

**YELLOWCARD  
RETURNS  
A&E | PAGE 13**



## 'Pura Vida' in Costa Rica



On a coffee plantation in Costa Rica, sophomore Chelsea Uselding turns coffee beans to dry them properly during a volunteer project. To learn more about the student's experiences, check out the rest of the story and additional photographs on page 10.

The Beacon/Allison Roth

*Eight students gain experiences from ASB voyage.*

**BY JACQUELINE LUKAS**  
Editor-in-Chief

*Editor's note: The author and photographer attended this trip, but interviews were done with members of the group to maintain journalistic standards and to avoid a conflict of interest.*

"Pura Vida" is a Costa Rican expression used to convey satisfaction about life.

And for a group of eight students on an Alternative Spring Break trip to Costa Rica, it really was the most fulfilling trip of their lives.

From the food, to the air and the scenery, everything seemed to just be a little bit better in Costa Rica. Pura Vida.

Dr. Andrew Miller, professor of political science, said that this trip was better than a vacation because the students who embarked on the 2,000 mile excursion got something more than just rest and relaxation. In fact, those students will never forget the experiences they had during that week.

"A vacation to Costa Rica is fun," Miller said. "But think about the things you could

**SEE COSTA RICA, Page 10**

## Wilkes relying on incoming students to reduce hole

### Increased enrollment, 4 percent tuition raise among efforts to balance deficit

**BY DEVONI NOVAK**  
Staff Writer

The Wilkes University budget committee's strategic plan to balance a \$5.3 million deficit for the fiscal year 2012 depends heavily

on current and incoming students.

The budget committee is concentrating on cutting costs and gaining revenue in three major areas: throughout the university, as well as within the academic units and the administrative units.

To gain revenue, the controller's office is assuming the amount of incoming students and transfer students will increase. They hope these higher numbers are met in order to gain revenue from students' tuition. It was also suggested to

raise the auxiliary income, which is the amount students pay to live and eat on campus. The cost of tuition will also rise four percent for undergraduate and two percent for graduate students.

In order to contain costs univer-

sity-wide, all open staff positions will not be filled. However, no employees on the faculty or staff will be fired to cut cost. Wilkes will also be making modifications to

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**Pell Grant cuts**

A proposed federal budget plans to cut the maximum award for Pell Grants, which will harm students.

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**Student teachers**

A few students talk about the challenges and rewards of student teaching.

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**Movie Review: "Hall Pass"**

Farrelly brothers offer the same old slapstick humor that viewers are used to.

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Sports Pages 16-20

**Colonels sweep Eastern in DH**

Wilkes baseball swept Eastern over the weekend to extend its win streak to five games.

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# Wilkes will not renew YMCA lease for residence

BY AMANDA LEONARD  
Assistant News Editor

Wilkes University's 10-year lease with the YMCA, which gave the university 21 beds on the building's fourth floor, is set to expire at the end of the academic year. The 13 students that currently call the YMCA home will be considered displaced and will need to find another place to live.

A few years after the current lease was signed, Wilkes purchased University Towers. The transaction brought over 327 beds to Wilkes' residence life system and provided more than enough space for students to reside on campus.

Elizabeth Swantek, director of residence life, said there is no need to renew the YMCA lease. She said all of the beds avail-

able to Wilkes students in the YMCA are not being used because more and more students are requesting University Towers.

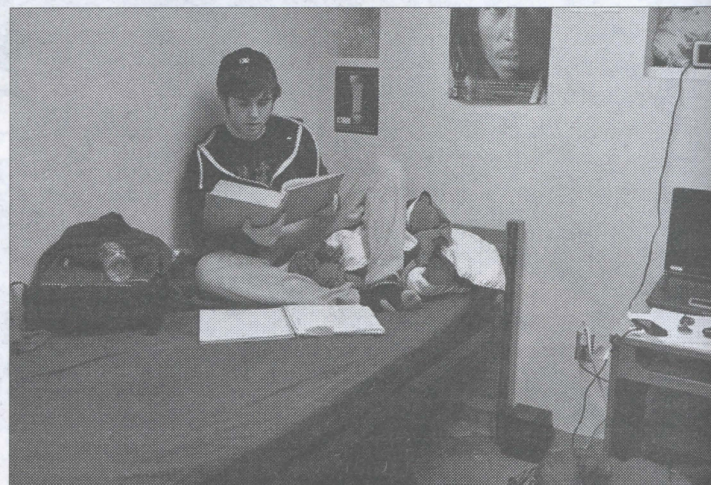
She does not foresee any problems with dropping the YMCA from Wilkes' lineup of housing options, but said students did have fun staying there.

"There are a lot of pros and students really liked it," she said. "They were at the YMCA on the fourth floor, living in their own apartment with a kitchen, bathroom, bedroom and a living room and then we acquired University Towers and more students began to move-in there and saw that as the new featured apartment."

However, she said that some of those students were placed in the YMCA based on their request for a double apartment, which were unavailable in University Towers.

This semester, not all of the rooms in University Towers are occupied and a few spots were left open.

"All triple and double apartments are full and a few tenants unrelated to Wilkes still reside there, as well as staff members on various floors," Swantek said. "There are few single spots that



The Beacon/Laura Preby  
**Luke Brady, sophomore theatre arts major, spends time in his YMCA dorm room. Brady is one of several students who will be relocated next year.**

SEE YMCA, Page 3

# Yogurt tycoon to lecture students about sustainability

BY TODD ORAVIC  
Correspondent

In 1983, Gary Hirshberg was a man with a seven-cow farm and a recipe for yogurt.

Now, he's the "CE-Yo" of Stonyfield Farm, one of the nation's leading organic food companies. And he's coming to Wilkes on Tuesday, March 22, to deliver the Allan P. Kirby Lecture in Free Enterprise and Entrepreneurship.

Hirshberg's lecture, "Win-Win: Why 'Good for All' Will Save the Planet," is scheduled for 7:30 p.m. in the Dorothy Dickson Darte Center for the Performing Arts. The event is free and open to the public.

Although Stonyfield has grown from a small farming school that provided education on sustainable agriculture, to a company that operates over 100,000 acres of farmland, Mr. Hirshberg insisted that, to this day, "It's been one cup at a time."

During Stonyfield's embryonic years, budgets were tight due to the government's cutting of funding for renewable energy and sustainable agriculture.

"We literally sat at board meetings trying to figure out how we were going to keep our farming school alive," Hirshberg said.

Enter the delicious yogurt recipe of Samuel Kaymen, Hirshberg's business partner, and the idea of selling the yogurt to hungry patrons.

"We thought of this as a survival strategy for the farming school," Hirshberg said.

The duo's yogurt has not only won many awards - including one from the Good House Keeping Institute in 2009 - but the company itself has been recognized and lauded for its safe environmental and sustainability practices, according to Stonyfield Farm's website.

From a business perspective, Hirshberg believes in keeping production costs consis-

tent as well as treating his employees fairly.

"We have a very different business approach that entails properly paying farmers," Hirshberg said, in exchange for the use of heavy advertisement.

Because the business had grown from word of mouth, Hirshberg still believes he can "ship the yogurt 3,000 miles, but it's the last eighteen inches that make all the difference."

Hirshberg, who began his career as an environmental activist, has been vigorous in his efforts to establish Stonyfield as an "environmentally aware" farm.

"We have been actively engaged in literally hundreds of initiatives in our company to reduce our carbon footprint -- that is our contribution to climate change -- our water footprint, our energy footprint, and our toxic footprint," he said.

Hirshberg's book, "Stirring it Up: How to Make Money and Save the World," pub-

lished in 2008, deals with how investments into "green strategies" can be profitable, as well as how they can help sustain the health of the environment and the planet as a whole.

To college students about to enter into the workforce, Hirshberg said there's a world of possibility regarding jobs in environmental sustainability.

"I see some very serious and real career opportunities that are going to dominate the way we do business in the 21st century," he said.

Teaching the benefits of being an advocate for the health of the planet is important to Hirshberg in the effort to dispel any myths about the way people think about the planet.

"We've thought it was infinitely resilient against our needs," he said, adding that it isn't.

The company's advocacy of sustainability

SEE YOGURT, Page 3

## The BEACON

130 S. River St.  
First Floor, Conyngham Hall  
Wilkes University  
Wilkes-Barre, PA 18766

PHONE: (570) 408-5903  
E-MAIL: wilkesbeacon@gmail.com

## Editorial Staff 2010-11

Editors-in-Chief: Michael Cignoli & Jacqueline Lukas  
News Editor: Kirstin Cook  
Opinion Editor: Anthony Truppo  
A&E Editor: Molly Kurlandski  
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### Meet the Staff



**Thomas Reilly**  
Photographer



## BUDGET

Continued from FRONT PAGE

the way they spend money on food and travel.

Within the academic units the committee is hoping to gain revenue by enhancing the graduate programs, building a branch campus in the Pocono Area and adjusting the various lab fees. Building the branch campus will initially demand extra money. However, the committee believes once classes are offered in fall 2012, the project will break even and become a big income provider in the future.

Not only is building a branch campus in process, but the university is working on other major projects such as a new science building and renovating the library. Renovations on the library will temporarily be on hold while other projects are happening. Dean of Farley Library, John Stachez, is prepared to work with the reduction in library funds.

"Libraries are long practiced in working with tight budgets. We are very, very conscious of how prudent we have to be with our spending and how we have to be as thrifty as possible," Stachez said.

However, plans for the new science building will continue as scheduled.

"We weren't forced to make any compromises on that portion of the budget that is currently dedicated to helping us to finance the new science building," said Loren Prescott, vice president of finance and support operations.

Prescott is not concerned with the new projects that the university is taking on.

"I'm not concerned about it but that's all

ways a possibility," he said. "At some point when you take on a new project, you have to have some confidence that the research you've done and the plan that you've put together is realistic enough so that you will be able to actually achieve those objectives."

The budget committee and the President Gilmour's cabinet have proposed a number of other techniques in order to contain costs and produce further revenue for the school. The goal of the committee is to cut cost where it is possible while still offering an efficient educational program. This year, balancing the budget come with new challenges because the university is trying to expand. In order for Wilkes to grow it is necessary to find new revenue sources to fund expansion projects.

"We're always looking for opportunities to continue to deliver the various programs and services as efficiently as possible," Prescott said.

The budget committee has come up with a

to live on campus next year.

"Since we're telling them they can't live at the YMCA anymore, they have first choice and we guarantee housing for those who submit an application," Swantek said.

Upperclassmen will now choose from University Towers, Weiss, Sterling, Rifkin and Sullivan for housing next year.

"There should be more than enough space for housing, if not, there are buildings on campus that we are not currently using that we could pull in for extra space," Swantek said.

Morgan Thomas, the YMCA's resident assistant, disclosed the information about the lease to her residents after spring break.

Housing applications and contracts are now available online and can also be found on the third floor of Passan Hall.

**CONTACT AMANDA LEONARD AT:**  
amanda.leonard1@wilkes.edu

## YMCA

Continued from Page 2

were left unoccupied this semester."

With Wilkes moving out, Jim Thomas, executive director of the YMCA, said major renovations are scheduled at the end of the semester to be completed by fall of 2012.

"Wilkes' lease is up at the end of the term and we have plans for a major renovation of that space starting this summer," Thomas said.

While the renovation is still in its early stages, more information will be shared once it becomes available. He does not know who will be leasing out the fourth floor next year.

The ending of this lease will have no effect on Wilkes students' complimentary memberships to the YMCA, as the two leases are unrelated.

The students living in the YMCA will be given first preference as to where they want

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dual process in order to achieve their goals in financial planning. First of the two is the improved process. This procedure helps to better understand, from a financial perspective, how the academic units operate. The purpose of the improved process is to provide more useful information to the deans and department chairs on the financial operations of the academic units they work within. Having an understanding of how the academic units operate will allow the deans and chairs to make smart decisions when it comes to deciding on how to manage their budget.

The second of the processes is nameless but it represents the actual work done by the budget committee and the President's cabinet on the financial plan. Although fiscal year 2012 does not officially start until June, planning began back in the 2010 fall semester when the committee and cabinet began working on an approach to an expected significant operating deficit.

In the past three to four years, the fiscal year began with what the budget committee and cabinet thought to be a reasonable budget however, later in those years, it was realized that the revenue projections were too optimistic and they had to go through a budget cutting process mid-year. At the beginning of 2012 financial planning, the controller's office reported that 3.7 million dollars, of the 5.3 million dollar deficit, was being counted on by overly ambitious revenue forecasting. To avoid making this past mistake, the committee revised their methods of gaining revenue.

"We want to try to put that to an end because that's worry some for everybody and it makes it very difficult to plan when you start with an initial operating budget and then you're forced to make changes in the middle of the academic year," Prescott said.

**CONTACT DEVONI NOVAK AT:**  
devoni.novak@wilkes.edu

## YOGURT

Continued from Page 2

has even saved the company from unnecessary expenditures. They have put their philosophy into practice.

"We generate a gas from our wastewater treatment plant that we use to operate the facility, and it saves us money," Hirshberg said.

On the reason that he enjoys visiting college campuses like Wilkes, Hirshberg said students, "are really what this whole topic is about."

