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Jan. 29, 2013

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Is campus safe?

Assessment of Public Safety comes in the wake
of crime on campus and national tragedy,
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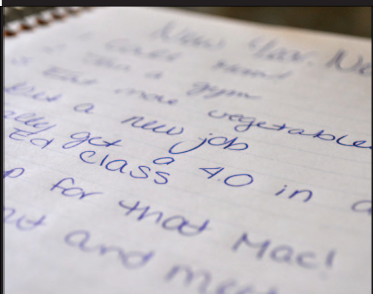
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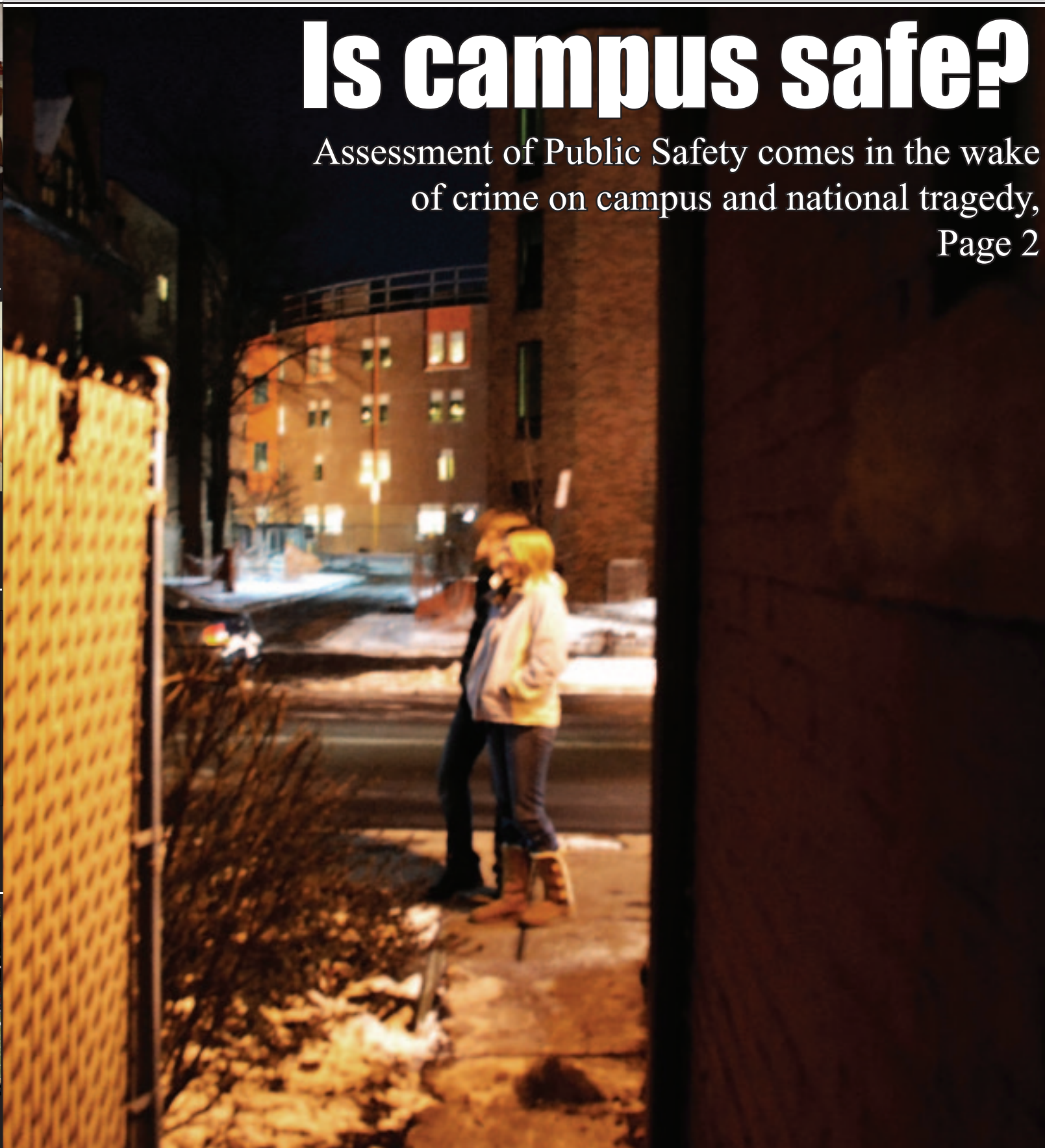


Photo: The Beacon/Austin Loukas

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Jan. 29, 2013

Contact editor: christine.lee@wilkes.edu

Wilkes working to assess campus safety in the wake of violence

By Christine Lee
News Editor

Public Safety has undergone an assessment of their services by an outside campus security firm. This comes in the wake of an armed robbery and assault on campus.

On the night of Jan. 22, a male undergraduate student was robbed and assaulted in an armed robbery in front of Waller Hall. According to Public Safety, the victim was approached by assailants riding in a white sedan.

Wilkes-Barre police confirmed that the car involved in the incident was the same one involved in a similar incident on Old River Road in Wilkes-Barre earlier that evening. Wilkes-Barre police are questioning three suspects about possible involvement in multiple incidents, including the one that occurred on campus. City spokespeople would not comment on whether these suspects are directly involved in the incident that occurred on campus.

An assessment by the firm Margolis Healy & Associates looked into Public Safety's response to this and other incidents of crime. The firm examined all the paperwork done in the last three years in accordance with the Cleary Act.

Some of the other things the firm looked at included whether Public Safety has been following the guidelines, whether they have the correct operating procedures and communications students, faculty and staff to get their intake on how Public Safety is operating and interviewing officers and members of the administration, including the campus president.

As part of this assessment, an open forum for students, faculty and staff was held last week in the Miller Room to get the campus intake on how Public Safety is doing.

