THE NEWS OF TODAY REPORTED BY THE JOURNALISTS OF TOMORROW

### Wilkes Dedicates New Business School at Reception Gov. Ed Rendell, Benefactor Jay Sidhu challenge university

BY GABRIELLE LAMB Beacon News Editor

Pennsylvania Governor Ed Rendell visited the Wilkes campus on Monday, September-13, 2003 to help unveil the new Jay S. Sidhu School of Business and Leadership, made possible by a \$3 million gift contributed by 1973 MBA graduate, Sidhu, and Sovereign Bank, where he is the currently chairman and

The ceremony and reception, held in the Henry Student Center Grand Ballroom, were well attended by students, faculty, and staff, as well as many community members and sup-

The Jay S. Sidhu School of Business and Leadership aims to add a unique component to business and professional education. The focus of the school, "Learn, Do, Reflect," will be made possible by teaching students leadership skills, ethics, entrepreneurship, and emotional intelligence, skills Sidhu cites as real measures of success.

Dr. Tim E. Gilmour, Wilkes University President, opened the program noting that he hopes the new initiative not only attracts more students to continue their education at Wilkes, but also helps Wilkes and its graduates to gain well-deserved recognition on a national level thanks to the uniqueness of the new curriculum.

"We believe (this school) will become a national model in undergraduate and graduate business and leadership education," said

With the addition of the Sidhu school, slated to begin in September 2004, University Provost Maravene Loeschke pointed out that many additions would be made to the business department, and Wilkes community.

"Now this generous gift will enable us to add to that, the leadership of a new Dean, some new faculty, a new personal development officer for students, and an opportunity to be a partner with Sovereign Bank and learn from their expertise," said Loeschke. "Also the ability to develop an executive education program--and most importantly a revised curriculum."

"There is simply going to be nothing quite like it, anywhere else," continued Loeschke. Dr. Jeffrey Alves, Alan P. Kirby Professor

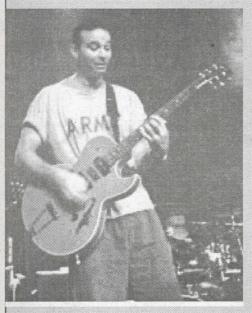
Business School Continued on



Courtesy of Wilkes.edu

Governor Ed Rendell congratulates Jay S. Sidhu and President Tim E. Gilmour on the dedication of the Jay S. Sidhu School of Business and Leadership.

# Crush Duo to Perform at Rifkin Café





**Photos Courtesy of** www.crushtheband.com

Wilkes will welcome Krysten Montgomery (right) and Eric Rudy (left) from the popular local band Crush this Wednesday, October 22 in the Rifkin Café.

As Brian Keating, Programming Board concert chair, explained, "Krysten sings and does a lot of different things with percussion, including playing the conga drum; Eric is on guitar and vocals as well. They play a lot together, doing sporadic shows during the week at various local music venues,"

Crush is often the featured act at many area clubs and bars, including the Woodlands, The Jazz Cafe, Grinders, and Brews Brothers.

The concert will begin at 8 p.m. and is free to the public.

## ITS Undergoes Evaluation

**BY JULIE MELF** 

Beacon Assistant News Editor

The future of how Wilkes University will perform its daily operations will be decided over the next several months.

SCT's contract expires on November 30 of this year. SCT is the company that supports big enterprise systems such as the library and provides administrative support for the e-mail system and all the hardware for those big enterprise systems. With the contract almost expired Wilkes has begun to explore other options. One of those options was to look at Drexel University, an out sourcing provider.

"SCT's five year contract will be expiring

soon and Wilkes wanted to make sure they were making the right decision, so they started to do some exploration of some other options and Drexel became one of them. One of the things Drexel has to offer is that they have ASP solution, an ability to provide administrative applications, such as our Banner system, from a remote location, which is one of the reasons Wilkes is looking at Drexel is that they could provide those services that will help the university," explained Jim Lennox, Director of Operations for Wilkes University Information Technology and Services.

SCT also provides administrative support with Banner. Banner is the main administrative computing application for Wilkes University. It's a product that has several different modules, there's a student module, a finance module, there's a financial aid module, human resources, so its spread across to manage all the different types of programs that are going on in a higher end organization like Wilkes. For example, with online-regis-

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### **SG** Happenings

Notes from Student Government October 15, 2003

IRHC proposed constitution changes, which include the dents to go on there and actuelimination of the Parliamentarian position, and only requiral ally register and actually affect

ing two dorm representatives instead of dorm officers. The responsibilities of the Parliamentarian position will now be delegated among the members of the Executive Board. The motion was passed 26-0-1.

The Commuter Council also proposed constitution changes

that include presidential candidates for commuter council time being, Wilkes will exmust serve for at least a year on the council. Provisions tend SCT's contract for 6 were also made to those who wish to serve on the commuter month while evaluation is council newsletter, The Compass and participating in fund under way. raising activities. Motion was passed 27-0-1.

Past and future homecoming activities were discussed infrastructure we need to including the possibility of having next year's dance on Sat- have in place and just reurday. Other locations were discussed for this event but ally taking a step back and transportation and cost concerns were raised.

Game room committee is being organized for the assess- at. We know were not state-ofment of the pending location for a new game room. This the-art, so we're going to figure committee will be responsible for providing a recommenda- out how we're going to get tion to SG regarding what should be done with the space.

SG meets every Wednesday at 6pm in the Hiscox Meeting Room, 1st Floor of the Henry Student Center. Meetings are open to the

#### ITS Continued from page 1

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tration you are using a Banner web front end that allows stuthat system's database and the information in that system when you register online.

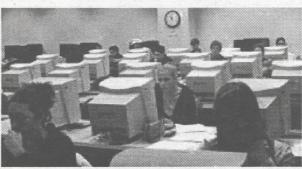
According to Sullivan, Wilkes does not want to make any hasty decisions and are now underway assessing the technology issues on campus. For the

"Understanding what seeing where should we be

there. We recognize how important it is to go forward both as a service to the students but also the administrative systems and it was just kind of a proper time to take these steps," stated Scott Byers, Vice President of

Finance and Support Operations.

A contract with Drexel has been signed to host a system for delivering online courses called WEB CT which should be up and running next fall or even as soon as the summer. Right now the online courses are delivered using a system called Manila. Currently, the



The Beacon/Dena Rickard

Students may see changes with the University's hardware provider within the next year.

computers that run Manila are housed on campus; WEBCT will run on Drexel's computers.

"There have been some performance problems with the manila system and the performance ought to get better. Drexel has a gigabit connection to the internet which is more than 100 times faster than our connection so certainly for people that are off campus I think

that performance will get better," said Fred Sullivan, Dean of Information Technology.

In the meantime Wilkes has begun a series of projects to help ensure technological ad-

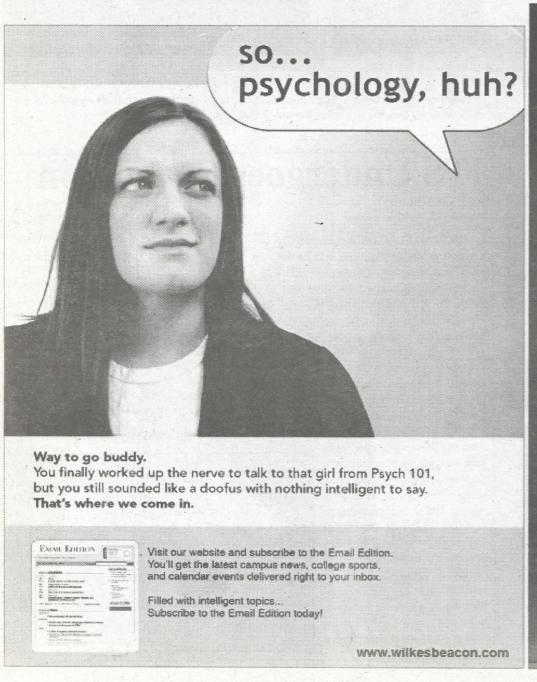
"One thing that we are trying to get a start on is wireless. We recently got a grant which will help pay for doing wireless in the library and we expect by the end of the year that the entire library will have wireless connections available," stated Sullivan.

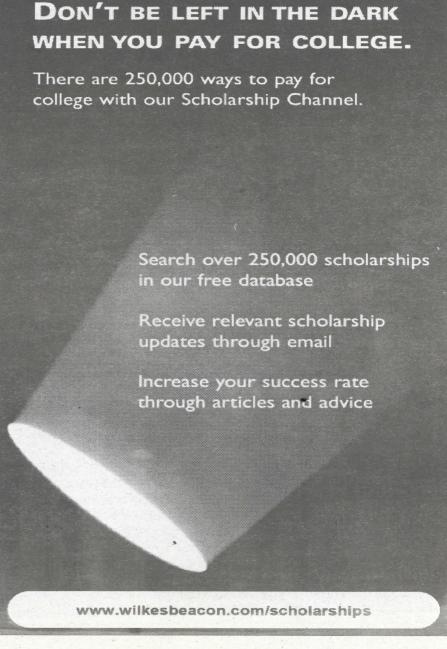
The library will not be the only place going wireless, explained

"Our technology plan basically says that we will do the entire campus within five years, and it will be done incrementally. After the library, the next place to look at is the student union and the student lounges

in Stark and Breiseth. One of the difficulties with doing wireless at Wilkes is that we have so many buildings and are so spread out that it's a lot of work to cover everything," remarked

Even though where the future of technology is headed remains uncertain, Wilkes Technology Department will be there trying to keep up with the face paced world of technological advancement.





# **News Briefs**

Courtesy of the Associated Press

Coroner discovers high levels of cadmium in more than ten deaths

By JUDY LIN

Associated Press Writer

PITTSBURGH (AP)-A coroner has found elevated levels of cadmium in ten people who have recently died in a rural Pennsylvania county, adding to the mystery about the presence of the toxic metal.

Ever since 61-year-old Russell Repine was found to have mysteriously died in March 2002 of cadmium poisoning, Coroner Thomas Streams has tested for toxic levels of the metal in all autopsies in Indiana County, in western Pennsylvania.

Streams and state police announced Friday in Indiana, about 50 miles east of Pittsburgh, that ten other people have tested positive for elevated levels of cadmium. Of those ten, toxicology results on three cases showed extremely high levels of the metal, which is often used in batteries, paint and welding supplies.

It is unclear whether the deaths are related. Preliminary testing on water and soil samples have given authorities no reason to link them to land or water contamination.

Officials say foul play remains a possibility because cadmium can be toxic in even small doses. They were awaiting test results

#### Charges may be filed over Amber Alert after child found with dad

DONORA, Pa. (AP)-A woman who told police her 7-month-old son was inside a vehicle when it was stolen-but failed to mention the child's father was in the vehicle, too-was expected to be charged with misusing Pennsylvania's Amber Alert system, authorities said Friday.

Jennifer Megela, 22, of Donora, contacted police Thursday night, telling them a man had stolen the truck with her son inside when she had gone into a convenience store.

But authorities said she didn't tell them the child's father had gone with her and their child to the store and that the two had argued before she went inside to pay for gasoline.

The child was found with his father, Harry Raupach, at a home a few hours after the call activated the state's Amber Alert system, said Jim Brice, police superintendent in Donora. The system, which is named for a Texas girl who was kidnapped and murdered in 1996, uses the news media, highway road signs and other outlets to notify the public of suspected abductions.

Brice said police expect to charge Megela in the near future with filing a false report.

#### Workers take down wrong building

ABERDEEN, S.D. (AP)-Brown County workers accidentally demolished the wrong building in Mansfield

The county meant to take down an old doublewide trailer on property it owned in Mansfield, but instead it razed a privately owned two-story home on an adjoining lot.

Nobody lived in either home and both were in disrepair.

County officials said it is a legal matter and declined to comment. John Hammer, whose father owned the demolished house, said the family would speak with a lawyer.

The county wanted to clear the property so it could stockpile supplies for the highway department.

#### Police: Robber ransacks home, microwaves a meal

BRICK, N.J. (AP)-A burglar who ransacked a home and stole some jewelry also took the time to eat a grilled chicken dinner he found in the freezer and cooked in the microwave, authorities said.

David Lucas Olmeda, 21, whose last known address was in Stafford Township, was carrying a large black bag over his shoulder when Brick Township Police Officer Sandra Matthesonwho was driving home-stopped and began to question him around 8:20 p.m. Saturday.

Olmeda, who initially gave a false name, told Mattheson he was walking to a friend's house, but pointed in the wrong direction when asked where it was located. The jewelry was then found in his pockets, and police said he also stole some checkbooks from the Ocean County home.

Around that time, the home's residents returned and found the house ransacked and the dinner's remnants in their trash can. Authorities said Olmeda confessed to taking the items and also admitted driving a car that was later found to have been reported stolen in Mount Laurel.

Olmeda told police it was his aunt's car and that he abandoned it at a township shopping center after it ran out of gas, but it was not clear whether the woman who reported the theft was related to Olmeda.

Olmeda, who also was wanted on warrants issued in Barnegat and Atlantic City, was charged by Brick police with burglary, theft and receiving stolen property. He was being held Tuesday on \$25,000 bail at the Ocean County Jail in Toms River.

### Bin Laden Tapes Threaten New Attacks

BY SARAH EL DEEB Associated Press Writer

CAIRO, Egypt (AP) - In a new audiotape aired Saturday, a voice purported to be Osama bin Laden vowed suicide attacks "inside and outside" the United States and threatened nations that are helping the American occupation of Iraq.

