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Wilkes University - Wilkes-Barre, Pennsylvania

The news of today reported by the journalists of tomorrow.

Sordoni holds final art in context lecture

By Sean Schmoyer
News Writer

As the current exhibit in the Sordoni Art Gallery comes to a close, the final lunchtime lecture on the topic was presented on Tuesday, Oct 2.

Titled "Antislavery Actions in the Wyoming Valley" the lecture presented by Aimee Newell, adjunct professor at Wilkes University and executive director at the Luzerne County Historical Society.

Newell began the lecture by recounting the story of a black man who managed to escape an attempt by several men who tried to capture and enslave him.

The point of the story was to highlight that runaway slaves faced potential capture throughout the whole nation, not just in the south. In fact Newell later revealed that the event took place in Wilkes-Barre, Pa.

Next, Newell focused on the history of slavery both in Pennsylvania and the Wyoming Valley.

Newell gave credit to numerous historians such as Emerson Moss, who wrote the story, "African-Americans in the Wyoming Valley," in assisting in compiling of the knowledge about slavery in Pennsylvania and the Wyoming Valley.

Newell stressed the importance of exhibits like "A Stirring Song Sung Heroic: African Americans from Slavery to Freedom" by William Earle Williams, as they allow for a look at a history that while not well, or clearly represented is still important to our



The Beacon/ Steffen Horwath

Aimee Newell gave the final lecture of the "A Stirring Song Heroic" exhibition at the Sordoni Art Gallery. The newest exhibition, "Loud Silence Expressions of Activism" will open later on Oct. 23.

history as a country.

Newell accounts the history of slavery from the arrival of indentured servants in the New England colonies to the full enslavement of African-Americans throughout all of America.

"By the mid-1600s, the switch had been made for the black men, women and children who were brought here and born

here, they were slaves for life.

"By 1700 there were 27,817 slaves in the English colonies, and by 1715, there were 58,540 slaves in the region.

"At that time in 1715, the population in Pennsylvania was 45,800 people with 2,500 blacks," Newell said.

SORDONI, see page 4

New club on campus strives to raise mental health awareness

By Anna Culver
Staff Writer

Oct. 7 through 13 is Mental Health Awareness Week and Wilkes University is offering resources to students to help with their mental health as well as raise mental health awareness on campus.

The Mental Health Society is a new club on campus for students that are having issues with mental illness or are advocates those that are struggling with their mental health.

The Mental Health Society is working towards educating students about advocating for themselves and others about mental health. The society is looking to raising awareness about mental health and its importance throughout the campus community by inviting students to their meetings.

MENTAL HEALTH SOCIETY, page 10



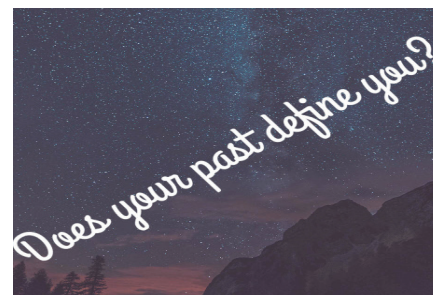
Graphic by Madi Hummer

Students, faculty react to Kavanaugh confirmation, page 5



The Beacon/Jordan Fritz

DIY Stress Ball, page 11



The Beacon/Savannah Pimnock

Does your past define you?, page 18



The Beacon/Kirsten Peters

FB: Steeber's touchdown catch propels Colonels in Homecoming victory, page 12

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: Oct. 3 weekly meeting

By Sean Schmoyer
Staff Writer

This week's Student Government meeting consisted of three votes on the fund requests from the previous week's meeting and two new proposals for fund requests for upcoming events on campus.

Returning from last week was the NSO, Nursing Student Organization, who reduced their previous fund request from \$5,000 to \$4,334 to cover the costs of their trip to the NCLEX Bowl and the events being held along with it.

After discussing potential deals the NSO could receive on food, Student Government voted on, and passed a motion to allocate a partial amount of their request, giving the

NSO \$3,024 for their upcoming event at the NCLEX Bowl.

Next up on the docket was the Spirit Committee who also returned for the vote on their fund request of \$680.60 for their Marts Madness event.

After deliberation, Student Government voted on, and passed, a motion to allocate the full \$680.60 requested to fund the event which will be held on Thursday, Nov. 1 at 9 p.m.

The final returning group was the Fall Event Committee for a vote on their fund request. Their request from last week was for \$5,824.47 to fund the Colonels and Beyond event. This event will be held on Oct. 19 from 3 to 7 p.m.

Student Government voted on, and passed,

a motion to allocate the full \$5,824.47 for the committee's event in November.

New this week were the pharmacy and nursing majors who are hosting the Late Night Lift this year.

They talked about the event which will be held in the YMCA from 9-11 p.m. on Nov. 19. The YMCA will only be open to Wilkes Students that day and all majors are welcome.

Their request was for \$1,500 to help fund items and prizes for the event, which will be given out to those who attend the event in November.

Finally, the Indian Cultural Association made a fund request of \$950 for their yearly event, Diwali, which will be held on Nov 3.

Both fund requests will be voted on in two weeks, on Oct. 17, as there will be no meeting


the week of Oct. 8 due to Fall Break.

After the fund requests, Student Government then voted on Club of the Month and Student Government Member of the Month.

SOL, Student Organization of Latinos, was voted Club of the month and Alanah Guerrero was voted SG Member of the Month.

Finally, committee and class reports were given.

Commuter Council's Niagara Falls trip has been filled, and Wilkes' Residence Hall Council will hold a voting poll for their dorm room contest on Tuesday, Oct. 9 from 1 to 3 p.m. in the SUB to decide the winner.

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Beacon Briefs: The happenings on campus -- Oct. 9 to Oct. 22

Compiled by Maddie Davis

Alcohol Awareness Walk

On Tuesday, Oct. 23 at noon the annual 2018 Alcohol Awareness Walk will be held. The walk raises awareness of the dangers of not only excessive drinking, but underage drinking as well. The walk includes a one mile loop from the Fenner Quad, to Kirby Park and back. Those who sign up will get a free long sleeve T-shirt and lunch. Please register for the walk by following the link on Wilkes Today.

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.

Christian Fellowship and Interfaith Office Clothing Drive

Wilkes Christian Fellowship and the Interfaith Office are partnering together to hold a clothing drive until Oct. 31. They are looking for mens jeans (sizes 30


to 36), hoodies, long sleeve shirts and fall quotes. The donation boxes will be placed in the library and on the first floor of the SUB.

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 SUB. Anyone interested should contact Kristin Osipower at Kristin.Osipower@wilkes.edu or ext. 5904.

Lunch and Learn with Pharmaceutical Sciences and Chemistry

There will be a lunch and learn held from noon to 1 p.m. on Thursday, Oct. 18 in Stark Learning Center 275 titled "LC/MS Fundamentals" by the pharmacy and chemistry department. The lunch and learn will focus on mass spectrometry, MS ionization and different MS experiments.

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Upcoming Events: 2018 Fall Semester

October

11 to 14 - Fall Break
16 - UN Lecture: Dr. Patience Stephens
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) and the 2018 Alcohol Awareness Walk
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)
8 - UN Lecture: Mr. Niall McCann
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 TheWilkesBeacon@wilkes.edu

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Passan School of Nursing holds induction ceremony for Class of 2019

By Cabrini Rudnicki
Co-News Editor

“Nursing is the number one profession in the United States. This is over pharmacist, physician, and even clergy.”

Deborah Zbegner, Dean of Passan School of Nursing, welcomed the Accelerated Bachelor of Science in Nursing Class of 2019 to receive enter a new stage of their nursing career at the 2018 Professional Induction Ceremony.

The event took place on Sunday at the Dorothy Dickson Darte Center. Thirty-five students received their white coats, and then signed the American Nursing Association's Code of Ethics.

“The white coat ceremony is meant to celebrate a student's transition into actual clinical patient practice,” explained Zbegner. “Recognizing that the students have passed the rigorous student simulations in the last six weeks, and have demonstrated competency to care for actual patients.”

Zbegner also spoke about the importance of the code of ethics.

“These students are about to take an oath, and provide their signature stating that they will abide by this oath, throughout their education as a student nurse and long into their future as a registered nurse.”

Nurses, according to Zbegner, have certain characteristics that set them apart from others.

“When you are a nurse, not only do you require the desire to help people; you demonstrate certain innate characteristics,” she explained. “Professionalism, diligence, compassion,

empathy, intelligence, emotional stability, detail oriented, capable, hard working, quick thinker, able to physically endure, good judgment, communication skills, and having a good sense of humor, usually dark and not understood by all.”

Nursing students are also marked by their professional standards which are much different than other majors, said Zbegner.

“Unlike your friends, you are held to a higher standard of behavior,” she said. “By now, you are already aware of this. You already have FBI clearances, child abuse clearances, drug testing, and intense physical exam that must all be completed on an annual basis.

“From this day forward, you accept the high ethical standards set forward by this profession. You accept the high responsibility for your actions, and promises to demonstrate those characteristics that define being a nurse.”

Ashley Bernardi, class of '18, was a guest speaker at the event.

“As I stand before you, as a recent graduate of this program, my feelings are ambivalent,” she explained.

“One on hand, it seems like yesterday. This is likely because of the rigorous pace and sheer volume of materials we learned, and not allowing much time of the perception of the world outside of this program.”

“Mornings come early, and nights end late. The result is a 12 month time warp, with rapid transit, designed to mold you into a qualified, capable, and compassionate nurse,” she continued. “Ironically, it is this intense educational

process that will without doubt, transform the perform you are today. It is that transformation that results in my ambivalence, that makes the beginning of this program feel like a lifetime ago.”

Bernadi continued by focusing on concepts she felt most relevant to the event, including merit, purpose and passion, and vocation.

On merit, she spoke about how each student deserved their spot in the program.

“As all of you know, the admission requirements for this program hold a very high standard, and therefore, if you are sitting there, we all have confidence that you will be successful in mastering the challenges.”

Bernadi also spoke about the importance of reaching out to loved ones and faculty in times of stress.

On purpose and passion, she spoke about the extent nursing requires.

“Nursing is one of the few educational capacities that challenge what we know, what we do, what we feel, and to be,” she said. “The final challenge is to merge the knowledge you will learn into the few main qualities that you already have, that being the purpose and passion that drive you to be a nurse.”

Purpose and passion tied into Bernardi's section on vocation, which elaborated on the idea that nurses are needed not just for their knowledge, but their compassion.

Bernadi is currently a registered nurse at Geisinger.

The students' names were called one at a time to receive their new white coats, as well as to sign the code of ethics.

After every name was called, nurses of the audience and the students on stage were asked to stand up, and recite the Florence Nightingale Pledge.

The Passan School of Nursing transitioned into a standalone school in fall 2014. According to Wilkes University, the school has a 100 percent job placement rate within months of graduation.



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An excerpt from the Florence Nightingale Nursing Pledge:

“I will not do anything evil or malicious and I will not knowingly give any harmful drug or assist in malpractice. I will not reveal any confidential information that may come to my knowledge in the course of my work. I pledge myself to do all in my power to raise the standards and prestige of the practical nursing; may my life be devoted to service and to the high ideals of the nursing profession.”



The Beacon/Maddie Davis

Thirty-five nursing students graduated from Wilkes' accelerated nursing program.



The Beacon/Maddie Davis

The nursing students recited the Nurses Oath after receiving their white coats.

Homecoming weekend begins with annual Pints with Professors

By Maddie Davis
Co-News Editor

Wilkes University welcomed back its alumni for their annual homecoming weekend starting with Pints with Professors on Friday, Oct. 5.