Both Vice President of Student Affairs Paul Adams and Public Safety manager Jerry Rebo emphasize that the campus is safe. Rebo said that he believes Wilkes is one of the safest campuses in the area.

"It's one of the safest universities, I would say, in the area," Rebo said. "That's one thing we always train and instill in our officers is safety is the utmost."

However, Adams said Wilkes is not immune to the activities in the surrounding area.

Campus security has also been called into question in the wake of the tragedy at Sandy



The Beacon/Austin Loukas

In the wake of an assault and robbery in front of Waller Hall, Public Safety has continually advised students to walk in groups and to be aware of their surroundings at all times. They also encourage students to take advantage of the Safe Escort and Safe Rides services offered to students free of charge.

Hook Elementary School in Newtown, Conn.

In an email to the campus community sent on Dec. 17, President Patrick Leahy affirmed, in part that "all of us at Wilkes are deeply committed to ensuring the safety and well-being of the students entrusted to our care, as well as our faculty and staff. The university continues to review its safety procedures to make sure that we are doing our utmost to ensure that safety."

Adams explained that in an effort to prevent violence like that at Sandy Hook, Student Affairs meets every Friday morning for case review, which is an opportunity for members of Student Affairs to discuss students who over the course of the last week or last few weeks

have been challenged by particular circumstances of varying natures.

"That really gives us a chance to talk about and monitor and really keep our finger on the pulse of what's going on and I think it's very much a proactive group so that we can put things in place to help young people be successful here," Adams said. "I think that's been wonderfully worthwhile."

According to Rebo, Public Safety's responsibility if an incident like the Newtown shooting is gathering information, getting students, faculty and staff to safety, locking down buildings and contacting the Wilkes-Barre police.

"One thing we have in our favor is that we're only a block and a half away from the police

Wilkes Crime

In 2011:

- Sex offenses (forcible): 1
- Robbery: 1
- Burglary: 6 (includes on-campus residential halls)
- Liquor Law Violations
 - Arrests: 15 (includes on-campus residential halls)
 - Disciplinary Referrals: 22

In 2010:

- Burglary: 4 (includes on-campus residential halls)
- Liquor Law Violations
 - Arrests: 9 (includes on-campus residential halls)
 - Disciplinary Referrals: 105 (includes on-campus residential halls)
- Drug-related violations:
 - Disciplinary Referrals: 8

Source: Wilkes Campus Crime Report

department," Rebo said. "The basic thing is to lock down, get our campus community to safe locations."

Public Safety officer Kenneth Lukasavage, a former Wilkes-Barre police officer explains the relationship between the Wilkes-Barre police and Wilkes is "excellent." He said the response from the police in the event of a shooting would be immediate and the officers would arrive on scene and locate the shooter.

Steve Healy, a partner in Margolis Healy & Associates, was optimistic about the assessment done last week.

"My overall impression is that the university is committed 100 percent to the safety and security of the university community and there are always opportunities to improve," Healy said.



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Residence Life clears up rumors on RA replacements

By Kirstin Cook
Editor-in-Chief

Two Resident Assistants were removed from their positions at Evans Hall, leaving some students wondering why.

Residents on the third floor of Evans said they wondered why they had two new RAs on their floor this semester. Two freshmen students told The Beacon they were confused over the reasoning.

Amber Konopka and Ike Egbuchulam confirmed that they had been replaced as RAs this semester. They cited personal conflicts as the reason, clearing up some of the confusion revolving around the staff changes.

While she couldn't discuss specifics about the student issues, director of Residence Life Liz Swantek said she had heard rumors from students about the cause of the replacements. Some of them concerned infringement of alcohol laws by RA staff members, but she said there were no reports on that last semester.

"We didn't hear any of that information," Swantek said. "I've heard similar circumstances and students saying things but that is not at all what we need to talk about right now nor something that we talked about last semester with our RAs."

Swantek said if there had been reports, they would have been sent to Public Safety and included in their reports required by the Cleary Act. She said there is a stream of information between the two offices.

"Anything that comes through our office goes to Public Safety, anything that goes to Public Safety comes to our office," Swantek said.

Mark Allen, dean of Student Affairs, restated that reports of illegal campus activity are processed by Public Safety.

"Everything would be funneled through our office and we work with Public Safety with respect to we don't harbor any illegal activity on campus," Allen said.

He also added that he was not aware of any alcohol violations by RAs.

"I would be surprised if I wasn't aware of any direct reporting of those incidents," Allen said.

Swantek said incidents like distributing alcohol to minors was not a factor in any staff changes that were made. She said staffing adjustments are common every semester and caused by a variety of reasons.

"Staff changes have occurred every year since I've been here," Swantek said. "People can leave for various reasons. Students can leave maybe because the RA position wasn't a good fit for them."

The changes this semester involved the replacement of Konopka and Egbuchulam with Trey Tietz and Samantha Blincoe. Konopka said the cause was personal reasons, but Egbuchulam explained there were some differences with RA policies.

He said Residence Life brought up violations of the 2 a.m. RA curfew.

He also said Residence Life stated concerns that he and Konopka were in more of a friend relationship with their residents than an authority one.

Egbuchulam said Residence Life offered to keep him in his position and attempt to work



The Beacon/Austin Loukas

Evans resident assistant Trey Tietz was one of several RA's shifted after several RA's resigned last semester.

through these issues, but he preferred to move on.

In making these types of staff adjustments, Swantek said that Residence Life considers feedback from RAs and residents in the form of meetings and surveys.

"For the most part, it's really positive," Swantek said. "There are a couple things we need to work on and we do that based on those survey results."

Changes are based on who they think will be a good fit in the living environment.

"All are in the best interests of whatever the unique needs are of the RAs involved and certainly what's in the best interest of the program and our resident students," Allen said.