The speaker in the tape, broadcast throughout the Arab world by the Al-Jazeera television station, also warned Iraqis against cooperating with U.S. forces and urged youth in neighboring nations to join a jihad, or holy war, against the Americans.

"We reserve the right to respond at the appropriate time and place against all the countries participating in this unjust war, particularly Britain, Spain, Australia, Poland, Japan and Italy," the voice said.

"The Islamic countries who participate will not be exempt, especially the Gulf countries, most prominent among them is Kuwait, the launching base for infantry troops of the crusaders."

It was the first tape since one released on the eve of the second anniversary of the Sept. 11 terror attacks - and the new message came as President Bush was on a tour of Asian nations rallying allies in the war on terrorism.

The United States is pushing more nations to send troops to Iraq to help U.S. led forces trying to stabilize the country. Even as U.S. troops have faced on ongoing guerrilla resistance blamed on Saddam Hussein loyalists a series of deadly suicide bombings has taken place in the past two months, mostly in Baghdad, whose authors are still not known.

White House press secretary Scott McClellan said authorities would analyze the new tape.

"It is a reminder that the global war on terror continues," said McClellan, with Bush in Bangkok, Thailand, at an economic summit. "Terrorists are enemies of the civilized world who seek to spread fear and chaos and they have no regard for innocent life."

The speaker on the tape used similar wording, including Quranic verses and poems, spoken by bin Laden in previous tapes. He held back a sob when addressing the Iraqi people, telling them he shares their concerns and saluting them on their jihad.

"God knows if I could find a way to your field, I wouldn't stall," the speaker said.

"You my brother fighters in Iraq ... I tell you: You are God's soldiers and the arrows of Islam, and the first line of defense for this (Muslim) nation today ... so don't (fail) the Muslims today."

The speaker said this is his second message to the Iraqi people. In February, an audiotaped message believed to be from bin Laden urged Iraqis to carry out suicide attacks against Americans and draw U.S. troops into combat in Iraqi cities.

The Qatar-based satellite station Al-Jazeera received the recording Saturday from a "trusted source" who called and offered the audiotape, news editor Ibrahim Hilal said.

The recording was 31 minutes but the station aired only about 17 minutes of "important material, what is newsworthy," Hilal said. The station broke up the tape into two parts, one addressed to Americans, the other to Ira-

qis and Arabs.

The message apparently was recorded before early September, because the speaker refers to the government of former Palestinian Prime Minister Mahmoud Abbas, who resigned Sept. 6.

Al-Jazeera aired the message Saturday over a still photo of bin Laden, dressed in a robe and vest and a traditional flat Afghan cap.

In the portion addressed to Americans, the speaker said: "I tell the American people we will continue fighting you and we will continue martyrdom operations inside and outside the United States until you stop your injustice, and you end your foolishness."

Addressing U.S. troops in Iraq, the speaker said: "Your blood will be spilled so the White House gang gets richer and the arms dealers with them, as well as the large companies involved."

U.S. officials have noted that some tape releases have been preludes to attacks. In an April 7 tape, a speaker believed to be bin Laden exhorted Muslims to rise up against Saudi Arabia and calls for suicide attacks against U.S. and British interests. Suicide bombers struck Western housing compounds in the Saudi capital on May 12, killing 26 people.

There was no major attack, however, following the Sept. 10 message from bin Laden. In that message, al-Jazeera broadcast a videotape that contained a pair of voiceovers, one purportedly from bin Laden and the other from his deputy Ayman al-Zawahri.

The CIA said two days later that analysts believed bin Laden's voice on the tape was probably authentic.

The message aired Saturday also derided Washington's attempts to persuade other nations to send troops to Iraq. .

"America is bogged down in the quagmire of the Tigris and the Euphrates (rivers)," the speaker on the tape said. The United States "is in real trouble, God willing, and is today screaming at the top of its lungs."

Bush "thought that Iraq and its oil is an easy treasure," the voice said, adding that it has now "resorted to buying mercenary fighters from East and West," calling its war in Iraq a "new crusade on the Muslim world ... a decisive war for the whole nation."

There are already troops from 26 other nations in peacekeeping forces led by Britain and Poland. So far after Washington's new call for forces, Turkey and South Korea have said they would send troops.

"I call upon all Muslims, especially Iraqis. I tell them: Do not dare support the crusading American armies and those that ally with them," the speaker on the tape said. "Anyone that aids them, or whatever comes of them, no matter the label, is sacrilegious."

"You young people of Islam everywhere, especially from neighboring states, and Yemen, you have to go wage jihad (holy war) and show your muscles. Follow the right path and don't follow people who follow their whims ... who want to divert you from this blessed jihad," the speaker said.

# Alcohol Awareness Week Kicks Off Today

BY VICTORIA WHITE Beacon Correspondent

"Be Part of the Solution," is this year's theme for National Alcohol Awareness Week. During the week of October 20 through October 24, Wilkes has planned many activities to help raise awareness.

The week kicks off on Monday with a member of the Pennsylvania State Police holding a question and answer period in the Henry Student Center from 11 a.m. to 1 p.m. On Tuesday, Pam McDonald, from the Wyoming Valley Drug and Alcohol Service, will be in the Henry Student Center Ballroom at 7 p.m. to talk about alcohol and drug decision-making. Wednesday Frank Yanulevius will speak about the loss of his daughter to a drunk driving accident, at 7 p.m. in the Ballroom.

Perhaps the most widely attended and popular event of last year's Alcohol Awareness Week was a one-mile walk. Thursday, October 23 at 11 AM, members of the Wilkes community will again be "Walking Towards Awareness" by participating in a one-mile walk from the Greenway and to Kirby Park and back. A barbecue and a live WCLH broadcast will immediately follow on the Greenway.

Gail Holby, RN at Health Services said, "I think the walk brings us all together, we know what we are meeting for and it lets us see how we can have a good time together and have

no alcohol but still have a good time. We are out to let people know that you can have a great time without alcohol." Holby estimated that about 240 students and staff had signed up to participate in the walk.

Stephanie Dickert, junior criminology and sociology major, participated in the walk last year, and plans to walk again this year. Dickert said, "I participated last year because I think people don't realize how dangerous alcohol can be. It is important to remind people of the dangers of alcohol. Last year a lot of people turned out for the walk and it made me feel good to know that people realize that it is a problem."

Holly Souloff, junior elementary education and sociology major, will participate in the walk for her second year as well. Souloff said, "I participate to let people know that there can be problems with drinking."

The week is rounded out at the Rifkin Café on Friday evening. Friday evening "The Jazz Trio" will be playing at 9 p.m. and free refreshments and desserts will be served. This is the second year that Wilkes has developed a full prgram of events in conjunction with Alcohol Awareness Week

# Did You Know... Some surprising alcohol-related facts

Did you know...

In 2002, an estimated 17,419 people died in alcohol-related traffic crashes—an average of one every 30 minutes. These deaths constituted 41 percent of the 42,815 total traffic fatalities. (NHTSA, 2003)

Incidents of intoxication (Blood Alcohol Content [BAC] of 0.08 g/dl or greater) for drivers in fatal crashes in 2001 was highest for motorcycle operators (31 percent) and lowest for drivers of large trucks (2 percent). The incidences of intoxication for drivers of light trucks (23 percent) was higher than that for passenger car drivers. (NHTSA, 2003)

Of the general driving age public, 97 percent see drinking and driving as a threat to their personal safety, and 66 percent feel it is extremely important to do something to reduce the problem in terms of where tax dollars should be spent. (Gallup Organization, 2003)

About three in every ten Americans will be involved in an alcohol-related crash at some time in their lives. (NHTSA, 2001)

In 2001, more than half a million people were injured in crashes where police reported that alcohol was present - an average of one person injured approximately every 2 minutes. (Blincoe, Seay et al., 2002)

The highest prevalence of both binge and heavy drinking in 2000 was for young adults aged 18 to 25, with the peak rate occurring at age 21. (SAMHSA, 2000)

Impairment is not determined by the type of drink, but rather by the amount of alcohol in-

gested over a specific period of time. (IIHS, June 2003)

Alcohol is closely linked with violence. About 40 percent of all crimes (violent and non-violent) are committed under the influence of alcohol. (Bureau of Justice Statistics, 1998)

Alcohol is society's legal, oldest and most popular drug. (Narcotic Educational Foundation of America, 2002)

Beer is the drink most commonly consumed by people stopped for alcohol-impaired driving or involved in alcohol-related crashes. (IIHS, 2003)

Alcohol-related fatalities are caused primarily by the consumption of beer (80 percent) followed by liquor/wine at 20 percent. (Runge, 2002)

Those drivers 21 to 24 years old were most likely to be intoxicated (BAC of 0.08 g/dl or greater) in fatal crashes in 2002. Thirty-three percent of drivers 21 to 24 years old involved in fatal crashes were intoxicated, followed by ages 25 to 34 (28 percent) and 35 to 44 (26 percent). (NHTSA, 2003)

The impact of alcohol involvement increases with injury severity. Alcohol-involved crashes accounted for 10 percent of property damage only crash costs, 21 percent of nonfatal injury crashes; and 46 percent of fatal injury crash costs. (NHTSA, 2002)

# WILKES UNIVERSITY'S 2ND ANNUAL WALKING TOWARD AWARENESS

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#### Business School Continued from page 1

of Free Enterprise and faculty member who has been instrumental in the development of the new program since April, detailed the five principles featured in the new curriculum.

'The first two are integrative year-long courses at the beginning and end of the program. At the beginning, the Integrated Management Experience requires students to plan a business in the fall and run the business in the spring. Threaded throughout this course is financial accounting, organizational and team development concepts and practice. At the other end of the program is the Integrated Capstone Experience, which merges business policy and decision-making with field experience such as internships. The third and fourth elements of the curriculum are complimentary in the sense that the logic for both is similar... Both the general education and business program are spread across all four years. This gives the business student the opportunity to learn and apply business concepts over a four year period instead of cramming it into the last two years," explained Alves. Thus, the Sidhu School of Business's most unique feature is its integration of both classroom/ theory, leadership development, and simultaneous emphasis on internships and business and professional planning upon entering the program.

But Alves stated that the real winners of this program are the students who will leave with a one of a kind education, providing them with more professional opportunities.

"Students in the Sidhu School will receive the kind of professional development that organizations spend hundreds of millions of dollars to provide managers and employees. And it will be over the entire program, not just a one-shot seminar that is common in many companies and a few schools," said Alves. "Our belief is that with the emphasis on self-awareness, diversity, change orientation, personal and professional development, and the application of knowledge, the Sidhu School graduate will transition to their professional life as an immediate contributor and lifelong learner. In short, our students will graduate with the knowledge and competencies organizations know they need to succeed."

Sidhu came to Wilkes University in 1971 with "on a bus...[already] \$200 in debt." He claimed that the University's kindness and welcoming spirit is what led to the donation. Sidhu argued, "You cannot be a successful leader, unless you are a successful human being first."

Sidhu defined and identified his

own unique brand of leadership through his experiences in the business and professional world. Following his 1973 MBA graduation from Wilkes, he began a career at First Valley Bank. After working at numerous financial institutions, Sidhu joined Sovereign Bancorp where he has served since 1986. He was recognized as Financial World's CEO of the Year and was also a 1996 Turnaround Entrepreneur of the Year.

"Leadership is about being clear, about vision...clear about strategy, clear about goals...Leadership is about knowing that it is so important to be committed to continued improvement, recognizing that there are opportunities all over and you can grab them with determination, commitment and adversity," said Sidhu

In his address to the Wilkes audience at the celebration, Rendell challenged the school, hoping its

efforts will produce students who will settle in Pennsylvania and help end the recent drain of college graduates from the state as they go off to find employment. He cited that first of Pennsylvania's problems are the current economic conditions, both here and nationally. He also stated that keeping young people in Pennsylvania is a second problem, and hopes that the links made in the business school will help fight this problem.

"The second challenge we face...
is that we are losing our young
people... We have to create the type
of opportunities here in Pennsylvania, the type of jobs that will keep
young people centered right here
in Pennsylvania," said Rendell.
"The content of the program is such
a high percentage of those extraordinary new leaders will stay in Pennsylvania and using skills they acquire... to make Pennsylvania a better place."

# **Students Most Susceptible to Sleep Deprivation**

BY VICTORIA WHITE Beacon Correspondent

It is proven that mice cannot live without sleep, so why do humans think that they can? Sleep is necessary for existence. It is among the top five needs for survival, along with water, air, and food according to a recent article in the *St. Louis Post-Dispatch*.

Among those who frequently try to get the most out of twenty-four hours are college students. Attending classes, studying and doing homework, eating, often holding a part-time job, sleeping and still having time to relax and hang out with friends is a lifestyle that ensures college students often cram too much into a 24-hour period. Unfortunately, it sometimes means that sleep is given less of a priority than some other events.

Gail Holby, Registered Nurse at Wilkes University Health Services, corroborated that it is recommended that people get an average of eight hours of sleep a night. Unfortunately, she said, "College students do not get eight hours; they get about 6.2 hours of sleep. It affects everything--memory, focus on work, stress, irritability, and social interaction, because everything depends on sleep."