All night, the Karambelas East Campus Gateway was full of alumni from more than 50 years ago and current Wilkes professors to reminisce and catch-up. Alumni were invited to see the recent summer changes of the Wilkes campus as all buildings were open to look into.

The homecoming weekend marked the induction of the class of '68 as "Golden Colonels" as part of their 50th anniversary of graduating from Wilkes.

Regina Belden Smith, class of '67, accompanied her husband Michael Smith, class of '68, to his 50th graduation anniversary. The Smiths were astonished by the transformation of the campus compared to when they last saw it as students and a few years ago.

"This is our first time back and we were shocked when we saw the changes," said Smith. "We will definitely recommend to people who are asking about this area to

come to this college."

Smith talked about where her Wilkes degree took her and how it helped her travel across the world.

"We moved to Southeast Asia for 20 years... I got to teach school in Singapore and Hong Kong," added Smith. "I got to use my teaching degree worldwide."

Renee Mucci Klem '70 and her husband Dr. Daniel J. Klem Jr. '68 sat with the Smiths at pints with professors to catch up with them and many other friends who attended the event.

Klem, whose husband is on the board of trustees at Wilkes praised the new changes to the campus, especially the Karambelas Gateway.

"We have come back through the years so we have kind of known what the changes have been," said Klem, "But this is really remarkable.

"I am thrilled to be back and apart of this and to see all of the changes that have been made."

Professors and students were able to catch up and enjoy food and drinks as they talked about where Wilkes has taken them.

Dr. Deborah Tindell, associate professor in the psychology department, caught up with



The Beacon/ Cabrini Rudnicki

Pints with Professors was held for the 50th anniversary of the Wilkes class of '68.


several of her old psychology students at the event and was able to see where they have gone since their time at Wilkes.

"It is very rewarding to come back and see where students have gone once they leave here, because that is the whole point of what we are doing, to help you guys move on and find careers," said Tindell.

"As students, (they) mean a lot to us, more than (they) realize (they) do," added Tindell.

"When (they) just disappear and we don't see (students) again it is sad."

The rest of homecoming weekend included the annual homecoming football game against Albright College as well as the alumni breakfast with the president all on Saturday, Oct. 6.

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Sordoni, from front page

Newell then went into the laws that impacted slavery in the north.

One such law was that if a child was born to a slave that child was a slave for life.

Laws also allowed for the whipping and punishment of slaves as long as it did not result in death.

Newell detailed how the Underground Railroad ran through the Wyoming Valley up to Canada. She also pointed out that a reason for the anti slavery views in parts of Pennsylvania was due to the Quaker population. In fact Newell details that Pennsylvania was the first state to adopt laws to end slavery in stages, in March 1780.

By 1850 there were no longer slaves in Pennsylvania. Despite this slavery was still prevalent in the years leading up to 1850 even in Pennsylvania.

Newell recounts the tales of Charles Miner from Pennsylvania, who introduced bills in the House of Representative to try to ban slavery.

She also talked about a group known as "Friends of the Union" who believed that the abolition movement violated the constitution.

Another conflict was whether or free blacks had the rights of citizens. Newell

details the Luzerne County trail that took place in 1835 known as Hobbs v. Fogg.

Newell said, "Mr. Fogg who was black and fulfilled the voting qualifications here in Luzerne County tried to vote, but was denied. The judge upheld Mr. Fogg's rights but was appealed and the decision was overturned in 1838."

The final set of stories Newell tells is about one of the most active abolitionists in the Wyoming Valley, William Camp Gildersleeve.

Gildersleeve's house was a stop on the underground railroad located here in Wilkes-Barre on South Main Street. Newell detailed stories where both Gildersleeve and those against the abolitionist movement started riots against the others beliefs. From Newell's description of the events in Pennsylvania's history it is clear that slavery was a hot button topic even in a free state like Pennsylvania.

After Newell had finished her lecture she took questions from the audience.

"I find it interesting that we had mob violence from both sides of the issue, breaking up lectures and mobs going after slave catchers," said Dr. Jonathan Kuiken, professor of history and global cultures.

"What do you think it says about the tension surrounding the issue, do you think people were just anger about the issue?"


Newell addressed the question by talking about how slavery was not the only issue. When looking at slavery it also impacted jobs, voting rights, and equality, all topics that inspired people to get involved and take a side.

She then compared the passion citizens had about slavery in the past to the passion citizens today have about topics like immigration.

"Was there a split or division in Pennsylvania between female abolitionists and the abolition society here in Pennsylvania," asked Suzanna Calev, Archive Librarian at the Farley Library.

Newell addressed that in locations like Philadelphia there were divisions with the abolition movement but that there was not any clear evidence that had been found yet about that being the case in the Wyoming County. Newell did state throughout the lecture that she hoped that over the coming years more people will work towards uncovering new information about the history of slavery.

Those looking for more information about the topic of slavery in the Pennsylvania should visit the Luzerne County Historical Society.

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Upcoming Exhibitions at the Sordoni

**Oct. 23 to Dec. 16:
Loud Silence Expressions
of Activism. Currated by
Heather Sincavage.**

**Jan. 15 to Mar. 8:
Sacred Sisters by Holly
Trostle Brigham & Peasant
War by Käthe Kollwitz.**

**Apr. 2 to May 18:
Japanese Woodblock Prints
from the Syracuse University
Art Collection by Ukiyo-E
To Shin Hanga.**

Students, faculty react to Supreme Court nominee Kavanaugh

By Maddie Davis
Co-News Editor

With the retirement of Justice Anthony Kennedy, President Donald Trump was faced with the option to nominate a new Supreme Court Justice.

Trump and the Senate recently appointed Justice Neil Gorsuch in January replacing the deceased Justice Antonin Scalia, with relatively no issues.

However, Trump's newest nominee has received backlash from the democrats, republicans and the American people because of his behavior when he was younger: Judge Brett Kavanaugh.

Kavanaugh is one of the youngest justices to be appointed to the position and one of the most controversial since Justice Clarence Thomas' confirmation hearings. These justices' confirmation hearings were both controversial because of the women who stepped forward claiming these men sexually abused them.

Three women have stepped forward claiming that Kavanaugh assaulted them dating from his high school years to college.

One of the most publicized claimants against Kavanaugh is Dr. Christine Blasey Ford, a research psychologist and psychology professor at Palo Alto University. Ford stepped forward in front of the Senate Judiciary Committee to tell her story of Judge Kavanaugh as to why he should not be confirmed.

Ford claimed that he assaulted her with his friends Mike Judge back in their Maryland High School when she was 15 and he 17. She claimed that the intoxicated Kavanaugh covered her mouth while climbing on top of her and groping her.

In 2012, Ford went to a psychiatrist and made public the claim that a person who later became of importance in Washington attempted to rape her back in high school, which was later identified as Kavanaugh.

Kavanaugh was the next to testify against Ford's claims, denying what she had said. His very emotional was driven by his conservative views claiming that this whole confirmation and Ford's allegations were a "hit" by Hillary and Bill Clinton.

Although it is known that presidents choose their appointees based on their partisan views, the United States Supreme Court is supposed to be strictly

non-partisan when it comes to their decisions on the bench.

Ford's testimony was seen as a tough blow to the GOP and Kavanaugh's nomination as she was collected and professional. An FBI investigation was prompted to further investigate his character as a potential Supreme Court Justice.

The FBI found no corroboration of the accusations made by Ford and the other women who have stepped forward, according to Republicans. The Democrats are not happy with the FBI and their findings as they did not investigate and interview Ford and Kavanaugh himself.

Kavanaugh and Republican senators are not the only ones outraged about the accusation from Ford and others. Trump has voiced his opinion all over his Twitter feed calling the confirmation process unfair and has stuck by the integrity of Kavanaugh.

Following the testimony of Ford, there have been public backlashes being held against nominee Kavanaugh demanding for people to vote no for Kavanaugh in the form of protests.

The protests focus around the fact that people, and the Senate specifically, should not only believe these women but that they should support women in general. Protests are calling for the removal of Kavanaugh from consideration for the Supreme Court.

After Ford had initially testified on Sept. 27, democratic senators Sheldon Whitehouse, Richard Blumenthal, Mazie Hirono and Kamala Harris all walked out of the Senate Judiciary Committee meeting when Republicans were trying to schedule a vote on Brett Kavanaugh that same day.

The most recent protest against Kavanaugh was held on Thursday, Oct. 4 outside of the US Senate building. Actress Amy Schumer was among 300 others that were arrested for protesting.

Despite the protests and Ford's testimony, Kavanaugh is still backed by a majority of the Senate.

Wilkes University's faculty, staff and students reacted to the ongoing confirmation and investigation of Kavanaugh.

Dr. Jennifer Thomas, psychology professor and director of the women's and gender studies program, voiced her concerns about the lasting effects this



Graphic by Madi Hummer

might have on younger generations as she specializes in adolescent development

"Voices need to be heard," said Thomas. "It is important to listen to women."

"People who sit on the Supreme Court make important decisions about our lives. I would like to hear more of what [Ford] has to say," added Thomas.

Thomas referenced research from Dr. Jessica Henderson Daniel, the president of the American Psychological Association, about the lack of sexual assault reports and the accuracy of the number of false reports that are publicized.

"Sexual assault is under-reported and two-thirds of individuals do not say anything. False claims of sexual assault are only two-seven percent," Thomas recited.

Thomas related the research to Ford's sexual abuse and how her young age could have affected her inability to report the incident because Kavanaugh was older and was more powerful.

"Women should be given a chance to have their stories heard. This case has caused chaos and may discourage survivors of sexual assault from coming forward."

"The world, including young people, are watching and taking note. Sexual assault should be taken seriously by the government and our elected leaders. Those who come forward should be treated with respect," said Thomas.

Dylan Mehl, a sophomore sports management major, believes in Ford and is overall outraged that Kavanaugh may be confirmed because of his conservative

stance about abortion among other topics.

"Obviously he should not be admitted into the supreme court if Kavanaugh did, in fact, commit the acts he was accused of."

"It will outrage me [if he is affirmed] because there is a specific topic that could be overturned if Kavanaugh makes it in: abortion. I'm pro-choice and worried what decision the possible new justice will make on the Wade v. Roe case," added Mehl.


Hoyt Steily, a sophomore pharmacy major, is more cautious about assuming Ford's testimony is truthful.

"There is a possibility he did it, but at this point, there is just as much of a possibility that he did not," said Steily. "I believe the case should have not been made public until a proper investigation was done."

"Until there is any evidence, I believe Kavanaugh should continue his journey into the Supreme Court."

Editor's Notes: On Saturday, Oct. 6, the Senate confirmed Kavanaugh as the ninth Supreme Court Justice, filling the bench. Kavanaugh was confirmed with a 50-48 vote around 4 p.m. The vote was interrupted numerous times by the protestors in front of the Senate.

Interviews for this article were conducted by Brandon Belfonti, News Writer.

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Annual James Jones First Novel Fellowship awarded

Cabrini Rudnicki
Co-News Editor

The 26th annual James Jones First Novel Fellowship was awarded to Alicia Upano of Wahiawa, Hawai'i for her novel 'Big Music.'

The competition is cosponsored by the Maslow Family Graduate in Creative Writing at Wilkes University and the James Jones Literary Society.

The James Jones First Novel Fellowship was first established in 1992 in order to "honor the spirit of unblinking honesty, determination, and insight into modern culture as exemplified by (the writings of) James Jones." The award is given to an unpublished debut novel of a North American author.