"If I could be of any use in this world, I think its inspiring the folks who are going to be in charge soon to avoid some of the mistakes my generation has made and to seize the opportunities," he added.

Vicki Mayk, associate director of marketing communications, said that Hirshberg's longtime success was a reason why

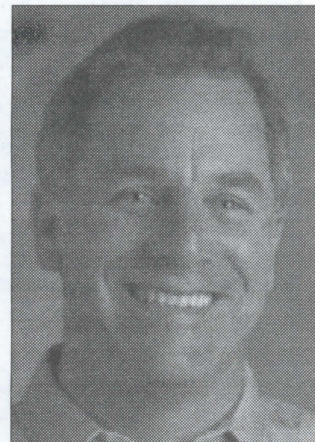
he was chosen to speak at Wilkes.

"His business has grown and flourished exponentially since the 1980s," Mayk said.

Mayk said that students could benefit from attending the lecture and learning about the development of Stonyfield Farm.

"The students will be able to take some very valuable information from Hirshberg's presentation."

**CONTACT TODD ORAVIC AT:**  
todd.oravic@wilkes.edu




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# SG hopes Casino Night changes will hit jackpot

BY KIRSTIN COOK  
News Editor

This semester, Student Government's Casino Night is more of a Casino Week.

SG is trying to up its odds of receiving a good turnout at the event by bringing two events into the mix: Night at the Races, which will allow students to bet on horses, and Bingo. Those two events join the traditional Texas Hold 'Em Tournament and the classic Casino Night, which both allow students to win prizes without spending any actual money.

The Casino Night budget was presented at SG's March 16 meeting.

Willie Eggleston, SG treasurer and a junior pharmacy major, was in charge of the Casino

Night budget. He said spreading the event throughout the week would give students more opportunities to get involved and win prizes.

Eggleston wanted to improve this event because of its popularity compared to other SG events.

"Traditionally, just based on attendance and prizes and things like that, Casino Night has always been the most attended SG event, so the other events, they're always trying to struggle with attendance and find ways to change them to up the attendance," Eggleston said.

Eggleston said Night at the Races was a new activity at Casino Night last year, and he decided to make it a separate event because of the success it had. Although the

Casino Night now spans four days, Eggleston said he only spent about \$1,000 extra.

"I figured it was worth it," Eggleston said.

He did this by strategically eliminating four or five smaller prizes that were not as popular and saving decorations from last year to reuse.

John Sweeney, vice president of the sophomore class, said it is important for SG

to have variety with events, as repeating annual events can get boring. The business administration and accounting double major was impressed by Eggleston's budget, comparing it to last year's budget of \$12,500.

"It's impressive that he's added that much, and there's that many more activities for the students to participate in which is really important, and it's really not that much more expensive so he's really being cost-effective," Sweeney said.

Along with the increased activities, SG is hoping the new prizes will draw more students to participate. Eggleston announced that the grand prize this year would be a shopping spree to the King of Prussia Mall.

SG members took a hand vote and decided that the SG van would be an acceptable option for students to travel to the mall. Students would have the option of being driven to the mall by SG in the van and shop from open to close, or they could shop on their free time using their own means of transportation. The students would be given a \$1,000 mall gift card to spend at any store in the mall.

Other new prizes include a hot air balloon ride, a spa package and a parking pass. These replace less successful prizes from previous years, such as the Oakley sunglasses and Rifkin gift cards.

Eggleston said they determine what prizes to change by how many tickets are submitted for each object, which they save and count after Casino Night.

Another change to Casino Night this year will be the free pizza.

SG typically orders the pizza from

Januzzi's, but as Januzzi's dropped from first to third place at this year's Pizza Wars they decided to switch. They instead chose the second place winner, Pronto Pizza, which Eggleston said gave him a better deal.

"Pronto is a new business, they opened I think a couple of months ago, so we thought we'd try them out, help them out to welcome them to the area type thing," Eggleston said.

Eggleston said that he has already gotten feedback that Januzzi's was not happy with this change.

A motion passed to allocate \$12,700 to fund the week of Casino Night with a vote of 36-0-4.

Texas Hold 'Em will take place on March 22 from 6 to 9 p.m. in the ballroom. Night at the Races will be Wednesday, March 23 from 7 to 9 p.m. in the Student Union Building. Bingo will be Thursday, March 24 from 7 to 10 p.m. in the ballroom.

The full Casino Night will take place on Friday, March 25 from 7 to 10 p.m. in the SUB.

## New business:

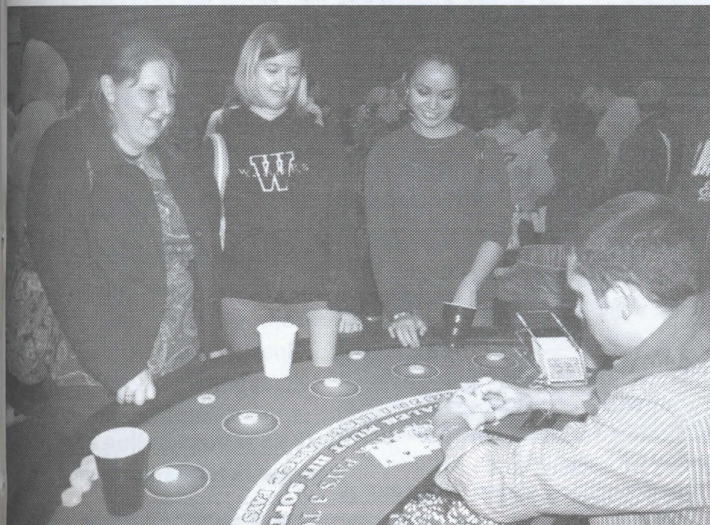
ASME Fund Request (Week 1 of 2) – The American Society of Mechanical Engineers requested \$2,006 to help finance the 5th Annual Wilkes ASME Car Show. The majority of funds would go toward t-shirts and a dyno, which tells attendees how much power their car is emitting. A decision will be made next week.

## Committees:

Residents Life – Housing portals are now available on the MyWilkes portal.

## CONTACT KIRSTIN COOK AT:

kirstin.cook@wilkes.edu



The Beacon Archive

Pictured above are students enjoying Casino Night in Nov. 2009. Over the years SG has changed the events and prizes offered to increase turnout.

# Seminar enriches student knowledge of credit cards and scores

BY EMMA ZIMMERMAN  
Correspondent

At the beginning of its credit seminar on March 17, the Money Matters club asked students what they thought of when they heard the word credit.

The most common answer was debt.

But the presentation was designed to disprove the misconception that credit is always about debt. It provided an overview on why good credit is important, the different types available and advice on how to manage credit. President Jared Sabol explained that having a credit card is important to make major purchases and how having a better credit score means more money.

A second Money Matters presentation will

be held Thursday March 31 in Breiseth 107 at 11:30 a.m. with further information to be released at a later date.

"I learned a lot," sophomore Jasmine Edwards said of the first session. "The presentation showed that [credit] is good, and it'll help me in the future."

Money Matters club members explained the differences between the two different categories of credit: secured and unsecured.

Secured credit is when a company uses collateral if the bill is not paid on time, such as a mortgage. Collateral is a pledge of assets to the lender in order to secure repayment. Unsecured credit is only given out on the debtor's promise to repay - and there is no collateral. The typical form of this is the credit card.

An easy way to establish good credit when

starting out is to pay small bills such as the phone and utilities on the card or opening a small personal loan.

Club member Raina Connor took over to explain how credit works.

"The FICO score is the most commonly used credit score," she said.

The FICO score, which is named after the California company that developed the system upon which it is based, Fair Isaac Corporation, is a way of measuring one's credit worthiness. Scores range from 300 to 850 with anything above 750 being the best possible score. Between 620 and 580 is low, but an account can still be opened with possibly higher than average rates. Below 580 is considered low enough to not be able to open new accounts.

Managing credit well can be obtained by

following simple rules. Connor explained it is vital to pay bills on time and always pay more than just the minimum amount.

"Most important, never purchase something you can't afford," Connor said. "That's the first step into bad debt."

If debt is an issue, Connor offered ways to deal with it. After facing the debt, it is important to call to negotiate interest rates. Transferring balances to cards with lower interest rates is an easy way to pay less.

Organizing the debt to form a payment plan is an easy way to start, then pay off the card with the highest interest rate first and so forth. Connor suggested that spreadsheets be used to aid in this organization.

## CONTACT EMMA ZIMMERMAN AT:

emma.zimmerman@wilkes.edu



MARCH 22, 2011

CONTACT US: wilkesbeacon.oped@gmail.com

## Pell Grant cuts will harm college students

BY THE BEACON  
Editorial Board

Every person in the United States should be given the opportunity to attend college. Many, however, have difficulty affording a college education and are only able to pursue their education through financial aid. Unfortunately, due to possible cuts to financial aid programs, paying the high costs of college may become even more difficult for some.

Even though H.R. 1 was passed by the House of Representatives, the budget was rejected by the Senate with a vote of 44-56. Unfortunately though, Pell Grants remain in danger, as some of the proposed cuts may still be approved.

If the budget is approved, the maximum award for Pell Grants, which are important to many college students, will be reduced from \$5,550 to \$4,705 for the 2011-12 academic year.

*The Beacon* feels that cutting funding for Pell Grants will negatively affect many students throughout Pennsylvania.

*The Beacon* also feels that we, as members of the Wilkes community, should make our senators and representatives aware of the negative impact these cuts will have on cur-

rent and future college students.

Reducing the maximum award for Pell Grants would have harsh negative effects on many students here at Wilkes. Currently, 36 percent of Wilkes students receive Pell Grants. Each year, the program gives 794 students the chance to enroll at Wilkes.

The federal Pell Grant Program, sponsored by the U.S. Department of Education, provides grants to low-income undergraduate students. The major benefit of Pell Grants is that these awards do not require repayment. According to the Department of Education's official website, the size of the award given depends on the applicant's financial need, tuition costs, status as a full-time or part-time student and plans to attend college or university for an entire academic year or less. A student can apply for a Pell Grant through FAFSA.

The maximum Pell Grant award has been rising steadily since 1973, facing a few cuts, but none exceeding \$100. The maximum Pell Grant award will now suffer its greatest cut of \$845, or 15.2 percent.

The U.S. Department of Education released the 2011-12 Pell Grant payment schedules on Feb. 1, 2011, which list the maximum grant amount as \$5,550, the cur-

rent maximum. Many students have already received their grants and if these grants are reduced, these students' plans for attending Wilkes in the fall may be severely impacted.

Whereas larger colleges and universities receive levels of state funding much higher than independent colleges and universities such as Wilkes, 41 percent of students in Pennsylvania are enrolled in independent colleges and universities. If the state funding for these independent institutions is reduced even more, the number of students enrolled will also decrease.

Another major issue is that the proposed cut would completely eliminate Pell Grant funding for summer classes. Summer classes are a viable option for low-income students, as Wilkes offers undergraduate courses in the summer for \$495 per credit, in contrast to fall and spring classes, which cost \$610 per credit hour as of 2010-11. Summer classes help many students get through college by lightening a student's course load or helping the student graduate early.

The cut on Pell Grants will not only affect college students directly, but will also affect the economy as a whole. A college education creates productive members of society, and if less people are able to get a college education, less people will ultimately contribute to the economy.

Independent colleges and universities offer programs important to our current society, such as sciences, technology, engineering and math. As a whole, independent colleges and universities award more degrees in these areas than all public universities combined. For economic and societal progress to occur, people pursuing employment in these areas need to be well-educated and often cannot even apply to jobs in these areas without an undergraduate degree.

If students cannot receive adequate funding through Pell Grants, students may need to turn to student loan agencies, which require reimbursement and often have high interest rates.

*The Beacon* urges all members of the Wilkes community to contact their senators and representatives in effort to prevent these cuts from occurring.

Pell Grants are crucial to many students and we should let our political leaders know that these cuts will not only harm our students, but our economy as well.

### BEACON POLL

*The Beacon* poll is unscientific and does not claim to reflect the overall attitudes of students on the Wilkes campus. This poll is based on 24 responses.

#### Last week's question:

Have you ever ignored a fire alarm?

- Yes 58%
- No 42%

#### This week's question:

Do you depend on Pell Grants for your college tuition?

- Yes
- No

Cast your vote online at:  
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The Beacon/Thomas Reilly

If the maximum award for Pell Grants is decreased, college students may need to turn to local student loan agencies such as Sallie Mae, which has high interest rates and demands repayment for student loans.



## Americans should pay attention to issues in international news

BY CATHRYN FREAR  
Assistant Opinion Editor

The Egyptian people recently protested hard enough to overthrow their government. Peacefully.

Japan was literally shaken with an earthquake and subsequent tsunami causing damage comparable to the atomic bombs of WWII.

The United States has opened missile fire on Libya.

The aforementioned occurrences are probably at least vaguely known by most folks reading this; however, there are a lot of other events and issues taking place worldwide to which Americans unfortunately do not pay enough mind.

Let's stop here for a moment to make clear this is not meant to scold, just to educate and hopefully spark an interest. Honestly, a lot of action is happening out there. The economy may be in a global bust, but the world is booming with action.

The real issue here is the question of why Americans ignore international issues so unabashedly. What will it take for people to start paying attention?