Many students take for granted the amount of sleep they get, or don't get as the case may be, and the way that sleep deprivation will affect them. This is most evident in the transition period students go through as they begin dorm living. According to the Student Handbook, all dorms are subject to quiet hours Sunday through Thursday, from 8 p.m. until 8 a.m. and Friday and Saturday from midnight until 8 a.m. But, all other hours are "consideration hours" meaning that students can still be asked to keep noise at a low level.

Gretchen Yeninas, Director of Residence Life, said, "When we place students together in the summer, it is quite a process. We try to match students based on their preferred times of sleep, but the unknown factor is how a students habits will change when they get to school; with more free time for naps they may become a late night person, while in high school they went to bed early."

With quiet hours in affect for a full twelve hours it might be surprising that college students only average 6.2 hours of sleep, as Holby points out.

But Katherine Broda, freshmen biology major, said the lifestyle is not hard to adjust to. "I have stayed up later since I've been here, but I can run on a few hours of sleep, so it's not too bad. I usually sleep for about 6 or 7 hours and sometimes a take like an hour long nap."

Sleep pattern adjustment can lead to habits that are tough to break, however. Freshman Cristina Church said, "My sleep pattern has changed because I stay up later and nap for about three hours during the day. I like my naps except they make it more difficult to sleep at

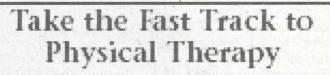
night." Church is the perfect example of what experts say not to do. Naps can be refreshing, if they last around forty-five minutes, but napping for too long can make it very difficult to sleep at night.

Christina Rubillo, senior mechanical engineering major, has lived on campus all four years. Rubillo had two years with a roommate and two years in a single. Rubillo said, "I get about 9 hours of sleep a night, but I don't nap unless I have missed sleep the night before."

Rubillo seems to be the exception to the rule at Wilkes, however, as most college students get fewer hours of undisrupted sleep at night and supplement the lost sleep with naps during the day much like Church.

Holby reminds students to think about the amount of sleep they are getting, especially during the high stress times of midterms and finals. Holby said, "The resistance is lowered because of not enough sleep. They are more susceptible for colds and mono. Everyone is more susceptible when they don't get enough sleep."

With final exams approaching quickly and cold weather around the corner, take time to assess how sleep is taking its affect. For more information on sleep patterns and sleep related issues contact, Health Services or log on to www.sleepfoundation.org.



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#### Beacon Editorial:

# America Shrugs Shoulders at Cheating Kobe Bryant trial entertains when it shouldn't

The best media event of controversial TV is about to heat up. The Kobe Bryant trial will be covered and analyzed by Court TV, CNBC, and any network that can find time, or waste it for that matter.

So what can be said about a trial like this? Maybe a politically correct stance would be to say to leave Kobe Bryant alone and treat him with the assumption that he is innocent before being proven guilty. Or maybe we should say that Bryant

has suffered enough with the fact he had to admit before millions that he is an adulterer. Perhaps we should argue that the female accuser should be shielded from the media because of the sensitivity of rape as an issue.

Well let's look at the facts and let's look at where we have gone as a society. First, Kobe Bryant is guilty as sin. No, it is *not* clear whether he did, in fact, rape this woman. What is clear is that Kobe Bryant, the former golden boy of the NBA, a supposed "standup gentleman," is an adulterer. A sin punishable by jail? Nope. Not in this country, anyway.

Big deal! Everybody does it right? No! Not really. While we have become a society that tends to shrug its collective shoulders at cheating (whether it's in business, in school, on taxes, or between spouses), it's wrong. What's more important, perhaps is

that this b-baller, who is loved by children, adults, and fanatics, chose to make this mistake. But mistakes happen by accident. And how does one fall into a bed in a hotel room by accident? They don't. Those who choose to cheat, cannot call it a simple mistake. It's a choice, plain and simple, and it's the wrong one. Bryant's media invincibility came to an end the day he was accused of rape--among the most heinous crimes a person can commit--was

transformed into staged remorse and repentance. Once an actor, always an actor. Once a cheater, always a cheater.

And why should our nation and others waste time watching to see if this grown man who has deceived us long enough can get one more over on us on Court TV? Here is one man who has deceived his wife, his family values, his child who must live with his father's reputation, and

nameless others who have invested their time and money in this piece of ungrateful refuse. Here is a man many have and sadly still adore and look up to.

Then there were the McDonald's commercials where he was playing with the little kids like that lovable brother. Yet, his defiance is seen when he receives a teen choice award. Instead of refusing an award and letting children know he is a negative example of a role-model and making right out of a wrong, he raised his arm in pride on national TV acknowledging that he is still "the man."

Well, to the public out there who believes Kobe is still the man ponder this: You are 24, on top of the world and seemingly invincible. You decide to deceive a whole nation about your squeaky clean image by committing a sexual act with someone other than your spouse. You deceive your spouse. You deceive the young woman you choose to be with. "Yeah, so what?" you say. "It's just a little fun." Yeah, fun.

Tell that to another L.A. Lakers wife named Cookie Johnson. If one can't remember her situation it was one that involved another icon named Magic Johnson. Nobody ever thinks about contracting HIV, AIDS, or any other STDs when they're living the high life. Nobody in these situations seems to care of they bring home a disease to their families who have done nothing but stand by and support their loved ones on their high platforms.

Kobe Bryant may not be guilty

of rape but what he is guilty of is putting his wife, future kids, and son in jeopardy. And when did he plan to tell his wife about his Eagle County, Colorado escapade? When the results came back?

Maybe he can persuade some teens that he is sorry. And maybe he can even persuade a wife who will take his money and reputation for the biggest ride he'll ever have. But who really cares and who should? With many more problems and worries in our society it is time we make efforts to get morally back on track and start chastising cheating when we see it. Cheaters on the court, in the classroom, in the bedroom, in the boardroom all need to see that we are tired of shrugging our shoulders at bad behavior.

Change the channel. Cheating is not a concept to glorify. Living others' pain is worse.





The ideas and positions expressed in the editorial are those of the Editorial Board which is comprised of Managing Editor, Editorial Board Chair, News Editor, Features Editor, Arts and Entertainment Editor, Sports Editor, and Photo

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Box 111, Wilkes University 192 South Franklin St. Wilkes-Barre, PA 18766 (570) 408-5903

E-mail: wilkesbeacon@hotmail.com

#### Background

- \* Established in 1944
- \* Member of the Pennsylvania Newspaper Association
- \* Printed on Mondays, with the exception of holidays
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The Beacon/T. Mick Jenkins

Governor Ed Rendell's visit to Wilkes to dedicate the new School of Business on October 13 created chaos for many commuter students. With next to no notice (a Today@ Wilkes posting over fall break), Public Safety, with orders from the powers that be, closed off the entire Student Center lot under the pretense of a "Gold Parking Day." Many commuters, unaware that it was a "golden" day, arrived late to morning classes, or missed them entirely due to the unexpected parking cram. Your \$80 per semester parking permit at your service.

# Through An Anthropological Eye



BY THERESA KINTZS Faculty Guest Columnist

Looking at the Wyoming Valley one can envision the prehistoric natural beauty of the forested mountains, home to elk and bear, and imagine the light from the campfires built by Native Americans illuminating the banks of the Susquehanna for 12,000 years.

Everywhere you look you can see the vestiges of generations of European immigrants; the industries they created, the architecture they built, the omnipresent legacy of the era of coal. You'll notice the ethnic neighborhoods that still persist, retaining strong-cultural ties to the ways of life of ancestral societies in the middle of a modern American northeastern riverfront city with an urban poor, strip malls, highways, a public market in the center of downtown with polka music playing in the background, and several institutions of higher learning.

I came to the Wyoming Valley to teach anthropology here at Wilkes this semester and it is a learning experience for me as well. The study of anthropology teaches us to look at our surroundings through the eyes of that curious social scientist whose driving passion is an urgent desire to understand what has happened in the past, what is going on around us now, and what may happen socially, technologically, next?

I have enjoyed working with the students here at Wilkes. Together we are learning to think more deeply about the diversity of landscapes, cultures, and customs observed in our world, paying special attention to taken-for-granted details in our own society, looking at the origins and dimensions of cultural practices throughout time and place. At the beginning of a semester I always tell students I teach using the Socratic method.

We will be always asking "Why?"

We may not come up with the definitive answers, but the important thing is asking the questions, learning to think critically, becoming engaged and seriously reflecting upon the world around us.

My experiences as a professional archaeologist have taught me to look at the world like a visitor from another planet. The decade I spent traveling around the United States working on archaeological digs under the auspices of Federal Cultural Resources Management laws compelled me to consider, on a daily basis, the question of how we got from the Stone Age to the Space Age. One can't help but be amazed by the transformations that have taken place in such a short period of time; transformations in culture and in technology that have, in five-hundred years, brought us from the age of hunting and gathering into the age of capitalism and computers and to the era of an emerging global society in the 21st century.

Anthropologists are like journalists; we are always asking who, what, where, when, why, and how? My research into the origins and outcomes of civilization takes this approach in trying to identify and describe the key elements, to dis-

cern the watershed events that have significantly changed the way human beings interact with one another and the natural world over the past 10,000 years. Using an interdisciplinary approach, incorporating the fields of anthropology, archaeology, sociology, political science, economics, and history the study of the mechanisms of social change focuses on the interplay between material and non-material culture and how these factors together have shaped the past and present, and will shape the future.

For the spring semester at Wilkes, I will be offering a course on The Politics of Social Change (cross-listed in Sociology and Political Science) where we will study social change and social change movements including global environmentalism, feminism (which has a fascinating history and is arguably the most significant social change movement in human history), and the radical Islamic movement, so topical today.

During my time teaching here at Wilkes my aspiration is to share my enthusiasm for learning with my students, encouraging them to join me in looking at the world through the eyes of the anthropologist.

## Battling Foes: Media, Deficits, Inexperience

BY J.W. DAVIES Beacon Staff Writer

On October 7, after the final votes had been cast, America witnessed the birth of a politician. And, as Arnold Schwarzenegger enters the honeymoon phase of his sweeping victory over democrat Gray Davis, the media is honing in on what is likely to be the most publicly scrutinized gubernatorial tenure in American history.

Although Governor-elect Schwarzenegger will not officially take office until the election is certified, which may not happen until mid-November, his battle with everincreasing speculation has already begun.

Much of this speculation stems from a perceived lack of experience in the political arena. Experience, however, can only be awarded after one's character and ability have been tested. So without having the opportunity to face such a test, all of this talk about Mr. Schwarzenegger's inexperience is frivolous. In fairness, Governor Schwarzenegger deserves, at the very least, our patience.

There is also the charge that California's newly elected Governor has a history of mistreating and disrespecting women. This charge s unfortunately true; however, one ositive thing has come from it. When he was faced with such alle-Governor-elect gations, Schwarzenegger made a bold, yet extremely rare decision, that is, at least for a politician; he told the ruth. He owned up to his indecent behavior and apologized, which is admirable simply for the fact that most politicians, when confronted with such accusations, would find a way around the truth. By electing Schwarzenegger, Californians can take solace in the fact that, if all else fails, they can at least count on his honesty.

Aside from applying the obvious damage control and dealing with vengeful democrats, Schwarzenegger faces a monstrous task as rookie Governor. The key to success in his first year lies in decreasing, if not erasing the multibillion dollar deficit, a task that will ultimately come down to simple arithmetic. For Schwarzenegger, however, it seems that addition and subtraction are not his strong points.

In his 10-point plan for the first hundred days in office, Governor Schwarzenegger, like a true republican, intends to start by cutting several taxes. Most importantly, he will attempt to repeal the car tax, which would otherwise generate nearly \$4.2 billion in revenue for the state. This loss of potential revenue may prove costly in the battle against the deficit. For taxpayers, these tax cuts may seem like a good thing, but unfortunately, in politics, subtraction is limited and addition is unavoidable. Governor Schwarzenegger will eventually have to sheathe his tax sword and simultaneously raise his public discontent shield in order to effectively lower the deficit.

It helps, however, that the new governor has aligned himself with prominent businessmen such as billionaire investor Warren Buffet and philanthropist Bill Simon. Schwarzenegger has also assembled a fairly impressive team of advisors including former Secretary of State, George Shultz, and former California Governor, Pete Wilson.

For reassurance purposes, it is important for the citizens of California to know that Governor Schwarzenegger is not alone. What's more, for those who support Governor Schwarzenegger, it is important to give him time, and for those who are skeptical of the new Governor, just give him a chance.

### Today's Young Men Need to Learn to Cry



BY MATTHEW JONES Beacon Columnists

I'm going out on a limb here to admit to you, dearest readers, that I have, in fact, cried at least once in the past six years of my life.

Since that's more than most GUYS will admit today, maybe I should just quit while I'm ahead and discuss football and weight lifting. I'm not (duh). What I am going to do is hopefully provide a fair and unbiased examination of why most GUYS would seemingly never admit what I have. Oh, by the by, if you think I'm writing this to play the "sensitive angle" on naïve GIRLS, stop reading this now, because you disgust me.

Now, most GUYS like to think of themselves as true MANLY MEN, and there's nothing wrong with this. The problem lies in the warped notion of MANHOOD that most GUYS ascribe to (mix Rambo with any MALE porn star, and for a truly pathetic case, add a dash of Eminem). The results are your loud, brash, anti-intellectual, violent, shallow, stubborn, and closeminded "GUYS" who would probably call me all sorts of politically incorrect names for openly admitting about crying. For that matter, any guy who tried to accomplish anything artistic (we've discussed this recently) would suffer the same fate.