Feedback on RAs may also come in the form of reports. Swantek said students can direct any concerns with RAs to her office. Any allegations are followed up with a process established by the Wilkes handbook requiring students to meet their accusers, individual meetings with Residence Life, an investigation into the situation or conduct and opportunity to deny or appeal accusations.

Swantek insists that this protocol is the same for every student, whether they are an RA or not.

"All students are dealt with to the same capacity," Swantek said.

RAs who feel they have been treated unfairly can contact Student Services, but Konopka and Egbuchulam said that was not a concern in their situations.

To avoid any type of reports and disciplinary actions, Swantek encourages RAs to be good role models for the university.

"It's very easy to find out information and we always speak to our RAs just about that fishbowl philosophy and about how students know who you are, so anything you do does affect our staff and the team as a whole, so I think that's really the approach we take," Swantek said.

And for the most part, Allen said they do not encounter issues, despite significant difficulty and pressure that comes with the job.

"We want them to be the best and we try to foster that attitude amongst them and rarely are we disappointed," Allen said.

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Wilkes stretches campus all the way to Mesa, Ariz.

By Holly Boyer
Staff Writer

For students to broaden their horizons and get educated in a new environment, Wilkes is now offering various programs in Mesa, Arizona starting this spring semester.

A program in Mesa was introduced in the City of Mesa's Healthcare, Education, Aerospace, Technology/Tourism Initiative for Economic Development to better mature the city. A major focus for that initiative is on education, and this program was designed to increase college competition and spur economic growth in the city.

"The 'E' stands for education, and that's where we come in," Mesa Enrollment coordinator Steve Hicks said. "The city is building up their education program."

Wilkes was invited by the city of Mesa, along with Albright College, Westminster College and Benedictine University to expand their curriculum for higher education.

"There are only four big state schools in Arizona," Mesa on-site Executive Director Bonnie Culver said. "The city wanted to create an alternative for the state."

The Master of Business Administration and the creative writing programs have already begun for the Spring 2013 semester. Other graduate programs that include engineering management, and two masters programs in education plan to start for the summer and fall semesters depending on class size.

"Everything has been good so far, it went

well with the launch of the program," Hicks said.

Several Wilkes professors will be traveling to Mesa to run these programs. Professor of business administration Anthony Liuzzo is teaching for the MBA program, and Culver is running the creative writing program. Both have already traveled for the start of this semester. Along with Wilkes professors being sent to the Mesa site, the directors hope to send some professors teaching at the Mesa site to campus.

"It is kind of cool experiment to be a part of because it is something that really hasn't been done before."

- Bonnie Culver, *Mesa on-site executive director*


"It is kind of a cool experiment to be a part of because it is something that really hasn't been done before," Culver said.

Undergraduate programs as well as more graduate programs are planning to be offered in the future. Some intended programs include undergraduate degrees in

accounting, engineering, entrepreneurship and a possible bachelors degree in nursing. A master's degree in mechanical engineering is also in the future.

As the initiative progresses, Hicks hopes to expand the plan. Both Hicks and Culver said there is a different atmosphere in Arizona than it is in Pennsylvania as there is a difference in culture in both areas, and the Mesa program can give students in both areas the opportunity to experience a new place and improve their education.

"Our main goal is to ensure that we can cross collaborate, for Wilkes students to travel to Mesa and have Mesa students travel to Wilkes Barre," Hicks said.

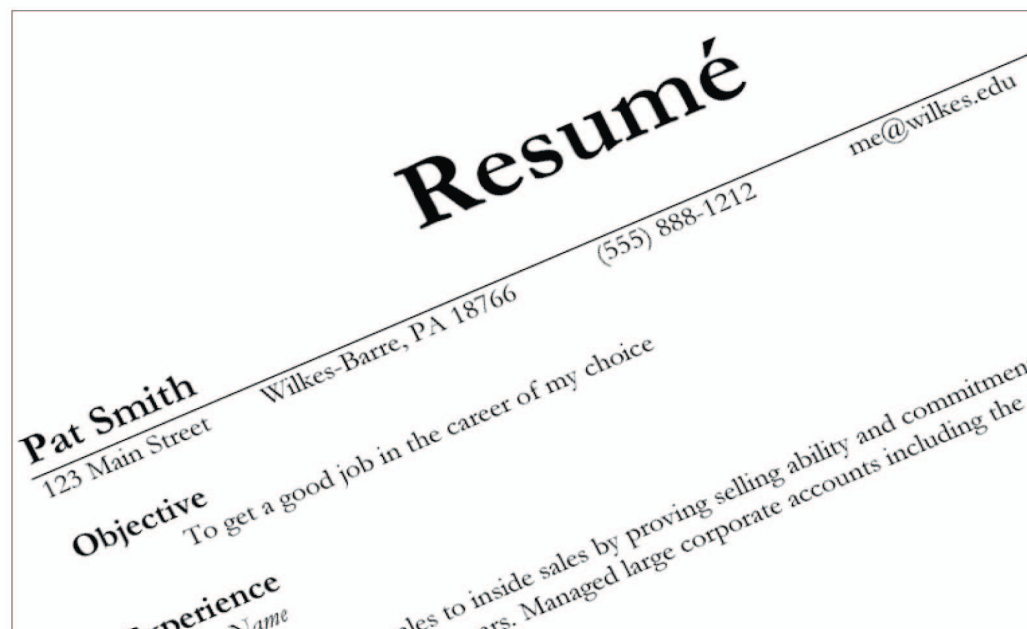
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Courtesy of Marketing Communications

Wilkes will offer classes in business administration, creative writing and education at the Mesa site in the future.

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New and old faces fill various roles in Student Affairs

By Shawn Carey
Assistant News Editor

The Beacon/Christine Lee

With the start of a new semester, there are changes around campus in the area of Student Affairs.

