violent and less PG culture. Older generations are more privy to watch the news which often displays a host of tragic events.

Younger and older generations scroll through their feeds via various forms of social media and see the horrible events that can and have occurred. As a consequence, society has become numb to disaster.

In class it is not uncommon to hear someone say “Oh wow, another person got shot,” after scrolling or “I didn’t know about that, I don’t really watch the news.” These comments are often said in a nonchalant way as a result of a cultural desensitization.

While it is true that society has become desensitized to close to home and broad phenomena, the effects can be reversed. In order for this to happen, it is important to reflect on the importance of things that appear to be trivial on a similar level as things that appear to be significant.

The idea of appearance must be stressed as a subject’s importance is subjective. It is this subjectivity that makes a murder horrific to one person and relatively minor to another person. So next time you hear of a tragic event, make sure to allow yourself to react. Everyone’s life is important and everything matters to a degree; do not underestimate that degree.



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Can traveling enhance your quality of life?

By Jennifer Boch
Staff Writer

According to the U.S. Travel Association, in 2017, Americans spent more than \$1 trillion toward travel. With numbers this staggering and the idea of wanderlust cementing itself in our collective consciousness, there must be something uniquely beneficial to packing a bag and setting out for new parts of the world.

From authors and celebrities to religious figures, everyone has something positive to say about the benefits of travel. Even I can personally attest to the wonders of travel as this past July, I went on a 10-day tour of Italy.

It was my first time overseas and I can easily say that the trip was the best experience I have ever had. It was exciting to see the sites and taste authentic Italian food. The people I met and the memories we made along the way were also life-changing.

Travel is such an influential experience because it increases your quality of life. It can greatly affect the way you view the world and in turn, it can allow you to grow as a person.

The concept of "quality of life" is very subjective as individuals have different values and priorities. However, in an article written for Europe's Journal of Psychology, Professor Marta Elvira of the IESE Business School in Spain gives an excellent definition for quality of life by defining it as a mixture of "multidimensional factors" that include a person's physical, mental, emotional, environmental and spiritual health.

Professor Elvira ultimately concludes that one's quality of life is whatever they decide to make it. This essentially suggests that on an individual level, we have the power to enhance our quality of life.

Our decision to eat healthier, exercise, read more, and last but not least travel can

allow us to have a richer and more fulfilling life.

Travel is beneficial for a variety of reasons. Nearly three-fourths of domestic trips are taken for recreational purposes. These travel experiences are shown to help improve an individual's mental health. Traveling can also allow one to develop skills that can improve relationships, the ability to adapt, and a person's confidence levels.

In other words, the more you travel the more comfortable you will become in handling new situations and surroundings. During my trip to Italy, I had the opportunity to book it myself. This pushed me outside of my comfort zone and forced me to be more independent and responsible.

I had to adapt to whatever could have potentially happened on the trip. When I landed in Italy and met my fellow travelers, I quickly connected with them and formed friendships with people I never would have met in everyday life.

Whenever there was a bump in the road, and there were plenty, we all adapted together and made the most out of every situation. I felt renewed and reformed after my trip because of these experiences.

This experience is one that is true for myself and many others. Traveling can allow you to become a more independent and cultured person.

Experiencing a new culture is the only way to truly understand a culture and its people. You also gain a new level of empathy and a connection that only travel and experience can provide.

Maya Angelou summarizes this idea best, she states, "(P)erhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends."

Along with the cultural benefits of

travel, traveling has also proven to be a phenomenal method of language learning. Learning a new language through the means of traveling to a country is known as language immersion.

In fact, language immersion has even proven to be a means of truly developing the dialect of that language. This is often highly dependent on one's age. The younger a person is, the easier it is to develop an accent. It is also much easier to learn a language when you're younger.

In understanding that youth is a relative term, it is important to note that the window of language learning is said to span the age of five to 14.


As a consequence, it is an excellent idea to start your language learning journey at a young age. However, absolutely anyone can learn a new language regardless of their age.

When you see other culture's daily life unfolding before your eyes, it changes how your perspective on other cultures and your life. My advice is to go and increase your quality of life; travel and don't waste time. The world is far too vast and magnificent, and it will not wait for you.

Make it a goal of yours to see a new place. Experience a new culture. Try a new food. As a Wilkes student, you have so many opportunities to do all these things and so much more. Our clubs and organizations such as our alternative spring break and study abroad initiatives are a perfect place to start.

All in all, if you take advantage of travel, no matter where you go, you will become richer both in quality of life and quality of character.



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The Benefits of Traveling

- Did you know that traveling can be a stress reducer?

According to a study, a minimum of three days of vacation can lead to a drastic reduction in anxiety levels.

- Traveling has also proven to be a great way to stimulate innovative thinking.

According to Adam Galinsky, a professor at Columbia University, "Foreign experiences increase both cognitive flexibility and depth and integrativeness of thought, the ability to make deep connections between disparate forms."

- Traveling is also a great way to escape the hustle and bustle of everyday life. It allows you to have an opportunity to unwind and find yourself.

- It is also an excellent conversation starter. It makes you seem a lot more interesting. It is an excellent way to develop or enhance your language skills.

- Traveling is also a great way to decide where you'd like to live in the future.

-So what are you waiting for? Travel the world and grow.

Have you ever traveled before? Where have you traveled to? Follow us on Twitter or Facebook and let us know.
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What's more important: A life of luxury or practicing humility?

By Breanna Ebisch
Staff Writer

People in America and around the world aspire to achieve their dreams for the sole purpose of leading a wealthy lifestyle.