Upano, who won first place, received \$10,000 from her win.

Upano's upcoming novel Big Music tells the story of a Hawaiian family. According to the synopsis of the novel, "It traces Hawai'i's history from the 1941 Pearl Harbor bombing to its 1959 admission into the union to the late 1960s era of the Hawaiian Renaissance and Vietnam Era."

The first runner-up was Nancy Johnson of Flossmoor, Ill., for her novel 'The Kindest Lie.'

Johnson's novel features "a black female engineer in Chicago [who] desperately wants to reconnect with the son who she walked away from 11 years ago when she gave birth to him as a teenager." The novel features the height of auto industry collapse as well as the start of the Obama presidency.

The competition also awarded honorable mentions to Megan Roberts of Sewanee, Tenn., for her novel 'Life on a Planet That Follows the Sun' as well as Deborah Good of Brookline, Mass., for 'Viktor Schmitz.'

Roberts' novel follows "a 22 year old unemployed college drop-out who deals with the consequences of a night of drinking and driving."

Good's novel is "a World War II story about the nearly 400,000 captured German combatants in camps across the United States."

Johnson, Roberts, and Good all received a monetary award of \$1,000.

James Jones (1921 - 1977) was the author of 'From Here to Eternity,' winner of the National Book Award. Jones also is the author of novels 'Some Came Running' and 'The Thin Red Line.'

Dr. Bonnie Culver, co-founder of the Maslow Family Graduate Program in Creative Writing, spoke about how James Jones' daughter, Kaylie

Jones, started the fellowship.

"Kaylie Jones, one of the graduate creative writing faculty members, brought this fellowship to Wilkes in early 1990s," she said. "Jones always wanted to help emerging writers and this \$10,000 prize is to do just that -- give the author of a novel-in-progress some financial help to find time to complete the novel."

According to Culver, nearly all winners have gone on to be published by nationally known presses.

"In 2005, the James Jones First Novel Fellowship was brought under the graduate program banner. That means that our MFA students, majoring in fiction, are paid to read and screen the over 600 manuscripts we receive annually."

Michael Lennon, was one of the co-founders of the James Jones Literary Society.

The society was brought together by the airing of his documentary, 'James Jones: From Reville to Taps.'

"After watching it, we went to the Moose Club, where James Jones used to drink, and then we founded the James Jones Society," he explained. "One of the things we wanted to do was carry on something that he did when he was a writer. When he was a writer, he helped

other writers."

Jones started a writers colony with author Lowney Handy in Illinois called the 'Handy Writers' Colony.'

"He felt that he had been helped by a lot of people, high school teachers, people he knew in the army, and especially Lowney Handy, who put him up in her house, where he wrote 'From Here to Eternity,'" he explained. "This is an attempt to carry on his work."

The Maslow Family Graduate Program in Creative Writing is a nationally recognized, low residency program offering M.A. and M.F.A. in creative writing. The program features five areas of concentrations: poetry, fiction, creative nonfiction, playwriting, and screenwriting.

The submission deadline for each year's competition is March 15 of each year. Requests for guidelines can be sent to James Jones First Novel Fellowship, c/o The Graduate Creative Writing Department, Wilkes University, 84 West South Street, Wilkes-Barre, Pa. 18766 with a stamped, self-addressed envelope. Emails can also be sent to jamesjonesfirstnovel@wilkes.edu.



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Profile of a Professor: Dr. Stephanie Wasmanski, education

By Breanna Ebisch
Staff Writer

Wilkes has welcomed many new staff members and professors in the fall 2018 semester and among them is Dr. Stephanie Wasmanski.

This year, Wasmanski joined the doctor of education program in the Wilkes University School of Education as an assistant professor.

Originally from Bear Creek, Pa, Wasmanski is excited for the upcoming year here at Wilkes and can't wait to dive into teaching again.

Passionate, dedicated and genuine are the three words that Wasmanski used to describe herself in the field of education.

Before being hired as an assistant professor this year, she was an adjunct professor and the director of graduate admissions for Wilkes.

Wasmanski previously earned her bachelor's degree in psychology from the College of Misericordia (now Misericordia University) and earned both her master of business administration and doctor of education degrees at Wilkes.

Wasmanski has a special place in her heart for Wilkes because of the overall

atmosphere she has been exposed to on campus.

"I just love the mentoring culture of Wilkes," said Wasmanski. "I always felt I was part of the [Wilkes] family right from the beginning."

"I started as a grad assistant in the fall of 2014 and right from the very beginning, I was welcomed," Wasmanski stated.

Wasmanski's favorite part of the campus is that close family feeling she has experienced her whole time here.

Wasmanski was excited to teach on a campus that was already so familiar to her.

There are many challenges and experiences that come with being a new faculty member, but Wasmanski is ready for everything Wilkes will throw at her.

She said she is ready to conquer her first year teaching at Wilkes.

Wasmanski said she has a special place in her heart for the classroom and all of her students, making her that much more excited to begin teaching her first semester at Wilkes.

"I'm looking forward to mentoring students," said Wasmanski. "Within the next year, I hope to have a group of students who I'll be advising and working with more closely as they near the end of the program."



Submitted Photo

Dr. Stephanie Wasmanski

Wasmanski's love for teaching grows everyday and, with her new position, she is able to work closely with Wilkes doctorate students doing what she loves most.

She wants to be able to share her knowledge with the students she will become closer with as a part of the program.

With two children of her own, she knows the importance of education and the value of the school community which she certainly can't wait to share with her students.



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Co-News Editors

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by the journalists of
tomorrow.**

Life, Arts & Entertainment

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Club proposes campaign for free menstrual products

Feminist Majority Leadership Alliance working to promote equality on Wilkes University's campus

By Madison Hummer
Design Editor

Wilkes University students may soon find something new in their campus bathrooms: free menstrual products.

Members of the campus's Feminist Majority Leadership Alliance, or the FMLA, have proposed a Menstrual Product Campaign that would offer free pads, tampons and other menstrual products in university buildings.

The campaign was presented by Women's and Gender Studies intern Rachel Kubicki, "Not only do women have this shame and stigma surrounding something that is perfectly healthy and normal, but then we have to pay for it," said Kubicki.

"It's time to change the way we think

about menstruation, along with how we treat it," Kubicki said.

Much of the argument that surrounds free menstrual products stems from the fact that many campuses offer free male condoms but not feminine supplies.

"Condoms are available for free on campus, so why not menstrual products?" said Cabrini Rudnicki, president of the FMLA.

The campus' Health and Wellness Services office does offer free condoms and menstrual products, but they are only available in Passan Hall on South Franklin Street. Kubicki said Passan Hall is inconvenient for many students, and it would be more beneficial to have menstrual products available in all campus buildings.

"I started walking around campus

and noticing that all the dispensers in the women's restrooms were broken or empty. Some of the new restrooms don't even have dispensers," Kubicki said.

Although the campaign is in its infancy, Kubicki said that she hopes to see the university begin work on offering its students free menstruation products by the end of the fall semester.

The Feminist Majority Leadership Alliance is a fairly new club to the Wilkes community since its establishment last year. According to Rudnicki, the club's presence allows for greater inclusivity and provides a platform to promote feminism, social justice and equality on campus.


"The communal aspect of a group like the Feminist Alliance is very empowering, especially for those facing

these daunting issues for the first time," said Kubicki. "There is a great need for all sorts of social justice in this world, and it's great to have a group like this to be a part of."

For more information about the FMLA and upcoming events, contact the club's president at Cabrini.Rudnicki@wilkes.edu.

Let us know what you think about this topic by tweeting us!
@WilkesBeacon

Editor's Note: Cabrini Rudnicki is the Co-News Editor for The Beacon.

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We are Venom; Sony spin off smashes box office with \$80M opening weekend



By Nicholas Filipek
Managing Editor

With a record setting \$10 million Thursday night preview opening, Sony's Spider-Man spinoff, *Venom*, has set a new bar for how to make money, despite having negative reviews.

The big opening, and severe scrutiny of the film by fans and critics alike, comes as no surprise with the main character being an all time favorite since his inception into the Marvel Universe in 1988.

Though only 30 years old, a real youngin' in comparison to other comic book characters, *Venom* has a complex and unique story of how he came to be.

The History.

In "Marvel Comics Secret Wars # 08", Peter Parker's (Spider-Man) classic blue and red suit is damaged, and he turns to alien technology, on the planet he was currently stranded on, to repair it. Little does he know that he actually bonded with a sentient symbiote life form who, along with granting him new enhanced spider powers, also wants to fuse permanently with Parker and live off of him forever as a parasite.

Once this latest revelation is revealed to Parker back on Earth, he uses supersonic waves, produced from a bell in a church steeple, to separate man from symbiote. The symbiote goes on to attach to reporter Eddie Brock, and the Marvel Universe is forever changed with the first full appearance of the *Venom* we know and love today in "The Amazing Spider-Man # 300" in 1988.

Eddie Brock and the alien symbiote are a perfect match, rallied together in their distaste for a certain wall crawling superhero. Brock blames Spider-Man for the loss of his job after Spider-Man arrests

a villain that Eddie reported about being an eyewitness to, weeks earlier. Now with his reputation for writing anything that sounds good being out in the world, no news station will take him, leading to the loss of his job, wife and everything else he loved.

The symbiote, recently being rejected by Parker, aka Spider-Man, shares Brock's rage and amplifies it ten fold, making him one of Spider-Man's most fierce villains.

The Review

Venom - Columbia Pictures Corporation/ Marvel Entertainment/ Pascal Pictures/ Sony Pictures Entertainment/ Tencent Pictures. Directed by Ruben Fleischer, screenplay by Jeff Pink and Scott Rosenberg & Kelly Marcel. Starring Tom Hardy, Michelle Williams, Riz Ahmed, Scott Haze, Reid Scott and Jenny Slate.

Sadly, this is not the review that was intended, but it's the review that must be.

from the network. He is blacklisted from working in journalism, and also loses Anne in the process, but still keeps the sweet bike for a necessary action chase through the streets of San Fran.

Six months later, while Brock's life has continued to go down the tubes, Drake has been experimenting with alien creatures he calls symbiotes. These symbiotes must bond with a carbon based life form in order to survive on the planet. Dr. Skirth (Slate), seemingly the only ethical doctor working for the Life Foundation, sneaks Eddie in to the top secret facility to gather information. This information would allow Brock to blow the whistle on the company's wrongdoings, Skirth not doing so herself fearing Drake's reaction on her and her family's safety.

While inside, one of the symbiotes, named *Venom*, bonds with Brock and the pair begin their relationship while keeping each other alive. By the third act,

The story is then the next big problem. What was it? It tries to be an action movie, a drama, suspense, a buddy-cop, horror and romance all in one. All these little tidbits are thrown in there with the enthusiasm of a young chef making a stew saying "everyone loves these all these separate ingredients, so they're sure to love this if I throw tons of it all in."

The timeline and story are two elements that leave Michelle Williams' character with no motivation to do what happens during the movie. She is simply just "the girl" in the movie and is stuck in scenes to be just that. In reality, the character left Brock for being an unethical, selfish jerk long before he started biting the heads off of people due to an alien parasite.

Why on Earth would she suddenly jump back on the "Eddie Brock Train" after he starts talking to himself, threatening her new boyfriend (who she already gave a key to - ouch) and bunch of other insane red flags that would leave normal people calling the cops?

My comments all seem harsh, but the Hollywood world has been taken over by super cinematic heroes who leave a lot to be compared to. In that comparison, there are so many things that could have been done differently in order to make it stand toe to toe with some of its competition.