Student Development activities assistant Jamie Miller is now the assistant director of Residence Life and Kayla Cauthon has been hired to replace Miller as activities assistant in Student Development.

"I love it! There will be parts that I miss about my old job, but I am very excited to join Residence Life," Miller said.

Miller joined the ranks at Residence Life starting in the spring semester and will have a full agenda for the semester. Miller replaced the former Assistant Director Danielle Kern who has left the university for another job opportunity.

Miller is primarily responsible for placing all the students who need on-campus housing in dormitories and apartments. He is also responsible for overseeing 10 residence halls on campus and the residential staff that are in those halls.

Miller said he wants to spend the first semester getting to know all the people that he will work with.

"The first semester is all about meeting the different people in Residence Life and what their jobs on campus are, so I will be spend-



ing much of my first semester getting to know them," Miller said.

Miller said some of the challenging aspects of his new job are learning all the systems in place and handling various disciplinary issues that may arise within the residence halls.

He did offer some advice for his successor, Kayla Cauthon, who replaced him in the Student Development office.

"Stay calm and take everything in stride," Miller said. "Give everyone your full attention because it is easy to get distracted from all that is going on."

Kayla Cauthon, who recently got her graduate degree in December from Bloomsburg University, has joined the ranks of Student Devel-



opment as the new activities assistant.

"I like the (new job) so far," Cauthon said. "Everyone has been very nice and helpful so far."

Cauthon is going to be working on making sure the voices of students are heard in her first semester at Wilkes, along with getting to know those students. She also hopes to develop as a professional, since this is her first professional job out of school.

Cauthon is primarily responsible for reserving the Ballroom in the SUB, advising the Amnicola yearbook, and co-advising Programming Board with Student Development coordinator Melissa Howells.

"We have a lot of stuff planned for the up-


Jamie Miller, left, sits in his office on the third floor of Passan Hall. Kayla Cauthon, right, in her office on the first floor of the Student Union building.

Check out the nterview with Miller and Cauthon at: thewilkesbeacon.com

coming semester," Cauthon said. "I am hoping to get a ski trip organized for students, and we have a trip to the RailRiders planned."

Cauthon did say that she has been receiving a lot of help from her predecessor, Miller, who has been helping her with the ins and outs of the job and any questions that she has.

"(Jamie) has been a great help to me," Cauthon said. "I also want to just give a big thank you to the Wilkes community for welcoming me to the university."

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SG approves money to Vagina Monologues for upcoming show

By Shawn Carey
Assistant News Editor

Leadership: \$1,200.00
Spirit: \$2,493.44
Student Government Total: \$61,820.45

Several highlights from Student Government meetings from Jan. 16 and Jan. 23 have included the following:

Jan. 16 budget:
All College: \$35,411.16
Conferences: \$2,640
General Funds: \$20,075.85
Leadership: \$1,200
Spirit: \$2,493.44
Student Government Total: \$61,820.45

Jan. 23 budget:
All College: \$35,411.16
Conferences: \$ 2,640.00
General Funds: \$20,075.85

The meeting Jan. 16 began with a presentation with a fund request from Miranda Baur, student director of the "Vagina Monologues." "Vagina Monologues" is a set of short monologues designed to bring awareness to domestic violence.

She was requesting for \$1,200 for student admittance to the show and an additional \$100 to pay for women from the local center that have been affected by domestic violence.

The event will take place on Feb. 8-9 at 7 p.m. in the Student Center Ballroom. A motion was made Jan. 23 to allocate \$1,200 to the "Vagina Monologues" with the condition that they provide a record of students who attended the event. The motion was passed 32-1-9.

Vice President Ian Foley gave a presentation Jan. 16 on Winter Weekend. During the Jan. 16 meeting it was announced that this year's theme is "Comic Book Superheroes and Villains" and preliminary ideas and thoughts were discussed.

At the meeting on Jan. 23, Foley requested \$4,045 for the Winter Weekend budget. A motion was made to allocate \$4,095 for the purchase of Winter Weekend items and supplies. The motion passed 32-1-9.

President Kris Rivers announced at the Jan. 16 meeting that there would be an Open House on Jan. 26 and requested for student volunteers to serve on a student panel.



The Beacon/Archives

Angela D'Alessandro & Nicole Willis rehearse a monologue for the 2012 event. This year's event will be held on Feb. 8-9 at 7 p.m. in the SUB Ballroom.

At the Jan. 16 meeting, President Patrick Leahy stopped by to welcome students back to campus. He announced that he will be forming three committees in the future and asked for student participation: a strategic planning committee, campus planning committee and an innovation council.

At the Jan. 16 meeting, Rivers issued a plea to SG members to be mindful of their actions on and off campus. He also reminded members

of Wilkes' alcohol policy and Pennsylvania state laws on alcohol.

Director of Residence Life Elizabeth Swantek announced at the Jan. 16 meeting that Health Services is offering flu shots to students for \$20.

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'Relay for Heat' aims to aid less fortunate

By Frank Passalacqua
Sports Co-Editor

During this rough winter, many families in the community cannot afford to pay their heating bills. As one can imagine, that situation would be something unbearable to deal with, especially as costs rise year to year.

In an attempt to reach out and help the locals, the Wilkes University Running Club will host Relay for Heat to raise money to help the Commission for Economic Opportunity will assist local families who are in serious need of assistance.

Last year, Relay for Heat and the running club helped raise more than \$2,500 in donations, just by collections around campus and the nearby community.

William Terzaghi, adviser of the Wilkes University running club, understands the impact of the community coming together for a good cause.

"For many of us, participation in the Relay for Heat provides an incentive to keep fit over the winter, and perhaps to burn off some of the

pounds put on over the holidays," Terzaghi said.