The ideas that "living in luxury" is pure happiness and that you must go into a good paying job to earn a certain status, are extremely toxic. Our society has twisted what it means to live a happy life which leaves a lot of us wondering, what's more important? Luxury or humility?

Since the birth of the social media, the quality of life, and what we value as human beings, has dramatically changed. With just a few taps on our cell phones, we are able to pull up pictures of posh houses around the globe, watch celebrities on their extravagant vacations and shop for clothing items that walk the runways.

Everyone wants the new Supreme shirt, or the fanciest Mercedes model, or decides to work for their whole life so they can eventually buy the most expensive house on the market. But what is so special about leading a life full of luxury? The aesthetically pleasing Instagram feed you'll have? Showing off the gadgets and clothes

that are unnecessarily costly? There is no true benefit to living in luxury but there is in living in humility.

Our society has truly lost sight of a simple but rewarding lifestyle. In today's world, humility is so important. Being down to Earth and staying humble is a personality trait that is so uncommon to find in people nowadays.

Because of the new infatuation with having the very best items, people have learned to be rude to others who seem "below" them due to the way they are living.

Having a mid-sized house, a car that is a few years old or clothes that didn't cost you a fortune, is often looked down upon today. But in reality, those people are living a happier and healthier life than those who chose to live in luxury.

Fancy clothes, big ticket items and over the top vacations are not need to be happy. Sure, these things are nice but they certainly aren't necessary to feel content or successful.

In a world where people feel the need to be better than everyone around them in every way, it is more important to be yourself and stay down to Earth no matter what level of success you reach than ever before.

We often forget what it's like to simply be

nice to others around us and we are slowly losing the value of kindness because luxury has become more important.

Sadly, all people seem to care about now is how others perceive them and they will do the unimaginable just so they are seen in a certain status. But that is not all there is to life. You do not have to spend thousands of dollars on anything to live a life full of happiness and humility.

By simply picking a job in a career you enjoy, living modestly and kindly and never letting success or other life factors get to your head, you are already making an important decision.

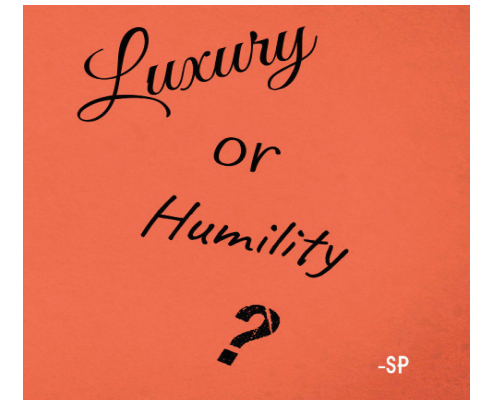
The lifestyle you choose may be looked down upon by the millions of people on social media who share every moment of everyday in their lavish houses, cars, and travels.


Just think of how many posts you scroll by in a single day that are just of a person showing off their luxurious lifestyle. There are too many to count. From YouTubers to movie stars to singers, social media is polluted with the "perfect" lifestyle. But it is very rare to come across a post or a person that doesn't fit in that category.

Humility is so important not just to our

society but to our well-being and the way we live. So the next time you think about switching your major to get a higher paying job doing something you don't love or you are thinking about purchasing a new Gucci watch, consider the options.

What will those choices and items mean in a few days, weeks, or years? A lifestyle of true luxury or just a symbol of money? Just remember to always stay humble no matter what. Humility is what the world needs.



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Music's influence: Is the integrity of rap music on the decline?

By Tonya Creasy
Staff Writer

Music has such a great influence on people in today's society. It has been a way for people to connect with one another. It has also been a way to help people express their feelings. Rap music has always been a musical genre that people use to share their story. Most people look at celebrities as role models. However, are celebrities really spreading positive messages?

Alongside music, social media has been a great influence on society. It has the power to influence a wide range of our views and we often depend on it as a means to stay updated on social changes. With that being said, is it making our views on rap music better or worse?

One genre of music that is very popular today is rap. Rap artists used to write songs about their struggles. Hearing how someone has overcome hard times can inspire a lot of people when they're struggling. A significant amount of these individuals also rely on music as an escape.

The significance of rap music is truly astounding. In fact, according to one Wilkes student, "When I (they) decided to come out,

I (they) listened to a lot of inspiration music. It helped me (them) realize that it was okay for me to be who I am (they are) and love who I love (they love), no matter what anyone thinks. Coming from a Catholic family, it wasn't easy, but I (they) definitely believe music has made everything easier."

Unfortunately, today's rap music now primarily focuses on sex, drugs and violence.

Even though everyone has the ability to make a difference, musicians have a greater chance to make a difference in the world because of the platform they have. It is easier to get your voice heard when you're already in the eye of the public.

Music affects everyone. Take the feud between Eminem and Machine Gun Kelly for example. Machine Gun Kelly released a song earlier this month called "Rap Devil". The song was made to be a diss track towards Eminem mocking Eminem's song "Rap God."

After the song "Rap Devil" was released, Eminem stated in an exclusive interview with Sway about how he was contemplating on whether or not he should respond to MGK's song. Eminem didn't want to respond because he knew it would make MGK "bigger" in the music industry. On the other hand, he felt like he had to respond.

Many celebrities and fans joined in on the feud by recording diss tracks of their own. They also joined in by voicing their opinions on social media.

Relevance is a big part of why rap artists bash on another. When they begin to lose fame, they will do anything to stay in the limelight.