Had this movie been released 10 years ago, it would have been the best thing released, but it seems as though they had this script waiting around that long to be made and made no edits to it when it was time to start filming.

With that said, it still could have been much worse. Audiences were given a cinematic *Venom* in 2007 in Sam Raimi's *Spider-Man 3*. That movie had even more story issues than this one, one of them being the rushed storytelling of both the symbiotes and Brock's vendetta to see Peter Parker/ *Spider-Man* fail.

The look of the updated symbiote anti-hero is something only time could have given us, and he does look good as the symbiote which over takes Hardy's human form as the behemoth comes to life.

Though the story had its issues, it also left room for expansion and improvement. Tom Hardy is on contract to take on the role at least twice more, so hopefully this will be the first in a line of much better movies to come.

Venom now in theaters.

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Graphic by Madison Hummer

Venom follows investigative journalist Eddie Brock (Hardy), who lives with his fiancé Anne Weying (Williams), in San Francisco. He is the host of his own show on a major news network, lives in a modern apartment, rides a sweet motorcycle, and has a cat who really doesn't like him.

Eddie later betrays the trust of his fiancé and his boss in order to truly do his job and tries to uncover the shady goings-ons with the founder of the Life Foundation, Carlton Drake (Ahmed). Despite his noble efforts, he unethically obtains the knowledge and is consequently fired

Venom informs Brock of a plot by another symbiote - Riot, who ended up bonding with Drake in order to give us our big bad guy for the movie - that endangers Earth. Brock and *Venom* then decided that they will be the heroes, set aside their differences, and work together to take down Riot.

The film has some problems, to say the least. The timeline is shaky and expects the viewer to jump around months at a time in the first act. Yet, the second and third act seemingly all happen within 48-72 hours, leaving the finale seemingly rushed.

Self care with Sarah: Acknowledging your feelings

By Sarah Matarella

Life, Arts & Entertainment Editor

We are all going through something or have gone through something that has affected our mental health throughout our lives. In order to grow and learn from these situations, we must talk about them, or at least acknowledge them.

Many people associate talking about their feelings or emotions with weakness, inferiority, and even having a mental disorder. However, you do not need to have a mental disorder to have negative emotions. Everyone becomes frustrated, anxious, upset, and angry. It is completely normal. Furthermore, you do not need to have a mental disorder in order to talk about your feelings or even see a therapist if you do not know how to properly sort out all of your emotions in an effective way.

To provide students with a greater sense

of support for anything they may be going through, the Health and Wellness Campus Services at Wilkes University have added an after hours support line. Anyone can call this line if they do not have time or are uncomfortable to make an in person appointment. The support line, (570) 408-CHAT, and the purpose for it is to provide a resource for students needing support when Health and Wellness Services is not open.

This line is staffed with Masters level and Doctoral level counselors who are trained specifically in college student mental health. Support is available to students who may be experiencing any emotional turmoil or have been struggling with their mental health. During regular business hours, Monday through Friday, 8:30 a.m.-4:30 p.m., students can to schedule an appointments for counseling by calling (570) 408-4730 or going to the first floor of Passan Hall.

TIPS:

Talk about what you are thinking and feeling

You do not have to share everything, but try confiding in someone that you trust just so you can get it off of your chest or for someone else to know what you are going through. Another way to get your feelings out when you may not have someone around at the moment is to write it down whether it be in a journal, on a piece of paper you throw away, or even on your laptop.

“Check on your friends”

This statement is not just a tweet that went viral recently. It is important to make sure that your friends know that you are also there for them when they may be struggling with a tough situation. Many people hide how they are feeling for various reasons, so subtly letting the people close to you know every once in awhile does more than you may realize.

Educate yourself

Learning about yourself, about mental illness in general, and about the resources that




are available not only normalizes any situation that you may encounter, but can also provide a sense of security as well. Learning allows you to avoid misdiagnosing yourself with a mental illness and also gives you

an opportunity to spread the information you know to others.

Take action

You and your feelings are important. Making time for your mental health is essential to be successful in everything else that you do. When you know that yourself or a friend is going through something, use the resources available to help alleviate any issues that you can and see a professional if you think that is necessary.

If you or your friend encounter an emergency, make sure to contact 911 in an immediate emergency or Public Safety at (570) 408-4999 if you are on or near campus.

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Wellness at Wilkes: Removing the mental health stigma together

By Natalie Stephens

Asst. Life, Arts and Entertainment Editor

Mental health illnesses can be just as detrimental to one's overall health as a physical health illness can and yet there is still a stigma surrounding mental health. Wilkes University offers many programs and opportunities for students and community members to get help and become involved in removing this stigma.

The World Health Organization defines mental health as, “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Mental health illnesses can cause people to think, behave or have emotions that make it difficult to cope in various life situations. The National Alliance on Mental Illness found that 1 in 5 Americans is affected by a mental health condition and still this subject is not discussed more.

“The concept of stigma related to mental health and counseling therapy can be both self-imposed and societal. One of the most common misconceptions is that mental health counseling is only for those with serious mental health problems. However, the fact is that many of those seeking counseling therapy are experiencing life adjustment dilemmas related to such things

as interpersonal relationship issues (family, friend, intimate), homesickness, effectively coping with stressors, dealing with loss, academic challenges, family of origin issues, sadness or depression, substance issues, social anxiety, eating issues, identity issues, among a myriad of other life difficulties,” said Melissa Gaudio, Licensed Professional Counselor at Wilkes University.

Wilkes University's Student Health & Wellness Services Counseling Center is available to all students for free and they offer many programs that can help with mental illnesses, such as individual sessions as well as referrals to larger organizations if necessary. The counseling center works towards helping students, “we always endorse proactively working through a problem as it is occurring rather than reacting to it in a way that allows the issue to erode the essence of an individual's physical, spiritual, emotional and mental well-being,” said Gaudio. Many people forget that mental health is just as important as physical health.

The World Health Organization stated, “there is not health without mental health.” Mental health affects physical health because if a person has a mental health illness than they have a hard time being physically active.

Mental health conditions are much more complex than what most people think. This encompasses anxiety, mood, eating, control,

addiction, and personality disorders. The Counseling center helps with those issues and many more, “common issues addressed in the Counseling Center include, but are not limited to, depression, anxiety, eating disorders, relationships, academics, transition/adjustment, finances, family conflict, gender identity, suicidal thoughts, psychosis, substance abuse, grief, trauma and sexual assault. The Counseling Center also makes referrals to Wyoming Valley Drug & Alcohol Services, First Hospital

Crisis Response and Recovery Center, and Community Psychiatrists/Psychotherapists if such care is deemed appropriate,” said Theresa DeKay, Licensed Professional Counselor at Wilkes University.

People who suffer from mental health illnesses need is support, empathy and understanding. The stigma surrounding mental health unfortunately can exclude and even discriminate against those that are suffering and therefore they do not seek help. People should be able to be open about their mental health and make sure that they are receiving the help they need. Not receiving proper care can not only lead to incorrect

health care treatments but can also make the person isolate themselves.

One way to inhibit the existing stigma and negative attitude surrounding mental health illnesses is to become educated about the different forms of mental illness and bring attention to these issues that people are facing together.

Wilkes University's Health and Wellness services offers opportunities for students and other members of the community to volunteer at events that spotlight mental health illnesses, “in the form of mental health

workshops, dorm programs and clubs that deal with mental illness serve as excellent ways to educate the Wilkes campus population. Volunteer opportunities like the Out of the Darkness Community Walk for Suicide Prevention and the Red Flag Campaign for Sexual Assault, Dating Violence and Stalking Awareness open dialogue on campus about important mental health topics,” said DaKay.

So this year during Mental Health Awareness Week let's remove the stigma together.

 @wilkesbeacon
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SORDONI, see page 4

"I am a huge mental health advocate and it is something that I want to pursue as a career. I have had a lot of mental health issues personally so to be able to help advocate that on campus and help kids that have those issues have a better understanding that they are understood and have a community that they can rely on and help advocate for them," said Shannon O'Connor, Psychology, Sociology and Criminology major, and co-founder of the MHS.

The Mental Health Society's goal is to show students that they are not alone in their struggles. Members of the society are willing to talk to each other about what is happening in their lives and how their mental health has been affected. This community of members tries to work together to give other students better understanding.

Another major goal of the society according to Olivia Perez, a psychology major and founding member of the Mental Health Society, is "combating the stigma that is mental illness."

Perez further explained that the society is helping students learn how to advocate for themselves to professors, family, and friends. The Mental Health Society hopes to advocate for those that feel like they can not do it themselves and educate the Wilkes community about mental health and the

effects that it can have on a student.

During meetings and events, the Mental Health Society gives students a chance to have time to talk with other students about how their day is going and what is happening that is causing them stress if members are willing to share. The society strives to be an open community of students that are willing to be there



Graphic: Madi Hummer

for other students and give them an ear that will listen to them. Any students that want to discuss their mental health in an inclusive and trustworthy environment can attend these meetings.

"It gives students a chance to realize that are not alone they are not suffering. A lot of the time in meetings we talk about what has been stressing you out lately," said Sam Trobe, a criminology and political science

major and founding member of the Mental Health Society.

During this fall semester, the Mental Health Society is looking at taking a trip to volunteer at a local animal shelter and doing other volunteer work. The founders of the society are looking forward to this community service venture and their goal is for it to also be a therapeutic experience. The society is looking to do more events like this in the coming semester to raise awareness about mental health issues. Next semester, the Mental Health society is going to be doing an open mic night for students to perform slam poetry or poetry in front of other students. All students and faculty are invited to every event that the society hosts and most events are free.

The Mental Health Society hopes to educate people to not be blind to mental health issues and be more aware of the community. The society provides resources to those students that are struggling or just want someone to talk too about their mental health. Students can come to talk at meetings or with members for advice with problems and issues that they are struggling with.

Any students are welcome to join the Mental Health Society if they are interested in learning more about mental health or want the chance to discuss with others who are willing to listen about their mental

health. Everyone is welcome at their next meeting on Oct. 25 in Brieseth room 320.

The club is also currently holding a contest to design the logo for the club. All students can participate for the chance to win a gift card to the coffee shop of their choice.

Here are the rules for the contest:

1. Create your own piece of artwork for the mental health society logo using any style and mediums that you want.

2. All artwork must be handed in or submitted online to the Mental Health Society Instagram @wu_mhs. You can hand in or email your work to either Shannon O'Connor, Olivia Perez, or Sam Trobe, by Oct. 24. Voting on the artwork will be held at the upcoming meeting on Oct. 25.

All of the art work submitted must also be original material meaning that no online images or work can be used nor work that has already been done by someone else.

For more information about the Mental Health Society, the next upcoming meeting, or the logo creating contest, please contact Sam.Trobe@wilkes.edu, Olivia.Perez@wilkes.edu, or Shannon.Oconnor@wilkes.edu.



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Interested in writing for Life, Arts and Entertainment?

Have any ideas on stories that can be featured?

Contact Sarah Matarella at
Sarah.Matarella@wilkes.edu
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DIY STRESS BALL

Supplies Needed:

- Balloons
- Rice or Flour
- Plastic wrap
- Sharpie
- Scissors



Instructions:

1. Lay a piece of plastic wrap on a flat surface
2. Place 5 to 7 tablespoons of rice or flour into the center of the plastic wrap
3. Twist the plastic wrap to form a ball
4. Cut off some excess plastic (be sure not to cut off too much or your contents will leak)
5. Cut the necks off of your balloons
6. Stretch the balloons over the rice or flour ball so the contents are inside the balloon
7. Draw a design or a face on your stress ball
8. De-stress

By **Jordan Fritz**, *Staff Writer*

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HOME

By Kirsten Peters
Co-Sports Editor

On Saturday, Wilkes football battled back-and-forth against Albright College, ultimately coming out on top in the final seconds of the game with a touchdown by senior wide receiver Jeff Steeber to give the Colonels the 47-43 victory.