"The relay has evolved into a real community event, with a number of alumni coming back to run in it, and many members of the community also participate. I think this is because everyone realizes that it is a worthy cause that really helps out local families who are struggling to pay their heating bills."

The ninth annual 100-mile relay will take place on Saturday, Feb. 9, on the dikes in Kingston starting at 6 a.m. Each participant will run a 4-mile leg on the dikes until the group has covered 100 miles total.

Participants will primarily be Wilkes students, faculty, staff and alumni, along with other members of the community who have expressed an interest in helping.

Individuals can support the event by pledging a certain amount per mile covered or by pledging a fixed amount.

All money raised will go to the Martin Luther King Fuel Fund.

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The Beacon/Austin Loukas

The Wilkes Running Club will be raising funds to help others in the "Relay for Heat" Feb. 9.



The Beacon Archives

Pitchers will be throwing and batters will be swinging as the Wilkes Colonels baseball team begins practicing for the 2013 season.

New baseball coach stresses respect in Wilkes' '13 season

By Evan Willey
Staff Writer

While most students are staying inside cuddling up in blankets to try to stay out of the cold, the Wilkes' men's baseball team is preparing for spring.

As opening day approaches, March 10, new head coach Matt Hollod has his team working hard.

Hollod joins the Wilkes University baseball staff for his first season as head coach in 2013. He served as associate head baseball coach at Freedom Conference rival DeSales University for two years.

Also helping the baseball team is graduate assistant Steve Galella.

Even though the Colonels' record last year wasn't "out of the ballpark" the returning players are ready to win and turn start their season right.

Last years the team finished 13-26 but the main goals for this team isn't to just win.

Hollod wants his players to dem-

onstrate three main mindsets and they all have to do with one word: respect.

He said he wants them to learn to respect the game, respect their teammates, and most importantly respect their opponents.

"A lot of things go into this, and once you achieve this, and are playing the game the right way, then you can really take off as a program," Hollod said.

Respect is a very important mindset to have and understand so once they all understand it they will achieve it all.

With seven new freshman on the team they are probably feeling the most excited about the upcoming season.

The top returners for the team are shortstop Carmen LoPresto, first baseman-third baseman Steve Ruch and DH-first baseman Dan Pi-sanchyn.

The team isn't going to experience a normal spring break. It is traveling

to a tournament in Myrtle Beach, S.C., for five days.

Wilkes finished last in the Freedom Conference with 4 wins and 17 losses. Misericordia is the biggest threat to Wilkes' chances to win the conference. Misericordia won 18 games wins and had just three losses.

Upcoming Games

Feb. 23, 1 p.m. - Lebanon Valley College at Myrtle Beach, S.C.

March 3, 3 p.m. - College of Staten Island

March 5, noon - Emerson College

March 6, noon - York College of Penn.

March 7, noon - Penn State Berks


March 8, 9 a.m. - Catholic U. of America

Regular Season

March 10, noon - Immaculata University at Immaculata, Pa.

March 12, 3:30 p.m. - Marywood University at Scranton

March 13, 3:30 p.m. - King's College, Wilkes-Barre

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Quick hits: What does the future hold for Edgar

After three title decision losses, what now?

By Jake Cochran
Sports Co-Editor

Saturday night at UFC 156 Jose Aldo, often touted as easily a top four pound-for-pound kingpin, was given his toughest test to date in his ZUFFA career against former lightweight champion Frankie Edgar.

A test that many fans felt he didn't pass.

For those who follow Frankie's career closely, this is getting old. It seems Edgar will go out there, without a doubt lose the first round, probably the second, and this will put him in a rough sport for a controversial, somewhat uneventful but, very important third.

Then, with the momentum shift from the third round, Edgar will start to shine as he has one of the deepest gas tanks in the sport and never appears fatigued in the cage. When Edgar gets going in the fourth and fifth rounds his pace is astounding compared to his opponents.

However, being down possibly almost three to nothing makes the fight practically unwinnable for Edgar on a judge's scorecard. But this doesn't stop 'The Answer' from keeping up his frenetic pace. He will bounce, bob, weave, jab, step and move all over the cage for the last 10 minutes of this fight in the hopes that his astounding pace will get him the nod on the decision.

But in the end, the thing he would need to win the fight would most likely be a finish, as his game plan to tire out his opponent and then try to go to work, never really works well on a scorecard as his opponents can typically outlast him for the first three rounds and has only finished one opponent in the fourth round in his career.

Saturday night, the New Jersey Native was in this familiar position as he found himself without his hand raised after five rounds for the third time in a row. But where does this leave him?

There are a few options that Edgar can explore: He can go back up to his first home at lightweight, the division that he held his title in and first saw success. He can stay at featherweight and campaign for a rematch, since he gave Aldo the toughest test of his career. He could stay at featherweight and try to work his way to another title shot. He could drop down another weight class and try to fight at bantamweight and maybe try to use his size and speed in another division.

But upon further exploring these options, there only seems to really be two choices if he wants to regain the UFC gold.

If Edgar goes back to lightweight, there is a huge line accumulating to get to the title shot, a line that Edgar will probably not be able to jump to the front of coming off of three losses, even if they were in three title fights.

In that line at lightweight is also the reason he probably won't get his immediate rematch with Aldo as well, that reason would be Anthony Pettis.

In last weekend's FOX 6 Card Pettis secured a title shot at lightweight, but the stipulation

was that he had to wait until Benson Henderson fought Gilbert Melendez, a choice that obviously didn't seem as promising as the fight with Aldo at featherweight since the top contender sent a text to UFC President Dana White saying that he wanted to fight Aldo.

Obviously this is a far better choice than to see Edgar get the immediate rematch and this makes an opportunity for the UFC to have leverage over Edgar and make him choose one of the other two options, of staying at featherweight and working his way back to the top or dropping to bantamweight.