According to Dr. Rob Bruno, assistant professor of communication studies, "This ties into public relations. These days, staying out there can affect an artist's strategy."

Celebrities might not have control over what is released, but they have the most influence. This has always existed. What's new is that every fan can interact with the artists due to social media. We can become part of that mass conflict, which hasn't existed for more than 25 years."

Music should bring the world together, instead of tearing it apart. Social media plays a huge role in how people today communicate. Communication is done mostly behind a screen and people today spend hours on Facebook watching videos instead of getting to know those around them.


Music is big on social media. Some artists are more focused on gaining followers rather than actually spreading a positive message.

Wilkes student Kylie Dillon states that she believes "the feud between MGK and Eminem is very childish. They both have large audiences and can be very influential; instead of using that platform to stand for something or to help a good cause, they are wasting time and abusing their platform to see who can diss who better."

Music is impressionable, especially among the younger generation. They believe the messages spread by their idols and want to be just like them. Unfortunately, social media has invoked hate instead of love.

How can we address this problem? There are artists who focus on love and peace, and yet they have millions of less followers than those rappers who spread drama and promote hate and division. It's more about how the celebrities look and dress instead of their message.

The good thing about social media is that anyone can change this. If enough people stand up and refuse to listen to the hate, then there would be no point in doing it at all. The choice to listen to music with loving content is ours and always will be.

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Meet the Majors

This week's major: Psychology

Photos and Interviews by
Abigail Tarway
Staff Writer

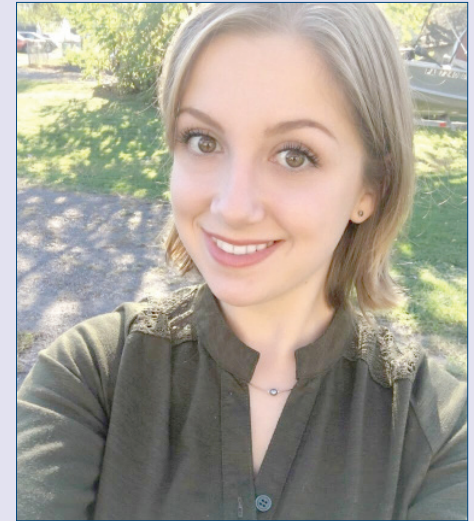
Every week, The Beacon will offer a chance for majors to be placed in the spotlight. Each student that gets chosen will have a few words to express why they chose the major and how they feel it will benefit them in the future.

Isabel Cali Sophomore

Isabel is a psychology major and a minor in sociology. "I picked my major because I like getting to know people. I just wanted to learn about other people and what their emotions and why they feel this way and that way." She plans to work with kids, most likely as a social worker. Isabel believes her major will help her help others. "It will help me understand how others think. My hope is that I can help understand and be able to help people. Things won't be as difficult if there's someone there to help them."

Kristie Swetts Senior

Kristie Swetts is a psychology and a sociology and women's and gender studies minor. She states that she chose to be in the field of psychology because "psychology is the foundation of how people think, feel, and behave, so I want to help children and adolescents create a positive relationship with themselves and others with support from clinical psychology in order to promote a happier and healthier future generation". Kristie believes psychology will help her in the future by allowing her to be a "passionate and effective social worker or counselor".



Laura Kessler Senior

Laura Kessler is a psychology major and a art, Spanish, and women's and gender studies minor. She chose to specialize in her field because "throughout my [her] high school experience I [she] lived with and helped to care for my [her] grandmother". Her grandmother suffered from dementia and due to wanting to "to understand the brain and its connection to the body and overall health and well-being", she chose to major in psychology. In the future she plans to "attend a Doctor of Physical Therapy program. She desires to help "people recover from physical injuries and be able to work through their own mental barriers".



Makayla Sarnosky Senior

Makayla Sarnosky is a psychology major with a minor in women and gender studies. She states that she "first started Wilkes as an undeclared major and then found the field of Psychology. My [her] first semester of freshman year, I had PSY 101 with Dr. Tindell". After taking her psychology courses she found them to be "the most interesting and also where I [she] was able to learn the most. The psychology professors here at Wilkes are great and have been so helpful." She states that in the future psychology can help "with being better able to understand individuals and the world around me [her]".



*Re-run of Sept. 18 with proper photo identification.

When groove metal goes... country? Volume one

RHYTHM REWIND
with Parker Dorsey

By Parker Dorsey
Asst. Opinion Editor

Dez Fafara has officially pushed the envelope to an extreme. When he was the vocalist of Coal Chamber in the 90s, he patented a unique blend of metal which combined nu metal with gothic elements. As if that wasn't unique enough, this past summer Fafara threw a massive curveball with the release of a country covers metal album called *Oulaws 'til the End*.

Fafara formed DevilDriver after the demise of Coal Chamber. In his new band he adopted a more mature groove metal sound in the vein of Machine Head and Chimaira. There were hints of Fafara's country love when DevilDriver covered the 16 Horsepower songs, "Black Soul Choir," on their 2011 album *Beast*.

The album begins with Hank Williams III's "Country Heroes," with the son of Hank Williams Jr. doing his best Ozzy Osbourne impression alongside Fafara's growls and Austin D'Amond's hyper-

fast drumming. Randy Blythe and his Lamb of God bandmate Mark Morton are featured on Willie Nelson's "Whiskey River," with Morton's black metal-style staccato riffing providing the darkest sounding song on the album.