With this win, the Colonels ended a 17-year Homecoming drought, indicating the level of improvement that the program is having under new head coach Jon Drach's leadership.

In the first quarter, the Colonels got the ball rolling and took the 7-0 lead after junior quarterback Jose Tabora and Steeber worked as a unit for a 22-yard pitch-and-catch.

However, the Lions answered back with

a touchdown of their own after capitalizing off of an error by the Colonels.

After a Tabora fumble, Albright's Kyle Dickerson tied the game 7-7 with a short-field touchdown.

In the second quarter, the Colonels regained the lead when wide receiver Nick Yanik received a 66-yard touchdown pass from Tabora. The extra point was no good, as the Albright special team's unit blocked the kick and kept the Colonels lead to six points.

This missed extra point proved to be detrimental for Wilkes, as Albright's Tony Thorpe was able to score on a 14-yard run before the end of the quarter, giving the Lions the 14-13 point lead going into halftime, rather than the 14-14 tie if Wilkes's extra point attempt would have been successful.

After Tabora's first pass of the third quarter was intercepted, the Lions expanded upon their one-point lead a minute and 35 seconds into the quarter with a 12-yard reception by Kevin Zehner, increasing Albright's lead to 21-13.

After scoring 14 unanswered points, the Colonels attempted to score another touchdown, but Steeber dropped the pass on fourth and nine in the endzone.

With 3:39 left in the quarter, Wilkes made their way to the endzone again. This time the Colonels were able to complete the pass when fullback Joseph Leszczynski caught one for six-yards from Tabora for his first career touchdown. Rather than going for the extra point, the Colonels tried to get back the extra point that was unsuccessful earlier in the game after their second touchdown. However, Wilkes's two-point conversion attempt was unsuccessful, leaving them

behind 21-19.

Although the Colonels two-point conversion was unsuccessful, their momentum changed when defensive back Shane Montague had a 56-yard interception return to make it into the endzone. With a successful extra point attempt by freshman kicker David Kutteroff, Wilkes gained the five-point lead 26-21 going into the final quarter.

Only 10 seconds into the fourth quarter, Albright regained the lead with a 44-yard touchdown reception by Zack Miller. Instead of going for the extra point attempt, the Lions decided to show the Colonels how it's done by going for their own two-point conversion, putting them ahead 29-26.

The back-and-forth contest continued, as wide receiver Derek Nelson completed the 28 yard pass from Tabora to put the Colonels ahead 33-29.

However, this lead did not last long, as Albright's Miller scored again, gaining the



- A** Junior quarterback Jose Tabora and junior wide receiver Derek Nelson put their helmets together in celebration after Nelson scored to put the Colonels ahead 33-29 in the fourth quarter.
- B** The Colonels get ready to break a huddle after setting up their next offensive play.
- C** The Marching Colonels perform during halftime in their fifth season as band.
- D** Senior wide receiver Jeff Steeber completes the 14-yard pass for the game-winning touchdown, giving Tabora 368 yards and a school-record six touchdowns on the day.
- E** The Colonels' special team's unit looks to block an extra point attempt, but the block was negated due to a leaping penalty.
- F** Wilkes returns to the field as an army of blue and gold to battle back from a deficit of 14-13 to start the second half.

COMING

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

FB: Colonels break 17-year homecoming drought

three-point lead again at 36-33.

With three minutes left in the game, three touchdowns were completed, two on Wilkes's end and one on Albright's, continuing their back-and-forth action.


With 2:37 left in the game, Steeber completed an 18-yard touchdown pass to make the score 40-36.

Albright answered back with their final touchdown of the game when Dickerson completed a 32-yard pass to put them ahead 43-40.

With 11 seconds left in the game, Steeber and Tabora connected again in the endzone for a 14-yard touchdown reception and a successful extra point attempt by Kutteroff to bring the Colonels to a 47-43 point victory.

Tabora threw for 368 yards and a school-record six touchdowns.

The Colonels will face FDU-Florham on Oct. 12 at 7:00 p.m. in MAC play.

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Opinion

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

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2018-19

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Our Voice

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

Examining the truth about Christopher Columbus

For the past 81 years, the United States has celebrated an explorer who is responsible for the enslavement and genocide of America's indigenous peoples.

As we observe Columbus Day on Oct. 8, it is important to recognize the history of the man behind the holiday.

Christopher Columbus' treatment of Native Americans and false discovery should not be overlooked.

Mark Anthony Rolo, Director of the Native American Journalists Association, said Columbus was responsible for widespread genocide as well as permitting his men to rape, murder, mutilate and enslave indigenous people.

Columbus refers to the natives strictly as items of trade rather than human beings in his letters. In a 1493 letter to the British monarchs, Columbus wrote, "They would make fine servants . . . with fifty men we could subjugate them all and make them do whatever we want."

James Loewen, author of *Lies My Teacher Told Me*, wrote, "In the early years of Columbus' conquests, there were butcher shops throughout the Caribbean where Indian bodies were sold as dog food. Live babies were also fed to these dogs as sport, sometimes in front of their horrified parents."

The rape of women and young indigenous girls was common among

Columbus' men, and viewed as a reward.

According to a letter written by Michele de Cuneo, a 15th century navigator, "Columbus was rewarding his lieutenants with native women to rape."

Columbus wrote in 1500, "There are plenty of dealers who go about looking for girls; those from nine to ten are now in demand."

Aside from sexual slavery, Columbus and his crew brought with them strains of smallpox, measles and influenza. The diseases wiped out nearly 90 percent of the population, according to Russell Freedom, author of *Who Was First? Discovering the Americas*.

Students in elementary schools across the country are taught that Columbus discovered America in 1492, but this narrative has been proven false.

Evidence has surfaced supporting the theory that a band of Vikings set foot on the New World nearly five hundred years before Columbus.

According to Freedom, the Viking band led by Leif Eriksson established a settlement on the northern tip of Newfoundland.

A group of scholars led by Gavin Menzies, a retired British Naval officer, has speculated that evidence based on shipwrecks, Chinese maps and navigators' accounts supports the theory that the

Chinese made landfall in the Americas in 1421.

"We know now that Columbus was among the last explorers to reach the Americas, not the first," Freedom wrote.

Columbus did not discover America; he opened America up to Europe.

It is clear that neither Columbus nor the Vikings were the first to reach America. This way of thinking supports a Eurocentric viewpoint.

Native Americans inhabited the Americas long before explorers set foot on their lands.

America has always been a land of immigrants dating back to the Stone Age when hunters first set foot on what was truly a New World.

Columbus Day became a national holiday in 1937, but several states have since denounced its observation. Alaska, Florida, Hawaii, Oregon, South Dakota, and Vermont mark the day with an alternative holiday or observance, including Indigenous People's Day and Native American Day.

As we continue to honor a man who is responsible for the torture and slaughter of American Indians, we are only masking the truth about how our country was formed.



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

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

Email: thewilkesbeacon@wilkes.edu

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

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



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Does science undermine the significance of love?

By Isabella Sobejano
Staff Writer

Science states “love is just a chemical reaction.” However, while the feeling of being in love or feeling loved certainly does release many different kinds of chemicals in our brain, this chemical reaction does not undermine the significance and importance of love in our lives.

When we cultivate a loving relationship, the rewards are immense. Love does have many positive effects on our mood and how we feel, including many health benefits.

While love is associated with a romantic relationship or a couple, it actually can include friends, family members and other types of social and interpersonal relationships.

Love is essential in our lives because of the many positive effects it has. Even in Maslow’s Hierarchy of Needs, which lists a variety of components that are necessary for humans in order to reach self-actualization, love and belonging is listed as one of these aspects.

After our basic physiological and safety needs, love and belonging are described as one of our needs on the third tier. This can include a variety of different kinds of love, such as interpersonal or friendly relationships.

Essentially, love is necessary in our lives because it contributes to a sense of belonging, and it affects human behavior.

Love refers to different sorts of emotions, actions and experiences, which can all take place in a variety of different ways. This love can take form in a friendship, within family, or even in the workplace.

Loving relationships, or social relationships, have many benefits. If you think about it, a form of punishment is solitary confinement. It is defined as depriving people of social relationships and is damaging to humans.

Thus, not only are these relationships integral to human development, but there are also a variety of rewards inextricably tied to the bonds we form on a sports team or with family.

Debra Chapman from the Biology department at Wilkes said that, “Love is a support system and as you get older, you understand how important that is.” Thus, in terms of rewards, our relationships give us emotional support and can provide encouragement in difficult times.

They are a source of happiness, and that can be because your friends are entertaining you or because some of our most memorable and happy times are in the company of our close friends or family.

Love gives us the reassurance that not only do we belong, but that we are also cared for and given support. “When you have a connection with someone, that is a connection you can count on regardless of whether things are

good or bad,” said Chapman.

Whether it is a friend, partner, family member, or peer, they are there to check in on us and sometimes lend a supportive ear or shoulder during a difficult time. It’s social connections like these that are healthful and beneficial to us, despite it being “just a chemical reaction.”

Because love and health are intertwined, our relationships can also yield several health benefits.

At a study conducted at the Society for Neuroscience Conference, Dr. Arthur Aron, PhD, one of the study’s authors, said “In long term relationships, there is less activation in the area of the brain that produces anxiety.”

Thus, there are several benefits to experiencing the feeling of love; for instance, less anxiety, a decreased chance of experiencing depression and lower stress levels.

This is because the feeling of being in love or feeling loved releases several neurotransmitters and chemicals, such as phenylethylamine, dopamine, serotonin and oxytocin.

Dr. Edward Schicatano, a psychology professor and the Neuroscience Program Coordinator, said “Oxytocin has antidepressive effects and can induce anti-stress effects.”

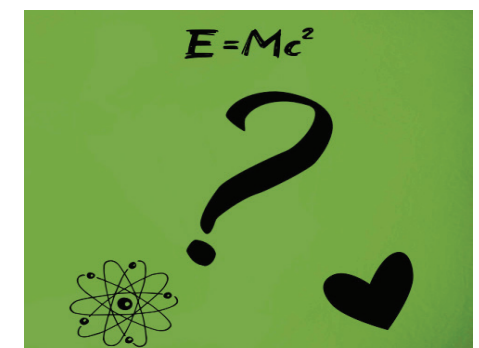
Therefore, a loving relationship can help

a person manage stress, and decrease both anxiety and depression at the same time.


While the “in love” sensation does release several chemicals in our brain, it means so much more than being “just a chemical reaction.”

Even though we do require food, air, and water as our basic physiological needs, it is love that helps us grow and develop as it reaps several benefits.

Not only do these social relationships serve as support systems and are what nurture us, but they also provide us with numerous advantages when it comes to our health. After all, it is love that makes the world go around.



Graphic by Savannah Pinnock

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Perfection: Is it possible to attain self-actualization?

By Zarqua Ansari
Staff Writer

Self-actualization is the fulfillment of one’s talents and potentials. It is cited as the primary motivation of every action a person takes.

Whether a person decides which university they will attend or what course their life will take, these actions are all to reach the self actualization, the ultimate goal of life.

One psychologist, Abraham Maslow, places self actualization at the top of a pyramid he called the Hierarchy of Needs. This hierarchy places physiological needs such as food, shelter and water as the base of human needs.