It could very well be we haven't had a whole lot of threats to domestic soil, historically. There were some major ones, not the least of which include Pearl Harbor and the Sept. 11 attacks.

Considering this, in modern day, it doesn't seem as though even something as extreme as attacks on our grounds affect people's desire for international information.

For example, the capture of Osama bin Laden is a kind of hybrid international and national issue. It affects America, Afghanistan and arguably the rest of the world. But, if you consider "the medium is the message" and American citizens work as a medium dictating what we want out of our government, we have not been conveying a message of capture. Instead, we have no idea where he is. We think he's in the mountains of either Afghanistan or Pakistan. That's a pretty big

area right there.

Another major reason that Americans tend to not pay attention to international news is they don't think it has much bearing on their lives and so it is moot for them to pay it any mind. But it really isn't.

A state of emergency was recently declared in Yemen by its president. Yemen's citizens have been protesting their government much

the same way other African and Middle Eastern countries are.

These protesters have been giving President Ali Abdullah Saleh arguably his most difficult challenge in his 32-year reign.

One of the biggest factors stateside differing this conflict from Libya and Egypt is that President Barack Obama is backing Saleh.

Whether this is a positive or negative choice—well, only history can tell; however, it's a huge deal internationally and many people have been letting the news

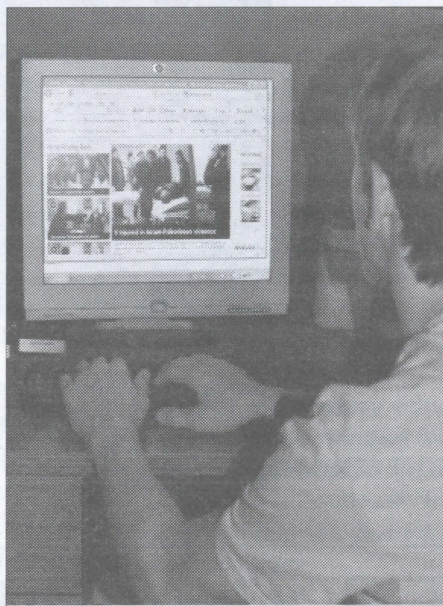
pass by as if nothing is happening.

The quake which destroyed Sendai, Miyagi Prefecture, Japan via tsunami has also sent waves into Hawaii, causing millions of dollars worth of damage. In Things-Adorable-But-Being-Mowed-Down-By-A-Tsunami news, nests of defenseless seabird chicks were washed away at a refuge in the Papahānaumokuākea Marine National Monument.

According to CNN.com, 110,000 chicks and 2,000 adult albatrosses were killed. While biologists say that the albatrosses can survive and repopulate despite the loss, only time will tell the effect this will have on Hawaii's ecological system.

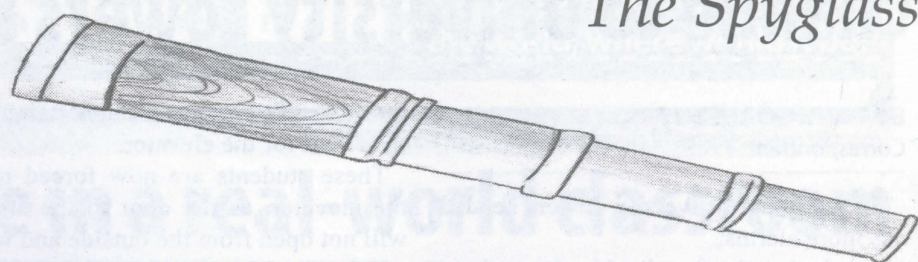
The point is, what happens to the world happens to America. We have our hand in everything and lots of things are exploding. Lots of changes are taking place. Do your best to take advantage of the technological age. Don't miss out.

CONTACT CATHRYN FREAR AT:  
cathryn.frear@wilkes.edu



The Beacon/Thomas Reilly  
**A student reads international news on CNN.com. People should pay as much attention to international news as U.S. news.**

## The Spyglass



## Brain exercise is equally as important as body exercise

BY ANTHONY TRUPPO  
Opinion Editor

The human brain is a three-pound lump of neurons that allows you to do everything from choosing between rice and chicken for dinner to daydreaming in class about becoming a famous musician.

While your brain is not a muscle, your brain can gain long-lasting benefits from regular exercise.

Unlike physical exercises such as military presses and hammer curls, brain exercises require no physical activity, unless you consider using a pencil as exercise, which your high school gym teacher hopes is not the case. Physical exercise certainly is important, and although recent studies show that physical exercise will keep your mind sharp as you age, mental exercises are just as important.

The brain is the center of the nervous system. According to a publication on The Franklin Institute's official website, nerve cells first developed a half-billion years ago. The purpose of the nervous system was to coordinate movement, so animals such as jellyfish would be able to seek out food, rather than wait for food to come near them.

Movement is still the primary motive of the nervous system, yet brains have advanced to such a state where we can influence the growth of our brains.

Each neuron in our brain is linked to tens of thousands of other neurons and brain exercises can not only help our neurons remain healthy, but can actually create new neurons.

Brain exercises are mainly referred to as neurobics. Some simple neurobic activities are brushing your teeth or dialing a phone with your non-dominant hand.

The human brain has two separate hemispheres that are joined by a bundle of neural fibers known as the corpus callosum.

Although the hemispheres are connected, each hemisphere performs different activities. The right hemisphere, or right brain,

is visual, whereas the left brain is verbal.

Since I am left-handed, there is a good chance that I am right brain dominant, which I am inclined to accept as the truth. If I were to try brushing my teeth with my right hand, I would be using my left brain. Working my left brain, there is a chance that I can develop certain skills specific to the left brain, such as the ability to look at parts of something and determine how those parts come together to form a whole.

If you are interested in activities that will challenge your brain, popular brain exercises such as crossword puzzles, jigsaw puzzles, chess, and Sudoku are viable options.

Crossword puzzles are undoubtedly the most popular brain exercises and have been included in newspapers since the early 1900s. Studies have shown that more than 50 million Americans solve or attempt to solve crossword puzzles each week.

Crossword puzzles can prevent memory loss and increase your vocabulary. They can also cause stress, which is counter-productive to brain exercise, so remember to take a break after you spend 10 minutes trying to figure out a seven-letter word for a town hall in Germany.

My preferred brain exercises are puzzles, specifically those found in certain video games. Puzzles will not only keep your mind sharp, but will also help you in your daily life.

Puzzles can teach us how to find alternate solutions to a problem when the obvious solutions do not work. Puzzles can also provide us with feelings of confidence after they are completed. A few of my favorite puzzle video games are "Machinarium" and "Puzzle Agent," which I would highly recommend to all interested in sharpening their brains.

With our busy schedules, it is often difficult to dedicate time exclusively to the brain, yet spending only a few minutes a day performing brain exercises can reap long-lasting benefits.

CONTACT ANTHONY TRUPPO AT:  
anthony.truppo@wilkes.edu



# Change to University Towers access is alarming and unnecessary

BY TONY GORECZNY  
Correspondent

The last thing University Towers needed was more alarms.

Yet when students arrived back to school after spring break, they discovered that they were no longer allowed to use the stairwells to enter or exit the building. If students try and exit the building through either stairwell, an alarm will sound.

The same goes for the door located in the building lounge. What used to be a quicker route to the UCOM or the buildings on the greenway is now strictly an emergency exit. Student must now exit through the building's sliding doors, which takes a little bit longer, but other than that is not a major issue.

The problem is that students can no longer leave or enter UT through the stairwell by the parking lot behind UT. The major drawback is that all traffic in and out of UT is now directed through the slow and unreliable elevators. This increase is due to the fact that students who live on floors one through three, and some others as well, usually prefer to take the stairs.

It is often much quicker, especially on

the lower floors, to take the stairs rather than wait for the elevator.

These students are now forced to take the elevator, as the door to the stairwell will not open from the outside and will set off the fire alarm if opened from the inside. This has not only increased the wait for the elevators but also the wear and tear on them.

Whereas the elevators used to skip floors one through three, they must now stop there as much as on the other floors. One day on my way class, I waited while my Zune cycled through two entire songs, which is the equivalent of 5-10 minutes based on the length of the song.

There is also a larger quantity of students riding the elevators both before and after classes.

As a result, there is often a line leading into the elevators and the elevators must stop on almost every floor of the 13-story building both to let people off and on.

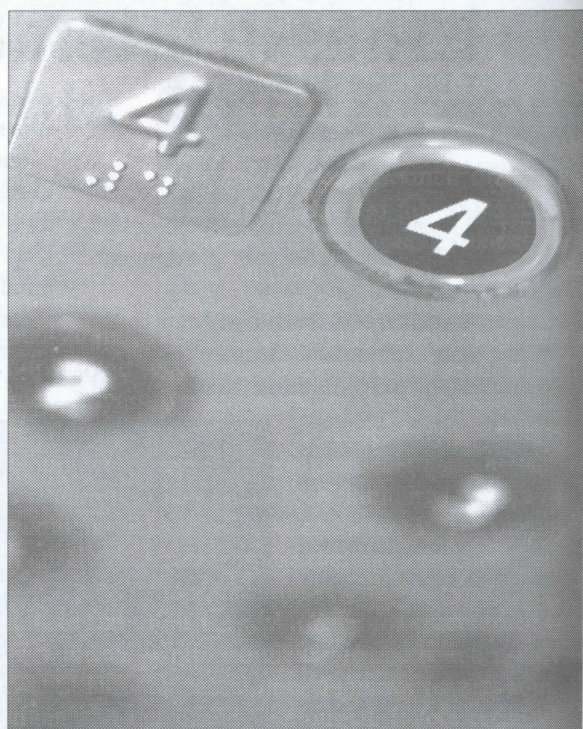
Due to the larger amount of elevator traffic, an elevator often stops on a floor and is already full, so the student must wait for the next elevator, which may also be full.

The elevators in UT are also notorious for constantly breaking down. On the

first Tuesday back from spring break, one of the elevators was broken down and waiting for the other elevator took nearly 20 minutes. I live on the eighth floor and have often taken the stairs either because I felt like it or because I did not wish to wait for the elevator. Even going up to the eighth floor, the stairwells take a maximum of two minutes to climb.

I understand Wilkes University and Public Safety may have legitimate reasons for making these changes (though I am hard-pressed to think of any), but the increased maintenance problems along with the massive inconvenience for students far outweigh any trivial benefits of restricting the flow of students in and out of UT to the elevators.

CONTACT TONY GORECZNY AT:  
anthony.goreczny@wilkes.edu



The Beacon/Thomas Reilly

Since the stairs in University Towers have been closed, all residents must use the elevators to get to and from their rooms. Unfortunately, the elevators are very slow and often unreliable.

# PSSAs a waste of time, leave H.S. students P.O.'d

BY STEPHANIE WILKIE  
Staff Writer

In my junior year of high school, I almost got arrested for expressing my frustration toward Pennsylvania's standardized tests, the PSSAs.

Thankfully, I didn't get taken out of my school in handcuffs. My anti-PSSA tirade, though, did get all of my classmates' test scores canceled.

For those of you who are from out-of-state, PSSAs are designed by the government to measure the amount of funding a district deserves according to how well the district performs on the test. Or at least it seems that way.

Standardized testing has been an unsettling issue since it first arose during World War I to determine the mental statuses of army recruits. These tests were called Army Alpha and Beta tests and were comprised of written and pictorial examinations.

Now, it seems standardized testing has taken on a whole new level of testing itself. The PSSAs are comprised of reading, writing, arithmetic and more recently, science. A

student must pass these four subjects or they may be held back a grade. Even worse, they may not even be able to graduate.

The problem is that students from low-income or minority backgrounds are likely to be held back in their curriculum while high-income students often take AP courses. This means students from high-income families are more likely to do well on the test due to their exposure to higher-level classes.

Also, the test is based on knowledge every student at a certain grade level must know, rather than being based on what they did in fact learn. This requires students to learn material outside of their grade level simply to pass the PSSA.

Another issue is that the tests take time away from students' individual talents and certain classes. Art classes, music classes and extra-curricular activities are cut back to fund the test. The tests also take a sufficient amount of time to prepare for and take. Educators lose weeks of valuable time providing students with practice tests and workshops.

The Keystone Exams are even more controversial. The Keystone Exams will also focus on the core curriculum, but will include

science and history. The exams will also determine if a student is eligible to graduate. Also, the score a student receives on the exam in certain subjects counts as one-third of the grade the student receives in the corresponding course.

So, not only are the exams also a determinant of a student graduating, but they will effect the grade a student receives in a course. The Keystone Exams add more pressure for all students to lose their individuality and to become just as mentally capable as the other guy.

The Keystone Exams are not even set in stone yet, which will probably mean that even more class time and budget funds will be lost due to preparation for their proposed arrival. Teachers will have to waste even more class time prepping for an exam that may or may not have to be proctored.

The Keystone Exams may take the place of the 11th grade PSSAs. This implication means students will still be prepping and taking the PSSAs while possibly prepping and taking an even more difficult exam.

Teachers must meet their curriculum standards while making room for the PSSAs and

possibly the Keystone Exams, and students must complete their regular course work while prepping for and taking exams that only tell government officials what students' overall success is, and not individual talent.