Next up, is a heavy rendition of The Eagles' "Outlaw Man," which has a pedal steel being played alongside distorted guitars to create an extremely unique sound. Blythe also appears on Stan Jones' "Ghost Riders In The Sky," which has beautifully dynamic melodies and also features Johnny Cash's son John Carter Cash and John's wife Ana Cristina.

Johnny Paycheck's "I'm the Only Hell Mama Ever Raised" has to be the fastest and heaviest song on the album. George Jones' "If Drinking Don't Kill Me" features goth rocker Wednesday 13 and is particularly brutal. Both songs feature exceptional drumming performances from D'Amond.

Johnny Cash's "The Man Comes Around" has a blackened atmosphere and guest vocalist Lee Ving's chilling vocals perfectly complement the song. Dwight Yoakam's "A Thousand Miles From Nowhere" is the most country-sounding

song, with Western-inspired guitar leads and clean vocals from rhythm guitarist Neil Tiemann laid on top of Fafara's shouts.

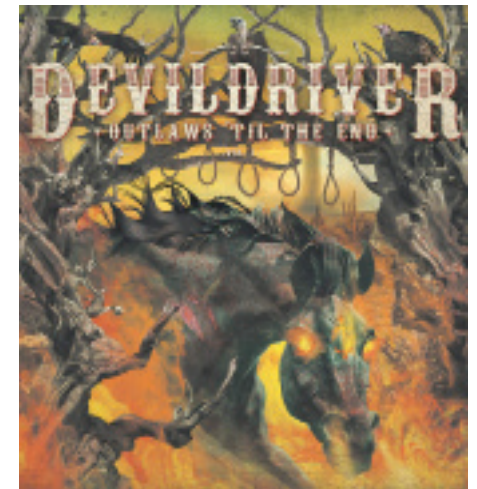
Steve Earle's "Copperhead Road" has guest vocalist Brock Lindow from 36 Crazyfists and very impressive guitar work. Richard Thompson's "Dad's Gonna Kill Me" has guest vocalist Burton C. Bell from Fear Factory, but aside from fun-sounding guitar leads it is probably the weakest track on the album.

Hank Williams Jr.'s "A Country Boy Can Survive" has poor lyrics, but it has the most classic sounding DevilDriver riffs, almost as if they came straight from *Winter Kills*. The last song is David Allan Cole's "The Ride," which has Lee Ving returning to deliver a strong clean vocal performance that complements Fafara well.

This is a bizarre idea that's executed surprisingly well. The highlight of this album is by far D'Amond's drumming. He's sending out blastbeats at the speed of light and has extremely interesting off-beat drum fills that really accentuate Spreitzer's blistering guitar leads and Tiemann's harmonies. Bassist Diego

Ibarra lays down a solid groove and Fafara's signature barks are as powerful as ever. This is a great album if you want to listen to a fun and fresh idea.

Parker's Picks: "I'm the Only Hell Mama Ever Raised," "The Man Comes Around," "If Drinking Don't Kill Me," "Whiskey River."



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Benefits of reading: The undervalued importance

By Zarqua Ansari
Opinion Writer

People are often shocked to hear that English isn't my first language. It is in fact my third language. I speak English with just as much fluidity, speed and complexity as just about anyone in America. Furthermore, I don't have an accent. However, it didn't always used to be that way.

Growing up as an Indian immigrant child and living with parents that spoke less-than-average to no English at all meant that I struggled in America. I didn't have the words to convey my thoughts. This often led to me being dismissed as an unintelligent child. I frequently asked classmates to slow down their speech and define the words they utilized in everyday conversation.

Most people responded with a "nevermind" and thus I was eradicated from the conversation entirely. The dismissal from conversation led to feeling unwanted and I ultimately isolated myself. With parents that couldn't quite help with the language and classmates that didn't

want to help out, my opportunity to learn the language was lost completely - that is until I discovered reading.

Reading was always a skill that people could do but chose not to go out of their way to actually do. I picked up a few books and found that there was a whole world inside each story. As George R.R. Martin said, "A reader lives a thousand lives before he dies... The man who never reads only lives one." I found this to be very true.

Even if it was a simple book like "If You Give a Mouse a Cookie," reading got me thinking. I felt inspired to be creative and clever with my words, both in speech and in writing. I began to read more and more. My nose was always in a book. I was clumsy at first, lugging around a pocket dictionary for the times I didn't understand a word.

A teacher noticed me flipping page after page in the dictionary when the word was defined with more words I didn't understand. She introduced me to the thesaurus to learn similar words in one go. Soon, my vocabulary exceeded that of my peers. My language turned fluent. I learned that I could speak, and with that I learned

I had a lot to say.

I made friends by talking, but the closest friends I made were by talking about books. I exchanged books with others that read as much as I did. I joined book clubs, finding great comfort in knowing that other people also found the universes embedded in the pages of a book as fascinating as I did. We talked about topics from the books, like racism, sexism, stereotypes and abuse. Reading helped me make friends but also helped shape me into the person I am today. I learned a lot about worldly issues that we don't learn in school.

One book specifically that comes to mind is "Speak" by Laurie Halse Anderson. This book follows the story of a freshman in high school who was raped at a party the summer before. She had called the police in her panic, and went down as the girl that called the cops on a party. She had depression, was traumatized and had lost all her friends. This book talks about hard topics like sexual assault, PTSD and depression.