Why? Down on my hands and knees raised to the open heavens-screaming in blind rage-<i>why</i>?!? Where does this attraction to narrow-mindedness, adherence to violence, and fear of expressing genuine emotion come from?

The violence is the worst aspect of all. Sure, everyone has problems that make them angry but why would you ever want to force your problems upon someone else, making their life worse? I've been told that MEN are naturally violent creatures because of the way we've evolved. Well, if we still hunted buffalo to feed and clothe ourselves

I'd say, "OK, but last I checked we went to Wegman's for food and the mall for clothing, neither exactly a primordial life or death struggle."

Does this mean that we as men haven't entirely evolved? No, guys do exist who are not like this but they are the minority by more than a landslide (so shut up with your science). These guys are simply acknowledging their existence as human beings, who by nature are very emotional creatures. Yes, anger is an emotion but there is a difference between simply becoming angry and starting a fight at a party because someone stepped on your American Eagle boots.

Solution? Well, for me to provide one that doesn't involve mass murder is difficult. You could always place faith in humans to eventually do the right thing... but I'm certainly not going to. I've unfortunately come to realize that it's asking way too much for most GUYS to accept the benefits of living in peace and harmony with one another, assuming that the presence of unconditional love eliminates most reasons to go the gym. I do feel truly bad for these GUYS and think I might go cry now.

# The Medical Malpractice Issue Placing The Blame Where It Belongs



BY SABRINA McLAUGHLIN Beacon Asst. Op-Ed Editor

Having lived most of my life with two aging grandparents, I've become all too well acquainted with the halls of hospitals and nursing homes, and I've observed the practices of numerous doctors, nurses, and medical specialists—the good, the bad, and the mediocre.

I'm sorry to say that though we are blessed with many fine medical professionals, they have their counterparts who are neglectful, indifferent, and even inept. Although we are fortunate enough to have several fine, large medical centers in this part of the state, many of the smaller local hospitals we depend on in an emergency are often under staffed, underfunded, and in need of modernization.

All of these factors add more stress to the

jobs of doctors and nurses, whose jobs are already very difficult. No wonder, then, that in an exhaustive, high-stress environment, there may be a greater chance that incidents of medical malpractice will occur.

There is no doubt that health care reform will be a major point to be considered as the next presidential election approaches. The problem of medical malpractice is a particularly controversial topic in current political conversations going on at both a local and national level.

One of the main issues causing a political stir regarding health care is the question of whether or not a "cap," or maximum settlement amount, should be applied in medical malpractice lawsuits. President Bush seems to be in favor of limiting settlement amounts. As far as I am concerned, this is just another reason that convinces me not to vote for President Bush next November.

Nothing makes me angrier than politicians who advocate policies that diminish what little power is already possessed by the already relatively less powerful. I believe that in the relationship between health-care providers and medical professionals, and patients, it is obviously the individual patient who is the weaker in the equation, and thus in need of

more legal protection. I truly believe that a medical malpractice cap-- especially the ridiculously low figures being mentioned by the measure's supporters--detracts from patients' rights, and that these caps would be a dangerous precedent to set.

In the case of malpractice lawsuits, we are usually not speaking of frivolous, unwarranted legal actions. We are speaking of people who may have been seriously harmed, or even people who have lost their lives, as a result of the erroneous actions of a medical practitioner. I will concede that the amount awarded in these suits should not be unreasonably exorbitant, but it is important to keep in mind that the "victims" of malpractice and their families don't really receive the lion's share of what is awarded to them in court. There are medical costs, and considerable legal fees that must be deducted.

Doctors are calling for malpractice caps because they are saying their insurance premiums are far too high because of the risk that they may be sued. But doctors are usually among the highest-paid of professionals in our society. It is true that they deserve a great deal for all of their hard work and years of schooling, and their willingness to take on the awesome responsibility of holding

people's lives in their hands, but since doctors are so highly-paid, can't they afford to spend a percentage of their incomes for malpractice insurance? Millions of average Americans can't even afford simple medical insurance.

As far as the threats of some doctors who are claiming that they will leave the state of Pennsylvania because of the high cost of insurance, it is unbecoming to the medical profession to resort to what amounts to political extortion. In the Hippocratic Oath does it read that doctors shall abandon their patients in one state, to set up practices in another state that seems more amenable because they can make more money if they do not have to pay as much for insurance? Does this mean that our motivation for creating malpractice caps, if we do so, could be that we feel the need to placate the good doctors that we have in this state out of fear that they will pick up and leave?

The prospect is enough to disillusion me to the point where I'm beginning to think that in today's medical ethics, as in too many other sectors of American life, compassion and public service takes a backseat to the priority of dollars and cents.

# Point/Counterpoint:

# Is a Gate in the Cafeteria Justified?

Recently, on campus there has been discussion on whether or not students should be gated out of the cafeteria in order to stop food from being stolen. On the one hand, a solution to this problem needs to be found. On the other, however, some contend that locking students out of public property by installing a gate is not a fair solution at all. What do you think: should we be gated out in order to prevent steal-



ing or is this treatment unfair?
GINGER ESLICK
Beacon Op-Ed Editor

Blocking Students Out of the Cafeteria
Is Unfair

Blocking students from the cafeteria who are not paying for lunch is simply unfair. Commuters who want to save money by bringing lunch from home should not be forced to take extra time out of their day to find an alternate place to eat. They should

not be forced to pay for meals when they have a meal with them. People who want to meet with friends to just talk about the happenings of the day should not be excluded from the cafeteria.

I understand that certain students have been taking advantage of the system as it is currently in place. But do we need to go to such drastic measures as locking people out? In doing this we are unfairly accusing all students who do not buy their lunch of stealing. We are wrongly keeping students out of a place that belongs to Wilkes University, a public place that should partly belong to the students. After all, we do spend countless dollars on tuition each year.

So why don't our voices matter? Has anyone ever asked us what needs to be done to stop the stealing? How about taking some of our hard earned money we give for tuition and hiring someone to watch the students? Students could be given a hand stamp or some type of badge at the door if they are buying food. Students who do not have this stamp or badge will not be permitted to eat any of the cafeteria food.

Now that may not be the ideal solution, but it is one idea in the voice of many students who do not have the privilege of getting their ideas heard. Give us a chance and we will come up with a solution better



than locking us out of a property that belongs to Wilkes University, a school funded by our tuition.

#### KERRI PARRINELLO

Beacon Layout Artist

Just Treatment For Unjust Actions

The Henry Food Court in the Student Union building seems to be the center of more controversy on campus than who's

more controversy on campus than who's dating whom. The latest problem: Students sneaking into the dining area without paying

Now, although I think it's stupid that commuters are not permitted to bring their own food and eat in the food court, I understand the logic in this. I am not a culprit of this practice, but I know quite a few commuters who, instead of bringing their own food and just coming upstairs to eat with

friends, basically steal their way into the dining hall. They come up the front stairwell, and walk right into the dining hall, skip the lines, and avoid having to pay. Now it's these same students who are angered by the fact that those who manage food service have decided to form some sort of barrier in that open space.

Did people think that the staff wasn't going to catch on to the scheme? These are smart people, and it's their job to provide a service for a price, and if people are cheating them that just means that those of us who legitimately utilize dining services are just going to have to pay more for these services.

The proposed barrier, which at the moment is several tropical plants, is the best way to thwart the problem, and I think it's a great idea to keep a barrier there. I don't want to pay more, and so my message to those of you who feel you're entitled to just waltz right into the dining hall and take what you want would be that unless you want to be paying for my (and other dorming students) meal plans, stop the stealing and just cough up the dough to eat in the cafeteria. If you can't or choose not to do that, then just don't eat on the third floor.



# IN THE SPOTLIGHT

#### Gina Zanolini Morrison

If you thought you knew Gina Zanolini Morrison, think again. Morrison, Instructor of Education at Wilkes, is currently pursuing her Ph.D. in Human Development/Instructional Leadership at Marywood University. Here, she talks about her life before Wilkes, how she became interested in multiculturalism, and even offers some advice for future teachers.

Beacon: How long have you worked at Wilkes?

Morrison: I've been at Wilkes about seven and a half years. I started out here as the Multicultural Coordinator in March 1996. In addition to that position in Student Affairs, I began working part-time as an adjunct faculty member in 1997, teaching Fundamentals of Public Speaking. From there, I cotaught an ICS course called Cultural Identity Development with Professor Emeritus Gay Meyers of the Education Department, and that brought me to teaching Multicultural Education in this department. I was hired to teach full-time in August 2002.

Beacon: What did you do professionally before joining Wilkes?

Morrison: Taught, mostly. I've taught for about 20 years, two years in the local Intermediate Unit, at the Alternative Education Center. Before that, I taught in the Job Corps program in Drums. Job Corps taught me so much about how to teach.

Beacon: Before recently returning to the classroom, you were

the coordinator of Multicultural Affairs. Why did you decide to leave that

position and return to the classroom?

Morrison: Actually, I enjoyed that job very much, and I learned something every day from the students. think, though, that September 11th was a turning point for me. I realized "Life is too short--time to pursue my own goals," and one goal that I've always had was getting my Ph.D. Then, a month later, I attended adiversity conference in Cincinnatti, and someone presented a model on diversity in higher education. From that model, I knew that I wanted to work more in curriculum development, infusing diversity into the curriculum, because I felt that the classrooms were the place to make diversity an imperative. We might not agree on everything, but we should be talking about it. And I think a good place to have those dialogues is

Beacon: What is the best part about being a teacher?

Morrison: The students. They're the best teachers. They're full of good ideas; all you have to do is ask

Beacon: Give one piece of advice to students who wish to become teachers.

Morrison: Don't even think of going into teaching unless you are prepared for long hours and hard work. Teaching is a job that extends way beyond the "working day." It never ends. And you have to be lough enough to handle criticism, because the students will let you know about it whenever you make a mistake. So you had better love teaching, or it's just not worth it. But if you really love it, then it's the best job in the world. For me, teaching here at Wilkes, teaching future teachers--it's a dream come true.

#### The Education Club

If you are an education major, or just enjoy working with children, then the Education Club is right up your alley. Club president Nikole Herman, senior elementary education and psychol-

ogy major, tells The Beacon a little bit about the club, and why it is important to Wilkes.

Beacon: What is the Education Club's mission?

Herman: The mission of the Education Club is to unite its members through social interactions to create a learning environment for prospective teachers as well as the surrounding community [as stated on the website].

Beacon: What activities do you have coming up in the near future?

Herman: On Halloween we will be dressing up and going to visit the patients in the pediatric ward of Wilkes-Barre General Hospital. We bring them goodies like coloring books and little toys. We're also planning trips to the Crayola Factory in Easton and the Franklin Institute in Philadelphia.

Beacon: Why is the Education Club important to Wilkes University? Herman: The education department is a very large department. Each educa-

tion major must have a concentration area/major in addition to the education requirements. This contributes to the lack of coherence within the department as students take math, psychology, biology, and even music classes. The Education Club is the one place where all education majors can get together, and have a soundboard for questions and ideas. Currently we are working to expand interest in what we do. In the past we had some great leadership; unfortunately, they all graduated at the same time. We are working to rebuild our program and are welcome to all new ideas.

Beacon: When are your meetings?

Herman: The Ed Club meets the second Thursday of every month in Breiseth 206 at 11:30 am.

Beacon: Can anyone be in the club, or is it exclusive to education majors?

Herman: Whether you are planning to be certified in early childhood, elementary education, secondary education, special education, or simply know that your career will involve working with children, you would make an excellent candidate for the Education Club [as quoted from website]. Anyone interested in being a member can come to a meeting. Feel free to contact me at hermannj@wilkes.edu.



### **Trash to Treasure**

Campus organizations collect used items to serve others

BY MEAGAN BROWN **Beacon Correspondent** 

The popular perception of trash is that it's ruining the world, polluting the earth's natural beauty, and spoiling our children's future. However, some groups have found a way to turn trash into a positive contribution to society.

Two Wilkes University organizations are doing their part to help their world and their community by collecting what most would normally throw away. Upward Bound is collecting old ink cartridges while the History Club will collect books for young children.

Upward Bound, which is a non-profit, federally funded program that helps high school students prepare for college, will be collecting used ink cartridges. The program, according to Michaelene Ostrum, administrative assistant at Upward Bound, brings in first generation college students, meaning that their parents did not attend a four year university, and helps them "get on the right track" to attend college. The program is invaluable for without it these students might never attend college. The government covers most of the costs for the Upward

Bound program, which lasts for two vears.

However, not all costs can be covered. which is why they are running this

program. It is collecting used ink cartridges of all kinds to raise money to continue the programs that the federal money will not

The cartridges can be dropped off on the 3rd floor of Conyngham Hall to the Upward Bound office. After they are collected they will be sent to a charitable organization in New

Jersey that refills the empty cartridges and then redistributes them. The Upward Bound program will receive two dollars for every ink cartridge collected.

Another group on campus is also collecting used items; the History Club will, once again, be collecting new and used books. The annual collection benefits

> needy children and teens

According to Linda Korbeil, a representative of the History club, the group is collecting the used books because, "Books build dreams; books build character; books are bridges from

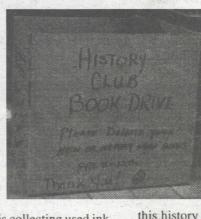
the past connecting the present to the future." The books collected must be suitable for children from pre-K to 12th grade.