If Edgar would stay at featherweight there would be a few interesting fights for him there and the road to the title wouldn't be such a long one for him compared to lightweight. Maybe he could get back to the title in two or three fights, and maybe in that time Jose Aldo will have moved on to a different weight class, or maybe Edgar will get a chance to avenge his loss. Either way it is a title shot that he will have to earn since the division is slowly filling up, and he won't be given another immediate title shot quite yet.

The option that I find most interesting though is the idea that Edgar yet again drops weight and tries to make bantamweight. When Edgar fought Aldo Saturday night, he was still significantly smaller than his opponent, while Aldo didn't dwarf him like Benson Henderson did at lightweight. He was still the smaller man in the cage which makes one consider the fact that Edgar can drop even more weight to make the 135 limit.

The reason this seems so promising and intriguing is that Edgar would finally be fighting on the playing field that most fighters do, he would be making a significant weight cut and be matched against people his size, with the most intriguing match-up imaginable for him, a battle against Urijah Faber.

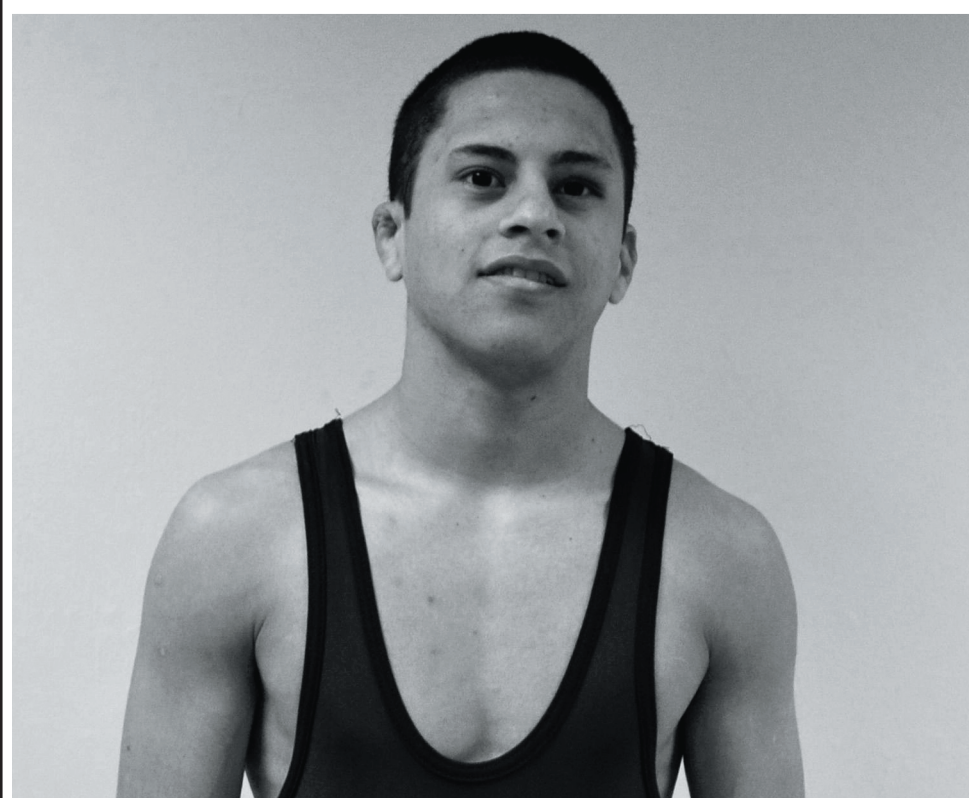
If there's anyone more driven to earn a title than Frankie Edgar it's Urijah Faber. Faber has been fighting to get to the title or for the title in his last 16 bouts, 15 of them have had direct title implications. That streak goes all the way back to 2006 when Edgar was just making it into the UFC over a win on Jim Miller.

If there could ever be a super fight where neither fighter walks away with a belt, this is it.

The problem is that Edgar was reluctant to drop to 145 and to drop the weight to make 135 would probably be even more of a task for the UFC to negotiate. But a fight between Edgar and Faber could easily bring in huge dividends for both fighters as they have ravenous fan bases and could get huge PPV numbers.

However, if this fight were at 135 Edgar will have maybe at least one more fight ahead of him to get to the title shot, especially since the whole interim title situation makes things a little difficult since Cruz is out for at least another year with an ACL injury.

This pretty much seals Edgar's fate to stay at featherweight for now at least, but here's to hoping he drops to 135 and makes some more dream match-ups.



Rea

Continued from Page 20

Have you ever received any awards? What are they? I've received a ton of awards. The most important to me are, The Bethlehem Holiday Classic (first ever champ from my school), State Qualifier, Kings Open and Messiah Invitational.

Are you superstitious when you're in game mode? Yes, very much. I tend to do everything in the same order. I tie my shoes the same way every time. I always go to the bathroom or an empty room before my matches. I always pray before I shake the other guy's hand.

What do you eat/drink before a game? Well, a day before a match I always eat eggs because they don't weigh as much. After I weigh in, I always eat one or two bagels with cream cheese. Oh, and I can't forget the famous "Tang" that coach makes.

How do you like Wilkes? What's your favorite part of being here? Wilkes is awesome. I love everything about it, from the professors to the athletics. I like the small college environment and everyone seems nice and friendly. My favorite part is the SUB and Rifkin because I love to eat.

How is it being a new student in a new school and dealing with playing a sport? Sometimes it's a little nervous being the new kid because I'm a little shy and not really a talking machine. School and athletics are not really a big problem since most of my professors know I wrestle and sometimes give me a break. Also some people start to notice me from my wrestling achievements here in Wilkes, which is nice.

What is your favorite sports icon? My favorite sports icon is a trophy because I always strive to be first.

What is your biggest goal in life? My biggest goal in life is to be a successful parent, teacher and coach.