Standardized testing causes extreme damage to education. The exams are not very accountable, since they are purely multiple choice. Multiple choice cannot determine a student's intelligence, but may determine how good they are at guessing. The tests do not reflect a school's success nor do they reflect the intelligence that students may withhold.

America should strive more to recognize individual talent. Other nations use essays, projects or activities that relate to a student's individual talent, rather than a generalized test designed for every mediocre student. We need to take a stand against standardized testing and help students realize that their multiple intelligences should not be stifled.

CONTACT STEPHANIE WILKIE AT:  
stephaine.wilkie@wilkes.edu



MARCH 22, 2011

CONTACT US: wilkesbeacon.lifestyles@gmail.com

## Student teachers take the plunge in a real-world classroom

BY CHRISTINE LEE  
Life Editor

Like many of her fellow education majors, Sherilyn Jones is in a new situation this semester.

She's not only completing homework assignments as a college student, but also assigning them as a student teacher.

This semester, senior education majors and minors are teaching at area schools to gain experience necessary to become a certified teacher.

Jones has found that the hardest thing about the process is being organized.

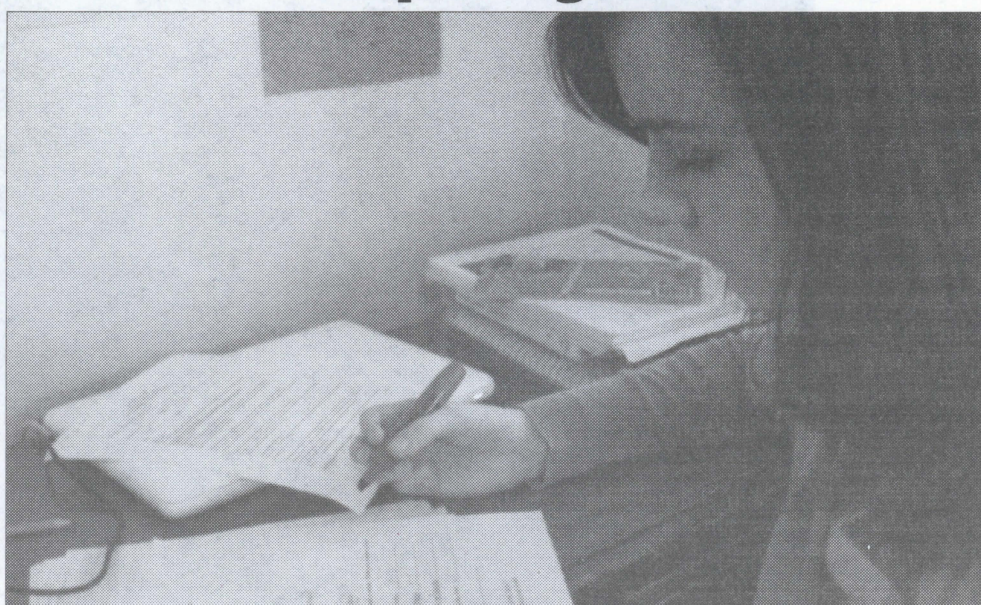
"If you are not organized, your week is thrown off, (so) what it has taught me is to definitely be organized," said Jones, an elementary education major teaching fourth grade.

Stephanie Branas, a history major who teaches grades 8, 11 and 12, said it has been hard being able to prepare everything she wants to teach in one period.

"The hardest thing (for me) is having the time to prepare everything that I need to do because I'm teaching four different periods and its three different classes and I didn't think of all the effort and the preparation that really had to go in (teaching)," Branas said.

Tony Ferrese, a history major with a certification in secondary education said that part of the difficulty has to do with accommodating the needs of every student.

"I teach 30 students, of which 10 to 15 in each class have an individualized education plan and so having to accommodate those is hard, especially with special education be-



The Beacon/Christine Lee

**Senior elementary education major and student teachers Sherilyn Jones grades papers to be handed back in to fourth graders. Being organized is something that many student teachers have had to learn to cope with this semester.**

ing so minimal," said Ferrese, who teaches seventh grade.

Branas said the cooperating teacher, the main teacher in charge of classes to which the student teachers are assigned, has been helpful by providing important resources and help with what she is going to be doing.

"I feel like that help at the beginning is going to really help me to become independent in the end," Branas said.

One of the biggest adjustments Jones has had to make as a student teacher has been in dealing with a new classroom space. She has had to adapt to the new space so that she can teach her own lessons while being able

to stay on task.

"You have to be very adaptable student teaching," Jones said. "It's definitely taught me to be on task all the time as much as I want to hear these 9 and 10-year-old stories for 10 minutes."

As a student teacher, seniors are assigned to different grades of students depending on their concentration, ranging from elementary to high school. The perception of the student teachers by the students they are assigned to teach has is very different.

"They really like me; they feel comfortable enough to ask me questions on tests and if I assign something they don't understand,

they come right up to me and say, 'I don't get this,'" Jones said. "I really like that 'cause I don't want to intimidate people but want them to know 'I'm the boss, listen to me.'"

Ferrese said most of his students like him because he is teaching alongside another student teacher, but his age both works for and against him when teaching middle school students.

"It makes you relatable but it can be hard to get respect at the same time," Ferrese said. "There are some kids (I'm teaching) that are not respectable to anyone so being young and a student teacher can be tough."

The same is true with Branas, whose students tend to think that they are more in charge than the teacher.

"A lot of the students think that they're running the show so you really have to get them to know that you're holding them accountable for the work that they're doing," Branas said.

But student teaching is very rewarding to the student teachers, especially when they teach a subject that is of particular interest to their students.

"When you find a topic they're into and they are really into it and asking questions, it's a good feeling," said Ferrese.

"You can see it in their faces when they really understand something and when they really want to get involved and it makes me really happy that they're able to learn (the material) and they're excited about it," Branas said.

CONTACT CHRISTINE LEE AT:  
christine.lee@wilkes.edu

## Program aids H.S. kids with prep for college

BY CHRISTINE LEE  
Life Editor

Wilkes University's Upward Bound program is, in a sense, a hidden gem.

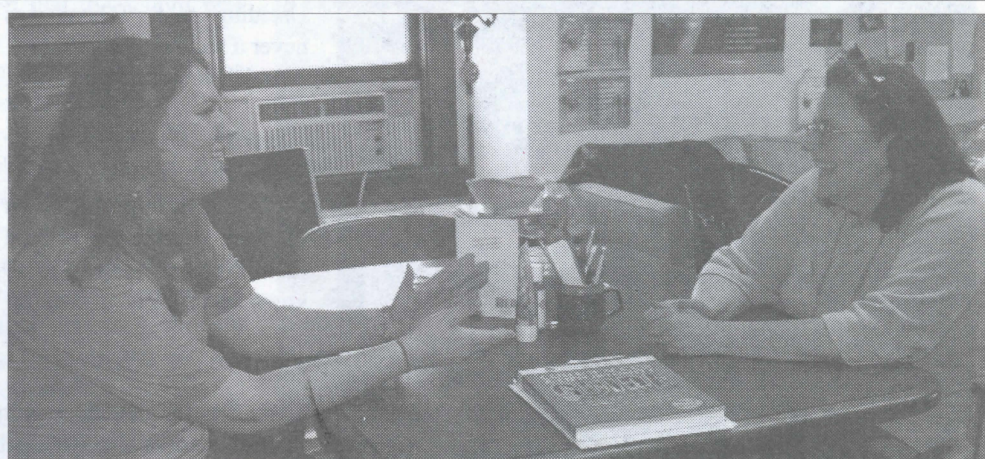
For one, it caters to high school students. Wilkes students, then, normally wouldn't be looking at the federally funded program once they arrive on campus as freshmen.

But the program, currently in its 44th year

at Wilkes, helps kids whose parents never went to college apply to schools and achieve their goals of getting a higher education.

The program is the longest continually funded program in the state and has assisted many first-generation college freshmen. One such student to benefit is current Upward Bound Coordinator Sarah Lloyd, who graduated from the program in 2001.

SEE PROGRAM, Page 12



The Beacon/Allison Roth

**Coordinator Sarah Lloyd and director Peggy Espanda are two of the many people who run Wilkes' Upward Bound program on the third floor of Conyngham Hall.**



# COSTA RICA

Continued from FRONT PAGE

never do except on a trip like this, like eat dinner in (a coffee farmer's kitchen), or have coffee with a coffee farmer's mother. All of these things actually make this trip better than a vacation."

The reason it was such a fulfilling trip and much better than any vacation is twofold: the work prior to the trip and the service work the students did while in Costa Rica. All eight students are taking or took Miller's PS 298: The Politics of Coffee.

They have been studying about coffee and how Costa Rica in particular has been affected by the coffee business. In addition, the students were involved in multiple ASB fundraisers including the spaghetti dinner, Jail-N-Bail and Stick-Em-Up, as well as attending weekly meetings.

"Each (ASB) trip has its own unique qualities," said Megan Boone, community service coordinator, who has

been on other ASB trips before. She said the Costa Rica trip is different because of the coursework prior to the trip and the focus on one particular niche of international business: coffee.

## The group

The preparation made the eight students on the trip excited, but also somewhat anxious. They didn't know what to expect from the group because they didn't really know each other prior to going. But, with time, the strangers became friends.

Miller said the group dynamic is something that just comes by chance, but it creates a special bond when the right group of people is combined.

"I just didn't expect everyone to get along as well as they did," said Chelsea Uselding, a junior psychology and international studies major.

Senior communication studies major Allison Roth agreed but added that bonding experiences helped to build the group dynamic.

"It definitely helped that we had a lot of bonding experiences, from soccer to



karaoke to just being in such close quarters with each other 24/7," Roth said.

"And going out every day and doing fun stuff, too," Miller added.

The students were active every day with interesting and different activities, from 6 a.m. until after dinner.

"The entire time we were doing something interesting," Uselding said. "There was never a second of boredom."

And there was no typical day.

## Day 1

The first day, they went exploring through the town of San Marcos, practiced their Spanish and got to know each other a little bit

better.

Later in the day, they had dinner at a coffee farmer's mother's house. Felix Monge used to be a coffee farmer, but now works with the coffee co-op, CoopeTarrazú. Monge invited everyone to his mother's house for a traditional Costa Rican meal, which was one of the most memorable things for the students.

## Day 2

Day two was full of coffee bean picking and cleaning the coffee plants to get them ready for the next harvest. The students also toured CoopeTarrazú, the largest coffee cooperative in Costa

Rica. Here the students learned about the coffee process and how coffee gets from the plant to the cup. CoopeTarrazú accepts coffee from farms all over the region and then the cooperative processes it so the farms don't have to spend money on expensive coffee milling machinery.

The coffee beans are grown on plants, which produce coffee cherries. This cherry is a red shell that encapsulates two coffee beans.

Coffee picking is no easy task. First, during the prime-picking season, only red coffee cherries can be picked; so pickers have to scour the plants to select only the red cherries. Next, many coffee plants are on an extremely steep incline because higher-grade coffee grows at a higher altitude.

Each student barely filled one basket while the best

Above, the students get together for a group photo and board members from CoopeTarrazú share their knowledge of coffee farming.

From LEFT to RIGHT: ROW 1: David Ureña, sophomore political science major and Jacqueline Lukas, senior communication studies major; ROW 2: Kattya Lomel, the group's guide, Megan Boone, Wilkes community service major; Chelsea Uselding, junior psychology and international studies major; Jason Gebauer, senior international studies major; Sean LaFleur, senior political science major; Dr. Andrew Miller, political science professor.

pickers can fill between 20-35 per day.

"I really enjoyed (picking coffee beans)," said sophomore political science Christine Shaneberger. "But it really gave me an appreciation for people who do jobs like that, especially in the developing world. It became very real to me how little money they make ... but how time consuming it was."

Day 3 The students went to a ceremony to celebrate the coffee harvest. It was a very interesting experience. Every student had a chance to pick a coffee bean. The ceremony was held in a beautiful setting. The students were very happy to participate. The ceremony was a great way to learn about the coffee industry. The students were very impressed by the knowledge of the coffee farmers. The ceremony was a great way to learn about the coffee industry. The students were very impressed by the knowledge of the coffee farmers.



Left: David Ureña, the group's guide for all things coffee, shows the group how to pick coffee properly. Inset: Each coffee cherry contains two coffee beans, during prime picking season, only the red beans are picked from the plants.





et together for dinner with the coffee farmers, tour guides from CoopeTarrazú. These people were vital to the student experience in Costa Rica.

**Row 1:** David Ureña, the coffee guide; Christine Shaneberger, senior communications major; Felix Monge, a CoopeTarrazú employee; the group guide; Christy Miller, wife of Dr. Andrew Miller; Megan, senior psychology and international studies major; Allison Roth, senior communications major; Derek Nye, senior biology major; two board members Sean LaFleur, senior criminology, psychology and Spanish professor.

20- my Costa Ricans in this at it is a lifestyle. Every aspect of the town, society ... everything is led to coffee," Miller said. The students went to an elementary school to paint the fence and do some other work, but when they arrived, they were greeted with a ceremony on International

Women's Day, which was Tuesday, March 8. The women in the group were given a poem about privileges of being a woman. Afterward, the students were invited into the elementary school classrooms to talk with the children and even teach a short English lesson.

