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Pa. Newspaper
Association Member
Volume 72, Issue 05

THE BEACON

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Wilkes University - Wilkes-Barre, Pennsylvania

The news of today reported by the journalists of tomorrow.

World record attempted at the River Common

By Maddie Davis
Co-News Editor

On Saturday, Sept. 29, Wilkes-Barre, with the help of the ChalkFest and Hydromania organizers, attempted to break the Guinness world record for the longest chalk pavement drawing.

Greely, Colo. currently holds the record with a three and a half mile drawing, and the City of Wilkes-Barre and the volunteers are hoping to beat it.

Taylor Hubiak, a sophomore in business management at Wilkes, volunteered at the event through her internship at City Hall and expressed her feelings about the world record.

"I am very excited," said Hubiak, "I think we are [going to break the record]. We have some pretty competitive people here.

"Whether the public helps us make it or just the coordinators we are going to make it at the end of the day," added Hubiak, "no matter what."

More than two dozen volunteers helped pass out more than 3,000 boxes of chalk to all their registered participants to help facilitate the breaking of the world record.

All ages from all over the greater Wilkes-Barre area participated at the River Common to work together in a common goal, to break the world record.

John Maday, Executive Director of the River Front Parks Committee, is one of the organizers of this ChalkFest, and the eight others he has held to promote environmental



The Beacon/Steffen Horwath

Taylor Hubiak, a sophomore business management major, contributed to the chalk drawing.

education through this larger committee.

The River Front Parks Committee is an environmental education organization. They teach the general public through these public, and fun events to attract a lot of people. Their "classrooms" are set in places along the Susquehanna rive like Kirby Park, the River Common and many others.

At a typical ChalkFest, Maday had said they average about 400 to 500 people to

attend the event. This year they expected anywhere from 1,00 to 1,500 people to help break the record.

"We also see value in engaging the community in these types of events," said Maday. "There is so much acrimony in the world especially in this hotly contested political season," which he hopes to set aside

SEE CHALK, Page 5



Submitted by Mimachi Dimoriaku

**Theatre Department
changes musical following
controversy, page 4**



The Beacon/Madi Hummer

**Self Care with Sarah,
page 9**



**Is world peace an attainable
ideal?, page 15**

Upcoming Annual Internship, Career & Professional School Fair

By Catie Lally
Staff Writer

Wilkes University's annual fall semester Internship, Career and Professional School fair is this Thursday, Oct. 18 from 11 a.m. to 3 p.m. There will be between 60 to 70 companies attending, as well as approximately 20 graduate programs that will provide students with valuable information and resources.

The fair offers students a valuable experience: "The paper just doesn't get you the job anymore, you have to do it yourself with your personality," said Sharon Castano, the Director of Internships at Wilkes. Castano aids students with making resumes, writing thank you letters and developing interview skills.

Castano mentioned that her favorite part of her job is the reward of seeing students be successful in their interviews even if they do not end up with the highest paying job.

SEE INTERNSHIP, Page 7



The Beacon/Kyle Kraemer

**MSOC: Colonels bounce
back and beat
Scranton, page 20**

News

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

Student Government notes: Sept. 26 weekly meeting

By Sean Schmoyer
Staff Writer

This week's Student Government meeting began with the introduction of the new freshman members. After each student accepted their position the board moved to have this week's fund requests presented.

The NSO (Nursing Student Organization) was the first group to petition to Student Government.

The group requested a total of \$5,000 to cover their trip for their NCLEX Bowl in which nursing students would partake in a tournament that will help prepare students for the NCLEX.

The event will also consist of other events and votes that the Wilkes branch of the NSO wishes to partake as it offers useful

knowledge that can be shared throughout the nursing class.

Next on the agenda was the Spirit Committee's fund request of \$680.60 to help put together their yearly Marts Madness event that will be held on Thursday, Nov. 1 at 9 p.m.

They discussed the games and competitions that will be held at the event such as a set of Minute to Win it games.

The final fund request was from the Fall Event Committee who proposed a budget of \$5,824.47 for their upcoming event October event.

The event will be held on Oct. 19 from 3 to 7 p.m and it will be held in the MAC in UCOM. It is planned to include inflatable activities such as races and extreme laser tag among other activities such as bubble

soccer and a slime activity.

After each fund request, the board split into groups and discussed opinions on each proposed budget.

No formal decisions will be made on how much money each proposal will receive until next week's meeting.

Student Government President Hunter Hughes went over the etiquette policy for the newer members of the board and then brought up the old business and petitions from last week's meeting for further and final discussion.


Committee reports and closing comments ended the evening and included the following.

Reminders that the Commuter Council's trip to Niagara Falls still has available seats available for students.

Wilkes University's Programming Board has a poll up on its social media, on Wilkes Today and website regarding the potential act for the Spring Concert for students to fill out and decide who will perform. The potential acts now are R&B artist Nelly, country duo Dan & Shay, electronic duo Matt & Kim, and DJ Steve Aoki.

Wilkes' Resident Hall Council will hold a voting poll for their dorm room contest on Oct. 9 from 1 to 3 p.m. in the SUB to decide the winner.

The members of all groups encouraged students across all years to come out and participate.

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Beacon Briefs: The happenings on campus -- Oct. 2 to Oct. 8

Compiled by Madelynn Davis

Volunteer at the Sordoni Art Gallery

Students, faculty and staff are welcome to share their appreciation of art and volunteer at the Sordoni Art Gallery. In order to apply, follow the link on Wilkes Today for the application. Please contact Nicole Lewis at Nicole.Lewis1@wilkes.edu for further details.

Catherine H. Bone Lecture to be held on Oct. 17

Dr. Geraldine Richmond will speak at the Bone lecture on Oct. 17 at 7 p.m. in Stark Learning Center room 101. Her

lecture is titled "Mulling over Emulsions: molecular assembly at complex liquid surfaces."

Campus Halloween Party seeks Participants

Campus clubs and organizations are invited to host a table at the Annual Community Halloween Event. Space is first come, first serve. Each table is expected to bring their own food and/or activity. The party will take place from 4 to 6 p.m. on Sunday, Oct 28, in the Henry Student Center. Anyone interested should contact Kristin Osipower at Kristin.Osipower@wilkes.edu or ext. 5904.

Indoor Rock Climbing


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

Chamber Orchestra welcoming new members

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

Flu shots available at Passan Hall

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

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Upcoming Events: 2018 Fall Semester

October

- 4 - Homecoming Pep Rally
- 5 - Homecoming Dance
- 6 - Homecoming Game vs. Albright
- 17 - Catherine H. Bone Lecture
- 18 - Fall Fest (WUPB)
- 19 - SG Fall Event
- 22 to 26 - Freak Week (WUPB)
- 22 - Monster Social Monday (WUPB)
- 23 - Zombie Bar (WUPB)
- 24 - Mobile Escape Room (WUPB)
- 25 - Bingo (WUPB)
- 26 - Scary Place (WUPB)

November

- 1 - Cupcake Wars (WUPB)
- 6 - Casino Week: Texas Hold 'Em (SG)
- 7 - Casino Week: Bingo (SG)
- 9 - Casino Night (SG)
- 15 - Wing Wars (WUPB)
- 21 to 25 - Thanksgiving Recess
- 29 - Bingo (WUPB)

December

- 6 - Holiday Party: PJs and Pancakes (WUPB)
- 10 - Final Exams Begin

WUPB denotes Wilkes University Programming Board
SG denotes Student Government

Want your event featured in the calendar?

Email Madelynn.Davis@wilkes.edu

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Director of Sordoni Art Gallery recognized by Tanne Foundation

By Sean Schmoyer
Staff Writer

Wilkes Director of the Sordoni Art Gallery Heather Sincavage was recognized by the Tanne Foundation for artistic achievement. One of seven artists across the country recognized Sincavage received a monetary award which she put towards her performance piece "The Burden of This" over the summer in London. The award also is going to developing of her new work.

Sincavage's performance "The Burden of This" involves Sincavage carrying her body weight in manure as she goes through public areas.

"It is a piece about how we are always contending with our trauma, we walk around with it, we may not be talking about it or advertising it, but it is something that is very much apart of us," said Sincavage. "It is a part of who we are, how we act, how we interact with others and that trauma becomes formative in who we are and how we act. I want to bring attention to that we may try to keep that trauma private, but it is very much apart of our lives."

Sincavage grew up in a family that valued the arts from visual to theatre to all kinds. Her father was a graphic

designer and a painter as well.

"I had always wanted my work to look like his when I was younger and would get mad when it did not," said Sincavage.

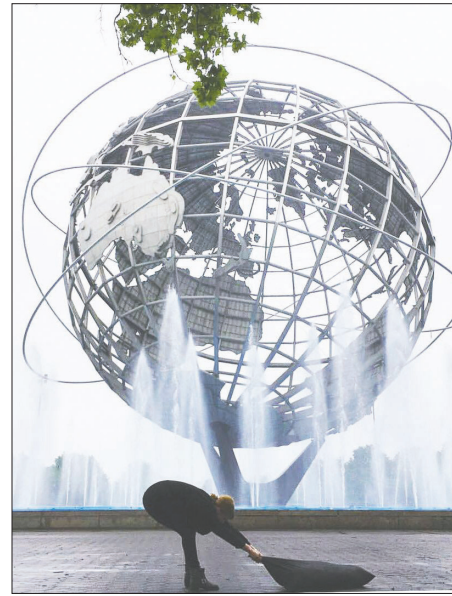
Art became a part of Sincavage's life, she would go with her family to art museums in New York on the weekends and art became like another family member to her.

"It was never really a question. I always knew that that is what I was going to do. It was never going to be anything else. If I wasn't an artist I would teach English. My parents realized that and made me very aware of programs and I ended up at Tyler's School of Art in Philly," said Sincavage.

Sincavage later went on to receive her MFA at the University of Washington.

She later served as director of the Reed Fine Art Gallery and University Collections at University of Maine at Presque Isle.

"[The art gallery] is like the best playground ever. This is probably two and a half times larger than the art gallery I worked in Maine. We're established, the space is just amazing to work with and I love the fact that we can be flexible and show many different kinds of art. The show we have going now is winding down and the next one will be completely



Submitted Photo

Sincavage has performed her piece in various places, including London.

different," said Sincavage.

Sincavage hopes to be an extension for programs on campus and allow for them to see the curriculum of their courses in a non-traditional classroom, as well as provide exposure for students who have not been to an art gallery. She hopes students will be able to learn more about the communities around, topics they might not know, and get more involved with things they are apart of.

Jessica Morandi, a sophomore DDMA and Marketing major who works at the Sordoni Art Gallery spoke highly of her experiences with the gallery.

"Honestly, I love working at the gallery. It is enriching me with lots of knowledge and experience in many fields," explained Morandi. "Heather is an amazing boss, I would not want to work for anyone else. She is kind, encouraging and inspiring, especially as a strong female role model. I have definitely picked up on putting a lot more thought into the meaning behind work. Heather was helping me come to a fuller understanding of not only my art, but also art around me."

Sincavage hopes to see the art minor at Wilkes grow and hopes that her recognition and award will help bring notice to the work Wilkes help her create.

Sincavage did not start off as a performance artist, her degree is actually in metalsmithing. From there she believed there was more potential that she could do with the art she was making

and wondered what she could do in other forms.

Nikki Hart, a junior environmental engineering major who works at the Sordoni Art Gallery spoke about the knowledge she gained from working with Sincavage.

"Working with Heather has been amazing. I come from a side of campus that has very few women so Heather is a female role model to me. I love working at the gallery it makes me feel like I am a part of something big and exciting," said Hart. "I learned from Heather that art does not have to be necessarily beautiful. Art can be made from everything as long as it has meaning. I also learned that not everyone is going to love and appreciate your art and that is okay."

Sincavage hopes that the gallery will inspire people to create more art.