The moral from all of my years of struggle was a simple, yet pressing one. Reading is

your best friend. I had reading when I had no friends. I have reading when I need to escape the stresses of life. Reading provides companionship when boredom strikes. Reading imparts wisdom whether it be a textbook or a novel. Reading helped boost my vocabulary, my willingness to learn and my self esteem. All in all reading was a critical aspect of my life.



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Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editors: Benjamin.Mandell@wilkes.edu or Kirsten.Peters@wilkes.edu

FB: First year head coach Jon Drach rings in new era

By Tyler Aldinger
Staff Writer

Classes are well in session this fall and that means one thing - Colonel football is back. During the football team's offseason, several changes were made to their roster and coaching staff.

The big story for the Colonels this past offseason was the change of their head coach. Jonathan Drach, the new head coach, came to the helm this year determined to make a difference and get the Colonels back on track with a winning team.

With this change, came a variety of responses from the team. For junior linebacker Bud Moyer, the team has a different feel with a new head coach and way of doing things.

"The biggest change to Wilkes football this year is the new culture the coaching staff has brought with them; they demand the best out of each and everyone of us in everything we do. From practice, the weightroom and academics, you can really see that reflected in our preparation throughout the week and then on the field on Saturdays," said Moyer.

With the changes to the coaching staff, it is no surprise that there are changes happening on the field, as the team put in a lot of hard work this past spring and during the summer offseason. This hard work is paying off on the football field, as the Colonels clinched their first win of the season 30-27 on the road against Lebanon Valley College in overtime.

During the offseason, the players noted how managing the hard work with classes was difficult. But, with the season underway, the Colonels are starting to show that the hard work is paying off, as junior lineman Mike Osayi detailed their rigorous practice schedule.

"Well, the spring ball practices started at five thirty in the morning, so it was an adjustment to wake up early and start the day off on the right foot," said Osayi.

In addition to this, the Colonels needed to learn the new plays and different coaching style that Drach would implement, making the spring practices imperative for their success.

On Sept. 15, the Colonels began their Middle Atlantic Conference (MAC) play against ranked Delaware Valley, falling 21-10.

Although the Colonels are not having a winning season yet, they are making significant improvements. They have a great deal of potential to win every game, but have seemed to come up short in a few of these contests.

For Moyer, one of the biggest things the Colonels have to work on is closing out and finishing close games.

"One thing we need to improve on is winning every close game. We have proved to everyone now that we can hang with any team you put in front of us, but the next step for us is closing out and winning the games every time," said Moyer.

Overcoming these struggles is a long process and certainly easier said than done. Miscues and mistakes are always a possibility, as well as mental mistakes that are always liable to occur for almost any player.

These several areas, unfortunately, have been tough for the Colonels to overcome.

Despite this struggle, the season the Colonels are having so far has provided an electric atmosphere at Schmidt Stadium for the fans, as well as on the sideline for the Colonels, creating a closeness and togetherness amongst all the players.

This has been one of the biggest

strengths for the Colonels this year, as Osayi notes, "The team is playing better than ever before as a whole. During practices and in the weightroom, Coach Drach keeps us together and keeps us focused."

For the most part, the Colonels have been relatively close to winning, which is due largely in part to the team's commitment to work together and pick each other up.

The players camaraderie coupled with the commitment of the coaches has formed a unified, tight knit attitude between the coaches and their players.

"We talk a lot with our coaches, whether it be in meetings or in study hall. Sometimes they joke around in meetings and we spend a lot of time with them in study halls as well," said Osayi.

For Osayi, it's the little things that allow the coaches and players to bond, such as getting to know the coaches on a personal level.

This season has been exciting from both a coaching standpoint and playing standpoint.

With dominating performances from junior quarterback Jose Tabora and wide receiver Jeff Steeber, the Colonels have been displaying the excitement from the players.

Tabora has had several standout performances, earning him the MAC player of the week honor.

So far for the season, not including this weekend's matchup against Misericordia, Tabora has had over 700 passing yards and six touchdowns in three games.

Passing the ball has become a little easier this year, with help from Steeber and other solid receivers. Steeber has 290 yards catching and two touchdowns while junior Derek Nelson and sophomore Nick Yanik have over 300 hundred yards receiving and two touchdowns combined.

Running the ball for the Colonels has not been one of their strengths, as Tabora has rushed the ball himself more than the actual running backs. To this point, Tabora has 202 yards rushing and one touchdown on the ground this season, making the team reliant on the arm of Tabora.

Running the ball is one area where the Colonels look to improve, which is why Drach definitely has motivated the running backs to make more plays.

Looking ahead for the Colonels, they will face Alvernia on Saturday at 1:00 p.m. in Reading, Pa. in a MAC matchup.

"Each opponent we face is going to be very tough, considering the MAC this year is extremely competitive and any team can beat one another every week," said Moyer. "There are teams right now who weren't projected to do that well sitting at the top of the conference, and I think the MAC is going to start to be a free for all for the title from now on instead of the usual two or three teams every year competing at the top. As a player and a fan, I'm really excited."

Moyer elaborated on this, noting that the Colonels have one common goal, which is to win the MAC. However, to do this, it will not be easy for the Colonels. They will more than likely have to win out the rest of the season to have a chance.

The Colonels are currently 1-3 with the rest of their season opponents being MAC teams.

Drach and his Colonel football team are more than ready to take on their opponents and unleash their full potential.



The Beacon/Kirsten Peters

Coach Drach gives instruction on the sidelines after not executing a play against Misericordia.