Teaching in the school wasn't scary, but it wasn't as easy as senior criminology major Sean LaFleur thought

it was going to be.

"Being the only one in the room that knew Spanish and could translate it to English... that was a little bit difficult," said LaFleur, who also studied in Spain. "It did make me realize that I knew a lot more Spanish than I thought I did and sometimes a lot less Spanish than I thought I did."

Then, the Wilkes students sanded and painted the school's fence and also painted a cinder block wall to give a little face-lift to the outside of the school.

#### Day 4

The students went to a smaller coffee farm called La Lia, where farmers grow, pick, process, dry and roast the coffee, as opposed to giving it to a co-op after picking the cherries. Oscar, one of the farm owners, showed the students around his farm, which was smaller than

CoopeTarrazú, but still reasonably sized.

His mother invited the students into their home for fresh coffee and cookies, which was a moment that the students will never forget.

Later in the day, Wilkes students went to a technical five-year high school in San Pablo to do some work with recycling, but LaFleur noticed that the school was much different than he anticipated because of all the technology it had.

"I was shocked by the school; that was probably the most shocking part of the trip for me," Shaneberger said. "I thought that high school, in a lot of ways, was nicer than my high school. I thought they got a pretty decent education there."

#### Day 5

Manuel Antonio was the next stop on the student's

trip to Costa Rica; this was more of a relaxing time. Manuel Antonio is one of Costa Rica's national parks, where the students ventured into the rainforest or waded into the lukewarm waters of the Pacific.

Although they were only on the beach a short time, it was worth the scenic drive to get there.

#### Pura Vida

But what the students were most impressed with most was the hospitality of the Costa Ricans they encountered on their service trip.

"They really want you to be happy while you're there," Uselding said. "I feel like (in the U.S.), people say, 'If you're paying me, I'll slap on a smile and give you what you want.' It's not genuine."

The coffee and homemade dinner: they were genuine.

Roth added that there would never be any form of payback that these eight students could ever give to the coffee farmers that taught the students so much, but that she hopes their enthusiasm about the subject was enough.

Miller said that Costa Ricans really want others to enjoy their lifestyle. The Pura Vida lifestyle, which is the standard that life is good and

that living in Costa Rica is the "good life."

"It's just the vibe of the trip," Shaneberger said. "If you're not going to go there to experience everything... experience their food, their culture. Why go?"

#### Go out and do it

These students highly recommend this trip to other students because of the great lessons that it has given them.

"I have a lot of friends who were like me, they didn't want to sign up because they've never been out of the country, but I've been telling them that they should try as hard as possible to go," Uselding said.

Shaneberger said that tourists don't get to see what students on a service trip get to experience.

"We got to see a part of the country that (tourists) don't even know exists," Shaneberger said. "We got to see what (Costa Ricans) are really about."

These students lived it. They lived Pura Vida.

#### CONTACT JACQUELINE LUKAS AT:

[jacqueline.lukas@wilkes.edu](mailto:jacqueline.lukas@wilkes.edu)



Photo Courtesy of Jason Gebauer

**Left:** The group watched professionals from CoopeTarrazú taste coffee for quality assurance; they smell and taste about 200 cups of coffee per day.



## PROGRAM

Continued from Page 9

"When I joined Upward Bound, I didn't know and my family didn't know the first steps of actually going to college like how do you apply, what are deadlines," Lloyd said. "I don't know if I ever would have actually gone (to college) without Upward Bound kind of pushing me and telling me, 'Yes, you're going to college and we know how to get you there and we'll help you to get there.'"

One of the most valuable parts of the program, director Peggy Espada said, is the summer residential program. This program requires each enrolled student to live on campus for six weeks during the summer. It is an important part of Upward Bound because it helps students see they are able to live independently and manage their time effectively.

"We work a lot on self-esteem and team-building and self-confidence and trying to get students to understand that they're capable of (managing their own time)," Espada said.

Community outreach at local high schools during the fall is one way that students find out about the program. The program al-

lows for incoming high school sophomores to meet and discuss with Upward Bound alumni about their experiences, which is how many get enrolled in the program.

"We present the program and he had some marketing community fellows with us this year who are Upward Bound alumni that go to Wilkes and they kind of told their stories about how the program helped them so much," Lloyd said. "So that's kind of how we meet our new sophomores coming into the program and then they apply (as a result)."

Community Fellows is Upward Bound's newest outreach program. Implemented just this year, the program allows Upward Bound alums to volunteer their time to the program and receive a an award as a result of their service.

"We're dedicating 300 hours of community service to Upward Bound and we're doing things like tutoring the students and helping out with office work and workshops that they have on Saturdays," said sophomore education major Jennifer Earley, a community fellows.

Earley said that Upward Bound contributed to her success right now in college by helping her academically with such programs as the Bridge Program, which allows high school seniors to take college classes

the summer before they start college.

"That helped me significantly because I knew what I was getting into," Earley said. "Socially it pushed me out of my shell; I'm no longer a shy student like I was in high school."

Some of the other ways in which Upward Bound helps students prepare for college is with writing seminar class, which help prepare students to write a college-level paper.

"Your senior year you take Senior Seminar, (in) which they help you with everything from the FAFSA (form) to filling out your college applications," Earley said. "Without those two classes and the support of the entire staff I wouldn't have known how to get to college."

Upward Bound programs are also open to alumni and friends of students in the program and its location on campus makes it ideal for program alumni to stop by.

"A lot of the programs that we do are also open to alumni or friends of students so I get to keep in touch that way (by) going to programs that are open to alumni and just going to visit because the office is right on campus so we spend a lot of time up there just talking to everyone (on staff)," Earley said.

**CONTACT CHRISTINE LEE AT:**  
christine.lee@wilkes.edu

## STREET BEAT

**If you could go anywhere in the world, where would it be?**



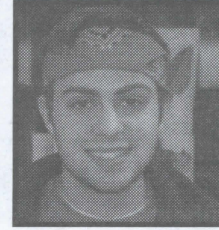
**Chelsea Uselding**  
Junior psychology and international studies major

"London because it's so historical."



**June Lor**  
Senior international studies major

"South Korea. I would travel all through the country."



**Taylor Bridges**  
Senior pharmacy major

"Rome because it's the next adventure destination on my list."

Photos: The Beacon/Allison Roth

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MARCH 22, 2011

CONTACT US: wilkesbeacon.ae@gmail.com

## Music Spotlight: Yellowcard drummer opens up about the band

BY MOLLY KURLANDSKI  
A&E Editor

Longineu Parsons III is not new to the music scene. Having been around music his entire life, music has become more than a hobby, but a way of life of which millions of fans can't get enough. As he began to set up his drum set for the concert at the Kingston Armory, it was apparent that he did not have a single nervous bone in his body.

Yellowcard began in 1997 with original members Parsons, Ben Harper and Sean Mackin. Since then, close friend of Harper, Ryan Key has replaced him as lead vocals and guitar along with bringing guitarist Ryan Mendez into the mix.

But throughout the ups and downs, Yellowcard's success is a classic musician's fairytale, starting as a garage band that now plays in sold out concerts around the world.

Parsons, nicknamed L.P. for short, has been with Yellowcard from the beginning and will be with them to the end. In 2008, Yellowcard went on a hiatus with no promise of a return, but when the time came for a chance to have a comeback, none of the members could say no. L.P. being one of them.

### When did you realize that Yellowcard had become a household name?

With our release of "Ocean Avenue," the band traveled across Europe and Japan and when we came back we were booking venues from 1,000-1,500 (people). Every show after that was progressively getting larger. We went platinum and multi-platinum, and then won a VMA (Video Music Award). We got to perform with bands like the Foo Fighters and Lagwagon, (musicians) who paved the way for us in a big way.

### Since there are different band members, did that affect your fan base?

Well, we were a different band back then. Our fans changed especially due the music change, but now I think that our music can relate to people of all types. Our fans were a lot more hardcore back then, now we've branched over to an eclectic crowd.

### Why such a change in your music?

We were heavily influenced by old punk rock bands back in the day like Bad Religion and Pennywise. With all these bands, we became a close knit circle because we all grew up together.



Courtesy of Hopeless Records/Eddie Horn

Once a multi-platinum rock band, Yellowcard has returned in hope to attract a wider audience of music lovers by picking up where it left off.

### What kinds of changes have happened within the group?

The thing about Yellowcard, even before the changes happened, we were all best friends coming through school. We would have band practice, and all of us individually were part of different bands. I would definitely say there's a tighter bond inside the group, this is the best lineup we've ever had. We all compliment each other with our personalities and performances.

### What prompted your return?

We took three years to each do our own thing and I actually started playing with Adam Lambert. But I didn't get to express what I loved, which is my band. I've been with them from the beginning. I wanted to feel that energy with the band I started with years ago. We built a fan base from nothing. It's literally a family – and we worked out our differences and realized that we have something special when we are on stage rocking together.

### Are you currently working on anything new?

"When Your Through Thinking, Say Yes" is released on March 22 and then we're doing a world tour.

### What is the craziest story since you got into music?

When Yellowcard played Summer Sonic in Japan, we stepped on stage with 80,000 people where everyone was singing (our) song. The energy is incredible and to see someone in a different culture singing along to your music is an incredible feeling.

### What's next?

I have two solo records that Ryan Key is helping produce, and I am getting ready to release a LMPD project which is a combination of drumming and DJing. Both will be available on iTunes.

### How do you react to negative comments?

Constructive criticism is something you can take and learn from. There are always going to be people who have an opinion and that's the way music is. In the end, if you please yourself and you're happy with what you do, it doesn't matter anyone says.

### What do you hope your fans to get from music?

We write music for us and the kids who want to hear us. We love what we do and that's where it is.

Check out Wilkes students' reactions to the concert on Page 14.

For more information on the band's newest music, visit [yellowcardrock.com](http://yellowcardrock.com)

CONTACT MOLLY KURLANDSKI AT:  
[molly.kurlandski@wilkes.edu](mailto:molly.kurlandski@wilkes.edu)



# Yellowcard begins return with performance at the Armory

BY ANTHONY DORUNDA  
Special Project Editor

After a three-year hiatus, Los Angeles-based pop-punk/alternative band Yellowcard returned to the East Coast concert scene Friday, March 18, at the Kingston Armory.

Yellowcard performed its biggest hits from over the years, unveiled a few new songs and marketed their new album, "When You're Through Thinking, Say Yes," which will be released March 22.

For the most part, the concert, which also featured We The Kings, got positive reviews.

"I liked it, I enjoyed it. I actually liked both them quite a bit," senior Andrew Bookin said, a mechanical engineering major. "Yellowcard's music sounded really good, and I really enjoyed the violinist. I didn't vote for Yellowcard; I voted for Sum 41, and I was surprised it wasn't them who won, so it wasn't my first choice but I still wanted to go."

"Considering how cheap it is to go and see a big-name band, it was definitely worth it," he said.

The show, the latest in Programming Board's long-standing spring concert tra-

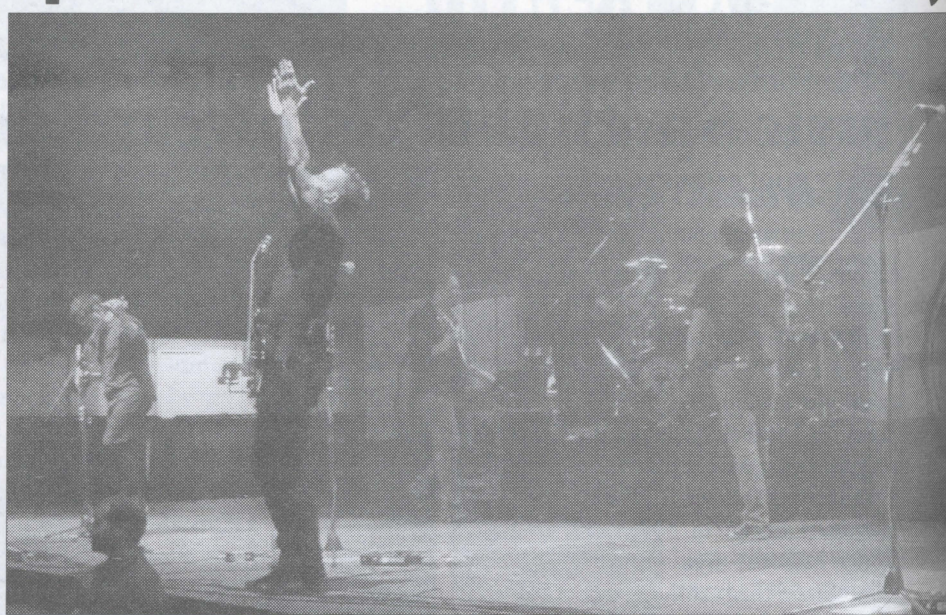
dition, served as a prelude to Yellowcard's upcoming tour with All Time Low. That's set to begin tonight, March 22, at the Electric Factory in Philadelphia.