It moves up through safety which consists of personal, health, and property, love which consists of familial, romantic, friendship, esteem which consists of self respect, recognition, status and finally ends with self actualization.

According to Maslow, this hierarchy is viewed as rungs of a ladder that humans move up with time.

To achieve self actualization, one must look at all the different lower potentials one could

fulfill before finally making it to the top.

I asked my father if he thinks he has fulfilled all of his potentials. He has a wife, kids, a house, a steady job, wealth and good health.

He took the religious aspect of the answer and informed me that he still has a lot more to achieve. He claims he will achieve self actualization when he has become the perfect Muslim.

This seems like an impossible task because we know that perfection is impossible. I brought this up with him and his response was the same. “Even if perfection can’t be reached, it’s all the effort that you put into it that pays off in the end.”

This gave me enough spark to formulate an opinion on self actualization myself.

Maslow’s Hierarchy of Needs attempts to put every person under one vast umbrella. However, by placing the needs of a person as rungs on a ladder, Maslow suggests that humans will progress forward and never fall backwards. In an ideal world, this would be attainable.

However, it is obvious that the case is not the same. For example, a confident and self-

respecting football player who has a career in football and has achieved self actualization may play a bad game and lose that self esteem temporarily i.e. he no longer has self actualization. This is proof that moving backward does happen.

If this football player leaves that game and says “I’m not playing football anymore. I will never be good anyway,” and gives up. He would not be putting in effort to regain self actualization. However, he could also leave the game with a positive mentality, make progress by practicing more and achieve his new goal.

Which brings me to my point. New goals. When one achieves a goal, they always have another goal that they want to follow it up with. This requires effort on their part.

This effort consists of making a new goal and working to realize it. One can not reach self actualization because that suggests humans can not move forward more.

For example, once I graduated high school, my next goal was to graduate college. After that, I would like to get into medical school, become a doctor, help save lives and so on and so forth.


I can not say I know all of my goals, because along the way I will make new ones. Goals have a way of adapting. The idea was for me to graduate college.

However, upon taking classes I developed another goal, this goal was to graduate college with good grades. After my first exam, I wanted to graduate college with good grades and have an understanding of the content that I learned. This requires me to work hard and put in effort.

Even if self actualization were possible for people to achieve, it shouldn’t be achieved. It is because of self actualization that humanity has made progress.

One’s pursuit to become a better person never ends. If everyone achieves self actualization, no one will move forward past that point.

It is the effort that people put into attaining self actualization that has progressed humanity, and it is the effort in the end that matters.

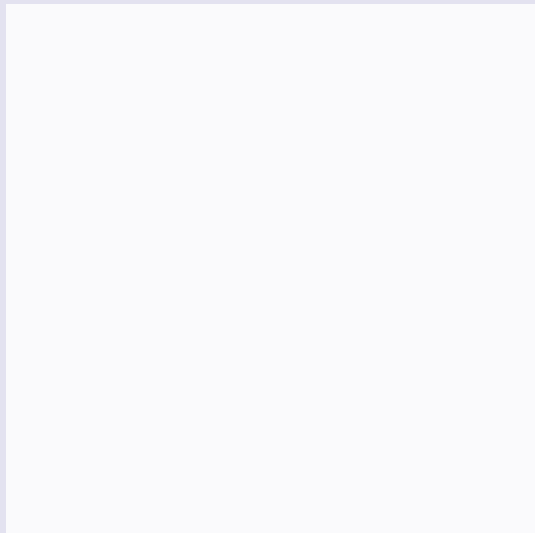
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Meet the Majors

This week's major: Neuroscience

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.



Leana Pande
Junior

Leana is a neuroscience major and a minor in psychology. "Neuroscience is fascinating to me as a subject, where biology explains ideas that I used to always used to think were abstract like thoughts and human behavior." She is in pre-med and plans to be a neurologist, and believes the information she learns will become helpful for her chosen specialization. "The very idea that a brain lesion or a tumor can completely change the way somebody acts, or that different artists used to potentially paint differently because they had synesthesia, is interesting to me."



Emerald Sims
Junior

Emerald is a neuroscience major and a minor in sports psychology. "The inner workings of the mind has always intrigued me since I was in middle school, and through neuroscience I can discover more ways to help people." She is active and is curious about what drives athletes to make certain decisions. She also hopes to work in finding a cure for Alzheimer's disease. "I hope that I can further scientific progress on the neural systems within the body and encourage others to keep searching for breakthroughs in the neuroscience community."

Does your past define you? A philosophical perspective

By Tonya Creasy
Staff Writer

Depending on whom you ask if your past defines you or not the answer will vary. For each religion, philosophy or creed it is different.

Many find a common ground when it comes to defining your past on a personal level. All seem to agree that the past does not exist and therefore it can't define us.

According to Dr. Linda Paul, "No, the past does not define who you are. The past certainly influences a person, including influencing how they see their possibilities, but some change and some control is possible.

"This is one of the goals of education, actually. To help people see from different perspectives, to understand their experience differently, to realize different ways of thinking and responding to what we are confronted with. Effort put into these practices allows us to have some control over who we become."

I personally agree with the above quote. Although the past does not define you it definitely shapes who you are. According to Paul everyone has the capacity to change and

grow.

The past does not define us as people because the past is constantly changing. In one minute, the current minute becomes the past. We can change now and pave the way for our future.

Some people have been through extremely hard things and can't escape their past. This is why many people turn to suicide or drugs. But those who change have the ability to help so many people.

They haven't let their pasts define them, so why should we? It is important to remember that change is the goal. Without change we can get lost in our pasts and continue to make our past the future. It is important to note, as Paul says, that change and our ability to see other perspectives is key.

What a lot of people don't realize is that we do have some control over who we become. Paul also mentioned that your culture and family also play a part in conditioning how you are.

Nature can influence who we are in terms of what we're surrounded by.

The only thing that is constant is change. Life is all about change. The more experiences

we have in our lives shape who we will become.

In order to keep up with life we have to continue to change as well. Changing is a part of growing. We can use our past to change into who we want to be, and we can break the bondage of the past.

Many people say that they can never get over what some people have put them through. Yes, in many cases what has been done to them is unfortunate, but carrying hatred towards people from our pasts just keep us in the cycle. It is very important to forgive.

Forgiveness helps us grow as people, which means we are very different than in the past. If it's too hard to forgive, we carry this pain from the past into the future. This will not serve us well and can actually hinder our growth.

The past can be defined as someone's history that can often be considered to be shameful. This is interesting because a lot of people tend to be judged or shamed for their past. This ridicule often comes irregardless of if it was just one small mistake that they made.

Other people seem to not let us escape from our pasts. This causes us to define ourselves based on our past because that's how everyone else treats us.

But we need not treat ourselves this way and tune out all the chatter. If we can learn from our past mistakes and then change, people won't be able to bring us down anymore.

It is important to remember that we can always better ourselves from learning from our pasts.

Experiences shape who we are, but do not control who we can be. It may not be easy, but the past can be used to help us grow instead of hurt us. The past is behind us.



Graphic by Savannah Pinnock

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It's not *In-A-Gadda-Da-Vita*, it's *Mi Vida Local*

RHYTHM 
with Parker Dorsey

By Parker Dorsey
Asst. Opinion Editor

Atmosphere is a hip-hop duo from Minnesota consisting of MC Slug and producer Ant. Their brand-new album *Mi Vida Local*, the follow-up to the brilliant *Fishing Blues* released two years ago, just got released Friday. With the members transitioning into middle age, the album continues the band's lyrical focus on the struggles of daily life. The album has 12 tracks and features guest appearances from Cashinova, The Lioness, deM atlaS and the Dynospectrum.

The album begins with "Jerome," a powerful track with a gloomy psychedelic guitar and even gloomier lyrics, with the guitar driving the music. The next track is "Stopwatch" and is much more upbeat with regard to the lyrics. The first single, "Virgo," has Slug reflecting on his life and the politics of the United States over a melancholic acoustic guitar and soft

keyboards.

The track "Delicate" goes into the mind of a kid lost in his thoughts. It has a smooth, dark vibe to it, and has a beautifully melodic outro. The song "Drown" has guests Cashinova, deM atlaS and The Lioness and is an incredibly depressing song reflecting on middle aged life.

The track "Anymore" talks about deceit in a failing relationship, with Slug repeating "I'm bored, you're bored, stay together, what for?" The song "Earring" has guest Musab continuing on relationship troubles, talking about cheating women over a soul sample. The track "Trim" is a humorous love tune about not having time to do fun things because of work obligations.

The song "Specificity" is a short and blistering track about life and introspection. The next song, "Mijo," is a masterpiece, as it is an optimistically easy swinging song over a spacey instrumental, with the lyrics "It's never too late to get some heaven on earth."

The song "Randy Mosh," a

play on words of the football legend Randy Moss, contains an extremely exciting Dynospectrum reunion. The Dynospectrum was a collaboration between Atmosphere and I Self Devine, Sab the Artise and Swift. They released an album in the late in 1998 that is very beloved in the hip-hop underground.

The album then finishes with "Graffiti", which although opens with the ominous

words, "I wrote this one when I was still alive," is a positive and empowering track.

This album is one of Atmosphere's strongest in recent memory, and the lyrics are by far the highlight of the album. The maturation between Slug and Ant is especially prevalent in the hard-hitting penmanship on most of the tracks.

Like previous Atmosphere albums, *Mi Vida Local* is influenced by the duo's home city of Minneapolis, and it is shown in their subtle references to things local.

Musically, the album is rougher than their radio-friendly commercially successful albums. However, it is more polished than their dark and gritty earlier material.

It is very honest and introspective, and it is the most mature album they have written. It is recommended for anyone who is interested in listening to thought-provoking hip-hop.

Parker's Picks: "Virgo," "Jerome," "Graffiti," "Anymore," "Mijo"

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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

NHL preview with *The Beacon* hockey staff

By Tyler Aldinger, *Staff Writer*
Parker Dorsey *Asst. Opinion Editor*
and Nick Whitney *Staff Writer*

Pacific Division:

Aldinger: My heart leads me to say the Vegas Golden Knights will take the Pacific by surprise. Coming off a tough Stanley Cup loss to the Washington Capitals last season, this Golden Knights team returns with plenty of confidence and experience.

Prior to the season starting, the Golden Knights acquired from Montreal forward Max Pacioretty, a major goal-scorer. In addition to this, the Golden Knights still have three-time Stanley Cup champion Marc Andre-Fleury in net.

Two more scoring leaders return to the Golden Knights. William "Wild Bill" Karlsson, who had 43 goals and 35 assists last season, and Jonathan Marchessault, who tallied 27 goals and 48 assists.

This Golden Knights team came out last season, took the Pacific by storm, and came close to winning the cup in their inaugural season, so look for them to come out with more experience and determination this season. Vegas will take the Pacific with 103 points.

Dorsey: The Pacific will be a fun division to watch this year, as the top four teams will battle until the last week of the season. It would be foolish to pick any team other than the Anaheim Ducks to claim the Pacific crown this year.

The Ducks won the Pacific five years in a row before finishing second to the Golden Knights last season.

Led by eight-year captain Ryan Getzlaf, they have a well-rounded forward corps consisting of Rickard Rakell, Jakob Silfverberg, Ondrej Kase and Adam Henrique. Even though assistant captains Corey Perry and Ryan Kesler are currently on injured reserve, the Ducks have a deep enough roster to withstand this hit.