There are collection boxes around campus where students can drop off the books. From there, the books will be given to Children and Youth Services on South Franklin Street, Wilkes-Barre. Children and Youth Services will then distribute those books to needy children. While this collection only directly benefits the children and not the club. Korbeil knows that the benefit for the club is more valuable than any amount of

> "We can imagine no better community service than a book drive to help enable young ones to benefit from these collective annals of time, stated Korbeil. The History Club realizes that books are history and the benefits of placing

this history into the hands of children are endless.

By using would-be trash for the betterment of the community, these two campus organizations may alter some people's limited perception of the stuff that they throw out every day.



# Kappa Psi Named Second Best Chapter in Nation Pharmacy fraternity acknowledged for its service to the community

BY LINDSEY WOTANIS
Beacon Features Editor

Wilkes University's School of Pharmacy earns bragging rights once again. Kappa Psi, one of Wilkes University's pharmacy fraternities, was ranked second best chapter in the nation and best chapter in their tri-state district.

Kappa Psi, founded in 1879, is the largest and oldest pharmacy fraternity. There are 70 chapters of Kappa Psi in the 85 schools of pharmacy across the country. The Wilkes University chapter, Delta Omicron, founded in 1997, was recently honored at the Kappa Psi national meeting held last August in San Diego, California.

According to Kappa Psi's advisor, Dr. David Maize, R. Ph., Ph. D and Director of Assessment and Outreach, the award is a result of the efforts of all of the members of Kappa Psi.

"It was based on the projects, the amount of service that we give, the professional projects that we do, and the size of our organization," said Maize.

When the award was presented, there were 62 members in the chapter. Because of graduating seniors, membership is currently at 45. However, there are 15 students currently expressing interest in becoming a part of the chapter. According to Maize, there is usually anywhere from twenty-five to thirty percent of the pharmacy student body in Kappa Psi, and the process for becoming a member is simple.

"You have to be a pharmacy major to apply for membership and then there is no really other qualification after that. You just express interest that you would like to become a member of the fraternity. Maize pointed out that Kappa Psi holds three interest meetings for interested members. "They [interested students] go through a period that we call pledging, and it is six weeks in length. They are required to do certain projects and then at the end of the period they are initiated into the fraternity. Once you are a member, you are a member for life," explained Maize.

As for the pledging projects, students must complete two different types of projects before they can be officially initiated.

"They are required to do what we call a professional project and a service project. For their professional project, they will go to a senior center and present an osteoporosis project. For their service project, they will be helping out with the Halloween party for the disadvantaged children being held on campus [on the 27th]," said Maize.

Once they are initiated, they are members for life. They continue to meet as a group every other week and do projects to serve the community. These projects are what helped them to be recognized as the second best chapter in the nation as well as best chapter in the Pennsylvania, New Jersey and West Virginia division.

One project that Kappa Psi has underway right now is called "Open Airways" and it is a program provided by the American Lung Association, on which Maize sits on the Board of Directors. The program will target 3rd to 5th graders and, according to Susan Pellock, pharmacy major and Regent of Kappa Psi, will help them to better understand asthma.

"This year we already started the Open Airway program in an elementary school. This program teaches children with asthma proper techniques on using their inhaler and dealing with their asthma. It allows them to realize that they can have fun like any other child," stated Pellock.

Another program that Kappa Psi is working on is called "A is for Asthma" which targets kindergarten students, teaching them not

and educate the importance of prevention. With prevention, the elderly can reduce the risk of falls, which lead to breaks. They learn about the best calcium supplement to take to keep their bones strong and healthy. We also explain the type of exercise needed to maintain a good posture and the healthy diet that should be utilized," said Pellock.

However, according to Maize, the group's biggest project is still to come. Beginning on November 20, which is also Great American Smoke Out Day, brothers of Kappa Psi will offer a 7-8 week Smoking Cessation workshop to the Wilkes community. Last year, all of the brothers were trained in smoking cessation

"We are going to have a smoking cessation workshop for faculty, staff, and students of Wilkes and that is going to start in January to coincide with your new years resolution. There will be group meetings [that will

to charity. We sell Gertrude Hawks candy, tee shirts, and a book about drugs [for pharmacy students and professionals]. We split the money among various charities. One of the big projects we did was sponsor a family through one of the catholic social services at Christmas time and then we bought presents for them. We had a family of three, a mother and two children, and we gave them three hundred dollars. We bought them Christmas presents and food. We also gave to the Lymphoma Society, the American Lung Association, and the March of Dimes," added Maize.

Another criterion considered in the award is the display of leadership within the members of Kappa Psi. Students are encouraged to be active members of their universities and take on leadership positions outside of Kappa Psi.

"Almost all of our brothers are involved in other pharmacy organizations. The pharmacy

students are incredibly involved in organizations and we are really proud of that," said Maize.

Tom Luthy, a P3 Pharmancy majoir and Vice Regent of Kappa Psi, feels as though his experience with Kappa Psi will benefit him into the future.

"I think the biggest thing that I will take from being a brother here with Kappa Psi is the ability to work as a team and work well with others. By doing various professional projects and going into the community for various events, we can't do it with just one person and with Kappa Psi you always have to work as a team in order to be as successful as we have become. As someone who wants to make a difference in the field of pharmacy and be a leader, I find being a brother in the fraternity is a great stepping stone. I view all of my brothers as my extended family and I feel so fortunate to have had the chance to work with such great people. Being like a family and showing cohesiveness is what really helped us climb up to the national recognition that we have received," said Luthy.

Kappa Psi has given back to the community in a number of ways and, according to Pellock, is more than deserving of the recent recognition.

"I could not be prouder of the accomplishments of our fraternity. We unite as one, striving for common goals. Everyday the brothers of Kappa Psi exemplify what it means to be a brother. Without each one of them putting in the time and effort they do, the awards received would not have been possible. It is the teamwork of all our brothers and the undivided support of Dr. Maize that provides the backbone to make Kappa Psi as strong and

successful as it is today," concluded Pellock.



Photo Courtesy of Kappa Psi

Officers of Kappa Psi pose for a photo: Front row from left to right, Susan Pellock, President, Freda Luckenbuagh, Historian, Lisa Samala, Treasurer, Amanda Edwards, Secretary. Back row from left to right, Amy Schmidt, Secretary, James Mason, Sargant at Arms, Maggie Murphy, Chaplain, Tom Luthy, Vice President, Dr. David Maize, Advisor.

to be afraid of asthma, using a video which includes characters from Sesame Street.

Along with those projects, the brothers, as all the members of Kappa Psi are called, will travel to local senior centers to present programs on osteoporosis next week, which is also National Pharmacy Week. The students will give the presentation in lay terms so that the seniors gain a good understanding of how osteoporosis affects their health. According to Pellock, educating senior citizens about the prevention of osteoporosis is key.

"We go into senior centers around the area

help people to

quit]. You talk about quitting, you set your quit date, and then you quit, and then you have meetings afterward to support your non-smoking. We'll take people up to the time we start [the workshop]. Health Services will have a table in the student union building [on November 20th] where people can sign up to be part of the session," said

In addition to all of these unique programs, the brothers also do fundraising in order to help support local charities.

"We donated about a thousand dollars

## Former Playmate Bares All to Educate About AIDS

### Wilkes Students Learn of One Woman's Struggle

BY MELISSA SHEDLOCK **Beacon Correspondent** 

Do you remember turning sixteen, receiving your driver's license, becoming a mature adolescent and trying to fit in? Many teens see these rituals as the beginning of a long, fulfilling life. For Rebekka Armstrong, it was the beginning of her battle with a life-threatening dis-

On Tuesday, October 14 at 9 p.m., Playboy playmate Armstrong spoke to Wilkes students about her career and how her life was affected by AIDS.

Armstrong aspired to become a Playboy Playmate the morning of her eighteenth birthday when she knew she was legal to pose and become a playmate. Within that year, against all odds, she was chosen to become a centerfold. Her title of Miss September '86 became an abrupt fixture in the glamorous world of Hollywood, bringing her all she could desire-movie deals, commercials, modeling, traveling, parties, a six figure income and a beach house. Things were going so well for Armstrong, it seemed as though nothing could harm her.

Armstrong stated, "When people knew my playmate status I felt like I needed to rock their world." She explained that she was so pompous and true to her career, her virtues were set straight--or so she thought. As time passed, Armstrong became fatigued easily and inundated with a general feeling of malaise. She went to a physician inquiring about a pregnancy test thinking all the while, "This can't be happening to me again." The physician

recommended a test for HIV and abruptly obliged, knowing the results would negative. Within a few days the doctor, not the secretary nurse, called her with the results. The shocking news hit her like a freight train. She learned she had contracted HIV at the age of sixteen and within the next three years, it had progressed into full blown AIDS.

According to Armstrong, the next five years of her life were the worst. It seemed she was riding an emotional and physical rollercoaster.

"I knew I was going to die, so I wanted to go down with a bang." She became addicted to drugs and alcohol good. I was al-

**Courtesy of Tony Waltzin** 

because, "that's Rebekka Armstrong, former Playboy Playmate, talked to the Wilkes what made me feel community about her struggle with AIDS on Tuesday, October 14, at 9pm.

> ways awake with a smile on my face." Even though she knew that wasn't the cure to her disease, it was a temporary solution. After a while she went to her doctor pleading for his help. She was done with her addictions and wanted to be

"I will do anything doc; I just want to live," cried Armstrong. The doctor agreed and put her on the drug AZT. This was to be taken once or twice a day. Armstrong wanted to be cured and she wanted to be cured immediately. She decided to take six doses of the drug every morning afternoon and evening. After a few weeks, she got very sick and was put back into the hospital. The overuse of the drug caused her to contract neuropathy. Neuropathy is a serious disease, which resulted in severe nerve damage.

Armstrong was so humiliated by her disease, she hid it from everyone she loved and cared for. She was so embarrassed and ashamed because she felt she would no longer be accepted. With each hospital visit, she entered wondering if this would be her last.

So, once again, Armstrong became distressed and went back into her drug rollercoaster. One night she went overboard and had a drug overdose, which caused her to crash her car into a

brick wall. She was in a coma for three and a half days, and when she woke up she begged for them to let her die.

Armstrong received seven spinal taps within four days. She was then released from the hospital, and placed in a mental institution for trying to do harm to herself. Armstrong's birthday was coming up and her best friend, EJ, wanted to do something special for her. He found a two-day seminar for women with HIV. The seminar happened to be the day of her birthday and Armstrong knew she needed to be with people with whom she could communicate on a different, deeper level.

When Armstrong arrived at the seminar, she found sixty to seventy women who were going through exactly what she was.

These women spoke it out loud. They let everyone know they had HIV and I was shocked," said Armstrong. She had been in the closet for five years and the last thing she expected was for HIV to be accepted and to be spoken out loud. That's when the woman that changed her life entered the room.

"She was this tall, beautiful, African American women. She walked in with her feet dragging and a little girl at her side. I looked at her and she said to the counselor, 'Help me find a home for my daughter, I am dying and I have no family.' With that I knew I had to stop having pity on myself and make a difference in the world," said Armstrong.

Armstrong went public. She gave seminars, conferences, and even appeared in commercials talking about AIDS. She wasn't afraid anymore. She wanted to stop unprotected sex and change people's lives.

Armstrong's cautionary tales were scary, but appeared effective with the audience. She spoke about all sides of HIV and AIDS, from contracting it, to living with it. According to Armstrong, there are four ways to contract the HIV virus: blood, vaginal secretion, semen or breast milk. It is not a virus you can catch by casual contact such as hugging, but it is contractible, especially from oral sex of

As she pointed out in her Wilkes appearance, women make up more than half of the HIV population and that figure is increasing daily. The common age to contract the virus is between the ages of thirteen and twenty six.

Although it is not recommended for a ouple with HIV to have a child because of concern for the parents' own lives, it is still possible. The risk is less than one percent for the child to have HIV when it is born. The mother must have a Cesarean-section and, upon birth, the baby will be put on easy T therapy. After the therapy, it is immediately followed with the AZT medication, but after that there is less that a one percent chance it contracted the virus from its parents.

Armstrong's message was summed up in her final statements to the crowd. She emphasized caution with any sexual situation, essentially saying: No glove, no love!



The members of the WilkesUniversity Pep Band entertain the crowd at Saturday's home football game against the Susquehanna Crusaders. The Wilkes Colonels went on to defeat the Crusaders, 59 to 20.

## Book Review: Drop City

T.C. BOYLE

BY SABRINA McLAUGHLIN Beacon Staff Writer

*Drop City* is the newest novel by popular and critically-acclaimed author T.C. Boyle.

The story centers on the antics that occur in a commune of hippies during the summer of 1970 as the drama of the '60s was

winding down. At the beginning of the novel, Boyle's gang of flower children are facing the disapproval of their "square" neighbors and local law enforcement in Northern California--the original location of their commune, the name of which gives the book its title.

Norm Sender, the founder/ guru of the colony, gets a wild idea to relocate the whole crowd to Alaska. Why, you may ask, would a troop of hippies decide to start a commune in Alaska of all places? There

are several reasons: Norm's uncle recently left a large property vacant in a place called the Thirtymile River Valley; in Alaska there is enough wide open space for everybody; and Norm argues that because Alaska has a shorter growing season, crop plants compensate by growing bigger, faster--thus, Norm promises that they can reap the harvest of a high-yield, high-quality crop of marijuana plants. He makes Alaska sound like the tropical island paradise in *The Beach*.