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WSOC: Colonels fall 1-0 in physical contest to River Hawks

By Ben Mandell
Co-Sports Editor

EDWARDSVILLE. -- The Wilkes University Colonels fell to the Susquehanna University River Hawks 1-0 on Wednesday, Sept. 19. Following the tough loss, the Colonels fell to 2-3 on the season.

Early on in the game, it was clear to see that Susquehanna was a faster team. The Colonels head coach John McNichol and company came up with a solid game plan to try and create offensive opportunities with a lot of passes towards the perimeter to open up the slot.

Wilkes created a couple of good opportunities early on when freshman Karyna Vargas found herself with an opportunity inside the box. Unfortunately for the Colonels, her shot was grabbed out of mid-air by River Hawks goalie Madison Welliver.

After a strong start for the Colonels, Susquehanna found their rhythm and used their speed to take control of the rest of the half. The first half concluded in a tied with a 6-4 shot advantage in favor of the River Hawks. The first half also saw the refs set the tone for this game, showing that they were going to let each team get away with a fair amount, as each team was only called for one foul and neither side had a corner kick with the way the first half was played.

After Susquehanna flexed their muscles in the first half, the Colonels came out determined to do the same. Wilkes came out of halftime like they were shot out of

a gun. Emily Wirth had an opportunity in front of the net, but her shot was blocked and gave the Colonels the first corner kick of the game. Jessica Egan sent the corner kick to the middle of the field, setting up

goal but Susquehanna's Samantha Chillis made a defensive save to prevent Gregoire's header from finding the back of the net.

The River Hawks immediately started the other way, sending the ball towards the

intensity picked up. Players continued to use their bodies to gain leverage and try to move the ball. The Colonels continued to press, trying desperately to tie the game up.

The penalty kick would stand as the game's only goal though, leaving the Colonels disappointed after a tough battle.

"It was an exciting game to be a part of. Both teams played well," said Colonels team captain Aislinn Speranza. "It was a shame that it came down to a penalty kick decision."

The Colonels next game is Saturday, Sept. 22 against number 14 ranked Arcadia, then they take on the University of Scranton Wednesday. The Colonels will look to right the ship and get their record back over the .500 mark heading into conference play.

"We have a competitive schedule this week that will help prepare us for success in conference play," said Speranza. "Wednesday's game was another building block for us to get where we want to be."



The Beacon/Kyle Kraemer

Senior Nicolette Towlen attempts to work the ball towards a good scoring area for the Colonels in their 1-0 loss Wednesday night.

Haley Evans with a great opportunity, however, her shot attempt was blocked and the River Hawks stopped the Colonel attack. The Colonels continued to put the pressure on and the best opportunity to score came when J. Egan sent another corner kick in at the end of the 64th minute. Catherine Gregoire headed Egan's corner towards the

Colonels' end. Anna Werner sent a shot off the cross-bar for Susquehanna, which later resulted in a Colonel foul inside the box. The officials signalled for a penalty kick, allowing Emily Sullivan to line up and send the ball past Samantha Cecere.

Following the penalty kick, the game continued to get more physical and the

Susquehanna 1, Wilkes 0
Susquehanna '0' 1--'1
Wilkes '0' 0--'0

Second half-- 1. SUSQ, Emily Sullivan (Penalty kick) 64:39.

Shots-- SUSQ 9; WILK 11. **Saves--** SUSQ 7 (Madison Welliver); WILK 2 (Samantha Cecere). **Corner Kicks--** SUSQ 0; WILK 3. **Fouls--** SUSQ 6; WILK 4.

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Cross Country (Men's and Women's)

8/31 @ Misericordia Invitational
Men's 5th, Women's 4th
9/8 @ Stevenson Invitational
Men's 5th, Women's 8th
9/15 @ Cougar Classic
Men's 4th, Women's 4th
9/29 @ Mount Saint Mary
10/6 @ Desales Invitational
10/13 @ Inter-Regional Border Battle
10/19 @ LVC Last Chance Run Fast
10/27 MAC Championships
(Stevenson)
11/10 NCAA Mideast Regional
(DeSales)
(More schedules on page 21)

Fall Sports Schedules

Women's Volleyball

8/31 @ PSU-Hazleton, W 3-0
9/1 @ Clarks Summit, W 3-0
9/1 @ Lycoming, L 0-3
9/1 @ Penn College, W 3-0
9/4 @ PSU-Brandywine, W 3-0
9/6 vs. Lancaster Bible, L 1-3
9/8 @ PSU-Harrisburg, W 3-1
9/8 @ Shenandoah, W 3-2
*9/12 vs. Manhattanville, L 3-2
9/15 vs. Cairn, W 3-0
9/15 vs. Wesley, W 3-1
*9/18 @ FDU-Florham, L 3-1
9/20 vs. Clarks Summit, W 3-0
9/22 @ Brooklyn College, W 3-0
9/22 @ Rutgers-Camden, W 3-1
*9/26 vs. Delaware Valley, 7 p.m.