"I love being in this role as an advocate for other creatives it is amazing. Art is a hard field, you are told no more than yes. You can take many routes to get to where you want to be as long as you believe in what you are doing and your form of expression. It is staying true to your vision, my biggest thing is to not give up. Keep on the path because what you know in your heart of hearts is what the right path is."

Students and community members interested in the art field or the Sordoni Art Gallery should feel comfortable asking or contacting Sincavage for more information or advice about the field and events going on.

The Tanne Foundation was created in 1998.

"...the Tanne Foundation has interests in filling cultural voids, enriching the artistic experience and broadening horizons for artists and their audiences," says the organization's website.


The award given to Sincavage is a special award given to individual artists which recognizes their achievements despite limited financial resources.

The next exhibit goes from Oct. 23 through Dec. 16, titled "Loud Silence: Expressions of Activism." The exhibit will feature more than 40 artists, including Judy Chicago, Kara Walker, Faith Ringgold, Ana Mendieta, Kiki Smith and Jenny Holzer.



Submitted Photo

Heather Sincavage performing her performance piece, "The Burden of This." Sincavage carries her body weight in manure to signify the way living with trauma feels.

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Theatre Department changes musical following student concerns

By Cabrini Rudnicki and Maddie Davis
Co-News Editors

The theatre department at Wilkes University was scheduled to present the musical "Evita" in Fall 2018, but it was met with backlash from the students of the department.

"Evita" is set in Argentina and follows the life of Eva Perón an Argentinian political leader. It focuses on her early life, rise to power, as well as her death.

When the musical was announced to the musical theater students, as all musicals and plays are, it was met with negative feedback because the students were not comfortable with primarily white students starring as Latinos.

The musical has since been replaced.

According to students in the department, after the students deliberated with each other in person and through private group chats, they decided to approach the heads of the department in a professional, but effective way: by drafting a letter and petition to not perform "Evita."

The four-page letter, which was sent out June 15, two days after the announcement of the musical, shared the select students concerns were addressed to "Wilkes University Theatre Department" and included the following:

"As actors, it is true that the art requires us to portray characters and people who differ from our everyday selves," wrote the students, "However, it is completely different to portray someone of a race or ethnicity that does not match our own.

"Being that Wilkes University Theatre is a predominantly white institution, we don't feel it is appropriate for non-Latino actors to portray characters of a different ethnicity, as would be required for Evita.

"...Students in the department of Latino heritage have made it clear that they would not be comfortable with students who are not of Latino descent portraying these roles," added the select students. "Our fellow Latino actors would be offended by our participation in this show, which would be another example of the whitewashing of racially-influenced roles in modern theatre."

The students also commended the department for its efforts to avoid cultural appropriation with the spring production of "Chorus Line." In the

musical there were some roles that were altered to fit the cast of the production, which the students were appreciative of.

However, they believed there was no altering "Evita" without losing the Argentinian-driven culture of the story.

The petition also included a statement saying that the petition was not from a singular student, but rather written collectively as a whole.

While the students boycotted auditions, they did not boycott working behind the scenes. In the department, students are required to work on every production for a grade; however, they are not required to audition.

The first day of the fall semester, the students were met with a department meeting discussing the issue.

After the meeting, the department continued to run auditions for the musical. According to the students, only seven people auditioned. After that, the musical was changed.

Brianna Schunk, a former musical theatre major and now English major, was one of the students who signed the petition.

"The (initial) plea fell on deaf ears," said Schunk about the petition to drop the production of "Evita" from the fall line-up of production, noting that the department continued with the auditions.

Schunk was also involved in multiple productions after she had left the department a year ago, such as "Pippin" and "A Chorus Line."

Theresa Fallon, director of theatre, declined to comment on the student boycott and the department's decision to cancel "Evita."

Josh Shepard, one of the students who signed the petition, spoke about the feelings of some of the students.

"We didn't feel comfortable portraying a culture that we knew we had no business portraying," Shepard said.

The petition sparked a debate over the difference between ethnicity and skin color.

"The first time Evita came out, it was the 1960s, and it was an all Caucasian cast. I am saying Caucasian, because Evita is white, but she is also Hispanic," he explained. "That is one thing we were trying to clear up, was there was a difference between color and race. There are white people who are African-American, there are white people who are Indian, and on the other hand there



Submitted by Mmachi Dimoriaku

Joshua Shepard starred in "Pippin," part of Wilkes University's 2017-2018 season. He took on the role as the "Leading Player" of Pippin and put his own spin on the character.

are black people who are German. Color is not the only factor, it is also the ethnicity and race."

After the petition, the students and the faculty of the department had a back and forth conversation about the issue.

One issue brought up was Lin Manuel Miranda's, take on non-latino students portraying characters in his predominating latino cast of "In the Heights." Miranda is a famous and respected theatre director,

"He feels that it is OK for high school students to do 'In the Heights', because they are just learning about the arts and who they are," explained Shepard.

The interview was brought to the students' attention as a way of supporting the department's claim, but Shepard says it actually supported their petition further.

"That's high school; we are not in high school anymore. We are now at a stage in our career where we're building our character, we are establishing who we would play in musicals and in plays. Evita just didn't feel appropriate."

Evita was announced to be replaced with a Tribute to Andrew Lloyd Webber, composer of Evita, as well as many other famous musicals including Cats, Phantom of the Opera and Jesus Christ Superstar.

The first six songs from the performance are songs from Evita.

"I guess it feels like a compromise," said Shepard.

The boycott led one student, Mmachi Dimoriaku, to audition for a musical at King's College, Ragtime.

The musical, which has a racially diverse cast, was opened up to non-King's students in order to portray a properly diverse cast.

"I am really happy that they opened up auditions to the community. I feel like if Wilkes had opened up Evita to the community, the response would have been just as great, if not a bit more than Ragtime."

Dimoriaku plays a role in the Harlem Ensemble.


Isaiah McGahee, a Wilkes University communication studies and political science junior, plays a principal role in the musical.

"If there was one musical I wanted to do, I wanted it to be Ragtime. When they finally opened the musical to the public, I auditioned."

This is McGahee's first time in a musical, but he says he wants to participate in Wilkes musicals as well.

Ragtime opened on Sept. 27. The next performances are Oct. 4, 5, 6 at 7:30 p.m. at King's Widmann Gallery, Sheehy-Farmer Campus Center.

The Music of Andrew Lloyd Webber runs Nov. 15 through 18 at 8 p.m. with 2 p.m. matinees on Nov. 17 and 18.

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Wilkes-Barre Chamber Spotlight holds Women's Entrepreneurial Series

By Cabrini Rudnicki
Co-News Editor

The Greater Wilkes-Barre Chamber held the Women's Entrepreneurial Series on Wednesday.

Wilkes-Barre Connect and Penn State Wilkes-Barre sponsored the event, which was held in the THINK Center. The event was part of the Wilkes-Barre Connect's Spotlight series.

Dr. Dale Jones, Chancellor of Penn State Wilkes-Barre, opened the night by recognizing the importance of the series.

"Spotlight is our version of TedTalk, featuring an entrepreneur from outside of the area focused on inspiring our students and local businesses," said Jones.

Featured speaker was Kim Kaupe, co-founder of the Superfan Company. Kaupe was previously on *Forbes*'s 30 under 30 list, *Advertising's* 40 under 40, and *Inc's* 35 under 35 list.

Kaupe's marketing company, Superfan Company, was started eight years ago.

After introducing herself, Kaupe spoke about the importance of internships and connections.

"Your GPA does not matter, your test scores do not matter," she said. "For me, my internships were imperative. It truly is about who you know and the resources that you are connected to."

"Where can you learn more, that is imperative," she explained. "If I could go back in time to college, it would be to utilize my resources more effectively, because those networking skills are invaluable, and something you should absolutely take advantage of as much as possible."

After graduating from the University of Florida with a business degree, Kaupe moved to work for Conde Nast in New York City.

"I thought of myself as the Chief Solution Officer," she said. "I was going to solve any problem that came my way. Big problems, small problems, anything that came in front of me I was going to solve it."

After telling a story about walking her boss' dog in order to decrease her boss' stress, Kaupe asked the audience to think of problems in their life.

"My question to you is: What problems are you not solving?" she asked. "I

challenge you to take on those problems. No one has ever said we want less solution."

Kaupe continued her speech by discussing more tips for entrepreneurs, including educating oneself as much as possible.

"Before your idea can take off, you have to make sure people want your idea."

Kaupe described how she kept a full-time job while also beginning her company at the same time. When her company gained enough traction, she left her full-time job.

"We hesitated six, seven, eight, nine times, before we realized that there is never the right time to quit your job or to go into entrepreneurship because it's really scary."

Kaupe recommended asking one's self, "What's the worse that could happen?" before jumping into a big decision.

"As long as I was able to stomach the final outcome, go for it. If you can't stomach the final outcome, do your best to prepare. Always be prepared for the worst case."

Other women entrepreneurs visited the event via video.

Michelle Lehman, founder of Rae Sleeves, discussed how her invention solves

common everyday women's problems

Rae Sleeves are tights-like material to be worn under sleeveless tops in order to help women with upper arm insecurity.


Lehman, who went to Wilkes University for her undergraduate studies, spoke about her journey to starting her business.

"After studying in Dublin, Ireland, for my senior year, I came back with a crazy idea to start a fashion line. One year later, Rae Sleeves is my entire world."

Other speakers include Zubeen Saeed, President of Building Blocks Learning Center; Natalie Lynn, owner of Counterpart Kombucha; and Lisa Urbanski, president of Brighter Journeys.

The WBC Spotlight series is a quarterly event dedicated to being an opportunity for industry leaders in NEPA to meet and discuss potential partnerships.

The entire event was livestreamed on the Wilkes-Barre Chamber of Commerce Youtube, and is available for viewing at any time under the name 'W/B/C Spotlight - Women's Entrepreneurial Series Live!'

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CHALK, from front page

with this community-building event.

"What you're going to see today is people coming from everywhere and enjoying themselves," said Maday.

When the committee first started ChalkFest, they realized if you put people together, they would come together and converse. In all following ChalkFests, Maday had purposely designed the layout of the available concrete space to get families and other participants to interact with each other.

"It's that kind of harmonious event that we are putting forward," said Maday.

Aside from the main event of the world record, the event had different exhibits set up to help further educate volunteers and participants.

There were many environmental exhibits and tables held at the event to further drive this goal of environmental education among the public.

There was also a voter registration booth from Luzerne County to get people signed up to vote in the upcoming mid-term elections in November and a table for a local food drive for the Weinberg Food Bank in Pittston, Pa., was stationed by the chalk table.

Participants, volunteers and supporters are the reasons Maday says an event at this

caliber would go on today.

Maday compared the three components of ChalkFest to the three legs of a three-legged stool.

Each one of these legs are essential to keep the structural soundness of the stool. Without even one of these, the stool will not stand.

The stool's legs resemble the components as with none of these, said Maday, ChalkFest would not be able to succeed and break this record. They would not be able to educate the public of the environment much like they were able to on Saturday.

"We will continue to do this as long as we have those components," added Maday.

Nicole Wilson and her daughter from Plymouth also joined the communal crowd for the world record at the River Common for their first ChalkFest.

"It sounded exciting because of the potential to break a world record," Wilson said about her interest in the event.

Wilson had seen the event advertised on Facebook where they were asking for volunteers to help and thought it would be a fun event for her and her daughter to be apart of. They especially hoped they would become apart of history.

She was especially surprised that the event was up for a world record, mainly because of how obsolete and hidden Wilkes-Barre is to




The Beacon/Steffen Horwath

Joanne Rayanis of Plains, Pa. decided to draw a blue heron and a portrait of a younger girl.

others within not only the United States, but the world.

"There aren't usually big things that go on here [in Wilkes-Barre]," said Wilson about the event, "and now you're talking about a Guinness world record, which is very popular."

The decision and ruling by Guinness will not be decided until later next week as the judges have to assess the length of the chalk drawing and many other factors involved with the event.

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Marsy's Law PA holds presentation on campus safety

By Cabrini Rudnicki
Co-News Editor

Marsy's Law PA held a tele-townhall on Sept. 21 for National Campus Safety Awareness Month.