But when the hippies move to Alaska, there is a clash of cultures when they settle in the vicinity of veteran trappers and outdoorsmen, and they have the added problem of learning how to survive in the Alaskan wilderness. The novel especially concentrates on the predicament of a young woman who calls herself Star: she is torn between Ronnie--her irresponsible, shallow high-school sweetheart who she "dropped out" of suburban life with and who traveled

west with her--and her new love-interest, the less self-absorbed Marco, who goes to Alaska with the rest of Drop City in order to evade the draft.

Boyle writes of hippie culture and commune life in a way that is honest, witty, and unsentimental--he satirizes the less-than-ideal aspects of a way of life that sometimes fell short of its idealistic philosophies. For example, the characters discover that "free love"

doesn't always work in real life and relationships, because hopping from bed to bed (or, in some cases, sleeping-bag to sleeping-bag, or teepee to teepee) often leads to hurt feelings. And although Drop City professes to complete equality between the sexes, it seems as though it is always the job of the women of the community to mind the kitchens and prepare the granola, organic veggie stir-fry, and hash-brownies.

T.C. Boyle is well-known for being the author of *The Road to Wellville*, and he always seems to have a knack for selecting a fun, quirky subject. His language is always witty and often hilarious, and this makes *Drop City* entertaining to read.



Dancers Offer Performance and Instruction

BY MELISSA JURGENSEN Beacon A&E Editor

A traveling dance troupe from Towson University in Maryland performed at Wilkes University on Thursday, October 16, at 3 p.m.

The performance featured five works choreographed by both nationally- and internationally-renowned guest choreographers and faculty from Towson's Department of Dance.

The works, according to the Wilkes University press release included: "Bolero," a newly choreographed modern dance to Ravel's "Bolero" by the Lehman Award Winner, Stephanie Powell; "Spring Waters," a tour de force contemporary ballet pas de duex of the Kirov Ballet from 1949, choreographed by Kirov ballet master, choreographer, and master teacher Asaf Messerer; "Hidden Realities," a contemporary jazz dance inspired by the stabbing, rape, and murder of Kitty Genovese in Queens, NYC, choreographed by Los Angeles-based choreographer Kijuanita Lucas; "Prelude/Frustrations in Mar-

tin," a modern dance solo, choreographed by the performance artist and choreographer Vincent Thomas; and finally "Nine Love Songs and a Bucket of Tears," a modern dance/jazz dance utilizing nine of Patsy Cline's most popular songs and choreographed by, Venezuelan-born Juan Carlos Rincones.

"This beautifully crafted dance/diversity event has provided our department with a cooperative artistic link to Towson that will continue to benefit students in both programs," said Dr. Terry Zipay, Chairperson of Visual and Performing Arts.

Bridget Giunta, a junior communication studies major and dance minor, was one of approximately thirty Wilkes students who participated with the dance troupe. "The whole event was an amazing experience for everyone that participated. I thoroughly enjoyed the performance and master class and I would love to see more events like this in the future," commented Giunta.

The Master Class described by Guinta fea-



Courtesy of Marketing and Comm Dept.

tured African-based modern dance instructed by master teacher, Stephanie Powell.

Powell led the master class with warm-ups, exercises across the floor, and a short combination. A member of the dance troupe served as demonstrator to the class.

The Dance Troupe travels nationally to perform in competitions, demonstrations, and conventions. In recent years, it's earned awards such as Grand Champion Award at the Paramount King's Dominion Dance Festival, as well as being honored as the official dance group of the Baltimore Thunder professional lacrosse team.

### This Week in History...

The week of October 20 through the 26 in retrospect;

20th - The musical "Peter Pan" opened, (1954).

21st - Élton John received a star on the Hollywood Walk of Fame, (1975).

22nd - The Philadelphia Phillies won their first World Series, (1980).

**23rd** - MTV Italy launched its first domestically planned and produced Italian-language show "Sonic," (1997).

**24th** - John (William) Heisman was born. He is recognized as one of the greatest innovators of the game of football, (1869).

25th - The George Washington Bridge opened for traffic between New York and New Jersey, (1931).

26th - American author John Steinbeck was awarded the Nobel Prize in literature, (1962).

27th - A U.S. federal judge refused to issue an injunction against the sale of MP3 players. The device is used to play music downloaded from the Internet. The Recording Industry Association of America had brought the case to court, (1998).

# **Independent Film Auditions**

Producers of *Deadroll*, an independent film being produced in the area, are still looking for males to play small speaking parts. No experience is needed. If you would like to take advantage of this opportunity and gain experience, e-mail Joel for more information at

themovie02@yahoo.com.



#### Game Show Names

1. Ihwee fo urenoft

oyaerdjp
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4. looohdlyw srqsaeu

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6. fmylai uefd

7. tkesaew nikl 8. atetrs stmsra

Answers on page 20



# PERFORMING ARTS AT WILKES UNIVERSITY arte Board

BY BRIDGET GIUNTA Beacon Staff Writer

Tuesday, October 21 at 8 p.m.

NU: Arts concert featuring ATTACCA (percussion trio) Darte Center for the Performing Arts Free admission and open to all.

Wednesday, October 22, at 1 p.m.

Performance hour will be held in Gies Hall, Darte Center for the Performing Arts Free and open to all.

#### **Urban Legends: Business**

Businesses have been known to commit astounding marketing blunders, mistranslate their own advertisements, and make mistakes that lead them in a direction they did not predict.

Determine for yourself whether these legends are factual or bogus.

- \*A customer moves his million-dollar account after his bank refused to validate a 50¢ parking ticket
- \*Two dollar bills are considered unlucky
- \*Alka-Seltzer dramatically increased sales by instructing consumers to use two tablets instead of one
- \*NASA spent millions of dollars developing an astronaut pen that would work in outer space, while the Soviets solved the same problem by simply using pencils.
- \*A clever consumer earned a lifetime of free air travel by cashing in on a Healthy Choice pudding promotion.
- \*The three most valuable brand names on earth are Marlboro, Coca Cola, and Budweiser.
- \*The Chevrolet Nova sold poorly in Mexico because its name translates as "doesn't go"-in
- \*A glue that wouldn't stay stuck resulted in the creation of Post-it Notes
- \*KB Toys just settled a class action lawsuit which alleged that the toy chain used phony reference prices on its price stickers which gave the impression that the items were reduced

# Fall Openings

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Josh Kelley Comes to Wilkes U.



The Beacon/Kristin Hake

Josh Kelley performed on Thursday October 16, in the Henry Student Center Ballroom. A 22 year old from Augusta, GA has been playing since age 11. His single, "Amazing," has been climbing Billboard's 'New Artist' chart and currently stands number 8.

ACACACACACACACA 🖈 candy 🛨 red bull 🛨 incense 🛨 **NEW LARGER LOCATION** Provincial Tower South Main St Monday-Friday 10am - 7pm Saturday 10am - 6pm Sunday Noon - 5pm 826-6898 11 locations all over NEPA www.galleryofsound.com \*\*\*\*\*\*\*\*\*\*\*

## From the Cutting Room:

## **Cold Creek Manor**

BY ALISON SHERRY Beacon Staff Writer

This movie receives 1 flying W and is rated R.

The previews for this scary movie assure that it will deliver thrills and chills, especially with Halloween approaching. However, *Cold Creek Manor* is proof that you cannot judge a movie by its trailer or preview. What looks to be a scary movie turns out to be a dull flick without the promised suspense or scares.

Finally putting an end to their hustle-andbustle lives in New York City, Gothamites Cooper Tilson (played by Dennis Quaid) and his wife, Leah (played by Sharon Stone) pack up their family and possessions and move into an old recently repossessed mansion in the sticks of the New York state. Once a grand and elegant manor, the house at Cold Creek is now quite the eyesore. However, Cooper and Leah believe they have plenty of time to renovate and make their new house a home. All is well until a series of "terrifying" incidents at the house lead the Tilsons to wonder who used to live in their new



C. R. C. State Sta

home...and to discover what dark secrets are hidden inside. Also starring in the movie are Stephen Dorff, Juliette Lewis, Christopher Plummer, and Kristen Stewart.

Cold Creek Manor may be positioned as a haunted house film; however, it only will thrill you if you abandon all common sense. Too many clichés seem to clutter up the film and it becomes more of a pop-psychology thriller rather than a ghost story. No matter how long you wait for something to happen, there are no twists or turns and there is nothing left to the imagination. The only fear in Cold Creek Manor is that the 118 minutes of monotony will never end.

#### CD Review:

## Black Eyed Peas: Elephunk

dephuni

BY MELISSA JURGENSEN Beacon A&E Editor

Light and lively, the Black Eyed Peas' latest album *Elephunk* has soared to the top thanks to its number one hit single in America right now, "Where is the Love."

The Peas originated in Los Angeles and

have since produced three albums since 1998. They have at times been accused of sounding too much like "A Tribe Called Quest," but this time out the group has consciously expanded its horizons. Taboo, Fergie, will.i.am, and apl.de.ap uniquely provide brilliant artistic tracks that provide something for everyone.

This CD has been on repeat in my CD player since I got it a few days ago. Attending their recent show at the Staircase has also proven to me that this is a sound worth repeating. It's an excellent album with tons of catchy beats and melodies.

People shouldn't be misled by the bubblegum pop song "Where is the Love" because none of the other songs on this album are similar to it.

The group settles itself into a groove when the BEP's newest member Fergie's lush girlie vocals are allowed to dominate the song "The Boogie That Be." "Let's get retarded" has been accused of being

offensive to disabled people but I think that it's just a party song which is great at deliberately being silly. It's just a sing-along type of rap/funk track. This album is sure to appeal to mainstream hip-hop audiences, with smooth beats and jazzy instrumental riffs.

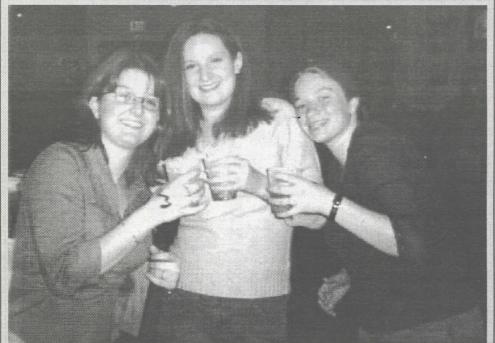
The songs are about dancing, romance, and having fun. They are fantastic at bringing a lot of upbeat party tunes, while managing to make them all different and in their own way enjoyable. The CD encompasses reggae mixed with hip hop which is delivered in a creative, funky way.

The biggest issue

I have with the reviews and criticism over the diversity of the songs on this CD is that diversity, especial with regards to a CD, is a good thing. As music listeners, we have become way too accustomed to hearing the same pop music over and over--so much so that we can't even recognize a true artist when we hear one. It's a shame that the band is criticized for "making music just for money" when in fact they have been making music for years and are just now getting what they deserve in the form of exposure.

The Black Eyed Peas bring the funk and the fun back into hip hop, and we should be grateful for that.

## Senior Social at Black Rock

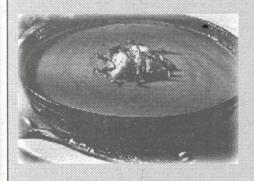


The Beacon/Melissa Jurgensen

Cheers! Three several seniors enjoyed the the festivities at the Senior Social last Wednesday, October 15, at the Black Rock Brewery in Wilkes-Barre. Around 65 Wilkes students (all over the age of 21) attended the event that offered free food, drink, and fun. Pictured from left to right are: Tiffany Leptuck, Bandis Mooney, and Nikki Hermann.



# Today's Recipe: Tomato Soup



#### Ingredients:

1/2 c. butter 1/2 c. chopped onion

1/4 c. flour

1 c. water

6 medium tomatoes, peeled quartered and sliced

Parsley 1 1/2 tsps. salt

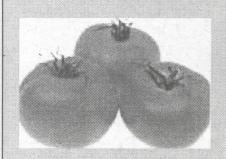
2 tsps. sugar

2 tsps. basil

1/4 tsp. pepper

#### **Directions:**

- 1. In a pot, cook onion and butter until tender, not brown.
- 2. Stir in flour, and gradually stir in water.
- 3. Add rest of ingredients and bring to a boil.
- 4. Cover and simmer for 30 minutes.
- 5. Add water until you achieve the proper consistency of the soup.





# **Dorm Room Dining**

Every week you will find a new recipe that is simple enough to make in your dorm room yet scrumptious enough to satisfy any tastebud. So get out your pots and pans and start cooking!

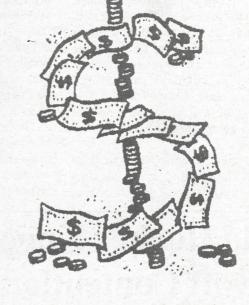
BY LORI G RAUSAM Beacon Staff Writer

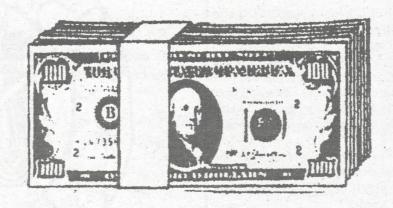
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### Mitkowski Takes Aim as Colonels' Silent Assassin

BY KYLA CAMPBELL Beacon Staff Writer

He is referred to by some as "the silent assassin." Okay, so you won't see "S. Assassin, five-foot-ten, 204 pounds, and nothin' but muscle" listed in the weekly program. But you can guarantee that's what opponents see as they look across the line of scrimmage and into the determined eyes of the Wilkes University football team's standout freshman linebacker.