9/28 @ RIT, 6 p.m.
9/29 @ Morrisville State, 11 a.m.
9/29 @ SUNY Cortland, 1:30 p.m.
*10/2 @ Eastern, 7 p.m.
10/4 @ PSU-Berks, 7 p.m.
10/6 vs. New Jersey City, noon
10/6 vs. PSU-Altoona, 4 p.m.
10/8 @ Keystone, 7 p.m.
*10/10 vs. King's, 7 p.m.
*10/16 @ DeSales, 7 p.m.
10/18 vs. Bryn Athyn, 7 p.m.
*10/24 @ Misericordia, 7 p.m.
10/27 vs. Marywood, 10 a.m.
10/27 vs. Rutgers-Camden, 2 p.m.
*MAC Freedom
Home matches @ Marts Center

Field Hockey

x-8/31-9/1 @ Susquehanna L 3-1
9/5 @ Keystone, W 3-0
9/8 vs. Widener, L 5-4 (SO)
9/13 vs. Cedar Crest, W 3-1
9/15 @ Alvernia, L 2-0
9/19 @ Moravian, W 3-2
*9/22 vs. Eastern, W 6-3
9/25 vs. U. of Scranton, 7 p.m.
*9/29 @ Manhattanville, 1 p.m.
10/3 @ Elizabethtown, 4:30 p.m.
*10/5 @ FDU-Florham, 7 p.m.
10/8 vs. Arcadia University, 7 p.m.
*10/12 @ Delaware Valley, 7 p.m.
*10/18 vs. King's, 7 p.m.
*10/20 @ DeSales, noon
*10/24 @ Misericordia 7 p.m.
*MAC Freedom
x-Connie Harnum Classic
Home games @ Schmidt Stadium



FB: An interception, multiple fumbles cost Wilkes the win

By Tyler Aldinger
Staff Writer

EDWARDSVILLE -- The Wilkes University football team battled back-and-forth with the Misericordia Cougars on Saturday afternoon, but fell short in a tough loss 47-45. This loss causes Wilkes to fall to a 1-3 record and 0-2 in Middle Atlantic Conference (MAC) play.

The Colonels had an electric start to the game, as they held the opening drive of Misericordia to a three and out. When the Colonels got the ball for the first time only three minutes into the first quarter, they rolled out a trick play. Wide Receiver Derek Nelson got a toss from quarterback Jose Tabora, and Nelson threw the ball deep to senior wide receiver Jeff Steeber, who came up with the catch. Freshman running back Jason Wiley fought his way into the endzone, rolling over a players back and earning his first career touchdown.

Misericordia wasted no time and answered right back with a 37-yard touchdown. But the extra point attempt was no good, leaving the Cougars trailing behind 7-6.

On the next drive, Tabora showed off his passing ability, as he connected with Nelson for 31 yards to the Misericordia one-yard line. Tabora finished the drive with a one-yard run into the end zone, extending the Colonels lead to 14-6. Misericordia would answer back before the first quarter ended, making the score

14-13.

Going into halftime the Colonels trailed 20-17, only putting up three points in the second quarter.

In the third quarter, the Colonels running game came out strong, as Wiley found the end zone for a second time, putting the Colonels back on top 24-20.

This Colonels lead would not last long, however, as Misericordia's receiver Sam Gillison scored on a 68-yard touchdown, giving them the 27-24 lead.

Tabora started the fourth quarter off on the right foot, as he continued to display tremendous throwing talent. He dropped a perfect pass into the arms of Nick Yanik for a 16-yard touchdown catch, providing yet another lead change and putting the Colonels ahead 31-27.

Wilkes seemed to be in good shape,

but Tabora made a costly mistake in the fourth quarter, throwing an interception on what seemed to be another scoring drive for the Colonels.



The Beacon/Kirsten Peters
Junior Derek Nelson fights for yards with under a minute left in the first half.

Misericordia took several minutes off the clock in the fourth quarter following this interception, and eventually found the end zone with their running game. With only six minutes left, the Colonels faced a nine-point deficit of 40-31.

Wilkes would not be denied and refused to go away easy. Tabora led the team down the field with several completions, eventually finding Steeber with less than two minutes to go, closing the gap to only two points at 40-38.

The Colonel faithful was hopeful for


a comeback, until Misericordia's Gillison took the breath away from the Colonels, as he got another long touchdown completion for 77 yards. Misericordia capitalized on another opportunity and regained control of the game 47-38.

With time running out, the Colonels were able to score late, but that was just not enough, as Misericordia won the contest 47-45.

Although the second half of this game was plagued with fumbles and an ever so costly interception which seemed to give the edge to Misericordia, the Colonels showed their resiliency and determination to battle back time and time again. However, this loss stings as Wilkes has struggled to come out on top in close games this season.

Despite the loss, Tabora and the Colonels offense put up some strong numbers. Tabora himself had 410 passing yards, three passing touchdowns and one rushing touchdown. Besides the fumbles, their running game helped contribute a great deal, as Wiley led the team in rushing yardage with 100 yards on the day and two touchdowns. The Colonels air attack by Tabora allowed Yanik, Steeber and Nelson to have over one hundred receiving yards on the day and one touchdown apiece, giving the Colonels confidence.

The Colonels continue their MAC play against 1-2 Alvernia this upcoming Saturday on the road in Reading, Pa.