The event was a call-in press conference for college journalists.

Two speakers, Jennifer Storm and Jennifer Riley, spoke about the importance of Marsy's Law and its relationship to National Campus Safety Awareness month.

Marsy's Law PA hopes to elevate victims' rights to the state constitution. After creating the law in 2008 in California, efforts were spread to other states including Kentucky, Georgia, Nevada, North Carolina, Wisconsin, Idaho, Oklahoma, Maine and Pennsylvania.

"While criminals have more than 20 individual rights spelled out in the U.S. Constitution, the surviving members of murder victims have none," says the Marsy's Law for Pennsylvania website.

Jennifer Storm, the Commonwealth Victim Advocate, works to represent the rights of crime victims before the Board

of Probation and Parole as well as the Department of Corrections.

"What most people don't realize is that when [criminals] become incarcerated, the victim still has a lot of rights that they are required to receive and afforded to receive by law," explained Storm.

"What's so amazing about Marsy's Law is that it is going to take the rights of those victims and codifying them in the Constitution, which for us is just going to strengthen those rights and make sure all victims understand and appreciate the ability to engage those rights."

Jennifer Riley, Director of Marsy's Law for PA, spoke about the importance of National Campus Safety Month.

"From a Marsy's Law perspective, every time someone is assaulted, that is a crime, and that is when Marsy's Law comes in."

Marsy's Law organizations hope to eventually extend the law to federal jurisdiction.

"Here in Pennsylvania, we are one-third away from changing our Constitution," she said. "We need to pass the next legislative session."

The constitutional amendment was

voted on unanimously in June by the state House and Senate. The next legislative session begins in January 2019.

In November of 2019, if the law passes the next two legislative session, the law will be on the Pennsylvania state ballot for voters to vote on.

"Similar to the Miranda Rights, a victim of crime is given their rights as well by law enforcement," said Storm. "You have the right to be notified on everything happening in this case, you have the right to know if/when your accused are arrested, incarcerated, make bail. You have the right to be at any court events."

Also included is the right to a victim advocate, or as Storm puts it, "the right to not be alone."

"[Victim advocates] are there as navigators, to answer questions, and to explain the confusing jargon that happens in court cases."

The speakers then went into analyzing campus safety.

"You think back when you are growing up and you are told don't talk to strangers, but then you are thrust into a college environment and it's all you do because


you want to make friends," explained Riley "That's one of the reasons the first six weeks are called the red zone, because you are surrounded by people you don't know. This is the first time you are living on your own, and you may forget to lock your door."

"The other factor that really impacts the college environment is alcohol," continued Storm. "Most college freshmen are only 18, so they are not of age to drink in Pennsylvania, but that doesn't mean alcohol is not available to them."

Sergeant Edwin Weidow, of Wilkes University Campus Public Safety, explained specific tips for Wilkes.

"Being aware of your surroundings is the most important thing," he explained. "Walk in pairs or in a group, especially later at night."

Public Safety is putting together campus-wide Safe Training, a situational awareness class. Contact Edwin.Weidow@wilkes.edu for more information.

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Est. 1936
Pa. Newspaper
Association Member
Volume 72, Issue 05

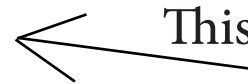
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Life, Arts & Entertainment

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INTERNSHIP, from front page

Her main goal is to see students grow in confidence, allowing them to have successful interviews and receive job offers. It is also an opportunity for professional development. "Professional development is a very important part of the whole collegiate process because, if you can't do that when you're ready to graduate, you can't get the job," said Castano

In addition, all students can gain something from attending the internship fair. For first year students, this is an opportunity to practice creating a resume and learning how to ask professional questions. For sophomores, the fair allows you to do research on different companies for potential internships. For juniors and seniors, this event even allows you to further look for and apply for internships, careers, and Graduate schools.

Caitlin Brossman, a sports management

major, interned at WBRE and WYOU. "I helped with planning out their shows on a daily basis. I helped plan some dinners and events that they were doing as well," said Brossman. In the future, she hopes to plan events for places like hotels or casinos.

Brossman stated that her internship "gave me more of an insight of how things are operated and how things should run." This real-world experience allowed her to develop a better insight into her future career and will aid her in the transition to working life. Brossman recommends the fair "because you meet a lot of interesting businesses or companies that could potentially help you further your future."

Tobias Mintzmyer, a sociology major with a minor in women's studies and a concentration in anthropology interned at Minor's Medical Addiction treatment facility in Ashley, Pa. He ran counseling sessions, typed notes, and did paperwork. His internship "It gave me a taste of what the job is going to be like and what kind

of duties the job is going to entail," said Mintzmyer.

He said enjoys working with people in addiction because they often have co-occurring issues with mental health. Due to this, he has working experience that would fit most counseling positions. As his internship was ending, Mintzmyer has hired to work there, he stated that his internship eased the transition into a paid position.

Dylan Farrow, a business administration major with a concentration in marketing interned at Keystone Automotive Operations working in sales and account development. "I would absolutely recommend the internship fair to other students. You gain valuable, real world knowledge while working an internship. More importantly, you expand your network and meet a lot of new people! Even better, in cases like mine, you can secure a job that will allow you to live anywhere in the country after graduating," said Farrow.

Castano has several tips for people attending the fair. First, make sure to eat before attending, when you are hungry you have trouble focusing. Second, bring 20 to 30 resumes to hand out to companies or schools and bring a notebook so you can take notes and remember what people said. Third, make a list of organizations you would like to talk to, start with your least favorite and work your back to your first choice. This allows you to practice your pitch and work out some nervousness you may be feeling. Fourth, follow up with companies after you give them your resume you should email them thanking them for attending.

For more information regarding the internship, career and professional fair, contact Sharon Castano at Sharon.Castano@wilkes.edu or Jordan Adkins at Jordan.Adkins@wilkes.edu.

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QUESTIONS? CONTACT SHARON CASTANO, INTERNSHIP COORDINATOR - 2ND FLOOR HSC

The beginning of the holiday movie season; movies to see during fall semester



By Nicholas Filipek
Managing Editor

As October officially begins, so does the holiday movie season. Luckily for students, as we head deeper into the fall semester, we can rely on plethora of good movies to release during this time. This is that special season where major hollywood studios tend to release their more heartfelt and thought provoking films, not to mention more family friendly flicks. Though a few action packed movies might slip in there every now and again, generally speaking, the start of October brings an end to the “summer blockbuster” season.

This holiday season may be one of the best that the industry has seen in a while, with several major titles hitting the silver screen over the next few months. These are the movies everyone should try to go see, assuming they can pry themselves away from their library chairs long enough to find themselves into a cinema seat.

Halloween- Oct. 18. Directed by David Gordon Green, written by David Gordon Green & Danny McBride & Jeff Fradley. Starring Jamie Lee Curtis, Judy Greer, Will Patton, Halik Bilginer and Andi Matichak.

Believe it or not, Michael Meyers will be making his way back to the big screen again, and no, we are not talking about a chance for another Austin Powers movie, wrong Michael Meyers.

Instead, the man in the white mask will once again be slowly chasing teenagers around with a knife, while bumping that haunting techno music beat the world has come to associate with this classic horror film character.

This will mark the eleventh time the psychopathic serial killer has been featured in films, while also marking Curtis’s fifth time playing the character Laurie Strode.

When news of this movie first broke into the mainstream media, it was stated that that it would not be a “remake” or “reboot”, but since then the direction of the film has shifted course and is now said this is going to be a direct sequel to the original 1978 Halloween, erasing the continuity of the aforementioned 11 movies, and starting a new series from here.

The Hate U Give- Oct. 19. Directed by George Tillman Jr., screenplay by Audrey Wells, based upon the novel by Angie Thomas. Starring Amandla Stenberg, Regina Hall, Russell Hornsby, Anthony Mackie, Issa Rae, Common and Algee Smith.

Starr Carter (Stenberg) is the only witness to the murder of her childhood best friend, who was shot by a police officer, and now must find her voice in order to stand up for what’s right and honor the memory of her friend.

The book, which the movie is named after, was published in February of 2017 where it debuted at number one on The New York Times young adult best-seller list. Even more impressively, the title held that spot for the next 50 weeks.

The book has also had some controversy surrounding it due to its depiction of drug use, profanity and other offensive languages that has left some to deem it as “pervasively vulgar”. This has led to The American Library Association listing it as one of the most challenged books in 2017.

In a world where the synopsis of this movie can be easily interchanged with a news headline, it is important to keep stories of this nature in the forefront of everyone’s mind so we never forget that instances like the ones depicted in this story happen everyday.

Bohemian Rhapsody- Nov. 2. Directed by Bryan Singer, screenplay by Anthony McCarten, story by Anthony McCarten and Peter Morgan. Starring Rami Malek, Gwilym Lee, Ben Hardy, Joseph Mazzello, Aiden Gilen, Lucy Boynton, Tom Hollander and Mike Myers.

Right now, I am going to tell you to do the one thing a good writer should never do. I realize that this comes with a high risk, but in telling you to follow the next bit of advice, your life will become more enriched. Stop reading this article, and go look at the trailer for this movie, because it is a masterpiece.

As the trailer plays, showing you the small bits and pieces of the movie, the music accompanying the scenes, is a character itself. It moves the trailer along

so seamlessly and extraordinarily that by the time it is over, you have the urge to go back and watch it again.

Freddie Mercury (Malek) and the rest of Queen are brought to life so beautifully by the cast, and with the soundtrack behind them, it just brings the entire vision to life in a truly awe inspiring fashion.

This was all done despite having some major controversy during the production of the film. According to the BCC, Malek had grown tired of Singer’s erratic behavior, which saw him routinely showing up late to set or disappearing altogether. Singer was gone so often in fact that cinematographer Newton Thomas Sigel stepped in on the days where Singer was a no show.

Let’s hope that whoever got us to that beautiful trailer is in charge of the final product being delivered because anything less at this point would be a travesty.

The Grinch- Nov. 9. Directed by Yarrow Cheney and Scott Mosier. Screenplay by Michael LeSieur and Tommy Swerdlow, based on the book by Theodor Geisel aka Dr. Seuss. Starring Benedict Cumberbatch, Rashida Jones, Kenan Thompson, Pharrell Williams, Cameron Seely and Angela Lansbury.

The grumpy ol Grinch is back for another bite at the onion in this new look brought to you by Illumination Entertainment. This will be the studios second time coming to bat with a Suess film after their 2012 film, *The Lorax*.

Most folks remember the Ron Howard directed, 2000 live action version of the story, starring Jim Carrey. This version of the film is still played as often as the 1966 animated classic, and probably wouldn’t suffer from a “sprucing up”.

So far the only real information known about the plot of the movie is pretty standard for the retelling of the classic Dr. Seuss story, but I am sure this ultra creative movie giant will find a way to spin a new tale with these characters while paying homage to the original legend.

Holmes & Watson- Nov. 9. Directed and written by Etan Cohen, based on the characters created by Sir Arthur Conan Doyle. Starring Will Ferrell, John C. Reilly, Rebecca Hall, Kelly Macdonald, Ralph Fiennes, Steve Coogan, Lauren Lapkus and Hugh Laurie.

It’s quite surprising that it took Hollywood this long to produce a humorous take on this famous duo, but now that it has come to fruition, in no way could it have been cast any more perfectly.




Ferrell and Reilly are the classic comedy couple of the 21st century, the Laurel and Hardy for some readers, and have a massive comedy following after similar team ups in *Step Brothers* and *Talladega Nights: The Ballad of Ricky Bobby*.

The pair will now transform into the the best detective duo of all time in order to solve a new crime, a murder in Buckingham Palace. If they do not solve the crime in four days, Holmes nemesis, Professor Moriarty (Fiennes), will kill the Queen of England.

This is a Village Roadshow Pictures’ production, the same studio that brought us the last two Sherlock Holmes movies starring Robert Downey Jr. and Jude Law. They know how to make a good Holmes story, and the boys know how to be funny, almost certainly making this a smash hit at the box office.