After announcing in 2008 that they would be taking an "indefinite hiatus" from touring, the five-man-band, which made the violin trendy in pop-rock music, disclosed this past fall they would be launching a US tour—with Wilkes-Barre serving as the launching pad.

We The Kings performed hits such as "Secret Valentine," "Check Yes Juliet" and even a reggae-acoustic version of their smash hit "We'll Be A Dream." The Bradenton, Fla., natives provided plenty of entertainment; even serenading a star struck fan with an acoustic version of "All Again For You."

Moving through each song with little time to think in between, Yellowcard continued to elicit excitement by playing all of their biggest hits—allowing students to relive our high school memories—and finished off the show by playing their biggest hit, "Ocean Avenue."

Senior Cody Null, who serves as one of the two ad hoc chairs for Programming Board, has been to each concert since com-



The Beacon/Austin Loukas

**Yellowcard performed at the The Kingston Armory last Friday to Wilkes students and many loyal fans within the area.**

ing to Wilkes. He said this show was right on par with the rest of them.

"We had a good turnout, the bands put on a great show, and there were no problems with anyone there," Null said.

"Yellowcard is a time-tested band that puts out music that most people generally enjoy."

We the Kings have been on the radio and are always putting on a good show. So whether you are a die-hard fan or just a music lover both bands are very musically talented and the concert-goers had a lot of fun at the show."

**CONTACT ANTHONY DORUNDA AT:**  
anthony.dorunda@wilkes.edu



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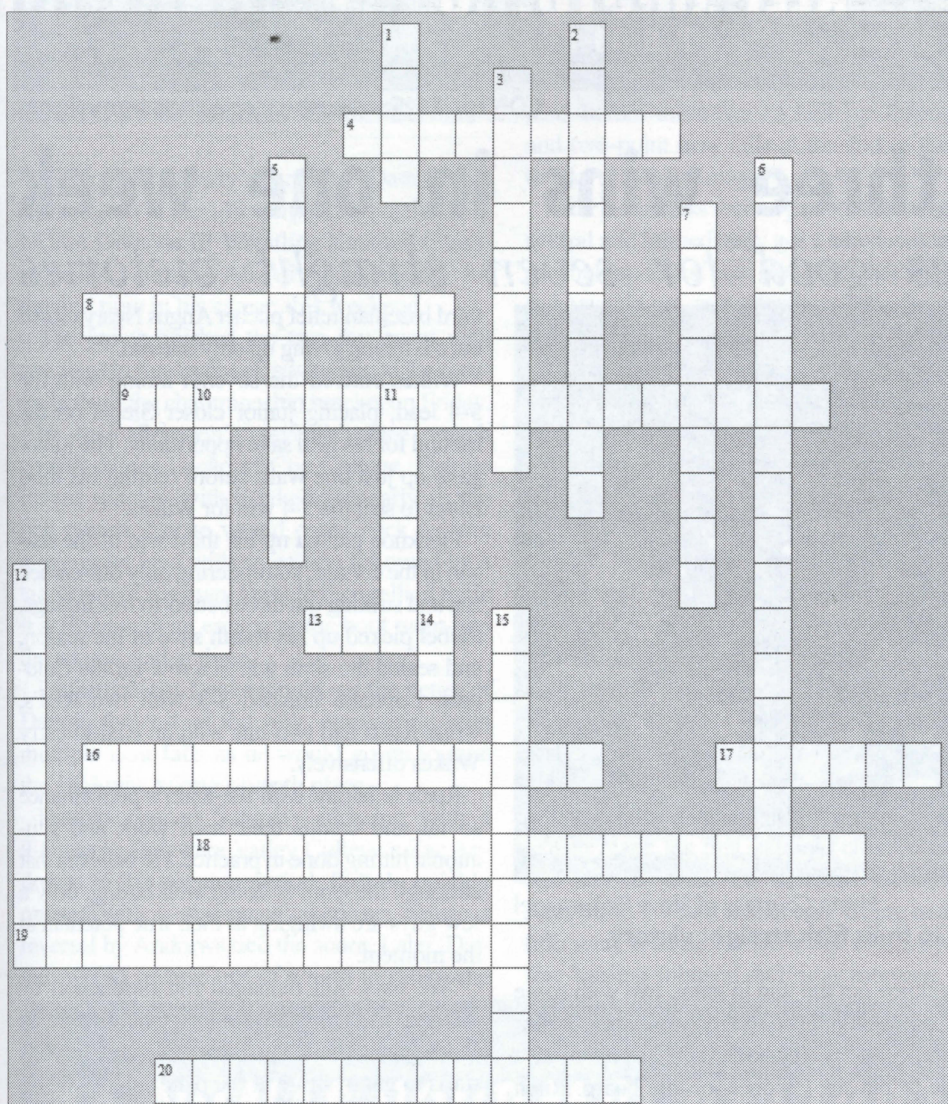


## ZerCross "Name that Tune"

BY ASHLEY ZERFOSS  
Correspondent

Across

Down



CONTACT ASHLEY ZERFOSS  
ashley.zerfoss@wilkes.edu

4. Hold my hand if you're feelin' scared/  
We're flyin' up, up outta here

8. Let the rain wash away/all the pain of  
yesterday/I know my kingdom awaits/And  
they've forgiven my mistakes

9. Oh please, say to me/You'll let me be  
your man/And please say to me/You'll let  
me hold your hand

13. I'm a beast, I'm an animal/I'm that  
monster in the mirror/The headliner,  
finisher/I'm the closer, winner

16. There's a million other girls who  
do it just like you/ Looking as innocent as  
possible to get to who/They want and what  
they want, it's easy if you do it right

17. Girl, don't feel outta place/Cuz I, I'm  
in love with this feelin'

18. Now I'm not sayin' that she's cheatin'/  
But seein' is believin'/Can't believe it, what  
I'm seein' when I stepped inside

19. I love when it's all too much/Five  
a.m. turn the radio up/Where's the rock and  
roll?

20. Now five years later on, you've got  
the world at your feet/Success has been so  
easy for you/But don't forget it's me who  
put you where you are now

1. Back door cracked, we don't need a key/  
We get in for free, no VIP sleaze

2. Flip to MTV so they can teach me how  
to Dougie

3. I remember black skies the lightning all  
around me/I remember each flash as time  
began to burn

5. I guess she's an XBOX and I'm more  
Atari/But the way you play your game ain't  
fair

6. I know how it feels to lie/All I wanna do  
is trade this life for something new/Holding  
on to what I haven't got

7. Hot and dangerous/Of you're one of us  
then roll with us/Cuz we make the hipsters  
fall in love/When we got our hot pants on  
and up

10. Oh oh I want some more/Oh oh what  
are you waiting for?/Take a bite of my heart  
tonight

11. This groove has got me way over the  
sun/I'm dancing like I am the only one

12. I wanna make you move/Because  
you're standin' still/If your body matches  
what your eyes can do/You'll probably move  
right through me on my way to you

14. You're so supersonic/Wanna feel your  
power/Stun me with your laser

15. I can feel you falling away/No longer  
the lost, no longer the same/And I can see  
you starting to break

## Movie Review: 'Hall Pass' brings the same old slapstick humor

BY JORDAN RAMIREZ  
Correspondent

If you are not familiar with the Farrelly Brothers' past work, it may be a good idea to do some research before purchasing a ticket for "Hall Pass." The comedy portrayed in nearly all of their films is generally over-the-top, vulgar, and offensive at times.

"Hall Pass" falls under this same description; however, the popular formula continues to run fairly smooth for the screenwriting/directing pair. The film introduces Rick and Fred (Owen Wilson and Jason Sudeikis), two friends, both married and middle-aged, who are frequently gawking at young and beautiful women. Their wives (Maggie and Grace), who are played quite convinc-

ingly by Jenna Fischer and Christina Applegate, catch them rubbernecking and gradually become fed up with the situation.

Rick and Fred represent the vast majority of men who (despite being married and in love) cannot help but notice a very pretty, very young woman. Historically, the hypothalamus-controlled sex drive of the man simply cannot be contained.

A few unfortunate yet hilarious instances, which you'll have to see for yourself, finally convince the women that a change needs to be made. Reluctantly, the two wives grant each man a "Hall Pass." In other words, a week off from marriage to reexamine their priorities.

Rick and Fred become overwhelmed by their surprise opportunity, and waste no time to start their adventure ridden with lustful freedom, drinking parties, divorcees, a late

night out at Applebee's, mental photography and fake chow.

Make no attempt at determining what that last one means prior to watching the film.

Wilson's performance as Rick isn't anything revolutionary, but in the end, he still emerges as one of America's favorite comedic actors. Sudeikis is the real surprise here. His most recognizable performance to date is his recurring role of Vice President Biden on Saturday Night Live.

Fred's antics are where the majority of the laughs reside throughout Sudeikis' breakout film role. Applegate as Grace has a collection of well-written lines that add to the hilarity and her solid performance keeps her in good graces.

Fischer as Maggie is a bit less entertaining, but she still manages to serve her pur-

pose and keep her characteristically innocent acting style intact. A varied supporting cast is overshadowed by the gag-inducing, yet unforgivably funny Richard Jenkins as the smooth-talking 60-year-old ladies' man only known as Coakley.

Overall, if you are searching for an intricate, thought-provoking film, look elsewhere. "Hall Pass" can be considered a success because it focuses on comedy.

It doesn't do anything necessarily new because the Farrelly Brothers did not want it to. It exists simply to make people laugh, and it serves its purpose from the beginning until the end credits roll.

CONTACT JORDAN RAMIREZ AT:  
jordan.ramirez@wilkes.edu



MARCH 22, 2011

CONTACT US: wilkesbeacon.sports@gmail.com

# Colonels sweep Eastern for three wins in one week

*Colonels double-header win versus Eagles good for seven straight victories*

BY PHAT NGUYEN

Assistant Sports Editor

The Wilkes Baseball team is currently on a seven game win streak after sweeping Eastern Eagles at Artillery Park on Saturday 3-2 and 5-4. The team has now improved to 8-4 on the regular season and is currently 3-0 in conference play.

Pitching was definitely a key as junior pitchers Ryan Fetterman and Sean Flecknoe both picked up wins for Wilkes during the double header. Senior pitcher/outfielder Al Clocker is quick to credit assistant coach Jerry Bavitz, who has really stressed throwing first pitch strikes and improving their ball to strike ratio. The results were very evident all season so far.

"We've been getting great outings from our starting pitchers," Clocker said. "Ryan, Sean and Lazar have been excellent over the winning streak. And (Mark) Siebel has been lights out in the bullpen."

Fetterman showed he was capable of being Wilkes' ace and dominated through the late innings going for his second complete game this season. Sophomore outfielder Scott Skammer then came up big by driving home Clocker and securing the victory for the Colonels. Clocker did his part, coming up big for the team and getting on base as often as he could by drawing multiple walks.

"When you're leading off an inning, the most



Photo Courtesy of Steve Finkernagel

**Scott Skammer's late single lifted the Colonels to their fifth straight victory.**

important thing is to get on base," Clocker said. "I like to be a little more patient in these situations especially when we are struggling to get base runners. Once we have runners in scoring position, we try to attack the next best pitch."

Wilkes collected just three hits in the game, but the singles by Lopresto and Skammer helped life the Colonels to their fifth straight victory.

Flecknoe got the win in game two with some help from his offense in the first inning. Junior captain Matt Ruch knocked in Lopresto on a single to put the Colonels on the board. Ruch then stole second, drawing the throw and allowing Tom Plessl to steal home, giving Wilkes an early 2-0 lead.

In the sixth inning, Wilkes held a 5-3 lead when the Eagles loaded the bases with one out. Junior

third baseman/relief pitcher Angus Neary closed out the inning giving up only one run.

Wilkes entered the seventh inning with the 5-4 lead, placing junior closer Siebel on the mound for his fifth save opportunity. The junior gave up just one walk before retiring his third batter to seal the 5-4 win for Wilkes.

Flecknoe picked up his third win of the season in the contest, surrendering only one earned run and striking out three batters in five innings. Siebel picked up his fourth save of the season, and sealed the sixth win in a row for the Colonels. Lopresto finished 3-3 with two RBI's, while Ruch had two hits with an RBI to carry Wilkes offensively.

Ruch is happy with the team's performance so far and credits their hard work and situational hitting done in practice. He believes that although the team is doing well hitting, only a few guys are swinging at their true potential at the moment.

"We have still managed run production by moving runners and hitting with runners in scoring position," Ruch said. "Once everyone starts to get in stride at the plate I think we are going to be a very dangerous lineup."

CONTACT PHAT NGUYEN AT:

phat.nguyen@wilkes.edu

## New MLB season promises exciting talent

BY CHRISTOPHER HOPKINS

Sports Editor

The snow is finally melting, the weather is getting out of freezing temperatures, and Spring Training is just about wrapping up down in Florida and Arizona. Baseball season is finally upon us after almost a five-month hiatus, where we last saw a ragtag group of players bring San Francisco its first MLB title.

It's been an interesting off-season. We've seen several big names swap jerseys, most notably Cliff Lee joining forces with Roy Halladay, Roy Oswalt, and Cole Hamels in Philadelphia to assemble arguably one of the best rotations this game has ever seen. After months of anticipation and training, the season is about to get underway.