This will be the year John Gibson morphs into a top ten goaltender. Gibson will put up one of the strongest seasons by an American goaltender in recent memory, given the defense in front of him consists of rising Brandon Montour and dependable Cam Fowler.

The Ducks will win the Pacific with 105 points.

Whitney: The Pacific is shaping up to be really competitive this year, following the loud arrival last season of the Golden

Knights as they cleanly dominated regular season play out on the West Coast.

Following the Knights trip to the Stanley Cup Final, other teams in the Pacific began making moves to challenge the dominance of the NHL's newest expansion team. The best offseason out West, and arguably in the NHL, belongs to the San Jose Sharks. This offseason will ultimately deliver the Pacific crown to the Sharks.

Though the Sharks had a quiet early offseason, it concluded with the acquisition of the biggest trade target in the NHL, two-time Norris Trophy winning defenseman Erik Karlsson.

Karlsson joins an already stacked defensive core in Sharks, which consists of famed defenseman Marc-Edouard Vlasic and fellow Norris Trophy winner Brent Burns.

With an accompanying forward group consisting of players like Evander Kane, Joe Thornton, Joe Pavelski and Logan Couture, as well as Martin Jones in net, the Sharks will take the Pacific with 104 points.

Central Division:

Aldinger: The Dallas Stars fell short of their expectations last season, nearly finishing last in the Central. The Stars completed last season with 92 points.

This year the Stars are a sleeper to win the Central, and it will take solid leadership from Tyler Seguin and Jamie Benn for the Stars to end up on top.

In addition to Seguin and Benn, the Stars added goaltender Anton Khudobin most likely to upgrade from Kari Lehto. They also signed Roman Polak, a top-four defenseman in a one year contract.

The Stars will also benefit from other factors outside their organization. The Minnesota Wild seem to find themselves playing inconsistent year after year.

The Stars will win the Central with 105 points.

Dorsey: The Winnipeg Jets have to be not only the most complete team in the Central, but the most complete in the league. That means little in perhaps the most competitive division in hockey, where any team can lay a legitimate claim to win the Central.

The Jets fell 3 points short of the division crown last year, and return an offense containing Patrick Laine, Mark Scheifele, Blake Wheeler and Kyle Conner.

With defenseman Dustin Byfuglien able to chip in as a fourth forward, and a well-rounded defensive corps in front of Vezina finalist Connor Hellebuyck, teams are

going to struggle to keep up with the Jets' combination of size and skill.

The Jets will win the Central with 118 points, and by extension also take the Presidents' Trophy.

Whitney: Last season saw the collapse of the dynastic Chicago Blackhawks in the Central, and the Nashville Predators rose to replace them, winning the Presidents' Trophy in the process.

This offseason, the Predators stayed quiet. Little moves were made, both on the free-agent and trade markets.

The lack of any offseason moves makes sense, given the elite team the Predators already possess. Their elite defensive corps consists of P.K. Subban, Roman Josi, Mattias Ekholm and Ryan Ellis. Up front, the Predators are led by Ryan Johansen, Filip Forsberg and Viktor Arvidsson. In net is 2018 Vezina Trophy winner Pekka Rinne.

This elite team, combined with what still looks to be a relatively weak division, will take the Central crown with 108 points.

Atlantic Division:

Aldinger: The Tampa Bay Lightning have been a team for several years now that has been knocking on the door to win the Stanley Cup. They have also dominated the Atlantic division several years in a row. Last year the Lightning finished first place in the Atlantic. But, quite frankly if they have more points than Boston and Toronto, most of the other teams in the Atlantic are not on the competitive level like the Lightning have been.

With players like Nikita Kucherov and Steven Stamkos leading the team for the Lightning, who accumulated 186 points combined they are the most complete team in the Atlantic to finish in first place this season.

Dorsey: The Atlantic is clearly dominated by three teams. At the top of the Atlantic sits the Tampa Bay Lightning, one of the most consistent teams of the last five years.

The Lightning contain two Rocket Richard finalists in Steven Stamkos and Nikita Kucherov and have a core leadership group including Tyler Johnson and Ondrej Palat. They are supported by a deep cast of younger stars.

The defense has a potent one-two punch in Norris Trophy winner Victor Hedman and elite defenseman Ryan McDonagh, as well as the developing Mikhail Sergachev. With Vezina finalist Andrei Vasilevskiy, they will

be a very competitive team.

The Boston Bruins rely on a top-heavy first line and the Toronto Maple Leafs struggle to find competent defensemen, and are dealing with a delicate salary cap situation with William Nylander.

The Lightning will win the Atlantic with 114 points.

Whitney: The Toronto Maple Leafs managed to do what thirty other NHL teams could not, signing the free agent of this offseason John Tavares.

A young team that has already proven to be a tough competitor in the Atlantic, which is dominated by teams with strong but aging veteran corps in the Lightning and Bruins, the addition of Tavares has accelerated their process tenfold.

In addition to Tavares, Auston Matthews and Mitch Marner are essential pieces of the Leafs forwards corps. Frederik Andersen has proved very reliable in net for the Leafs over the past few years.

Though the Leafs have yet to resign forward William Nylander, they will still be a force to be reckoned with. Upon signing Nylander, they should far and away be the favorites to win the Atlantic.

Ultimately, the Leafs will take the Atlantic crown with 112 points along with the Presidents' Trophy.

Metropolitan Division:

Aldinger: By far the most competitive and toughest division in the NHL and this year the Pittsburgh Penguins will win the Metropolitan. It's very easy and most people believe the Washington Capitals will win the metro yet again this year.

But, the Penguins are a team with great chemistry with head coach Mike Sullivan, and younger talents such as Bryan Rust, Jake Guentzel, and Zach Aston-Reese playing with superstar Sidney Crosby is developing these younger players. This is not the first year these players are on the Crosby line, so the experience they have built will propel them to first place in the metro.

Returning goalie Matt Murray is the main man in net for the Penguins, but if needed Casey DeSmith is available and has played enough to be a good goalie.

There can be a case made for either the Penguins, Capitals and the Philadelphia Flyers.

Penguins win the metro with 102 points.

NHL, see page 20

NHL, from page 19

Dorsey: The Metropolitan is a two-horse race between the Pittsburgh Penguins and the Washington Capitals. The slimmest of margins goes to the Penguins, as they return virtually the same roster as last year and are also not dealing with a new head coach.

Led by superstars Sidney Crosby and Evgeni Malkin, the Penguins are going to have one of the most potent offenses in the league. Even with a shaky defense outside of Kris Letang and Justin Schultz, goaltender Matt Murray will steal enough games to make it a moot point.

While the Capitals return almost the same roster that won them a Stanley Cup, coach Barry Trotz left the team for the New York Islanders. The Capitals won't experience a dramatic drop in quality, but it will ultimately cost them a fourth consecutive title.

This is the year the Capitals' reign as Metro champs will come to an end. The Penguins will take the Metro crown with 112 points.

Whitney: The Metropolitan is the most competitive division in the NHL. Though a case can be made for the dark horse Philadelphia Flyers, the Metro is really a fight between the Pittsburgh Penguins and Washington Capitals. The reigning Stanley Cup champion Washington Capitals will win the Metro for the fourth

consecutive year.

The Capitals have managed to retain nearly its entire Stanley Cup winning roster. This includes goal-scoring powerhouse and Conn Smythe winner Alex Ovechkin, Nicklas Backstrom, TJ Oshie and Evgeny

Kuznetsov. Their defense is led by John Carlson, along with Brooks Orpik, Dmitry Orlov and Matt Niskanen. Braden Holtby returns in net this year as well,

having won the Vezina in 2016 and being a finalist in 2017.

Despite losing Barry Trotz as head coach, the Capitals showed they are still a force to be reckoned with in their season opener, a 7-0 victory against the Boston Bruins.

The Capitals will again take the Metro with a final total of 103 points.

President Trophy Picks

Aldinger: Dallas Stars (105)

Dorsey: Winnipeg Jets (118)

Whitney: Toronto Maple Leafs (112)



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WVB, from backcover

On Sept. 20, the Colonels swept Clarks Summit in three straight sets, with each of the set scores being 25-21. In the second set, Betke displayed her dominance on the court, earning her 1,000th career dig. Betke tacked on 10 digs for the night, with her sixth dig allowing her to achieve the thousand-dig milestone.

Moreover, the Colonels success is not solely due to their upperclassmen, rather the new underclassmen added to the roster this season have been crucial to the team's success as well.

Freshman Karlye Huffman has proven to be electric on the court, providing 30 assists and directing the Wilkes offense to a season-high .233 hitting percentage in the matchup against Clarks Summit, which earned her an Athlete of the Week honor for The Beacon as a freshman.

Huffman notes how working together and always having each other's backs on the court is imperative to maintaining a positive attitude against stiff competition.

Although the Colonels lost in their conference opener against Manhattanville back on Sept. 12, Czopek notes how this competition has fueled the team's fire and urged them to keep pushing in the right direction.

"This five-set match reinforced that we can play with any team who was ranked above us in preseason," said Czopek, noting how Wilkes was ranked seventh in the MAC Freedom preseason poll, two spots below Manhattanville.

After falling 3-2 to Manhattanville, the Colonels fell again 3-1 in their second MAC Freedom matchup against FDU-Florham on Sept. 18. However, these losses only reminded the Colonels of their goals and priorities for

the season.

After two conference losses, the Colonels were finally able to tack on a 3-0 conference win against Delaware Valley on Sept. 26.

"Coming off of a two-game losing streak in conference play, we knew that we had to do something different," said Ferrier. "We chose to run our practices differently than we normally do, allowing us to use our time more efficiently and pull off our first conference win against Del Val."

When looking at the season as a whole, Ferrier has high hopes for their continued success, as she believes this year's team is filled with more talent than Wilkes has seen in the past three years.

This mindset doesn't seem far-fetched, as Ferrier's coach emphasized how each and every athlete on the roster is crucial to the team's success.

"I could list each player's name and what their role is for us to be successful," said Czopek. "From the team captains leading on and off the court right through the injured players keeping stats on the bench, everyone understands that in order to be successful it requires us to all work as a single unit."

The Colonels are optimistic for the rest of their games this season, as they are set to take on King's and DeSales in back-to-back MAC Freedom play.

The conference matchup against King's will take place at home in the Marts Center on Wednesday, Oct. 10 at 7:00 p.m. The following week, the Colonels will travel to DeSales for another conference matchup on Tuesday, Oct. 16 at 7:00 p.m.



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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
Men's 15th, Women's 13th
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 3-0
9/1 @ Penn College, W 3-0
9/4 @ PSU-Brandywine, W 3-0
9/6 vs. Lancaster Bible, L 3-1
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, L 3-0
10/4 @ PSU-Berks, W 3-2
10/6 vs. New Jersey City, W 3-1
10/6 vs. PSU-Altoona, W 3-0
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 @ Susquehanna, L 3-1
x-9/1 vs. Kean, W 1-0
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, L 2-1
*10/5 @ FDU-Florham, L 1-0 (OT)
10/8 vs. Arcadia, 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



Yankees and Red Sox renew “The Rivalry” in ALDS

By Ben Mandell
Co-Sports Editor

Major League Baseball once again will showcase its greatest contribution to the sports world. The New York Yankees and the Boston Red Sox renew “The Rivalry”. This name has been given because of the reputation the matchup has earned as the greatest rivalry in all of sports.

With both teams being legitimate World series contenders this year, “The Rivalry” has grown to new heights. When these two teams met for the first time this season at Fenway Park in Boston, Tyler Austin, now a former Yankee cleated a Red Sox at Second base. This led to Joe Kelly throwing at Austin, and him charging Kelly at the mound where punches were thrown, benches cleared and suspensions were dished out. The tone for the season was set as both teams let it be known that their rivalry was back and better than ever.