That’s not all coming to the big screen for the rest of the this fall semester however, with plenty more titles to be discussed coming soon. However these titles will be revealed in 2 weeks for the next edition of Nick’s Flick Picks is could be a little... venomous.

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Self care with Sarah: Effects of sleep deprivation

By Sarah Matarella

Life, Arts & Entertainment Editor

With busy work and school schedules, pulling an all nighter can seem like the only option on nights that you have a lot of work to do. However, the amount of sleep that you get can impact your body and your brain, especially if those all nighters become a common occurrence.

Sometimes there is no way to avoid having to stay up late to study or finish assignments because tasks can pile up. However, staying up late or all night can be detrimental to your health and your GPA. According to the Amherst College Campus Mental Health and Wellness Center, getting one or two nights of poor sleep can affect mood, weight, immune system and more.

In sufficient sleep results in irritability, decreased motivation, and overall mood. If sleep is neglected long term, it can lead to depression, anxiety and increased stress. Having an altered state of mind can make necessary daily tasks much harder, let alone studying or doing tasks required for success

in school and work.

Food cravings can also increase due to the fact that your brain is trying to make up for the energy lost from staying awake. Therefore, you are more susceptible to weight gain and above average BMIs. "Inadequate sleep on a regular basis is associated with long term health consequences including diabetes, obesity, high blood pressure and heart disease," according to Amherst College.

In addition, a sufficient amount of sleep helps with memory, learning and mental performance. When you are well rested, you have a better ability to focus and retain what you are learning.

Better sleep increases your ability to recall previously and recently learned information which will help with tests, class discussions, and learning in general. In correlation, you will have a higher GPA since studies show that students who do not get an adequate amount sleep had lower grades overall.

"...and new research shows that sleep and dreaming play an important role in the consolidation of memory, which is

essential for learning new information. Therefore, sleep provides benefit both before and after engaging in a learning activity," according to Amherst College.

Tips for better sleep:

Schedule a bedtime

Set a time that you will go to sleep at every night and try to keep up with this on the weekend. Make sleep another task on your planner and do not neglect it to do more work. Your body will naturally adapt to this schedule and even start doing it for you after awhile.

Use your bed for sleeping and relaxing

Try doing your homework at your desk or even in a separate room rather than doing it on your bed at night. If your brain is used to doing homework and exerting energy while you are in your bed, it will be harder for you to fall asleep at night. Your bed will solely be associated with sleep and relaxation and it will ultimately be easier for you to sleep. Amherst College recommends that if you have insomnia, you can get up and leave the room to do other things until you feel tired,



then you should return to your bed.


Unwind before bed

Things like showering, meditating, doing breathing exercises, and stretching are all examples of activities that you can engage in to unwind before going to bed. These

practices aid in clearing your mind prior to getting in bed. This can help avoid being stuck laying in your bed trying to fall asleep because you are thinking about the day you just had, what is in store for tomorrow, or anything you are worrying about.

Limit electronic use before bed

According to Amherst College, "TV and video games can be over-stimulating, making it difficult to fall asleep. In addition, the glow from electronic devices can inhibit natural sleep cycles." Therefore, try to put your phone and other electronic devices away at least a half hour before you go to sleep. Reading is a great alternative to fill the void in your hands and to give your eyes something to look at as it can be hard to not hold onto your phone before bed.

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Wellness at Wilkes: Six tips to help boost your energy- without coffee

By Natalie Stephens

Asst. Life, Arts and Entertainment Editor

Many people think that coffee is one of the only ways to get their energy fix, but there are a handful of other things that will help get you going in the morning and stay energized throughout the day.

High-protein breakfast

Having a breakfast high in protein is important for everyone because it helps you to start off full and ready to take on the day ahead.

One high protein, breakfast option that you can have is a protein shake. Not only are they high in protein, but most of them are also low in carbs. It is an alternative to eating eggs in the morning, as eggs only contain about six grams of protein, while many protein shakes can offer you 25-60 grams of protein depending on what type of liquid you use to mix it with.

Some other options that are also high in protein include protein bars, greek yogurt, and cottage cheese. All of these foods are relatively easy to prepare and quick for any one on the go.

Energy gum

Energy gum is chewing gum that does

not have added sugar, only caffeine, which can provide you with energy. The motion of chewing gum engages your jaw muscles and increases blood flow to the brain, increasing brain function efficiency. Energy gum can also help reduce cravings for other stimulants, like coffee, because of the added caffeine in it.

For companies that make energy gum, 1 piece is equivalent to half a cup of coffee, which is roughly 40 milligrams of caffeine.

Avoiding Sedentary Lifestyle

Many people sit at desks throughout the day so it is important to remember to move your body in order to help keep energy up. Whether that be taking a short walk or practicing yoga out in the sunshine, it is important to move.

Ergotron, a company based in St. Paul, found that sitting at desk for too long caused workers to be restless and also have decreased productivity. They also found that when workers had an hour of standing they were more focused and felt more productive.

Sitting at a desk causes your muscles to become fatigued, so getting up and stretching can decrease your discomfort and increase your energy.

Some people found that getting a minimum

of 30 minutes of exercise a day increased their energy and overall mood. Something as simple as going on a 10 minute walk during the day could benefit your health and boost your energy.

A solid playlist

We all know music can be very energizing, especially first thing in the morning or if we start to feel fatigued during the day. It can help to draw away the negative aspects of the day and therefore boost mood and energy.

Europe PubMed Central conducted a study that looked at various tempo music and how it affected the person listening. They found that high-paced music did increase pulse and breathing rate, similar to an adrenaline boost.

Many music apps, like Spotify have playlists such as, Energy Boost, which might be worth listening to when you need a little extra energy in the morning or throughout the day.

Water first thing in the morning

Drinking water before anything else in the morning can help jumpstart your body and get

it ready for the rest of the day ahead.


Drinking water first thing helps your body flush out toxins, and speed up its metabolism. A study was published in the Journal of

Clinical Endocrinology and Metabolism and stated that by drinking water first thing in the morning could boost metabolism by 24 percent.

Upon waking human bodies are very dehydrated and drinking water can help replenish what was lost overnight while also help in waking you up.

Drinking water before anything else can also help with overeating. Our bodies can mistake hunger for thirst so by drink water in the morning that can help eliminate the threat of overeating.

Most studies recommend drinking between eight and 16 ounces of water first thing in the morning to receive the full benefits.

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Travel, learn and help others with the Alternative Spring Break Program

By Anna Culver
Staff Writer

Alternative spring break is an option open to students of every major to take a trip to domestic and international locations to complete various projects.

The trips give students the opportunity to experience a different culture, while doing volunteer work or gaining an educational experience.

Possible domestic locations for this year include Kentucky and North Carolina and international locations are Puerto Rico, Jamaica, Dominican Republic and Costa Rica. The applications for alternative spring break 2019 were sent out this past week and are due Oct. 5.

Some trips contain a class component like the trip to Costa Rica, which is about ecotourism and wildlife and taught by Dr. Andrew Miller, associate professor of political science and Dr. Jeffrey Stratford, associate professor and director of biology at Wilkes.

Other trips are designed for students to have the opportunity to help the community. The trip to Puerto Rico is specifically for students to help with the effects of Hurricane Maria on the local communities. Furthermore, the trips to Kentucky and North Carolina are service trips for rebuilding and environmental issues.

Alternative spring break is curated every year to give students a more active role in the domestic trips as they are fostering those relationships through student led initiative. The students who are coordinating these trips, have gone to

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Interested in writing for Life, Arts and Entertainment?

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can learn to become more aware about wall outside of the soccer field and side of their recreational building. Rickard had always wanted to do a service trip because it was something that she was always very passionate about. "One of the main things that I got out of going to Costa Rica is understanding the life in a different country as this was the first time ever outside the United States and seeing how people live and their culture was so incredible and humbling. It taught me how to be humble and not take things for gratitude. It showed me understand the community. These trips are transformational depending on the students mission," said Rickard. Before going on each trip, there are meetings for students to learn about the community and the various customs that they will encounter. They will also have a chance to try the traditional foods of the community before going on the trip. Students will have the chance to talk with their advisors and ask any questions they have regarding the community that they will be working in. This gives students the chance to become more comfortable before going on the trip. Caroline Rickard, a communication studies major with a concentration in marketing, went on the alternative spring break to Costa Rica where they worked with local coffee workers to learn about fair trade. She said it was a humbling experience for her as they worked with local coffee farmers and did community service at the local community center. The community service that they did was painting the handball court, playground,



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For more information about the trips, keep an eye on wilkes today or email Erica Acosta at erica.acosta@wilkes.edu or civicengagement@wilkes.edu.

DIY FOAM CACTUS DECOR

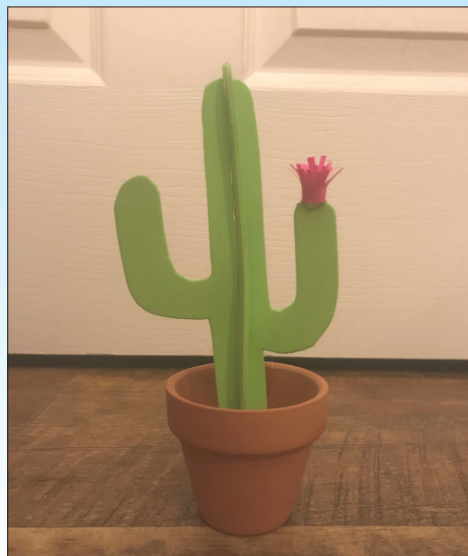
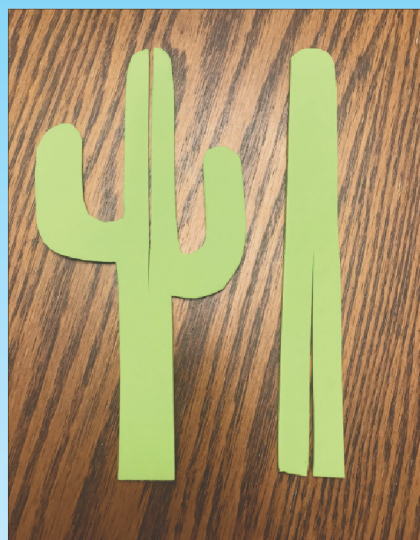
Supplies Needed:

- Sheet of foam
- Terracotta pot
- Scissors
- Hot glue gun



Instructions:

1. Cut preferred cactus shape out of foam
2. Cut a slit down the center of each piece of foam
3. Slide the two foam pieces together
4. Glue the foam pieces to each other so they lay straight
5. Glue the cactus to the bottom of the terracotta pot
6. Decorate your new waterless plant with colored rocks, flowers, etc.



By Jordan Fritz, Staff Writer



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BECOMING KAREEM

By Madelynn Davis
Co-News Editor

On Sept. 30, Wilkes University welcomed Kareem Abdul-Jabbar to the campus as part of its Max Rossen Lecture in Law and Humanities. Abdul-Jabbar's lecture was titled "Becoming Kareem" and chronologically captured his life as not only an athlete, but as an activist, author, philanthropist, etc.

Abdul-Jabbar was the 37th speaker in the lecture series.

The Max Rossen Lecture is in remembrance of the Honorable Max Rosenn who was a Senior Judge in the United States Court of Appeals. Rosenn was born in Plains Township, Pa., and throughout his career played a key role in the restoration of the Wilkes-Barre area as part of the Flood Recovery Task Force for Wyoming Valley after Hurricane Agnes in the 1970s. He received an undergraduate degree at Cornell University and a law degree from the University of Pennsylvania before serving the United States in World War II. His former law clerks wanted to remember Rosenn in a significant way by raising funds to forever endow him through the Wilkes University Lecture Series.

Wilkes President Patrick Leahy



acknowledged the seven of the eight former law clerks presence as he applauded and thanked them for coming.