There's a lot to be excited for this upcoming season. Everywhere you look, experts are making this season a two-team race, giving only the star studded Phillies and Red Sox a chance to win it all this year. It's easy to take these two teams to meet in the Fall Classic, but there are a lot of other teams out there who could give them a run for their money.

Aside from the usual powerhouse teams that are there every year, there's a few clubs who could surprise you this season.

The Oakland Athletics made a real stride in the right direction last season when they finished 81-81, after a few years of fighting to stay out of the cellar in a weak AL West Division in years past. With some additions to an already young and exciting roster this offseason, Billy Beane is at it again in building a solid

team with no money. They had a scare with their anchor to their bullpen Andrew Bailey and his elbow, but reports say he should be fine, giving them one of the toughest bullpens in all of baseball. With a weak division again this year in the West, look for the A's to finish on top and possible make some noise come October.

While they might not be ready to take the East and jump 30 wins in a year like the '08 Rays, the Orioles are primed and ready to turn some heads this year and finally finish somewhere in the middle of the division. Highly touted starting pitcher Brian Matusz or catcher Matt Wieters haven't lived up to all the hype yet for the O's, but look for them to finally brake out this season. Mix in the newly added Vladimir Guerrero and Mark Reynolds to the middle of the lineup and one of the most

exciting outfields in baseball that features both Adam Jones and Nick Markakis and you have a recipe for a pretty nice team. Look for them to break the .500 mark and continue to move in the right direction.

In the National League, I like the Atlanta Braves to give the Phillies a challenge for that NL East crown. They bring a young roster, which includes first year all star Jason Heyward and newcomer Freddie Freeman, to the field that showed last year that they are on the verge of being contenders for the World Series by taking home the Wild Card. This season should be the year the put it all together and should give the Phillies a challenge.

Along with Atlanta's first baseman Freeman, this season will bring Tampa Bay's starting pitcher Jeremy

SEE BASEBALL, Page 17



# Colonels' Dattolo named 2011 All-American

## COURTESY OF SPORTS INFORMATION

Wilkes University's Anthony Dattolo finished eighth in the 149 weight class at the 2011 NCAA Division III Wrestling National Championships, earning All-American honors for the first time in his career, this weekend.

The junior finished the two-day event with two wins in five matches, advancing to the quarterfinals of the championship bracket on Friday.

In the afternoon's seventh place match against James Locke of Coe College, Dattolo started quickly with a takedown early in the first period. Locke would come back to take a one-point lead with an escape followed by a takedown of his own. Dattolo then rallied to tie it at three with an escape as the bout went into the second tied at three.

Unfortunately, Locke would get the better of Dattolo the rest of the way, dominating with multiple near falls as he would go on to take the 18-3 win, taking seventh place.

Dattolo opened Saturday morning with a 9-6 loss to Delaware Valley College's Zac Andrews. In the opening period, Dattolo quickly opened with a two-point takedown before a reversal by Andrews tied the score. Later, Dattolo would reverse out of a hold to retake the

lead before Andrews racked up three-point and two-point near falls at the end of the first to take a 7-4 advantage.

After a scoreless second period, Dattolo chose neutral and immediately got a takedown to narrow his gap to just one. However, that's as close as he would get, as Andrews pulled off a reversal and went on for the three-point decision.

On Friday, Dattolo opened with a 16-7 victory over Andrew Johnson from Heidelberg, as he advanced to the quarterfinals. A loss by pin to Augsburg's Tony Valek bumped Dattolo down to the consolation bracket, where he would wrestle in that night. Facing Wisconsin-Stevens Point's Kris Magruder, Dattolo edged out a tough win, his second of the championships, locking up All-American honors for the first time in his career.

"It's a great feeling," said Dattolo on earning All-American honors. "My goal at beginning of year was to be an All-American and it feels good to achieve that goal."

The two-time Metropolitan Conference runner-up made his first national championships this season when he defeated Centenary's John Stillo 1-0 two weeks ago. Going in as the fifth seed, Dattolo earned a first round bye before battling Johnson on Friday morning.

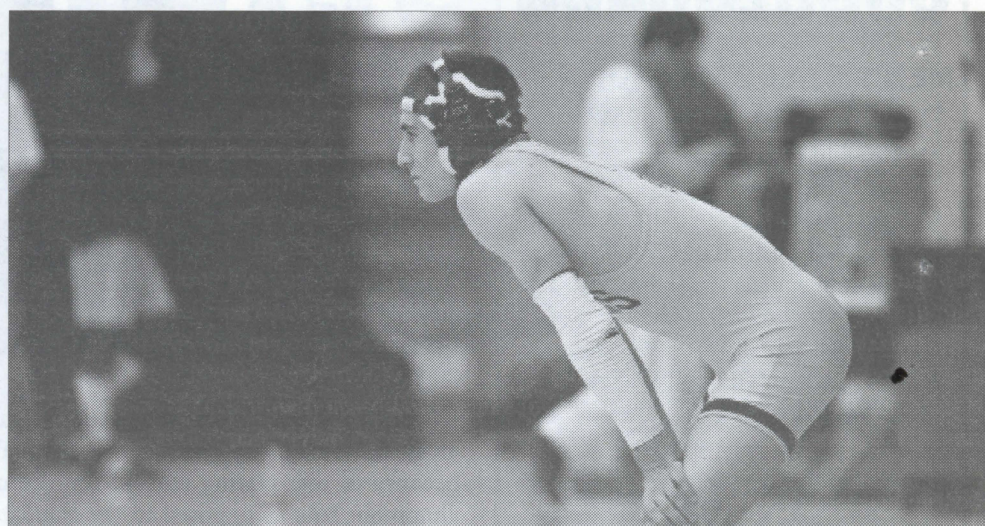


Photo Courtesy of Steve Finkernagel

**Anthony Dattolo finished the season strong for the Colonels with a record of 29-5.**

"Anytime you can get another All-American in your program it's great," said head coach Jon Laudenslager. "We're building on a tradition here at Wilkes and I feel proud of Anthony. He'll use what he's done to build towards next year."

Dattolo finishes the season with a 29-5 overall record, including a 24-3 mark against Division III competition. He was named Out-

standing Wrestler at the Messiah Petrofes Invitational back in early December and proved to be one of the top wrestlers in his weight class in the nation when he went 3-0 at the NWCA National Duals in Iowa in January. He opened the season with three wins in the John Reese Duals and went 4-2 in the Wilkes Open against Division I opponents.

## BASEBALL

Continued from Page 16

Hellickson, Philladelphia's outfielder Dominican Brown, New York Yankees catcher Jesus Montero, and a few other young kids who will be bidding for the Rookie of the Year honors, as this season will feature a lot of young talent.

After all the dust settles and the dog days of summer wrap up, I expect to see the San Francisco Giants defending their World Series title against the Boston Red Sox in this year's fall classic. The Red Sox just bring to much to the table with a stellar offense that only got better with the additions of Carl Crawford and Adrian Gonzalez and a pitching staff that has two young pitchers with no-hit experience in Clay Buchholz and Jon Lester that should continue to dominate the competition.

The Giants come into the season with the same starting rotation that carried them to their first world series title in 55 years. Tim Lincecum and Matt Cain head a staff that can control games and make things very easy on their offense. A seven game series against the Phillies would be a great battle, but I think the Giants would edge it out.

**CONTACT CHRISTOPHER HOPKINS AT:**  
christopher.hopkins@wilkes.edu

## LACROSSE

Continued from Page 20

entire United States, which included Billy Winter and Gary Gieschen. Winter was the top scoring player in the entire nation. The entire championship team was recently inducted into the Wilkes University Athletics Hall of Fame. However, the program was discontinued in 1981.

Lacrosse remained popular on campus as an intramural sport from 1982 until 2004, when a group of students proposed a formal lacrosse club for the university that was accepted. After a year of planning, the Wilkes Lacrosse Club joined the National College Lacrosse League, the largest club lacrosse league in the United States.

With the move to an on-campus location, a lot of talent returning to the team and the possibility of attaining Division III status, expectations are very high for the team. DiPaolo is excited for the lacrosse program to continue to grow.

"Overall, the program has been on the rise each year and will continue to grow as long as the players and coaches stay committed."

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\*3/4 vs. Johnson & Wales 8-7 W  
 \*3/4 vs. Ohio Northern 1-3 L  
 \*3/5 vs. Allegheny 4-9 L  
 \*3/5 vs. PSU-Abington 0-4 L  
 \*3/6 vs. PSU-Berks (DH) 7-4 W, 11-12 L  
 3/13 @ Immaculata (DH) 8-3 W, 4-3 W  
 3/16 vs. Marywood 8-5 W  
 3/18 @ Eastern 7-5 W  
 3/19 vs. Eastern (DH) 3-2 W, 5-4 W  
 \*Myrtle Beach, S.C.

## WOMEN'S SOFTBALL

\*3/4 vs. Averett 4-7 L  
 \*3/4 vs. Christopher Newport 0-4 L  
 \*3/5 vs. Hood 5-6 L  
 \*3/5 vs. North Carolina Wesleyan 6-11 L  
 \*\*3/11 vs. Shenandoah 0-7 L  
 \*\*3/11 vs. Salisbury 0-23 L  
 \*\*3/12 vs. Gettysburg 0-5 L  
 \*\*3/12 vs. Christopher Newport 1-24 L  
 \*VWC Beach Blast  
 \*\*Salisbury University Invitational

## WOMEN'S LACROSSE

3/1 @ Ferrum 4-18 L  
 3/10 @ Hollins 16-3 W  
 3/11 @ Messiah 0-19 L  
 3/19 vs. Manhattanville 10-23 L

## WOMEN'S TENNIS

\*2/2 vs. Kutztown 8-1 W  
 \*2/5 vs. Trine 9-0 W  
 \*2/9 vs. Shepherd 8-1 W  
 2/9 vs. Elizabethtown 7-2 W  
 \*Hilton Head, S.C.

## MEN'S TENNIS

\*2/2 vs. Bridgewater 3-6 L  
 \*2/4 vs. Trine 5-4 W  
 \*2/8 vs. Regis 9-0 W  
 \*2/2 vs. Shepard 6-3 W  
 2/9 vs. Elizabethtown 8-1 W  
 \*Hilton Head, S.C.

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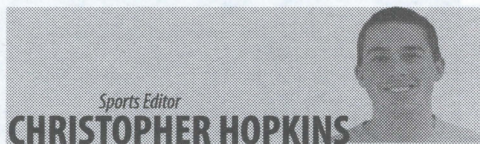
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# FACE OFF



## Are the new NCAA baseball bats a good idea? *Changes a swing in the right direction*



Sports Editor  
**CHRISTOPHER HOPKINS**

College baseball has always been far and away different from professional baseball because of one glaring reason; the use of aluminum bats as opposed to the standard wood bats that the game was originally created with.

Aluminum bats create much higher scoring games and allow for what might have been a routine pop fly to become a home run. They have turned the game into a much more offensive heavy sport than it should be, not to mention the danger that comes with the speed of line drives hit off of them.

With the NCAA's new rule that will be implemented for the 2011 season, bats must now fit within the new regulation that restricts the "sweet spot" on the bat. The change will make these aluminum bats act more like their wooden counterparts, al-

lowing for lower scoring games, more realistic hits, and will separate the average hitters from the good ones.

I, for one, could not be happier with this new regulation. I will admit I do love hearing that ping off the bat when someone gets hold of one off an aluminum bat, but that's the only thing they have going for them. Using an aluminum bat does not make you any better of a hitter in the long run, but instead may actually do the opposite. What might be a home run with an aluminum bat might just be a routine ground-out with a wooden one.

How can a player learn to be a better hitter if they think they are doing right already?

I've always been a believer that they should just get rid of the aluminum bats all together, especially every time you hear of a young pitcher being victim to a freakishly hard line drive that could have been avoided had it been hit off a wooden bat. The metal bats just make the game unrealistic and nearly impossible for major league scouts to evaluate talent at the college level. The main thing you hear from college players

trying to transition to professional ball is how difficult it is to get used to the wooden bats right away. With no time in between, players have to learn on the fly how to hit with different bats. Now that they will be more similar, it should allow for an easier transition.

However, with the new rules that will regulate the aluminum bats that can be used and make them act more like wooden bats, it is certainly a step in the right direction for the NCAA. Something needed to be done to eliminate the steep rise in offense as bats were getting better and better at provide instant power and home runs. By shrinking the sweet spot on the bat and making them more like wooden bats, it allows for a better game, allow scouts to better evaluate the talent the players have and how it will translate to the big leagues, and still gives that sweet ping of the ball off the bat. While it will still most likely be a big transition for hitters to go from these new aluminum bats to wooden bats, the fact that they will act in nearly the same manner will certainly make the transition a lot easier.

## New rules driving me batty



Assistant Sports Editor  
**PHAT NGUYEN**

In the past, the NCAA has allowed bats with a "ball exit speed ratio" certification, but this year they have moved to a new "batted ball coefficient of restitution" baseball bat standard which is supposed to reduce ball exit speed off the bat.

I can understand the safety benefits and I do respect things that may decrease risk of injury, but I don't think anything was wrong with the old bats.