 @wilkesbeacon
Tyler.Aldinger@wilkes.edu



Fall Sports Schedules

Women's Soccer

9/25 @ U. of Scranton, 7 p.m.
*9/29 vs. Delaware Valley, 3:30 p.m.
10/3 vs. Kean, 7 p.m.
*10/6 vs. DeSales, 4:30 p.m.
*10/10 @ King's, 5 p.m.
*10/13 @ Eastern, noon
*10/16 vs. Misericordia, 7 p.m.
*10/20 vs. Manhattanville, 3:30 p.m.
10/23 vs. Oneonta, 7 p.m.
*10/26 @ FDU-Florham, 7 p.m.
*MAC Freedom
Home games @ Schmidt Stadium

Football

*9/22 vs. Misericordia, L 47-45
*9/29 @ Alvernia, 1 p.m.
*x-10/6 vs. Albright, 1 p.m.
*10/12 @ FDU-Florham, 7 p.m.
*10/20 @ Stevenson, noon
*10/27 vs. Lycoming, 1 p.m.
*y-11/10 vs. King's, noon
*MAC
x-Homecoming
y-Mayor's Cup
Home games @ Schmidt Stadium
(More schedules on page 20)

Men's Soccer

9/26 vs. U. of Scranton, 7 p.m.
*9/29 vs. Delaware Valley, 1 p.m.
10/3 @ Lancaster Bible, 6 p.m.
*10/6 vs. DeSales, 7 p.m.
*10/9 @ King's, 7 p.m.
*10/13 @ Eastern, 3 p.m.
*10/17 vs. Misericordia, 7 p.m.
*10/20 vs. Manhattanville, 1 p.m.
10/24 @ Penn College, 7 p.m.
*10/27 @ FDU-Florham, 7 p.m.
*MAC Freedom
Home games @ Schmidt Stadium





Getting to know...

Camry Huff

Senior Soccer Player

The Beacon: Male Athlete of the Week Sept. 15 - Sept. 21

Why Camry Huff was selected: Huff recorded his first two goals of the season in Wilkes's 4-0 victory over Clarks Summit, scoring both of them before the 13:43 mark to give the Colonels an early 2-0 lead.

Name: Camry Huff

Year: Senior

Major: Electrical Engineering

Hometown: Waynesboro, Pa.

High School: Waynesboro Area Sr. HS

Position: Midfielder

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

Alexander the Great. I don't know why.

Driving force for your decision to come to Wilkes?

Soccer, the engineering program, size of the school and the overall atmosphere. made it feel like Wilkes was the school for me when I first visited.

Favorite Professor?

Probably Dr. Lucent. He always made class fun and related the material in his classes to other classes. He made it much more enjoyable to come to class.

Post-graduation plans in terms of a career?

I am currently looking around for job, as I'm not sure what field of electrical engineering I'd like to go into just yet.

Favorite meal to eat on campus?

Southwest chicken wrap from Greens to Go.

Favorite building on campus?

Stark, especially with the new renovations.

A quote you live your life by?

"You miss 100 percent of the shots you don't take. - Wayne Gretzky" - Michael Scott."

Hopes for this season as a Colonel?

Win the MAC Championship.

What does "Be Colonel" mean to you?

To represent my school in the best way that I can in the community and on the field.

When/Why did you first begin playing?

I started playing when I was 5. My parents weren't going to let me sit around, so they made me choose a sport and I chose soccer because my brother played. Never looked back since.

Anyone to give a shout-out to?

I'd like to give a shout-out to my parents for traveling to every game, home or away, and for the love and support no matter what. I wouldn't be where I am today without them. All the guys on the team since we're winning the MAC this year and there's no one that can stop us from achieving our goals. Lastly, I'd like to give a shout-out to my friends Aislinn, Marisa, Bri, Julie (and many more) and my girlfriend Kae for all the love and support.

Coke or Pepsi?

Make it a Cherry Vanilla Pepsi and I'm sold.

Most influential person in your life?

My soccer coach growing up. He always pushed us to do and be our best on and off the field. He taught me many lessons that are valuable in all aspects of life.

-Compiled by Kirsten Peters, Co-Sports Editor

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/Kirsten Peters

Getting to know...

Karlye Huffman

Freshman Volleyball Player

The Beacon: Female Athlete of the Week Sept. 15 - Sept. 21

Why Karlye Huffman was selected: Huffman provided 30 assists in the Colonels' matchup against Clarks Summit on Sept. 20, directing the Wilkes offense to a season-high .233 hitting percentage.

Name: Karlye Huffman

Year: Freshman

Major: Business Administration

Hometown: Sugar Run, Pa.

High School: Wyalusing Valley HS

Position: Setter

Favorite thing to do during practice?

"Queen of the Court."

Coke or Pepsi?

Pepsi.

Other interests or hobbies off of the field?

Kayaking, paddle boarding, camping, fishing, hunting, or anything outdoors.

Most influential person in your life?

My mom.

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

Betty White.

Favorite professor?

Dr. Edmonds.

Favorite meal to eat on campus?

Chicken patties at late night after practices.

A quote you live your life by?

"Forget the mistake, remember the lesson."

What does "Be Colonel" mean to you?

To work together and always have each other's backs.

Anyone to give a shout-out to?

I would like to give a shout-out to my friends and family who are continuously supporting me in everything that I do. Also, to my teammates for all the support and encouragement that they give me on and off the court.

-Compiled by Kirsten Peters, Co-Sports Editor

Driving force for your decision to come to Wilkes?

The distance was one of the major components when it came to me making my decision. Once I met the team and talked with some of the professors, it just felt like this was the right campus for me.

Post graduation plans in terms of a career?

To be working on the business side of things in a hospital or care unit.

Favorite building on campus?

UCOM.

What came first? The chicken or the egg?

The egg.

Hopes for this season as a Colonel?

I know, for many of us on the team, our goal is to make the conference playoff by the end of the season.

When/Why did you first begin playing?

My mom and dad were both coaches at my school, with my dad coaching football for 25 years and my mom coaching volleyball. So I was constantly in the gym or on the football field, but always had a volleyball in my hand no matter what. I started playing when I was five and I've watched and looked up to my two sisters play through their high school careers.



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The Beacon/Luke Modrovsky

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