In the past, this lecture series has brought Supreme Court Justice John Stevens, Senator Paul Simon and Novelist Norman Mailer.

This year's lecture series featured a more personal question and answer between Leahy and Abdul-Jabbar with submitted questions. The questions outlined Abdul-Jabbar's life from growing up in Harlem to being the well-rounded person he is today.

Kareem Abdul-Jabbar is known most notably for his outstanding NBA career on the Milwaukee Bucks and the Los Angeles Lakers where he has won six NBA championships, he has recorded the most points in NBA history and before that, he was a three-time National Championship with his college UCLA.

The lecture, however, featured a more behind the scenes look of Abdul-Jabbar's life, that took a look at how he has become to be such a well-rounded former-athlete who has published 15 books, set up the Skyhook Foundation among other prestigious titles he has received.

Abdul-Jabbar was born in Harlem, NY. in 1947. His mother, who grew up in the Jim Crow era sparked his interest in athletics, specifically in baseball then later in basketball.

It was in elementary school where Abdul-Jabbar said he realized he was black because of a school picture that was taken, that being the most shocking experience he had recalled.

The focus of the questions then moved to his high school career and experiences at Power Memorial Academy where he recalled another disturbing experience.

His team was facing a significantly worse team, but at half-time, they were only winning by a few points. His coach was extremely frustrated with the team, specifically Abdul-Jabbar, and called him the N-word which shook him to his core.

This experience helped him learn an important life lesson about people: everyone makes mistakes.

Abdul-Jabbar moved to talk about why he chose to go to UCLA and what he had gained from his experience and career there.

UCLA was most appealing to Abdul-Jabbar because he believed he would fit in the system. He continually praised Coach John Wooden for his wisdom but specifically admired him for his part in the civil rights movement, which he specifically didn't tell Abdul-Jabbar about to avoid him coming to UCLA for that reason alone.

Wooden was invited to the biggest game in college basketball with his Indiana State basketball team but rejected the invitation because they wouldn't allow him to bring his sole black player. The following year, he received the same invitation, but this time the director invited his black player, and from that point on, black players were allowed in the NAIA game.

His reasoning for rejecting the first offer was that it was what he was supposed to do, and this attitude clearly stuck in Abdul-Jabbar's career as he has used his platform to shed light on social and political issues. The decision stemmed from the unequal treatment of black Americans in the United States, leading him to feel unpatriotic.

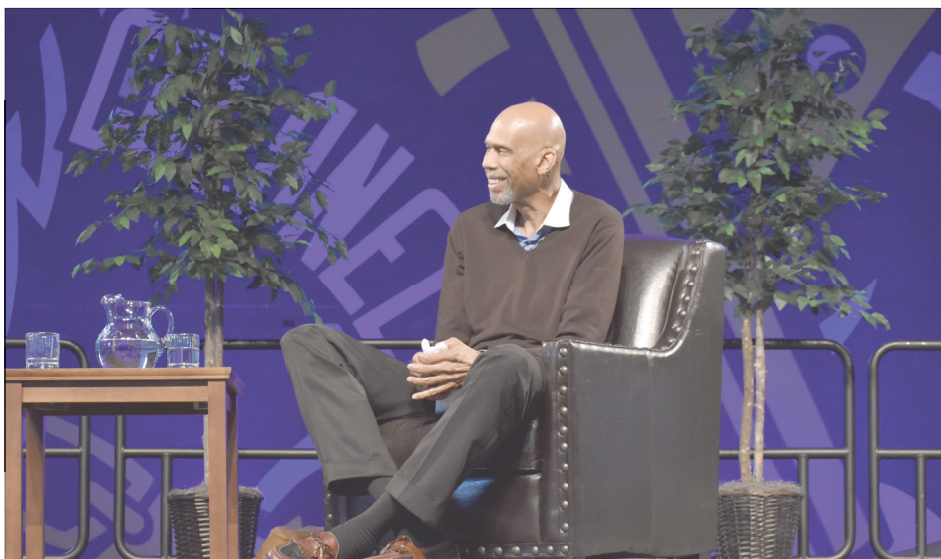
During his talk, Abdul-Jabbar discussed about how Dr. King, Malcolm X, Jackie Robinson and other civil rights activists were his heroes and helped shape



Photos: The Beacon/Kirsten Peters
Page Design: The Beacon/Madi Hummer



President Leahy and Kareem Abdul-Jabbar both sat on stage for a question and answer styled lecture. Each question chronologically following his life's events. He mostly focused on the behind the scenes to his highly publicized career.



Abdul-Jabbar spoke about his life, revolving around his record-setting athletic career in the NBA and the more academic and activist work he has completed.

his involvement in standing up for black Americans.

Jabbar also openly supported the current NFL protests led by Colin Kaepernick against the ongoing issue of police brutality against black Americans.

"I have all the respect in the world for Colin and for the fact that his protest is peaceful," said Abdul-Jabbar. "Police brutality is a problem in the black community and we have to keep continuing to have this discussion."

Abdul-Jabbar also talked about his conversion to the Muslim religion and his decision to change his name from Alcindor to Abdul-Jabbar. He also cleared up any misconceptions about the Muslim faith as it is very similar to christianity.

"I think that the greatest misconception about the Muslim faith is that it is strange or off the wall," said Abdul-Jabbar. "Islam is in the Judeo-Christian religion,"

Americans predominantly are Christian or Jewish added Abdul-Jabbar.

Abdul-Jabbar moved to talk about his more recent work after he retired from basketball in 1989.

He has written many books ranging in topics from history to children books. One book in particular, he hopes helps black children understand they all don't have to be Beyonce or LeBron James to be successful: "Black Profiles in Courage: A Legacy of African-American Achievement."

He wants young children to realize they just need to study science and math to be successful which lead to his "Skyhook Foundation."

His Skyhook Foundation takes children and gives them a place to complete STEM (Science, Technology, Engineering and Mathematics) experiments. They also get hands-on experience with animals and



After the conclusion of the lecture, Abdul-Jabbar was met with a standing ovation and was helped off of the stage by President Leahy to sign books.

nature through this foundation. Abdul-Jabbar ended his lecture by thanking the audience and was met with a standing ovation.

"Hopefully you learned something, I am always learning," said Abdul-Jabbar. "Thank you for having me."

Senior criminology and sociology student Giuseppe Durso gained a lot of insight from Abdul-Jabbar's long-standing and well-developed career.

"Me watching him as a 21 year old gives me hope that I can be like him one day, to become more well-rounded [like Abdul-Jabbar]," said Durso. "It gives me hope, and hopefully it gives the other college students here hope that they can be more like him; be more open-minded, be more well-rounded as an individual and understanding of other people."


Dr. Terry Zipay, who was the chairperson in the Department of Visual

and Performing Arts, attended the lecture with Kris Cross, a faculty member at Wilkes University who teaches dance. Both talked very highly of not only Abdul-Jabbar but with the running messages of his lecture.

"I didn't hear anyone whispering; he had the full audience engaged," said Cross.

"He gave us so many things to think about," said Zipay, "I was intrigued at what a gentle man he is."

"He has dealt with racism elegantly, giving you really valuable things to think about and ways to manage yourself in this crazy polarized time we are living in," he added.

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After the lecture, Kareem Abdul-Jabbar signed copies of the more than 15 different books that he has written which were up for purchase for the event.



Opinion

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

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Our Voice

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

Alcohol is not a valid excuse for sexual assault

Last Thursday, Dr. Christine Blasey Ford and Supreme Court Justice nominee Brett Kavanaugh testified before the Senate Judiciary Committee. Both of their testimonies surrounded the recent allegations that Kavanaugh sexually assaulted Ford nearly 36 years ago.

The political battle for the next seat on the United States Supreme Court is overshadowing one big thing: Alcohol and consent do not mix well.

The Rape, Abuse & Incent National Network (RAINN) defines consent as "an agreement between participants to engage in sexual activity."

The law states that there is a lack of consent "if a person engages in a sexual act with another person by forcible compulsion or with a person who is incapable of consent because he is mentally defective, physically helpless or mentally incapacitated." It is the latter two which relate to alcohol.

The mentally incapacitated portion refers to someone incapable of controlling one's conduct due to a intoxicating substance. Physically helpless could mean someone unconscious, or unaware that sexual activity is even occurring.

Obviously, and no one should suddenly be learning this, alcohol is not an excuse for someone being sexually assault, but it is however, also not an excuse for someone to sexually assault someone.

Alcohol clearly inhibits the body.

With consent, both parties have the right to change their mind at any time.

Consent "no-nos," according to RAINN include: refusing to acknowledge "no," someone being incapacitated because of drugs or alcohol and assuming you have permission to engage in a sexual act because you've done it in the past.

Think about it.

A man could be drunk when the assault occurs, but because he is drunk, it's seen as a "mistake" and it shouldn't be seen as his fault because he couldn't control his actions. If a woman was drunk during the incident, it's suddenly her fault for being assaulted because she was intoxicated. Her memory, and her character become questioned.

The He and the She of both roles could be switched or replaced. Sexual assault knows no gender or sexuality. What matter is that a double standard exists for alcohol.

According to RAINN, positive consent is communicating with phrases like "Is this OK?" Other positive consent factors include "explicitly agreeing to certain activities, either by saying 'yes' or another affirmative statement, like 'I'm open to trying,'" as well as physical cues "to let the other person know you're comfortable taking things to the next level."

There isn't a clear answer to when the line


of consent exists when alcohol is involved. Pretending no one wants sex when they are drinking is absurd, however, if there is ever any doubt on whether the other person wants it or not, don't do it.

Is the person coherent? Can they communicate clearly? Are they sober enough to know what is going on? These are all questions we must ask ourselves.

In a study on alcohol and sexual assault published by the National Institute on Alcohol Abuse and Alcoholism, supported by the National Institutes of Health (NIH), it suggested that on a conservative estimate, out of the 25 percent of American women who have experience sexual assault, including rape, that approximately one-half of those cases involved alcohol consumption by the perpetrator, victim or both.

When Ford said she had a beer at a party 36 years ago, many discredited her. When Kavanaugh admitted to kegers and extreme intoxication, the public opinion became "he was just a kid and he didn't know what he was doing."

While we may never know what happened for certain on that night many years ago, one thing is for sure: alcohol and consent don't mix.

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Is world peace an attainable ideal? The scientific perspective

By Zarqua Ansari
Staff Writer

As a science major, this question interests me on many aspects: Is world peace possible? A question that has riddled many people both optimistic and not, the idea of world peace has always been a pleasant one.

A world where conflict does not reside and everyone gets along is one that every sentient being wants. However, exactly how attainable is world peace, really? In order to answer this question we must define the word peace.

If peace is defined as order, then from a physical science perspective, peace is not attainable. The universe prefers entropy. The second law of thermodynamics states that the entropy of the universe is constantly increasing. Entropy is defined as the measure of disorder in a system. This means the universe is inclined to become more and more chaotic as time passes.

Peace can be defined as resolution. This would mean mutual concurrence throughout the world (i.e. no competition). As biology defines it, natural selection is the “survival of the fittest.”

There will always be competition because not all species are equal. Much the same way, not all people have equal opportunity (e.g. some are born wealthy, some are born with defects, etc). Competition arises when there are

variations within a group, whether it is for resources, shelter or security. By this principle world peace would also not be attainable.

If peace is defined as harmony then it too cannot be achieved. In order for there to be harmony, there must be no disagreement, no conflict, no entropy. To assume no disagreement is to say that there is a definitive right and wrong way of thinking.

If a society seems to have the same mindset displayed in every member then it is likely that the ones that differ in mindset are merely being suppressed. The entropy in the system is hidden and will eventually explode forward. There is no way to get every person to think the same way about everything.

Even identical twins (who are genetically identical) cannot think the same way. If all members seem to agree, it is not peace, but rather oppression, which, as history shows, has lead often to war.

War is primarily defined as the opposite of peace. During war, death

was that they helped keep the country's economy running during the war. Additionally, when the men returned, they had “shell-shock,” which was soon discovered to be PTSD. If peace and war are opposites, then during peace, a society would not make progress.