The Red Sox won a franchise record 108 games this season en route to winning the American League East and owning baseball’s best record. Boston can thank MVP candidates Mookie Betts and J.D. Martinez for their season. Betts, likely the favorite to win the AL MVP hit for a .346 average, slugged 32 home runs, 80 RBI’s, scored 129 runs, stole 30 bases, had a .438 on-base percentage and a .640 slugging percentage. Martinez wasn’t far behind

as he hit for a .330 average, 43 home runs, 130 RBI’s, scored 111 runs, had a .402 on-base percentage and a .629 slugging percentage.

The Red Sox have also been led by a good starting pitching staff that has AL Cy Young (best pitcher) candidate Chris Sale at the forefront. Sale was outstanding as usual in 2018, posting a 6.9 WAR (wins above replacement) a 12-4 record in 27 starts, a 2.11 ERA and a whopping 237 strikeouts, which is good enough for sixth in the MLB, third in the AL. Rick Porcello, David Price and Nathan Eovaldi will also look to make impacts as starters.

The New York Yankees do not lack star power either as they send one of the most impressive lineups in the MLB to the plate. The Yankees set a new MLB record with 267 home runs hit in a season, breaking the previous record of 264 held by the 1997 Seattle Mariners. The “Bronx Bombers” live up to their name as they had six players hit over 20 home runs. Giancarlo Stanton led the way with 38, while rookie Miguel Andujar, Didi Gregorius, Aaron Hicks and Aaron Judge each hit 27. Gleyber Torres, also a rookie, hit 24. The difficult part of this lineup is the depth that it has. Gary Sanchez and trade deadline acquisitions Luke Voit and Andrew McCutchen all have tremendous potential at the plate, making this Yankee lineup murderers row.

The Yankees are lead by Luis Severino on the mound, following a first half that appeared to have him on track to the AL Cy Young award before falling off a bit in the second half. Severino still lead the team with a respectable 3.39 ERA, 19 wins, 220 strikeouts and opponent batting average holding them to .238. The Yankees will also look to Masahiro Tanaka and J.A. Happ as starters.

Both sides have very stout bullpens, but the Yankees have one of the best in baseball. Headlined by flamethrower Aroldis Chapman, New York’s bullpen is one to fear. Zach Britton, Dave Robertson, Dellin Betances and Chad Green. With a bullpen as strong as this, the Yankees only need five or six innings from their starters.

Boston on the other hand has a bullpen led by Craig Kimbrel, one of the leagues top closers. Behind him the bullpen seems to drop. Kelly will be an arm that is heavily relied on as well as Heath Hembree, Matt Barnes and Hector Velazquez. The group is unproven, but has potential to make or break the Red Sox playoff run.


The Red Sox have a clear advantage when Chris Sale pitches, as neither side has the arm talent to match him, but Sale will only be able to pitch twice in a best of five American League Division Series. The key is going to be the Red Sox pitching. They need their starters behind Chris Sale to perform. The last few seasons have seen Boston’s pitching

fail them in the ALDS. They need their starters to give five or six innings while handing the ball to the bullpen with a lead. The bullpen also needs to hold leads when they have them because the later you get in games, the harder it will be to score on the dominant Yankees bullpen.

The Yankees appear to be in good shape, especially the longer they keep themselves in games. The key for the “Bronx Bombers” is going to be their starting pitching. The Red Sox lineup is very good and can jump on teams early. If the Yankees hand the ball off to their bullpen within striking distance, they feel very confident, especially the way their lineup is set up.

The series has seen two game played heading into game three on Monday. Both the sides have each won a game, with Chris Sale dominating in game one, and David Price struggling in game two. Game three will see the series shift to the Bronx, where the Red Sox will send Nathan Eovaldi, who has 16 straight scoreless innings against the Yankees since joining Boston, to the mound to face Luis Severino, the Yankees Wild Card game starter.

With the series now being shortened to three games following the split in Boston, game three on Monday, Oct. 8 becomes pivotal.

 @wilkesbeacon
benjamin.mandell@wilkes.edu



Fall Sports Schedules

Women’s Soccer

8/31 @ PSU-Berks, PPD
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 @ #14 Arcadia T 2-2
9/25 @ U. of Scranton, L 2-0
*9/29 vs. Delaware Valley, W 1-0
10/3 vs. Kean, W 1-0
*10/6 vs. DeSales, W 2-1
*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, W 47-43
*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, W 1-0 (OT)
*10/6 vs. DeSales, L 3-1
*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...

David Kutteroff

Freshman Football Player

The Beacon: Male Athlete of the Week Sept. 29 - Oct. 5

Why David Kutteroff was selected: Kutteroff completed all six of his kicking attempts on the day, that being two field goals and four extra points, in the team's 34-14 win against Alvernia on Sept. 29.

Name: David Kutteroff

Year: Freshman

Major: Undecided

Hometown: Stroudsburg, Pa.

High School: Stroudsburg HS

Position: Kicker

Coke or Pepsi?

Neither. I prefer Sprite.

Favorite Professor?

Dr. Prado.

Favorite meal to eat on campus?

Buffalo Macaroni and Cheese.

Other interests or hobbies off of the field?

Off the field, I like hanging out with friends, playing soccer, listening to music and singing along to it.

Driving force for your decision to come to Wilkes?

It felt like home when I stepped on the campus and it provided me with many opportunities.

Post-graduation plans in terms of a career?

A possible career in psychology.

Favorite building on campus?

The SUB.

What came first? The chicken or the egg?

The egg.

Hopes for this season as a Colonel?

To compete for a postseason berth.

When/Why did you first begin playing?

I began playing football in my freshman year of high school. A family friend, who was the coach of my high school's freshmen football team, asked me to be the kicker.

Favorite thing to do during practice?

Kicking footballs through the yellow posts.

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

To have more team-building activities.

Most influential person in your life?

I cannot choose only one because so many people have influenced my life. The top two people would have to be my mom and dad.

A quote you live your life by?

"Do your best."

What does "Be Colonel" mean to you?

To me, "Be Colonel" means working hard and doing things the right way - no taking shortcuts or finding the easy way out.

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

Alexander Hamilton.

Anyone to give a shout-out to?

I would like to give a shout-out to my brother, Matthew.

-Compiled by Kirsten Peters, Co-Sports Editor

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

The Beacon/Kirsten Peters

Getting to know...

Allison Peet

Junior Soccer Player

The Beacon: Female Athlete of the Week Sept. 29 - Oct. 5

Why Allie Peet was selected: Peet scored the lone goal in the 70th minute of play in the team's MAC Freedom opener against Delaware Valley on Sept. 29, giving the Colonels the 1-0 shut-out.

Name: Allie Peet

Year: Junior

Major: Pharmacy

Hometown: Sayre, Pa.

High School: Sayre HS

Position: Forward

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

If I could change one thing about our program, I would love to see an increase in the attendance at our games.

Driving force for your decision to come to Wilkes?

My driving forces to come to Wilkes were the great pharmacy program and the community atmosphere here on campus.

Coke or Pepsi?

Pepsi.

Post graduation plans in terms of a career?

After I graduate, I am hoping to become a clinical pharmacist.

Favorite professor?

Dr. Roke-Thomas.

Other interests or hobbies off of the field?

Watching Netflix.

Favorite building on campus?

My favorite building on campus would have to be Starbucks.

Most influential person in your life?

My mom.

What came first? The chicken or the egg?

The egg.

Favorite meal to eat on campus?

My favorite meal to eat is a breakfast sandwich from Grille Works.

Hopes for this season as a Colonel?

This season, I hope that we can win the MAC championship.

A quote you live your life by?

"On coud nine, feeling fine."

When/Why did you first begin playing?

I began playing soccer when I was five because my sister played and I wanted to be like her.

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

John Lennon.

What does "Be Colonel" mean to you?

To me, "Be Colonel" means doing the right thing, always.

Favorite thing to do during practice?

My favorite thing to do during practice is spend time with Dani.

Anyone to give a shout-out to?

I would like to give a shout-out to my roommates - they're the best people I know.

-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



WVB: Team has record year, Mikovich at forefront

By Kirsten Peters
Co-Sports Editor

After coming off of a losing season, the Colonels have made strides this season to better their program. With seven matches left to be played, Wilkes is aiming to hold on to their current winning record of 15-8. This feat might be possible, as the women's volleyball team is having a record year, led by the efforts of junior captain Jamey Mikovich.

Since winning in their season opener against Penn State Hazleton to falling in their MAC Freedom opener against Manhattanville, the Colonels have been battling every match in order to succeed.

Head coach Joe Czopek credits this success to the team's increased chemistry on the court and the players' ability to work hard in practice with a positive attitude.

Considering that half of the roster is comprised of freshmen, Czopek was delighted to see how fast the team came together as a unit. Czopek notes that it's the players' positive attitude and desire to succeed as a team that is leading them to be successful.

Alex Ferrer, junior outside hitter, shared how the players have the same mindset as their coach.

"Being successful on the volleyball court is

not just based on your playing ability, rather success comes from being a good teammate," said Ferrer. "I believe that our team's great connection, on and off the court, has really helped us to be successful so far because it sets a positive outlook and makes everyone comfortable with each other on the court. Without that connection, you would be useless."

This positive approach seems to be working for Mikovich, as she is at the forefront of the team's efforts this season and whose name keeps getting recognition on the volleyball court.

In September, Mikovich, the right side hitter, earned the Middle Atlantic Conference (MAC) Freedom Player of the Week honor twice, tied Wendy O'Conner's single-match school record of 29 kills, was named the Division III Women's Volleyball Offensive Player of the Month by the Eastern College Athletic Conference (ECAC),

and earned herself one of The Beacon's Female Athlete of the Week honors this month.

Statistically, Mikovich leads the season with 367.5 points and averaging 4.90 points per set, as well as leading with 308 kills and averaging 4.11 kills per set.

Being more than halfway through the season, Mikovich has demonstrated what a crucial role she is to the team's overall success,

which has not gone unnoticed by the coaching staff.

"Jamey, as one of our captains, brings a lead-by-example attitude to the team, whether we're facing a tough opponent across the net or working hard in intersquad in practice," said

"Jamey, as one of our captains, brings a lead-by-example attitude to the team, whether we're facing a tough opponent across the net or working hard in intersquad in practice."

- Head coach Joe Czopek

Czopek. "Her strong work ethic encourages everyone to give 100 percent all the time. She has set personal goals for herself, and realizes that for her to achieve them, the team must also achieve its goals."

Some of Mikovich's goals include working

on executing different hitting angles that she's not used to hitting, as well as working on bettering her serve. By focusing on attaining these goals, Mikovich has not only improved as a player herself, as demonstrated by her stat line, but she has also been essential to helping the team attain its season goals.

"We're currently preparing for a huge conference game against King's this week," said Mikovich. "We played three teams in New York last weekend in preparation for our upcoming conference games. They had fast-paced offenses, like we saw Eastern had this past week, and we know other teams in the conference will have for the rest of the season."

Czopek notes that although Wilkes doesn't take any matchup lightly and considers every matchup to be important, their strongest rivalries tend to be against local schools, that being both King's and Misericordia. Hence, how the team performs in this upcoming matchup against King's should serve as an indicator for how much the Colonels have improved this past season.

In addition to Mikovich's standout performance, junior defensive specialist Juliet Betke has been spearheading the Colonels' defensive efforts.

WVB, see page 20

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