Off the field, Jason Mitkowski may be more soft-spoken than most grandmothers, but on the field he brings on an impressive ferocity--an unbelievable combination of speed, agility, great tackling skills, and determination.

In the football team's first six games, Mitkowski has piled up a team-high 62 tack-les, including six for a loss of 22 yards, as well as two sacks, while forcing three fumbles. In the first three games of the season, as well as Saturday's game against Susquehanna, Mitkowski led Wilkes in tackling, including a standout performance against Lycoming when he led all tacklers with 15 stops.

A graduate of Nanticoke Area High School, Mitkowski broke and set his alma mater's records for single-season rushing yards (2009) and career rushing yards (4495), as well as single-season (27) and career touchdowns (54). He also played in the UNICO all-star game for local football standouts. "I wasn't in the best shape for the UNICO game," said Mitkowski. Well, he didn't play much defense, but he did lead his team with over 250 rushing yards and one touchdown.

Wilkes University head coach Frank Sheptock chose to put Mitkowski on the defensive side of the ball and believes he has more than managed the transition from high school football to the collegiate level. "I think you have to look at Jason as filling in for someone who started for four years," said Sheptock, referring to graduate Mike DaRe. "He came in, and in just six weeks, he's established himself as one of the strongest linebackers in the league." Currently, Mitkowski is second in the Middle Atlantic Conference in tackles per game with 10.3.

"It's a lot faster than high school," Mitkowski said. "The first time I was in camp and played blue (first string), I was amazed." He feels his athletic instinct has helped him to catch on. "I'm starting to

grasp things and learn the defense better."

Football isn't the only sport that Mitkowski has found success in. Following his senior season of football, he wanted to find something to keep him in shape until football pre-season workouts. While most people would begin a lifting routine, a running program, or follow a healthy diet, Mitkowski decided to wrestle. Not only did he wrestle just one prior season in his life, but his last match was in eighth grade. This solid athlete took to the mat as a senior, posting a 37-1 record and winning the state title at 189 pounds.

"I think that football kept me in shape to go out and wrestle," said Mitkowski. "In turn, wrestling helped me with balance and staying on my feet on the football field."

Sheptock began recruiting Mitkowski immediately following his senior season of football. "We were hoping he would give us consideration because he talked to colleges of all levels," said the coach. Lucky for Sheptock, Mitkowski wanted to attend college near his home of Hunlock Creek. "We were thrilled when we heard he wanted to stay close to home." Mitkowski is very pleased with his decision as well.

"He's quiet, but his personality fits into the

team so well," said Sheptock. "He's a very physical player--focused, committed, and finely conditioned. He plays with high intensity and has a desire to win and be successful--exactly what you want in a player."

What a coach also wants in a football player is versatility, and Mitkowski proved his in Saturday's game. Fellow linebacker Steve Rogers sacked Susquehanna's quarterback and forced a fumble. Mitkowski picked up the loose ball and raced 62 yards for the Colonels' first touchdown of the game and his first score since the UNICO game.

"He says to me, 'I just want to help the team win. I'll do whatever it takes," added Sheptock. "You want a team player. And, when it's someone who is physically gifted and willing to work as hard as him, you've got a great team player."

# Field Hockey Knocked Out of Playoff Contention

BY STEVE KEMBLE Beacon Sports Editor

The Lady Colonels field hockey team started out strong last week with two wins in a row against Marywood and Moravian. However, their hopes for making playoffs this season ended last Saturday with a loss against FDU-Florham.

Wilkes played the Devils at FDU, tying to pull out an undefeated week, but fell short; the final score was 2-0.

After the game, Wilkes Head Coach Todd Broxmeyer couldn't cite one clear reason his team lost the game. "The little things, the little things killed us. For as well as we played on Thursday we took that many steps backward today. It's a shame."

Halfway through the first period, FDU's Kristen Leonardis scored the first goal of the game off a Kate Springmeyer assist to put FDU up 1-0; a score that would hold until halftime.

In the first half, FDU had an advantage in both shots and penalty corners.

It was mostly a defensive struggle in the second half until Leonardis scored her second goal of the game, unassisted, to put FDU up 2-0.

FDU continued to keep Wilkes off the scoreboard through the final whistle, ending the match 2-0 in favor of FDU.

The Lady Colonel's goalkeeper, Desiree Podrasky, had 11 saves on 15 shots by FDU. Lila Alfaro, FDU goalkeeper, had six saves

on 10 Wilkes University shots. FDU also had a slight edge in penalty corners with 11 while Wilkes had 8.

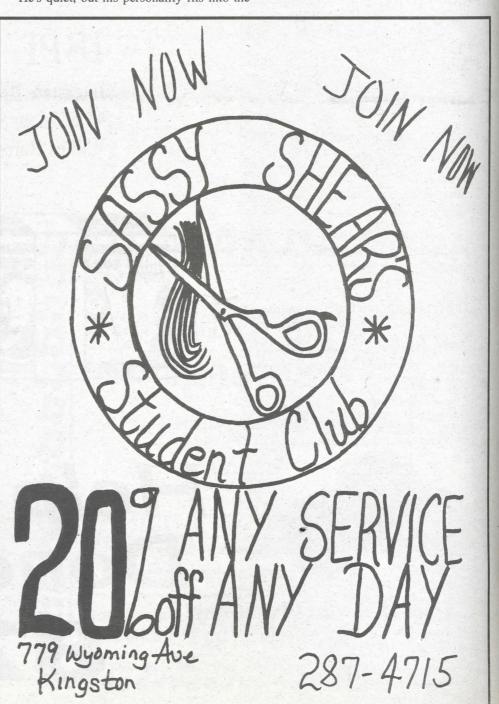
"With the various ages we have here and the new system just put in this year and stuff like that you expect to move forward a couple steps and move back a couple steps," added Broxmeyer. "Hopefully we just keep building"

In their first two games of the week, the Lady Colonels were victorious and looked like a completely different team from their game on Saturday.

"We dominated play a lot and against Moravian, outside of missing a lot of opportunities, that was very close to a perfect game, a lot of good decisions a lot of good things," commented Broxmeyer on the games earlier in the week.

On Monday, the Lady Colonels shutout Marywood 4-0 and put up another win on Thursday beating Moravian 2-1 in an overtime game in which Erin Henry scored both goals for Wilkes.

In their final four games of the season, the Lady Colonels will take on two of the top ten teams in the country.





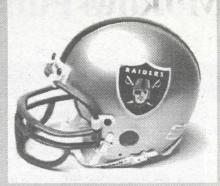
# Monday Night Match-up

Kansas City Chiefs

VS.

#### Oakland Raiders

BY STEVE KEMBLE & WILL MIDGETT Beacon Sports Editor & Asst. Sports Editor



Tonight I am going to pick the Chiefs to beat the Raiders and defend my 3-0 record. I came close to losing my first match up two weeks ago when I picked the Colts to win, but they were able to achieve one of the greatest comebacks in NFL

However, I do think that the Raiders have a chance. Just kidding, I am only being facetious. The Raiders have been playing like a lame horse this season, and like a lame horse, the Chiefs are going to take them out back and shoot them.

The Raiders have a plethora of talented players who have not been performing well at all. The Chiefs also have a plethora of talented players who have taken their team to a 6-0 record, the best start in club history. The Chiefs are composed of everything that a great team requires. Kansas City has an incredible offense, a solid defense, and the best special teams player in the league.

The two superstars of the Chiefs, Priest Holmes and Dante Hall, could probably take on the Raiders by themselves. Hall set an NFL record this season by returning a kickoff for a touchdown in four consecutive games. Holmes, arguably the best running back in football, will run all over the Raiders' defense, which is lacking in leadership since seasoned veteran Bill Romanowski has been sidelined with a severe concussion.

The only thing that the Raiders have going for them tonight is the fact that they are playing at home in the "Black Hole." Because of this, I will be gracious and say the Raiders will be able to score one touchdown. The Chiefs are on a roll. especially coming off an incredible overtime victory over the Packers, and they have not slowed down since the start of the season.

The Chiefs will continue to remain undefeated when they beat Oakland 35-7.

The Oakland Raiders (2-4) will surprise everyone tonight when they upset the heavily favored Kansas City Chiefs (6-0).

The last time the Kansas City traveled to Oakland, the Chiefs walked away with their tails be tween their legs losing 24-0, and that wasn't even a full year ago. I say that because I am sick of hearing people say the Raiders got old. Nobody ages that much in less than a year.

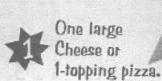
However, the Raiders are having a disappointing season thus far. They need to do four things to win: stop the run, don't kick the ball to Dante Hall, go back and look at their tape from last year (which will show that they should run, run, and run some more), and be disciplined enough not to get penalized 20 times a game.

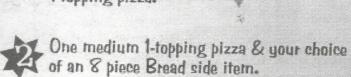
The Raiders will probably be without linebacker Bill Romanowski, wide receiver Jerry Porter, guard Frank Middleton, and defensive tackle John Parrella; all of whom are starters that will be missed

Rich Gannon has won the last 6 games he started at home and doesn't look to end the streak tonight. Raiders win 31-28.









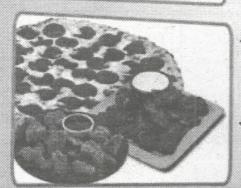


One medium Feast pizza. (Choose from: Deluxe Feast, Hawaiian Feast, MeatZZa Feast", Vegi Feast", Pepperoni Feast" or

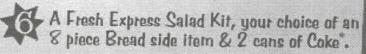


One medium 2-topping pizza & 2 cans of Coke.

Bacon Cheeseburger Feast .)



10 piece Buffalo Wings or Domino's Pizza Buffalo Chicken Kickers™ & your choice of an 8 piece Bread side item.



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### Morales Puts the Final Nail in Crusaders' Coffin

### Wilkes Destroys Susquehanna 59-20

BY WILL MIDGETT Beacon Asst. Sports Editor

No one suspected the Colonels' Inquisition..

But the Wilkes football team smote down the mighty Susquehanna Crusaders on Saturday, a team Wilkes hasn't played in more than four years. The Crusaders came to town

armed with wide reciever and NFL-prospect Mark Bartosic, but the Colonels' defense proved to be too much for Bartosic and the rest of the Crusaders. In a lopsided victory, the Colonels scored three defensive touchdowns on the way to a 59-20 romp Susquehanna.

The key player of the game for Wilkes was defensive lineman Julian Morales. For a lineman, the ultimate payoff is to score a touchdown in a game. On Saturday, Morales did just that...twice.

Wilkes was winning the game 27-7 with 30 seconds left in the first half when senior Chris Julian Morales hurries the QB in one of sacked many great plays during Saturday's game. Susquehanna's Dennis

Robertson who fumbled the ball as he was hit. Morales, Wilkes' big defensive tackle, scooped up the ball, evaded tacklers while picking up a few key blocks, and took it 71 yards to the house.

"I saw the goal line and my eyes lit up," says Morales. "I was trying to breathe and everybody jumped on me."

down is an incredible feat, especially for a lineman. At 9:16 in the fourth quarter, Morales again shocked the crowd and made one of the most athletic plays of the season.

On 2nd and 10 from the 32-yard line, Susquehanna quarterback Craig Ulrich dropped back in the pocket and tried to find a target. Just as he was passing the ball, Morales broke through the line, tipped Ulrich's pass and intercepted it. He then returned it

> 22 yards before being tackled in the end zone. This play was the straw that broke the camel's back as they say, making the score 53-

Sophomore linebacker Jason Mitkowski also chipped in with a touchdown of his own. Wilkes had won the coin toss to start off the game, but deferred Susquehanna who chose to re-

On 3rd and 5 on the very first possession of the game, senior

linebacker Steve Rogers sacked Craig Ulrich who fumbled the ball. Mitkowski, only a step behind Rogers, retrieved the ball much like Morales would later, and ran 62 yards for the first touchdown of the game. "The defense set the tone early," explained head coach Frank Sheptock. "They hit the big play on the first one."

Bartosic will be setting records this year when he completes his fourth consecutive 1,000yard season. Bartosic racked up 242 yards against Wilkes on 12 receptions, and he now has 883 yards on the season.

The standout receiver scored twice against Wilkes, giving him 50 career touchdowns, which moves him to the number five spot for career touchdowns in all NCAA divi-

He shares this spot in history with future NFL Hall of Famer Jerry Rice. As a result, Bartosic has also been receiving a lot of attention from the NFL. Scouts come to analyze his play at every game, and as many as 17 NFL teams have been showing him interest. "He's definitely legit," said sophomore Chris Oustrich, who was given the difficult task of guarding Bartosic all game. "He earned every yard he gained."

Trichilo is also having a stand-out season. The star Wilkes running back rushed for 276 yards against the Crusaders averaging 10.6 yards per carry, and missing his own record of 301 by 25 yards. "I'd be very curious to see a better back in the country," Sheptock says about Trichilo. "He's a very special kid."

With this latest win, Trichilo passed the 1,000-yard mark with 1,131 total rushing yards on the season. He also passed the 3,000-yard mark

for his career, becoming the number two leading rusher in Wilkes history. There was a lot of anticipation for this game to see whether Bartosic or Trichilo would come out on top. "Honestly it wasn't about me and him," says Trichilo. "I have goals, but I don't have goals against other players."