For example, if a student that attended every class and was attentive and studious, ended up getting the same score as a student that never showed up to class, the hard-working individual would not be inclined to put in the effort anymore. Peace by definition is a utopian ideal, one that can not ideally be achieved.


Despite humanity craving and wanting peace, it is not backed scientifically or logically. There is always going to be competition because there will always be someone that has something better. There will always be chaos in the world because it is not possible to make people agree on things.

However unattainable peace may seem, it does not mean we should stop trying. Making world peace may be an impossible task, but making it a better place isn't. One small change at a time certainly wouldn't hurt anyone. Go out there and be kind to someone today. Add a little positive chaos to the entropy of this chaotic world.




and destruction, the total entropy of the system, is acclimating exponentially. However, not all that comes out of war is bad. Many scientific discoveries, technological advancements and social breakthroughs have been coaxed out of wartime.

For example, during World War I, women were taking over jobs that their husbands formerly worked at. When the war ended women were granted the right to vote; one of the main arguments


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What do you think? Is world peace an attainable ideal?

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Which is more essential: Having a high salary or job satisfaction?

By Isabella Sobejano
Staff Writer

There is not one person who doesn't need or want more money. Whether it's for a vacation or a new car, everyone appreciates a few extra dollars. However, is having a job that pays well but doesn't offer anything else really the key to happiness?

While the term "happiness" differs from person to person, I would say job satisfaction has more meaning. Yes, good wages can lead to job satisfaction and earning enough to make a living is important, but they aren't the only reason employees find satisfaction in their jobs. It's important to pursue a field that gives you personal happiness because if you can obtain a good pay, but you are not happy, then there's no point.

While money is a satisfaction factor in a job, it shouldn't be the only factor driving a person to pursue a specific career. Nonetheless, it's not to say that a good salary isn't important because for some people it's essential since they have a family to take care of or several bills to pay.

However, according to Alisa Wolfson, writing from the New York Post, "Getting a raise won't make you hate your job any less."

Essentially, if salary is the only motivation behind performing a job, then it is not a good match for you or your skills, which can eventually lead to poor performance. This domino effect can continue, which may lead to career termination, which would result in little to no salary *and* no job satisfaction.

Additionally, job satisfaction is ultimately more important than a high salary because if employees are happy at work, they will put their best foot forward, which is less likely to happen

if one pursues a career that does not satisfy them.

During the college application process, I often heard peers say they were planning on majoring in a specific subject in order to obtain a career with a hefty salary in the future.

While it's understandable that a high salary is enticing, I couldn't imagine driving to work every single morning

are working to lead our life peacefully. It's possible to argue that one can travel overseas or buy several luxurious goods with a high salary job in order to be satisfied.

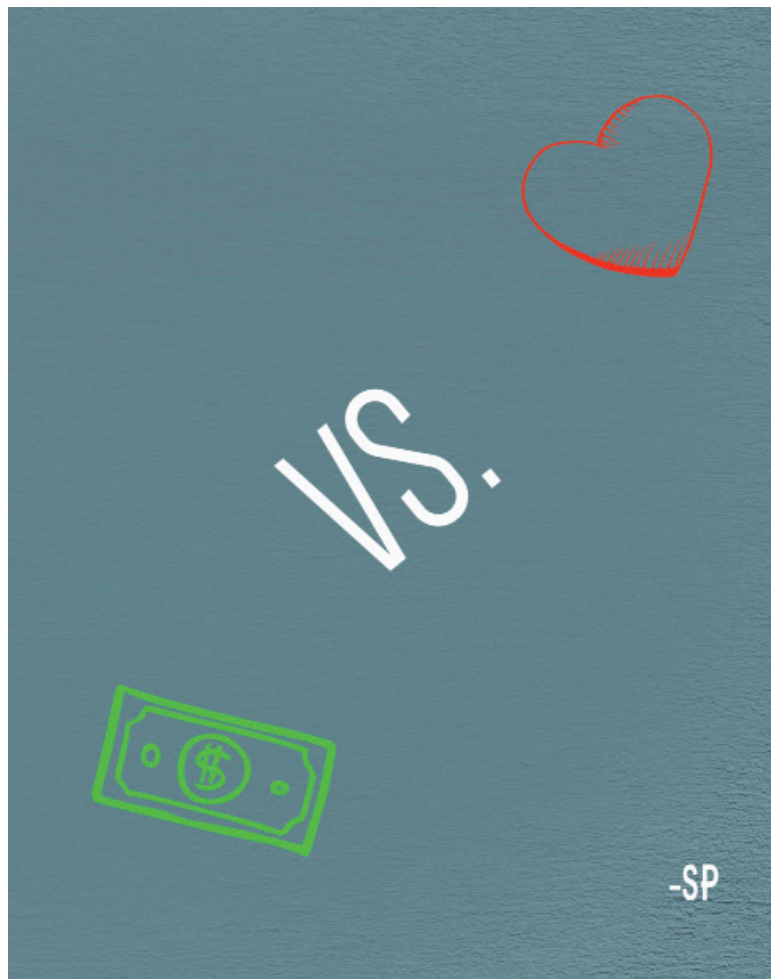
However, if you pursue a field or job that you enjoy, then you don't need money to satisfy your wants because you are already happy.

Additionally, according to a study done by two economists from the University of Basel and published in the Journal of Economic Behavior and Organization revealed that wage increases do not have a persistent effect on job satisfaction.

It was found that job satisfaction was positively influenced by wage increases, but it was only temporary, typically lasting four years. This was due to the fact that people adapt to their new wage level over time and end up desiring more money.

Another side to this is that sometimes rewarding jobs may not always pay well at the beginning. Although, over time, the worker's enthusiasm and dedication may lead to potential promotions, which can ultimately make the job a lucrative career.

Overall, job satisfaction has more weight and meaning than pursuing a job that offers a high salary. When thinking about the long run it's important to be happy in your personal life, and that should never be based off a quantity or sum of money. After all, salary typically comes once a month, but job satisfaction stays with you every minute of the day.



to a job that I didn't enjoy performing.

In fact, Wolfson said, "Making more money doesn't always mean you'll be happier at work."

Pursuing a job that makes you content is crucial because it's a part of your life forever.

Job satisfaction doesn't only pertain to the work environment, but it helps you to be both personally and professionally content as well. At the end of the day we

Well it's not
Vheissu, but
it's pretty darn
close

RHYTHM  **REWIND**
with Parker Dorsey


By Parker Dorsey
Asst. Opinion Editor

Californian rock band Thrice just released their brand new album, and tenth studio album overall, *Palms*, over two weeks ago via Epitaph Records. It is a good one.

Celebrating their 20th anniversary, Thrice is one of few bands who can say they have had the same lineup for their entire career. It is Dustin Kensrue on vocals and rhythm guitar, Teppei Teranishi on lead guitar, Eddie Breckenridge on bass and Riley Breckenridge on drums.

This whole album is an adrenaline ride, and gives a slight nod to some of their earlier material such as *The Alchemy Index Vols. I & II* and *Vheissu*. Thrice have been around for as long as they have because they manage to craft a unique identity with each album, but each remains consistent enough to know that it's the same band. Teranishi and Kensrue are truly a dynamic duo. Their songwriting once again compliments each other's parts beautifully.

The song "The Grey" is the first single from the album and the second song in the tracklist. The wailing guitars will grip your attention immediately, and Kensrue's vocals are among the catchiest of his career. The second single and opening track, "Only Us" begins with an electronic piano and beautiful vocals from Kensrue laid out on top. This sound continues through the whole song even after the guitars and drums kick in, but it provides a nice complement to the song as a whole.

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SEE RHYTHM, Page 18

Meet the Majors

This week's major: History

Photos and Interviews by
Abigail Tarway
Staff Writer

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



Robert Petrovich
Junior

Robert Petrovich is a junior here at Wilkes University majoring in history and minoring in political science and secondary education. Petrovich was inspired to choose his major due to his passion and drive for it. He states that “I (he) live(s), breathe(s) and sleep(s) history, so it just felt right in choosing this as a career.” Additionally he states that he “also had some great teachers in high school up at the Grand Army of the Republic (G.A.R) which made me (him) want to teach history even more.”

In the future Petrovich believes his major will help him by making him “happy, being able to do something that I (he) love(s)”.



Benjamin Pierce
Senior

Benjamin Pierce is a senior here at Wilkes University. He is a history major who is currently hoping to pursue a Spanish minor. Pierce was inspired and drawn to his major as a result of his affinity for it. He states that he has always “enjoyed History as opposed to other subjects like math or science. I (he) enjoy(s) thinking about the meaning that the past has on us and how individuals who are just like us lived”.

In the future Pierce is “thinking of going into missions work and am hoping that I (he) can employ these previously stated skills there.” He believes that his major has provided him with a great skill set such as writing, “research”, and “extracting meaning” from things. He believes that this has prepared him to achieve his academic goals.

October: Breast Cancer Awareness Month is upon us

By Tonya Creasy
Opinion Writer

The month of October is significant for a great deal of reasons. Within the United States it marks the start of Halloween festivities and brings in the autumn season. It is also significant because it marks Breast Cancer Awareness Month.

Every October, awareness based initiatives such as the Susan G. Komen Foundation pay extra attention to this sometimes life-threatening disease.

Breast cancer is a malignancy that affects millions of people around the world. It is important to be aware of this disease so you can inform others about it. It can allow an individual who may not be aware that they have this disease to get treatment.

In simply understanding breast cancer, you have the power to potentially save someone's life. Being aware of breast cancer may seem unnecessary or redundant as it's a widely known disease.

However, it is necessary to be aware of it because it is an issue that affects many people. Unfortunately, it may continue to do so until we can find a cure.

It is important to continue to spread awareness to help save lives. So with all of this in mind, what is breast cancer? According to the Susan G. Komen Foundation, "breast cancer occurs when cells in the breast divide and grow without their normal control".

According to breastcancer.org, there are many different forms of breast cancer. These forms consist of ductal carcinoma in situ (DCIS), invasive



ductal carcinoma (IDC), tubular carcinoma of the breast, IDC Type: medullary carcinoma of the breast,

There is also IDC Type: mucinous carcinoma of the breast, IDC Type: papillary carcinoma of the breast, IDC Type: cribriform carcinoma of the breast, invasive lobular carcinoma (ILC), inflammatory breast cancer, lobular carcinoma in situ (LCIS), male breast cancer, molecular subtypes of breast cancer, paget's disease of the nipple, phyllodes tumors of the breast and metastatic breast cancer.

The most common form of breast cancer is IDC. IDC is sometimes known as "infiltrating ductal carcinoma". About 80 percent of breast cancer cases are IDC. It is then clear to see that breast cancer is a heinous disease that manifests itself in

a wide range of forms.

Also, breast cancer is more likely to be found within women between

the ages of 55 to 64. However, it is possible for males to get breast cancer as well.


It is estimated in 2018 that roughly 300,000 new cases of invasive breast cancer have been diagnosed in women and about three thousand invasive cases have been found in men. Breast cancer is the second leading cause of death in women within the United States.

As a student body, we are connected to individuals who sustain this disease in one way or another, it's important to know as much as one can about this disease.

Cancer affects way too many people. Cancer itself is just horrible. Cancer has affected a fair amount of people even within my family. Some were fortunate enough to win their battle with cancer, and others, not so much.

My grandmother was diagnosed with breast cancer years ago. She fought and won her battle. Unfortunately, toward the end of last year, she was diagnosed with a glioblastoma or brain cancer. I also lost my best friend to cancer in March.

Cancer takes away so many lives and affects so many families. That is why it is important to go for checkups regularly and be aware of the signs and symptoms. If you catch it early enough, there's a better chance of getting the treatment you need to beat it.