How do you like the people you've met on your team? Are you close with them? I love my new teammates! First time I met them they were very welcoming and fun. I'm close to a lot of them and consider them as brothers. Great friends.

Where do you see yourself in the next five years? I see myself graduating from Wilkes University and moving on to the next stage in life. Hopefully have a stable job and as always still wrestling.

What do you miss about home the most? I really miss my mom's cooking and my best friends.

What's your major and what are you looking to do with it? I'm undecided right now but I'm looking into education and being a wrestling coach later on.

What are some of your lucky charms? My lucky number is five. My socks and shoes.



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007		047
QUARTER 3		
BONUS	POSS	BONUS
FOULS	SHOT CLOCK	FOULS
01	:10	05

SCOREBOARD

Wrestling

- 2/2 Trinity College, 36-6 W
2/2 McDaniel College, 30-12 W
2/2 Lycoming College, 43-3 W

M-Basketball

- 1/30 Misericordia Un., 67-66 W
2/2 Manhattanville, 73-65 W

W-Basketball

- 1/30 Misericordia, 45-62 L
2/2 Manhattanville, 64-74 L

WEEK AHEAD

Wrestling

- The College of New Jersey 2/8
Ithaca College 2/15
Kings College 2/22

M-Basketball

- at Fairleigh Dickinson, 2/6
Eastern University 2/9
DeSales University 2/12

- Kings College 2/16

W-Basketball

- Keystone College 2/4
at Fairleigh Dickinson, 2/6
Eastern University 2/9
DeSales University 2/12

This week, our sports writers take on the NFL post-season awards, Rookie of the Year, MVP and Comeback Player

Joseph Pugliese
Columnist



NFL MVP

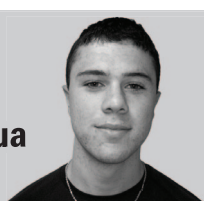
NFL MVP is the highest award in the NFL; it is the most important award and the one that everyone is mainly concerned with.

As far as history is concerned, it is mostly an offensive award and only two defensive players have won the award since its inception in 1957 Lawrence Taylor in 1986 and Alan Page in 1972.

In fact only three players have ever won the award that was not a quarterback and running back, the third is Mark Mosely, a place kicker in 1982. The last five MVPs have been quarterbacks in this heavy passing league that is not a coincidence.

I believe Peyton Manning should and will win his record fifth MVP award of his Hall of Fame career. I know Adrian Peterson had a fabulous numbers year and I am not taking that away from him. But Manning had a great

Frank Passalacqua
Sports Co-editor



NFL MVP

This award is going to either Peyton Manning or Adrian Peterson, while the loser would take the Comeback Player of the Year title. Both players make a strong case for the NFL's Most Valuable Player, but I am going with Peyton Manning.

Manning led his Denver Broncos to a 13-3 record, winning their last 11 straight games. If it wasn't for the breakdown of their defense against the Baltimore Ravens, they might be the ones in the Super Bowl. Manning had a great year after bouncing back from a year off due to multiple neck injuries. His 4,659 yards passing with a 37 to 11 touchdown to interception ratio puts him second in the NFL for highest passer rating with 105.8. Hands down, his season was phenomenal and well worthy of the award.

Manning is no stranger to MVP, winning it four times already in the past. Mark this year

season in his first year, in Denver. He took an 8-8 team and made them 13-3 and a number one seed in the playoffs, as well as ending the year on an 11 game winning streak. He led the league in Completion percentage with 68.6 percent and in the new Total QBR stat, which measures what a QB does and when he does it, with an 84.11.

He was third in touchdowns, second in passer rating and top 6 in yards and completions. He took a team that was dead last in passing and brought them to fifth in the league. Also he came onto a new team off a neck injury no one in history has ever recovered from and completely changed the culture. That is why he is MVP and Comeback player of the Year.

Adrian Peterson had a phenomenal year coming back from an ACL tear in record time, but his team was 9-7 barely making the playoffs, but Peterson racked up the yardage but only resulted in 13 total touchdowns, less than Arian Foster at the same position, I cannot give him MVP.

The last two running backs to win MVP in Ladinian Tomlinson and Shaun Alexander, both set touchdown records by running backs with their division, winning playoff teams, both had a much stronger case.

down as his fifth. That's not to say Adrian Peterson didn't have a great year, though. In fact, he set a career high with 2,097 rushing yards, which is second to only Eric Dickerson's record of 2,105 set in 1984. Yes, he was just nine yards shy of breaking the record. Add 13 total touchdowns to his yearly resume and all together, Peterson had an MVP-worthy year, if Peyton were not in the race.

Rookie of the Year

This year's Rookie of the Year has been the most debatable award that I can ever remember. Running backs Doug Martin and Alfred Morris would've been the top candidates for this year, except they entered the draft with three other guys: Russell Wilson, Andrew Luck and Robert Griffin III.

In the beginning of the year, everyone would have predicted Luck to be the favorite to win this award. However, regardless of what analysts now think, the other two quarterbacks deserve it more I feel.

Luck ended his 2012 campaign with the most passing yards for a rookie in NFL history with 4,374 yards. Impressive, yes, but that came on 627 passing attempts. Wilson and RGIII both attempted exactly 393 passes, significantly less than Luck. Also, 23 touchdowns would have

Rookie of the Year

I was very undecided thinking of who I wanted to be rookie of the year. We had five rookie QBs finish with 3,000 plus yards, two rookie RBs finish with 1,400 plus yards.

In the end, I wish I could cop out and split the award between three QBs and both RBs but I cannot. My pick by a slight margin is Andrew Luck. The top pick in the draft by far fulfilled expectations. Set an NFL rookie record with 4,374 yards, more than 950 more than the second highest Brandon Weeden, also remembering the fact that he was asked to throw more than 110 times more than the next highest. But most importantly he took a team that went 2-14 and bought them to the playoffs and an 11-5 record coming within one game of the division.