The Colonels gained 491 total yards on offense, 391 of those yards on the ground. Sophomore quarterback Duran Porrino, who has been filling in for the injured Matt Kaskie for the last three weeks, threw for 100 yards on 6 completions. He also threw one touchdown to senior receiver Mike Walk at 12:36 in the second quarter.

Susquehanna tallied 513 total yards on offense, with Bartosic gaining 242 of those yards by himself. "You can't take Bartosic out of the game," said Sheptock. "But if you take away the statistics, it was a dominant, dominant game on both sides of the ball."

While Wilkes gave up a lot of passing yards to Susquehanna, the Colonels proved

why they are ranked first in the MAC in rushing defense. The Colonels limited the Crusaders to only 53 yards on the ground. Susquehanna's leading rusher Jason Eck was only able to run for 34 yards on 9 car-

Mitkowski again led the way for the Colonels with 9 tackles and his 62-yard fumble recovery for a touchdown. The freshman now has 62 tackles on the season, which ranks him second in the MAC. Linebacker Steve Rogers also had a great game with 8



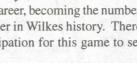
touchdown of the day.

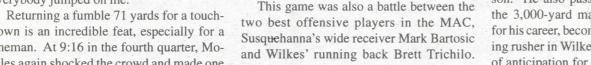
Wilkes ended the game with a touchdown from freshman running back Brian Hilling. At the 1:47 mark of the fourth quarter, Hilling took the handoff from the 17-yard line, raced around the left side of the line and stumbled into the end zone, scoring the ninth Wilkes

lous touchdowns and a pair of pass deflec-

The win against Susquehanna improves Wilkes' overall record to 4-2, and 3-2 in the conference. There are four more games left in the season, and the outcome of the conference is far from definite. Lycoming was expected to win outright, but lost an upset to the new and improved Delaware Valley. Expect to see some crazy games in the last four weeks of the season, as Wilkes will continue to fight for the MAC crown.

Wilkes will go on the road for third time this season when the Colonels face Juniata College on Saturday.





The Beacon/T. Mick Jenkins



BY FREDERICK SEABROOK Beacon Correspondant

Even the stiff, north October winds can't cool the Wilkes Lady Colonels soccer team these days.

The Lady Colonels dominated the first half of the game on Saturday with strong defense and consistent pressure, and the second half was even much more of the same.

Wilkes senior goalkeeper Katie Green said, "The crazy wind couldn't even put out our fire." It is in reference to the team's pregame war cry of "fire" as the huddle up before the game.

On Saturday afternoon at Ralston Field. Christina "The Magician" Waldele got her second consecutive "Hat Trick" scoring three goals to lead the Lady Colonels to victory in a conference game against DeSales University.

Kristen Haldy drew first blood early in the first half with an assist from Waldele. Then the Rena Bolin and Waldele show began as Waldele scored twice off consecutive assists from Bolin

The second half was much of the same. This time it was Waldele returning the favor to Bolin who scored ten minutes into the second half. Tara Friedman put the finishing touch on the game with an assist to Waldele with less than a minute on the clock to give Wilkes the win 5-0.

Green had seven saves in goal while Melissa Levush, DeSales goalkeeper, had four

After four straight wins, head coach John

Sumoski's team has blazed a path back into playoff contention. The Lady Colonels improved their record to 6-7-2 and a 2-3 record within the Freedom Conference.

The way the Wilkes players communicated with one another during the game shows a team that is unified. And the best news is that according to the coaches, the team has yet to peak.

"This is a good prelude to next week's game... I'm really pleased with the way we are playing," said Sumoski. Wilkes faces a tough game with Misercordia next week and need wins in the last two conference games to make it into the playoffs.

With four games left and two of those being must win conference games the Lady Colonels look to keep that "fire" burning.

# **Colonel Clipboard**

#### Freedom Conference Standings as of 10/15/03

Field Hockey	Conferer	ice O/A	Men's Soccer	Confere	nce O/A
Manhattanville	4-0-0	7-5-0	Drew	3-0-1	10-1-2
Drew	3-0-0	7-5-0	Scranton	3-1-0	3-9-2
King's	2-1-0	9-6-0	Lycoming	2-2-0	11-3-0
Delaware Valle	y 1-2-0	3-10-0	DeSales	2-2-0	9-5-0
Wilkes	1-3-0	7-6-0	FDU-Florham	2-2-0	7-6-0
FDU-Florham	1-3-0	6-7-0	Wilkes	1-2-1	5-9-1
Scranton	0-3-0	5-8-0	King's	1-3-0	7-7-0
			Delaware Valle	y 1-3-0	4-9-1
Football	Conferen	ice O/A	Women's Soccer	Confere	ence O/A
Delaware Valle	y 4-1-0	5-1-0	Drew	5-0-0	10-2-2
Lycoming	4-1-0	4-1-0	Scranton	4-0-0	14-0-1
King's	4-2-0	5-2-0	FDU-Florham	4-1-0	8-5-1
Wilkes	3-2-0	4-2-0	Lycoming	2-2-0	6-5-0

3-2-0 4-2-0

2-2-0 3-3-0

3-3-0 3-3-0 2-3-0 2-4-0

Susquehanna 3-2-0 3-3-0

Lebanon Valley 1-5-0 1-6-0 FDU-Florham 0-6-0 0-6-0

Albright

Moravian

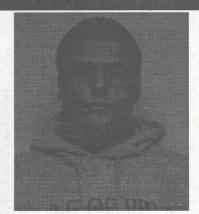
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1-3-0	7-7-0				
1-3-0	4-9-1				
Women's Soccer Conference O/A					
5-0-0	10-2-2				
4-0-0	14-0-1				
4-1-0	8-5-1				
2-2-0	6-5-0				
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Women's Tennis	Conferenc	e O/A
Drew	6-0	10-1
Scranton	5-1	11-5
FDU-Florham	4-2	10-2
Lycoming	3-3	4-5
Wilkes	2-4	5-5
King's	1-5	3-10
Desales	0-6	1-10
Volleyball	Conference	O/A
FDU-Florham	2-2	21-8
DeSales	1-3	11-13
Wilkes	1-3	.9-12
Delaware Valley	0-4	1-9
Lycoming	5-0	20-5
Scranton	3-1	13-10
King's	3-2	15-10

#### Athlete of the Week

**Julian Morales Football** 



Julian Morales, a Junior defensive lineman, scored a pair of touchdowns to help Wilkes post a win over Susquehanna on Saturday.

He picked up a fumble in the second quarter and raced 71 yards for a touchdown and followed that up by intercepting a pass and returning it 22 yards for a touchdown in the fourth quarter.

#### Numbers Of the Week

Number of consecutive shutout win's senior Katie Green registered for women's soccer

2 Number of game winning goals Erin Henry had for field hockey (3 goals total for the week)

1000 Number of yards Brett Tricholo broke for the season during Saturday's game

Number of goals Christina Waldele scored in the women's soccer team's 4 straight wins

# Spring Break 2004

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#### Weekly Recap

(10/18) Wilkes 59 Susquehanna 20

Men's Soccer (10/14) Scranton 6 Wilkes 1 (10/18) Wilkes 2 DeSales 0

Field Hockey (10/13) Wilkes 4 Marywood 0 (10/16) Wilkes 2 Moravian 1 (ot) (10/18) FDU-Florham 2 Wilkes 0

Women's Soccer (10/15) Wilkes 7 Marywood 0 (10/18) Wilkes 5 DeSales 0

Women's Tennis (10/16) Moravian 8 Wilkes 1

Women's Volleyball (10/14) Wilkes 3 Delaware Valley 0 (10/18) Wilkes 3 Montclair State 0 St. John Fisher 3 Wilkes 0

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# Volleyball Still in Playoff Running

### Lady Colonels split tri-match at Kings

BY STEVE KEMBLE Beacon Sports Editor

Last week the Lady Colonel volleyball team played well enough to give themselves a chance to earn a playoff berth. But the pressure is on, because playoff dreams can only come true if Wilkes wins two of the remaining three games in the regular season.

The Lady Colonels' week started out with a win on Tuesday night at home against Delaware Valley. Wilkes took three games in a row from Del Val to win the match.

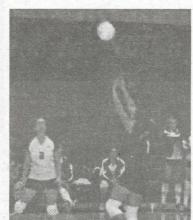
· Wilkes took its momentum from Tuesday night into the weekend when the Lady Colonels headed into a tri-match down the road at King's College. The Lady Colonels ended up with a win and a loss on Saturday afternoon and see their record at 10-13 overall.

The Lady Colonels' first match of the day was against Montclair State (7-24). Wilkes took the match in three straight games: 30-20, 30-26, and 30-14.

"Montclair was a weaker team; they left it up to us if we wanted to

win or lose. Thank God we actually the match: 12-30, 20-30, and 27-30. decided to win that one," commented Scott VanValkenburgh, Wilkes Head Coach.

Amber Brennan led Wilkes with 19 digs in the match. Nichole Hahn



The Beacon/Kristin Hake

led the Lady Colonels with 27 assists and Megan Riley added 8 kills and 11 digs. Alicia Vieselmeyer also contributed 8 kills and 8 digs.

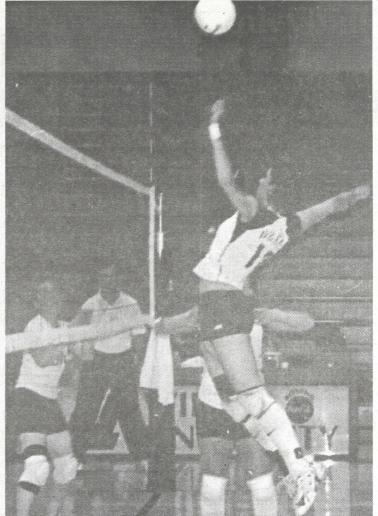
In their second game of the day, the Lady Colonels matched up against St. John Fisher (13-15). St. John Fisher swept Wilkes to take

Jeanine Barber and Alicia Vieselmeyer led the team in kills with 6 each. Nichole Hahn led the Lady Colonels with 15 assists and Amber Brennan led Wilkes with 14 digs.

The Lady Colonels were hoping that St. John Fisher would be fatigued from a tough first game. "I was hoping to take advantage of them [St. John Fisher], because they lost in five to King's, but we just couldn't find a way to take advantage of it," said Van Valkenburgh.

The Lady Colonels have three very important games remaining in the regular season and their final home game of the season against FDU could determine whether Wilkes makes the playoffs or not.

Van Valken Burgh looks optimistic that his team will pull through. "If we beat DeSales and FDU we have a playoff spot. We could have beaten almost any team we played this year. There were actually very few teams better than us. We're just a young team; we don't hate losing and that's what it comes down to.'



he Beacon/Kristin Hake

Alicia Vieselmeyer goes for a spike against DelVal on Tuesday night at the Marts Center.

# jampus Galendar

#### TODAY(10/20)

Book Amnesty Week @ E. S. Farley Library - all book fines forgiven

#### TUESDAY (10/21)

VPA: NUArts Concert @ Dorthy Dickson Darte Center 8 PM Book Amnesty Week @ E. S. Farley Library

#### WEDNESDAY(10/22)

Krysten & Eric of Crush @ Rifkin Cafe Stage in SUB 8 PM

Volleyball @ DeSales 7 PM

Women's Soccer @ College Misericordia 7 PM

Book Amnesty Week @ E. S. Farley Library

### THURSDAY(10/23)

Field Hockey vs. Cortland State 4 PM

ook Amnesty Week @ E. S. Farley

## FRIDAY(10/24)

King Gimp @ HSC Ballroom 7 PM PACC Conference - thru Sunday @ Grantville, PA Book Amnesty Week @ E. S. Farley Library

#### SATURDAY (10/25)

Women's Soccer @ Elizabethtown 1 PM Men's Soccer @ Elizabethtown 3 PM Ice Skating @ Ice Box in Pittston 12 AM -

Book Amnesty Week @ E. S. Farley Library

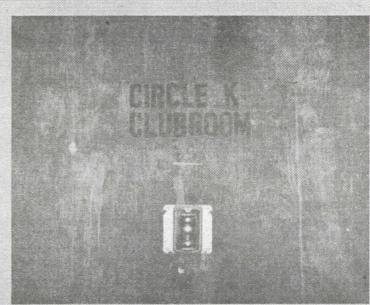
#### SUNDAY (10/26)

Book Amnesty Week @ E. S. Farley Library

#### **Word Scramble Answers**

Wheel of Fortune Jeopardy Millionaire Hollywood Squares The Price is Right Family Feud Weakest Link Street Smarts

Congratulations to Jed Landis, who correctly identified last week's "Find This Picture." As Landis cited, last week's picture depicted part of the south side of Chase Hall. Jed will receive a \$10 cash prize courtesy of Programming Board.



The Beacon/T. Mick Jenkins

#### Find this Picture on Campus & Win CASH

This photo was taken somewhere on Wilkes University's Campus. When you find it, email us at wilkesbeacon@hotmail.com. Be sure to put "Campus Picture" as the subject heading, as well as your name and phone number, and campus mailbox bumber in the body text. The first person to correctly identify the location of this picture will be recognized in next weeks issue, and will receive a \$10 cash prize, courtesty of Programming Board.

### The Beacon welcomes notices of

Post your event by visiting www.wilkesbeacon.com or email wilkesbeacon@hotmail.com