I talked with some of my friends who play Division-I college baseball to get some opinions on the new bats. For the most part, a lot of these guys liked the look and feel of the DeMarini Vexxum 2011 BBCOR, and these are guys who have had many successful seasons using the at the plate. I would think that this year's new BBCOR model would be just as good even with the new baseball bat standards in college baseball.

In their off season, they told me they pulled

out the new DeMarinis in batting practice to try it out. I even got to try my hand at a couple swings with the new bats, which honestly look pretty cool. I just couldn't wait to see how it hit, and I expected some good results.

Right off the bat, I noticed a significant difference with the sound of the BBCOR bat. It didn't seem to have that loud ping like most other metal bats have, but instead more of a thump and quite frankly wasn't too nice on the ears. Even when you hit a ball square, the sound just wasn't rewarding. At least with the old aluminum bats, you get a rewarding crack of the bat when hitting the ball square.

Not only did the bat sound bad, but the results didn't seem to live up to expectation either. I watched my friends hit the balls that they would have hit in the past as a home run in batting practice to only a double. For the most part, I found that the DeMarinis really restricted ball flight, and exit speed off the bat. The DeMarini is just one of the new types of BBCOR stamped bats and seems to be a disappointment so far.

It's not the specific bat, it's BBCOR in general. You're not going to find any difference in any other BBCOR bat. At this point, the NCAA

and NFHS should just go back to wood bats and get rid of all this nonsense about research design to undo the benefits of technology. Don't get me wrong, I love technology and I usually side with good research, but I don't really see any good points about switching to these new bats.

Potentially with the change to the BBCOR bats, the game will probably have fewer home runs and scores much lower which would mean the game would definitely change in favor of the pitching and defense, which might not be a bad thing. As far as safety things are changing for the better, but as a hitter or someone who is watching the game, it is changing for the worst in terms of entertainment.

I think the NCAA is missing the point here. They should be more concerned with helping players improve at hitting instead of focusing on a bat to make them better. Plus, who wants to pay \$300 plus for a new bat that's supposedly a "little better" than a wood bat? The bottom line is the NCAA should just stick with the old aluminum bats. I feel these BBCORs are an expensive alternative to a problem that didn't need to be fixed.



Getting to know...

## ALLY KRISTOFSCO

Women's Tennis

BY ANTHONY DORUNDA  
Special Projects Editor

Meet Ally Kristofco, freshman ace on the women's tennis team. While soaking in the rays down in Hilton Head, S.C. the Hollidaysburg native dominated the competition, going a combined 6-0 last week, including three wins in the No. 1 doubles spot. Two of those victories came against Division II competition.

Age: 18

**Major:** Undeclared, thinking about declaring business

**Favorite Food:** Kettle corn. I love kettle corn. It's definitely one of my favorites, because you don't get it all year. You have to go to one of those art festivals that my mom drags me to every year. I go just to get that, and I get that first so I don't complain the entire time there.

**Favorite Restaurant?** I love Panera. My friends and I always go to Panera.

**What's your favorite food there?** I love the bagels, they are so good.

**What's your favorite movie?** I've always liked "School of Rock" for some reason. And "Monty Python and the Holy Grail."

**If you could choose one actress to play you in a biopic of yourself, who would it be?** Maybe Jessica Biel. I don't have a favorite actress, but she's one of those people that would be good I feel.

**Why did you choose Wilkes?** I had originally been looking into communication studies and getting involved in the TV studio because I really found that interesting when I visited. And I was also recruited for tennis. I liked the campus, and it seemed kind of cozy. It's not too huge like Penn State, or too small like some of the schools around me.

**Where else did you look?** I looked at Robert Morris and Duquesne. Those were my top three.

**Are you happy with your decision?** Yea I really like it here.

**You played volleyball in high school, why did you choose tennis over volleyball?** I thought about playing volleyball in college, but I'm a better tennis player. And if you're not like 6-5 you're probably not going to play at a big school unless you play like the back row. I think I'm better at tennis, and my senior year I focused more on tennis than volleyball because I knew I would probably play it in college.

**So is tennis your favorite sport?** I don't know. I always had more passion for volleyball than for tennis. But I always worked

harder for tennis than volleyball because I was better at it.

**You were named Freedom conference Player of the Week for your performance in South Carolina. What's an honor like that mean to you?** I was really surprised. I never thought coming in I would get something like that off the bat. I'm lucky because there were other players that played great that could have gotten it as well. I feel lucky to be able to say I've won that, especially as a freshman.

**When you were down there, you competed at the number one spot more often than not. How much pressure did you feel to perform given that number one spot?** Coach didn't say anything about the lineup originally, and I was really surprised by the decision. I had played three in the fall, but Katie (Lynn) was injured and she was the number two, so I wasn't sure where I was going to play in the spring. When he said I was playing (number) one, I knew I had to play well. I knew that I would play well, and felt like I could. I like playing on hard courts because they suit my style the best.

**Obviously with four straight conference championships and all but one player from last year's team coming back, you knew it was going to be a tough lineup to crack. How did you set yourself apart from all the talent and stand out?** I knew I had to come in and just play, and not focus so much on the fact that I'm a freshman. As a freshman, players look at you not as a threat, but you're new and you're coming into something different. You don't have to think about that when you're here, because you're part of a team.

**Who's your favorite tennis player?** Roger Federer.

**That was fast. He's just the best to ever play the sport.**

**Ever?** I'm pretty sure.

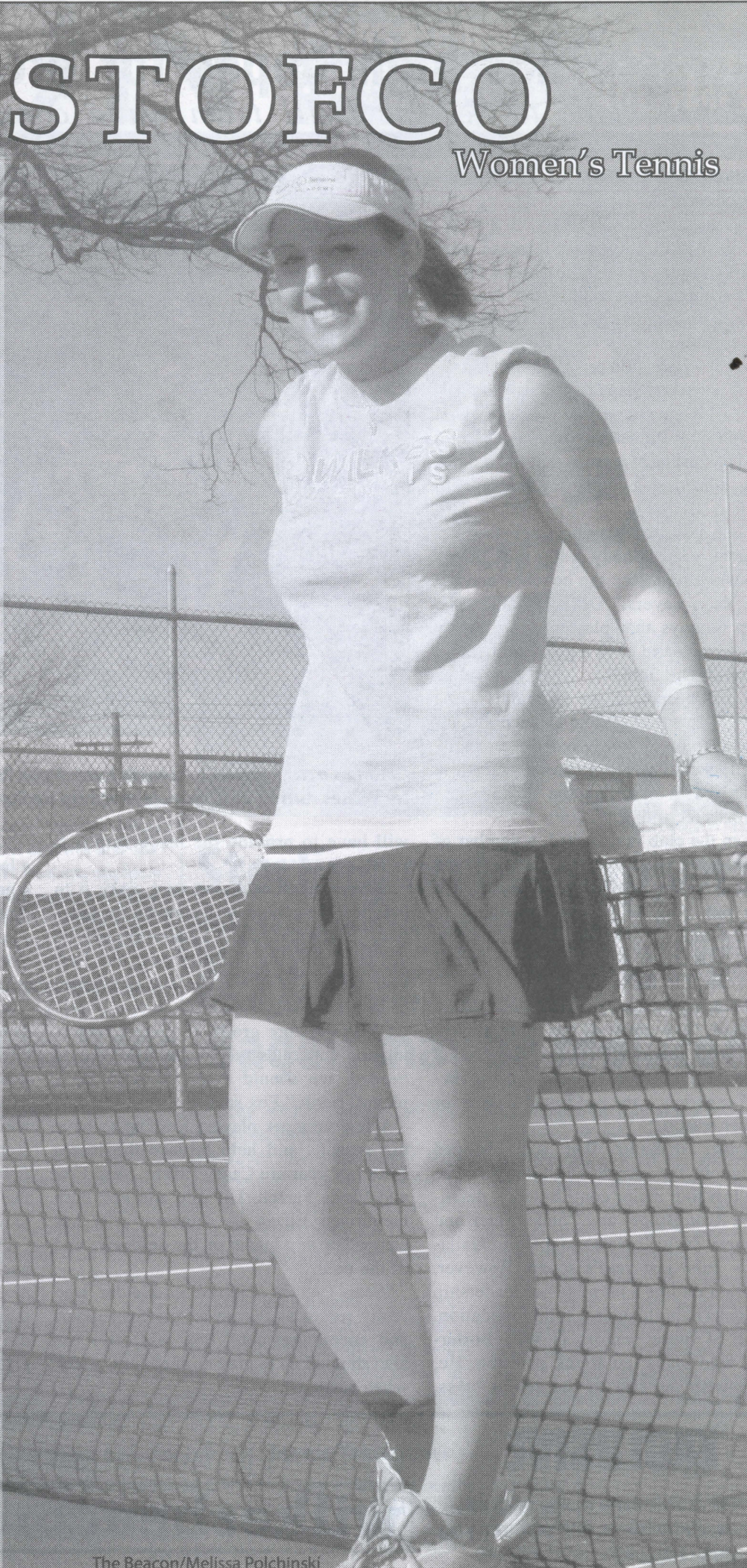
**How sure?** It's just one of those things you know if you watch him play, you can just tell when people are that good.

**So he's better than Pete Sampras?** I'd say yes. I mean it's a different era and everything, so I'd say yes.

**You're a big college basketball fan, and you love March Madness. Who do you have winning in your bracket?** I have Ohio State even though I don't like Ohio State.

**How could you pick someone you don't like?** Well because they're good. I mean I'm a Penn State fan, but they're not winning it this year.

\*To read the rest of the interview, visit wilkesbeacon.com



The Beacon/Melissa Polchinski



# Lacrosse has high hopes for program, season

*Colonels hope to become D-III team while continuing winning ways*

BY MIKE DOBBS  
Correspondent

As the Wilkes University lacrosse team prepares to play another season as a club sport, there is hope within the program that it will compete on the Division III level very soon.

In recent years, the program started taking the necessary steps to be a part of a Division III league. Assistant coach Michael Fox and club President Nicholas DiPaolo have been primary reasons that the university is considering promoting the sport to Division III.

"When I started playing (lacrosse) my freshman year, nobody really took things seriously except for the coaches and (a) select few players," DiPaolo said. "The group of guys that play now are really close friends and have a good connection on and off the field."

Fox has been with the program for the past six years and said he can see the improvement of all the elements since he started coaching the lacrosse team. He specializes in coaching the defense and organizes recruiting.

When the club first started, a number of the players on the team had never played lacrosse before. Some were trying the sport out because it was something to do on campus. However, in the past few years, Wilkes has made an effort to recruit better talent to the university.

"The dynamic has changed a great deal," Fox said. "Currently all but three players have been recruited to play lacrosse at Wilkes. The other three have varying levels of experience and had found Wilkes for another reason."

Another dynamic that has changed throughout the program is turnover. The team lost four major contributors – defenders Ryan Bracey and Conner Mack and attackers Zack Kowatch and Colin Gallagher – from last year's squad. However, this team returns a lot of senior leadership and looks to build upon a solid foundation.

One of those seniors is Will Botterman, who plays the attack position. He, along with the rest of the senior class,



The Beacon/Melissa Polchinski

**Colonels attack Sean Cox avoids Penn State Berks defense and looks to net a goal for Wilkes during the Colonels matchup on Sunday, March 20.**

will have to provide the leadership that is vital to success.

"Even if the coaches cannot make it to practice, the captain will conduct the practice," Botterman said. "Leadership will be key in closing out victories this year. Last year, we let a couple games slip away from us in the closing minutes."

"With the core group of seniors returning and underclassmen stepping up where needed, we should again contend for a playoff berth," Fox said.

A few younger players looking to have big seasons and help replace the losses from last year are Casey Elfvin, Sean Cox and Vance Farrell. DiPaolo and Fox both mentioned Elfvin as someone who has stepped up as a leader on the defensive end of the field.

"Sean Cox is a junior midfielder who really serves as our go-to guy for support and encouragement," Fox said. "He has also stepped up to play midfield and attack when needed."

"Casey Elfvin has really stepped up as a leader on defense, and Vance Farrell did a great job on face-offs and offense in the double header we had this fall," DiPaolo said. "Both are sophomores and have been very impressive on the field so expect to see this carry on in the spring season."

Another new aspect to the lacrosse program this year is the new home field advantage. In the past, the team played its home games at Misericordia University. Misericordia is about 20 minutes away, which could prevent a lot of student fans from attending the games. This year is the first year that the lacrosse team will play their home games much closer to campus at the Ralston complex.

The lacrosse program started in 1967 and ran until 1981 after many successful seasons. The 1975 season was one to remember for the program as it won a Middle Atlantic Conference championship. It also fielded the top scoring tandem in the

SEE LACROSSE, Page 17

## BY THE NUMBERS

# 1981

The last time Wilkes University's men's lacrosse team had Division III status. The team hopes to regain it soon.

# 7

Seniors on the current Colonels roster. Wilkes looks to recruit more than ever as they try to expand the talent level on the team.

# 22

Years that lacrosse was only offered as an intramural sport, from 1982-2004, when a group of students proposed for it to become a club sport.

# 1

Middle Atlantic Conference title Wilkes has taken home, which came in 1975. That team was recently placed in the Wilkes Athletics Hall of Fame.



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