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RHYTHM, from page 16

The third track is a slower song called "The Dark," and it begins with a hauntingly beautiful staccato guitar. The song is slower and Kensrue provides an excellent vocal performance here. Next up is "Just Breathe" and has a very catchy guitar riff with excellent drum work behind it. "Everything Belongs" is the ballad of the record, and kicks off with a phenomenal piano piece, with excellent vocal melodies from Kensrue that really showcase his range.

"My Soul" has outstanding descending guitar arpeggios throughout the track, and has beautiful solo vocal performances from Kensrue. "A Branch In The River" is my personal

favorite of the record. It is a frenetic paced song that almost sounds like a holdover from The Artist in the Ambulance. Teranishi does his best punk impression and also has an impressive guitar solo in the middle of the track.

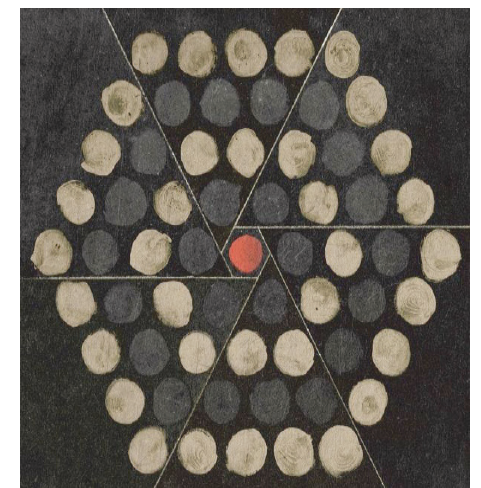
"Hold Up A Light" has a bit of a heavier indie rock sound, with more tasty guitar leads from Teranishi. "Blood On Blood" is a bit of an experimental track, with fast-paced yet soft guitars, more piano and a powerful vocal performance from Kensrue.


The final track is "Beyond The Pines," and it is probably the most beautiful song on the album. Kensrue's vocal performance here is his strongest of the album and the Breckenridge

brothers do a fantastic job as a rhythm section. The drums and bass work as a great complement to the soft guitars.

Overall, this is yet another fantastic release by Kensrue and the boys and is a very worthy follow-up to To Be Everywhere Is To Be Nowhere. That in itself is an accomplishment, as that album contains quite possibly the catchiest song on the planet in "Black Honey." While the highlights of this album are by far Kensrue's outstanding vocal performances and Teranishi's catchy guitar riffs, the rhythm section does a great job of keeping everything together.

Parker's Picks: "A Branch In The River," "The Dark," "Hold Up A Light," "Only Us"



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Sports

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

Sports world reacts to Gritty Wright calls it a career

By Nick Whitney
Staff Writer

The Philadelphia Flyers unveiled their new mascot Sept 24, and it sent the city on an emotional rollercoaster over the next few days.

The Flyers released this biography on Monday, detailing the origin story of their new unsettling mascot, Gritty. "Get To Know Gritty: His father was a "bully," so naturally he has some of those tendencies - talented but feisty, a fierce competitor, known for his agility given his size. He's loyal but mischievous; the ultimate Flyers fan who loves the orange and black, but is unwelcoming to anyone who opposes his team. Legend has it he earned the name "Gritty" for possessing an attitude so similar to the team he follows."

Standing seven feet, Gritty is like an orange version of the beloved Philly Phanatic, sans iconic nose, and has full orange mane encircling his terrifying, googly-eyed face. The Flyers haven't had a mascot since the 1976-77 season, when the previous mascot Slapshot was retired after a single season. Needless to say, Gritty was an unexpected and seemingly unwelcomed arrival in Philadelphia.

Wilkes University students have been reacting all week to this new addition to the Flyers squad. Senior Jerome Hannon said of the new mascot "this abomination is the result of Philly trying to be like Vegas. I would cringe and plot an escape route if I saw this drug-fueled cross between Grimmace and Cousin It coming towards me."

Not all are that horrified though. Senior Caitlin Klinger thinks "having a mascot is a really great thing for the fans, just like the well beloved Philly Phanatic, but maybe he could have been designed a little better." Klinger went on to describe her theory on the timing and intentions the Flyers organization had behind this mascot. "I also feel like they knew exactly what they were doing by announcing this mascot at this time because it brought a spotlight onto the city of Philadelphia and became national news almost instantaneously."

All across social media, Gritty became the big hockey meme of the preseason, and not in a good way. Many refer to him as a drug

addicted cousin of the Philly Phanatic, some have called for him to be euthanized and others photoshop him into images likening him to It and even Kim Kardashian.

Not all the reactions are negative. In typical fashion for the residents in the City of Brotherly Love, some Philadelphians have taken to this weird, orange thing and have fallen in love with him. Gritty tattoos have already been etched into the skin of many Philly fans, and despite the fact that he still is quite terrifying to some children (and many adults), the mascot knows how to win over a Philly crowd.

In his first week, Gritty has managed to hit many of the right buttons to sway Philly fans to his side. Even before his first game Gritty was doling out savage responses to his haters on Twitter, including a veiled threat to the Pittsburgh Penguins, telling them to "Sleep with one eye open tonight, bird." In his first game, Gritty found a way not only to fall on the ice like any first time mascot, but his "bully" side came out later when he shot a worker on the ice in the back with his T-shirt launcher.

At the Thursday night game vs. the New York Rangers, Gritty dumped an entire bag of popcorn on top of a fan wearing a Rangers jersey. The new mascot made it clear that Philly is Flyers country and that enemy fans will be dealt with accordingly.

It's not just in Philly that Gritty has been making waves. After Philly took their collective questioning of just exactly what Gritty was, so did the nation. And that is all it took for Philly fans to come to their new mascot's defense. As Twitter user @BroadStreetHockey described the day after Gritty was unveiled: "Philadelphia 24 hours ago: 'What is this abomination of a mascot? What were they thinking?' Philadelphia now: 'I would take a bullet for Gritty.'"

In typical Philly fashion, the fans came to the defense of their own. The new mascot may be criticized by the fans, but they are the only ones allowed to do it.

It remains to be seen how well Gritty will fare this season, but Philadelphia sure will have its hands full with their new orange, fuzzy friend.



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By Ben Mandell
Co-Sports Editor

On Saturday, Major League Baseball and the New York Mets said goodbye to an icon. David Wright, the captain of the Mets took the field at third base next to Jose Reyes at shortstop one last time.

Wright broke into the league in 2004, where he played 69 games hit .293 and had 40 RBI's. The Mets knew they had the third basemen of the future with Wright, but they did not yet realize the impact that he would have on the organization. Wright was instrumental in New York's playoff run in 2006, where he was named to his first of seven all-star games. Wright proved to be a staple in the Mets lineup where he finished in the top three in all of the team's offensive categories in a year where they scored more runs than all but one team.

After tremendous success and playing competitive baseball in his first few seasons, the Mets went into a tailspin, where Wright seemed to be the only bright spot on a team that continued to live up to its disastrous reputation from 2009-2013.

Wright gave Mets fans hope while he won two Gold Glove awards, 2 Silver Slugger awards, and being named to the 2013 team USA World Baseball Classic team where he earned the nickname "Captain America".

After sticking it out with the Mets through thick and thin, The Mets decided to show showed Wright the same commitment he showed them. Wright was officially named the team captain in 2013.

When the Mets rebuild was finally over, and it appeared that the Mets were going to be able to compete for a World Series again, Wright went onto the disabled list a few weeks into the season. Wright was later diagnosed with spinal stenosis, which is the thinning of the spine. The rest of his career was now in jeopardy as many questioned whether or not Wright could still play. Wright returned in late August that season and helped the Mets make a push for the post season and later make a run to the World Series. In the 2015 World Series, Wright had one of his most iconic moments, where he hit a two-run first inning home run that put the Mets on top.

Even Though Wright returned in 2015,

his career had already entered the twilight. On June 3rd, Wright went onto the DL with a herniated disc in his back and it appeared he would not be able to ever play again.

Wright continued to fight as he received surgery after surgery as he tried to make a comeback, but after a season and a half on the shelf, Wright and the Mets made get together to decide their futures.

On September 13th, Wright and the Mets announced that Wright would play in one final game for the Mets on the September 29th. After this game, the Captain would officially retire.

Mets Fans from all over showed their love and support for Wright, including Utah Jazz rookie of the year runner-up Donovan Mitchell. Mitchell tweeted a picture of a poster he had of Wright, saying "This photo was the first picture i had on my wall! I looked up to you for years... as a kid to be able to learn from you and you to allow me to learn meant a lot! Thank you for all you have done for the game and for me. Finish it strong!"

On Saturday, the Captain took the field one last time, the same day where New York City mayor Bill de Blasio said that Sept. 29, 2018 would be known as David Wright Day. As Wright took the field, his teammates stayed back in the dugout, letting the fans show their captain the love he deserved for all of his dedication and commitment to the organization.

Wright's daughter Olivia Shea was able to throw out the first pitch to her father, which truly helped magnify that this really was the captain's night in front of a thunderous crowd at Citi Field.

David Wright received two at-bats where he walked and popped out. H also had one play in the field where he fielded an groundball and made the routine throw to first. Heading into the fifth, Wright came out for warm-ups before being switched out of the game, where he received cheers and ovations from the fans at Citi Field and all of the players on the field. Wright shook hands with the umpires and his manager Mickey Callaway as this not only marked the end of Wright's night, but also his career.



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MSOC: Colonels bounce back and beat Scranton 3-1

By Ben Mandell
Co-Sports Editor

EDWARDSVILLE, Pa. -- The Wilkes University Colonels edged out the University of Scranton Royals 3-1. The Colonels win was the first against Scranton since 2007.

Wilkes came into this game following a heartbreaking 2-1 loss to Stevenson, where the Colonels gave up two late goals and were unable to recover.

"We have a tough history with Scranton. We really wanted to play our game and not theirs," Colonel defender Hunter Maxwell said. "We needed to come out strong after Saturday."

The first half started slow, as both teams tried to avoid any mistakes. It took until the end of the 29th minute of play for either team to make that first mistake and it was junior Kyle Bentz and the Colonels who were able to capitalize.

Bentz danced around a Royal defender to the middle of the field. He used the time he had to send a perfect pass to Camry Huff who sprinted up the sideline, beating his defender. Huff was left with just the Royal goalkeeper Blake Hammert to beat and he was able to chip the ball by him with ease. The Colonels were able to keep their 1-0 lead heading into halftime, but their morale was lifted. Wilkes flew around for the rest of the first half heading into halftime.

"It's always good to get the first one and really get some momentum going," Huff said. "It was good to put us in a spot to keep

coming after them."

The Colonels picked up in the second half right where they left off in the first as the continued to fly around and dominate the ball. It paid off quickly in the second half as



The Beacon/Kyle Kraemer

Senior Alvaro Fernandez-Maldonado heads a ball in an attempt to start another Colonel offensive attack.

Huff sent a shot off the far post from the left side that was buried by a sliding Bentz.

The 2-0 allowed the Colonels to take their foot off the gas a bit, as they attempted to bleed the clock out. Once the clock ticked down under 16 minutes it was the Royals who were able to capitalize on a Colonel mistake. Andrew Luchansky picked a

Colonel defender's pocket and sprinted down the field. Luchansky sent a shot that was blocked but bounced right to the foot of Michael Castaldi who wasted no time finding the back of the net and cutting the

but he dove to his right making a fantastic save.

"The team just needed to make sure that we regrouped and came back after the goal," Gallagher said. "We needed to make sure we got back to what got us the two goal lead and that was possessing the ball and continuing to move it forward."

The Colonels wasted no time following Gallagher's effort and cleared the ball out of danger. Instead of sitting back and being content with the clear, Huff sprinted down the field and delivered a beautiful set piece to Bentz in the slot. Bentz was unable to corral the pass immediately, but he recovered shortly after and sent a hard shot to the bottom right corner of the net.

The goal was good for Bentz's second of the game and left the Royals in a two goal hole with just under two minutes left.

"Bentz's goal was huge. It really came at a good time after (Gallagher's) huge save," Huff said. "The goal put the game out of reach for them and put the last nail in the coffin."

The Colonels now hold a 4-3-1 record heading into conference play where they start with Delaware Valley University.

"Hopefully we are building some momentum heading into conference play," Colonels Head Coach Michael Piranian said. "I'm excited but it's going to be tough. There are tough teams we need to play starting with Delaware Valley.



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Fall Sports Schedules

Cross Country (Men's and Women's)

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

Women's Volleyball

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

9/28 @ RIT, L 3-1
9/29 @ Morrisville State, L 3-1
9/29 @ SUNY Cortland, L 3-0
*10/2 @ Eastern, 7 p.m.
10/4 @ PSU-Berks, 7 p.m.
10/6 vs. New Jersey City, noon
10/6 vs. PSU-Altoona, 4 p.m.
10/8 @ Keystone, 7 p.m.
*10/10 vs. King's, 7 p.m.
*10/16 @ DeSales, 7 p.m.
10/18 vs. Bryn Athyn, 7 p.m.
*10/24 @ Misericordia, 7 p.m.
10/27 vs. Marywood, 10 a.m.
10/27 vs. Rutgers-Camden, 2 p.m.
*MAC Freedom
Home matches @ Marts Center

Field Hockey

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



FH: Colonels give up three unanswered goals in 3-1 loss

By Tyler Aldinger
Staff Writer

EDWARDSVILLE, Pa. -- Wilkes University Colonels field hockey was back in action on Tuesday night, as they faced off against the Scranton University Royals at Schmidt Stadium. The Colonels were not able to answer Scranton's three goal run in the second half as they came up short 3-1.

The Colonels stand at a 5-4 record after losing this non-conference matchup.

The first half of play showcased a lot of back and forth action, as there was several scoring opportunities for both teams.

The first opportunity for the Colonels first came 20 minutes into action. Maddie Kelley was looking for her fourth goal on the season, when she sent a shot towards the net, but was denied twice by the Scranton goalkeeper Claire McAllister.

Amber Grohowski also had a late opportunity with the scramble in front of the net, but once again the McAllister stood strong and made three saves, preventing the Colonels from burying the rebound.

This run for the Colonels did not last too long, as Scranton was able to get their fair share of scoring opportunities in the first half of play as well.

Even with the all of the scoring chances for both sides, neither team was able to find the back of the net.

In the first half, the Royals had six shots, to the Colonels three. Dallas Kendra had

four saves for Wilkes while McAllister had two. Scranton also had five penalty corners, as the Colonels had just three.

Coming out of halftime, the Colonels started off on the right track. Just two minutes in, the Colonels broke the ice as Grohowski got a deflection from Kelley, and was able to put the Colonels on top.

This scoring chance developed from a penalty corner given to the Colonels, and Haley Gayoski who got the pass and was able to take the shot before two Colonels got deflections to score.

With this, Grohowski tallied her second goal of the season.

This 1-0 lead for the Colonels would not last long as a barrage of shots and goals minutes later by the Royals would stun the Colonels.

The first goal for Scranton came from a penalty corner just a few minutes after the Colonels broke the tie, and the Royals were able to capitalize on this opportunity. Nicolette Keale took advantage of the costly penalty by the Colonels and tied

the game 1-1.

A little over a minute later Scranton struck again, this time an unassisted goal from a quick burst of speed by Megan Gallagher. Gallagher was able to beat the Colonels defense with her speed and sent

a shot on goal that Kendra was unable to stop.

The third goal for the Royals was once again contributed from Keale, as she made a precise pass to Elizabeth Tolley who was able to finish off the scoring run for Scranton.

As the Colonels attempted to regroup as a team from this sudden two goal deficit they almost found a way to bring themselves back into the contest with great effort from Mackenzie Sweeney.

Sweeney almost certainly had a goal for the Colonels until a Royal defender made a great defensive play and prevented the ball from crossing the line.



The Beacon/Nicole Gaetani

Senior Haley Gayoski scans the field as she looks to kick start the Colonels attack

The Colonels and Scranton went back and forth after this attempt with just over 20 minutes remaining, but the Colonels were unable to come back from the two goal deficit.

Despite the inability to come back, some of the Colonel faithful were still positive about the outcome of the game.

"I think they did a great job as they always do," said Moustafa Almecky, an avid follower of the Colonels field hockey team. "They finished hard though and I think they have a very tough team."

Looking ahead for the Colonels field hockey team, they look to rebound from this loss this Wednesday, Oct. 5 on the road in Elizabethtown. After that, they take on Fairleigh Dickinson University on Friday night in MAC Freedom play at Schmidt Stadium for senior night.

Scranton 3, Wilkes 1

Scranton 0' 3' 3

Wilkes 0' 1' 1

First half- None. Second half- 1.

WILK, Amber Grohowski (Maddie Kelley), 36:31; 2. SCRAN, Nicolette Keale, 38:38; 3. SCRAN, Meghan Gallagher, 39:47; 4. SCRAN, Elizabeth Tolley (Keale), 45:22.

Shots- SCRAN 14; WILK 11. **Saves-** SCRAN 5 (Claire McAllister); WILK 6 (Dallas Kendra). **Penalty corners-** SCRAN 9; WILK 8.



@wilkesbeacon

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Fall Sports Schedules

Women's Soccer

8/31 @ PSU-Berks, POST
9/5 @ Ithaca, L 1-0
9/8 vs. Marywood, W 3-2
9/12 @ William Paterson, W 1-0
9/15 @ Bard, L 3-1
9/19 vs. Susquehanna, L 2-1
9/22 @ Arcadia T 2-2
9/25 @ U. of Scranton, L 2-0
*9/29 vs. Delaware Valley, W 1-0
10/3 vs. Kean, 7 p.m.
*10/6 vs. DeSales, 4:30 p.m.
*10/10 @ King's, 5 p.m.
*10/13 @ Eastern, noon
*10/16 vs. Misericordia, 7 p.m.
*10/20 vs. Manhattanville, 3:30 p.m.
10/23 vs. Oneonta, 7 p.m.
*10/26 @ FDU-Florham, 7 p.m.
*MAC Freedom
Home games @ Schmidt Stadium

Football

9/1 vs. Hartwick, L 28-24
9/8 @ Lebanon Valley, W 30-27
*9/15 @ Delaware Valley, L 21-10
*9/22 vs. Misericordia, L 47-45
*9/29 @ Alvernia, W 34-14
*x-10/6 vs. Albright, 1 p.m.
*10/12 @ FDU-Florham, 7 p.m.
*10/20 @ Stevenson, noon
*10/27 vs. Lycoming, 1 p.m.
*y-11/10 vs. King's, noon
*MAC
x-Homecoming
y-Mayor's Cup
Home games @ Schmidt Stadium

Men's Soccer

8/31 @ PSU-Berks, T 1-1
9/3 @ Marywood, W 2-0
9/8 vs. Moravian, L 4-1
9/12 vs. Clarks Summit, W 4-0
9/15 @ Keystone, L 2-1 (OT)
9/19 @ Susquehanna, W 1-0
9/22 @ Stevenson, L 2-1
9/26 vs. U. of Scranton, W 3-1
*9/29 vs. Delaware Valley, W 3-1
10/3 @ Lancaster Bible, 6 p.m.
*10/6 vs. DeSales, 7 p.m.
*10/9 @ King's, 7 p.m.
*10/13 @ Eastern, 3 p.m.
*10/17 vs. Misericordia, 7 p.m.
*10/20 vs. Manhattanville, 1 p.m.
10/24 @ Penn College, 7 p.m.
*10/27 @ FDU-Florham, 7 p.m.
*MAC Freedom
Home games @ Schmidt Stadium



Getting to know...

Luke Betancourt

Freshman Soccer Player

The Beacon: Male Athlete of the Week Sept. 22 - Sept. 28

Why Luke Betancourt was selected: Betancourt recorded his first career goal in the 79th minute of play against Susquehanna to give the Colonels the late 1-0 victory.

Name: Luke Betancourt

Year: Freshman

Major: Business Administration

Hometown: Easton, Pa.

High School: Easton Area HS

Position: Center Attacking Midfielder

Favorite thing to do during practice?

My favorite thing to do during practice is to have fun with the team, whether we are doing drills or joking around with each other.

Driving force for your decision to come to Wilkes?

I didn't have one driving force for coming to Wilkes, rather it was a grouping of multiple factors. I happened to like the school a lot, the fact that it was not too far from home and the how I also wanted to play soccer here.

If you had to choose one thing about your program that you could improve, what would it be?

N/A

Coke or Pepsi?

Coke.

Favorite Professor?

Mrs. Pekala.

Favorite meal to eat on campus?

Definitely a beef sandwich from Grille Works.

Other interests or hobbies off of the field?

Off of the field, I enjoy playing video games and hanging out with all of my friends.

A quote you live your life by?

"Live everyday like it is your last."

What does "Be Colonel" mean to you?

To me, "Be Colonel" means being a positive person in any aspect of life, being willing to help one another and those around you, and having good sportsmanship on the field.

-Compiled by Kirsten Peters, Co-Sports Editor



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

The Beacon/Kirsten Peters

When/Why did you first begin playing?

My father was born in Colombia and loved the sport of soccer. He taught me how to play soccer from a young age and I just continued playing from there, which led me to where I am today playing for Wilkes.

Post-graduation plans in terms of a career?

In terms of post-graduation plans, I am currently undecided at the moment, however, as a business major I will be looking into all of the avenues I can pursue with that degree.

Favorite building on campus?

My favorite building would have to be UCOM.

What came first? The chicken or the egg?

The chicken.

Hopes for this season as a Colonel?

As a team, I hope that we can make the playoffs this season.

Getting to know...

Mackenzie Sweeney

Freshman Field Hockey Player

The Beacon: Female Athlete of the Week Sept. 22 - Sept. 28

Why Mackenzie Sweeney was selected: Sweeney registered both her first and second career goals in field hockey game against Eastern to help the Colonels win 6-3.

Name: Mackenzie Sweeney

Year: Freshman

Major: Sports Management

Hometown: Millville, Pa.

High School: Millville Area HS

Position: Forward

Favorite thing to do during practice?

Play competitive games with my teammates because it's fun yet productive.

Coke or Pepsi?

Definitely coke.

Driving force for your decision to come to Wilkes?

As soon as I stepped onto campus, I knew that I loved the atmosphere and everything the campus had to offer while not being so far from home, but still far enough. After meeting with Coach Myers about field hockey, I knew I wanted to play for her.

Other interests or hobbies off of the field?

Taking naps, hanging out with my friends, hiking, hunting and, most importantly, playing with my dogs.

Most influential person in your life?

My parents would have to be the most influential people in my life because I've always worked hard to make them proud. They always give me their all, so it's only fair that I give them my all.

Post graduation plans in terms of a career?

I have no idea what career path I want to go down, but hopefully Wilkes will help lead me to what I want do.

Favorite professor?

My favorite professor is my English professor, Thomas Hamill.

Favorite building on campus?

The SUB because I spend a lot of my time there when I'm not in my dorm.

Favorite meal to eat on campus?

Which wich.

What came first? The chicken or the egg?

The chicken.

A quote you live your life by?

"Full send." - Derek Schneider

Hopes for this season as a Colonel?

As a Colonel, I hope that Wilkes makes a name for itself in academics and athletics by setting new goals and getting recognized for student, faculty and staff accomplishments.

What does "Be Colonel" mean to you?

Having school spirit and taking pride in my school.

When/Why did you first begin playing?

I began playing field hockey in seventh grade and have played every year after. My mom played in high school and I wanted to follow in her footsteps.

Anyone to give a shout-out to?

I would like to give a shout out to my whole field hockey team for supporting me, my coaches for getting me to where I am today, and to my parents and family back home for staying by my side throughout everything that I've been through.

-Compiled by Kirsten Peters, Co-Sports Editor

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The Beacon/Kirsten Peters



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Est. 1936
Pa. Newspaper
Association Member
Volume 72, Issue 05

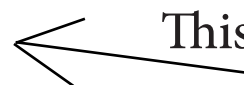
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