Wilson and RG3 had incredible years as well, but Wilson had a top-ranked defense helping him and RG3 had a 1,600 yard rusher and a good defense on his side as well, Luck had a much weaker supporting cast around him and he truly changed the team. I would even make an argument to include him in MVP talks which he definitely deserves to be involved in.

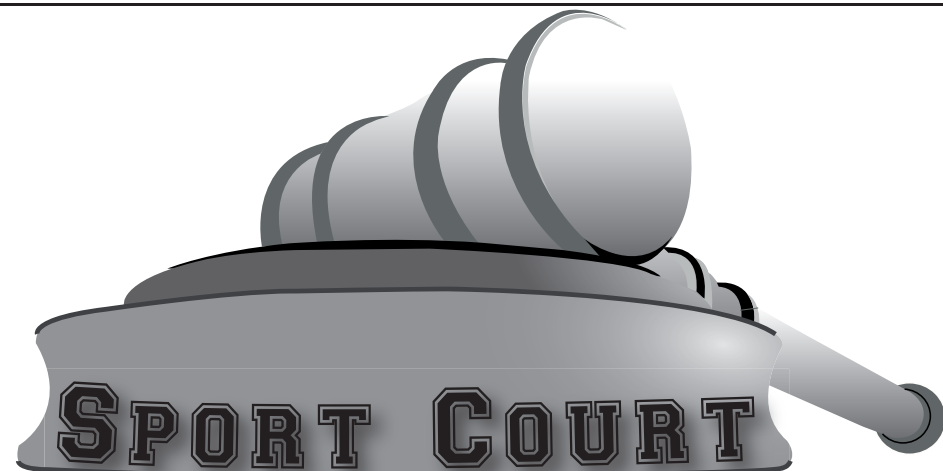
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shined brighter, if it weren't for the fact he also threw 18 interceptions, tied for second highest in the NFL. Luck finished the season with a passer rating of 76.5, which is 26th out of the entire NFL. Even Michael Vick had a better rating, and that's saying something.

With RGIII and Russell Wilson the top contenders for this award, their identical stats make it a tough competition. Wilson finished with 3,118 passing yards, 26 touchdowns, 10 interceptions, and a passer rating of 100.0 (fourth best in the NFL). RGIII finished with 3,200 passing yards, 20 touchdowns, five interceptions, and a 102.4 passer rating, just edging out Wilson for third best in the league.

Where I set these two quarterbacks apart, though, is on the ground. Adding to his already impressive numbers, RGIII racked up another seven touchdowns on the ground with 815 yards rushing yards, most ever by a quarterback. He may have his injury issues already, but after putting up ridiculous stats and leading the Washington Redskins, of all teams, to a 10-6 record for first place in the competitive NFC East, RGIII has my vote for 2012 NFL Rookie of the Year.

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Getting to know... **Guesseppe Rea**

Freshman wrestler

Guesseppe Rea is a freshman wrestler at Wilkes University. He is currently undecided in his major but what he has definitely decided on is his love for the sport wrestling. He has only been into the sport for four years, but has excelled and achieved recognition to bring him to college for his talents. Guesseppe said he loves food, but if you know anything about wrestlers, you know they are limited on what they can eat through the season. As for now, Guesseppe is only hungry for a win.

BY EVAN WILLEY

Staff Writer

What is your most memorable moment while playing this sport? The most memorable moment of wrestling has to be last year's Northeast Regionals semifinals when I beat the kid who I lost earlier in the season to qualify for the state tournament in Hershey. It was probably the longest match I've wrestled.

biggest inspiration is probably myself. Yeah, it may be weird but I have seen great things from myself and I know I'm capable of more. I inspire myself. I tend not to be a follower but (wrestler) Besik Kudukhov inspires me you could say.

How long have you been playing? Surprisingly this is fifth year wrestling. Most people start when they're in first grade or so. I started my freshman year in high school.

Who is your biggest inspiration? My

See Rea, Page 17



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Feb. 5, 2013

Contact editor: carly.yamrus@wilkes.edu

Gracious losers are just unfit winners

Why losing in an event does not have to mean accepting defeat

By Jason Cochran
Sports Co-Editor

Some people see a person as a gracious loser, I see that person as someone without pride in their performance. At the end of a sporting event a favorite line of the loser is that they were outclassed, outmatched or their opponent was better that day.

What that really means is they didn't work hard enough. They know deep down there is something that they could have done better, faster, more quickly, or more smoothly. The line "I was outclassed," should be met with humiliation not adoration from fans.

With the old idea of someone has to win, someone has to lose, it's fine, I understand it. For every winner there is a loser, but that doesn't mean the person that loses has to accept their defeat. When someone accepts his or her loss, it typically doesn't come after the event, it comes during the event.

When a person accepts defeat mid-event it really does reduce the value of competition, think of all the blow out sports events, like when a football team runs up a score. It gets easier over time. They put in their second string players and the top talent is gone. They take a break and it's no longer the best of one team playing the best of the other, it's the people who are still developing and not quite the top level playing against other sub-level people.

This reduces the value of the win, granted the first team beat the other first team but think about it. They are not really playing up to the best possible level, so inherently it reduces the win because it was no longer the best against the best.

With the close of that event the losing side will be left with a bad taste in their mouth but they know that they really didn't try their hardest, they may have at one point but they know deep down when their star players were on the bench that they weren't giving their best effort.

Even in individual sports it can be seen on athletes' faces when they are beaten. When this happens they stop giving all they can, they in their own way, will just lay back and accept defeat and count the time until the event is over. These people are the same ones that others will say are so gracious in defeat.

Those people are wrong. They are not gracious losers, and those people are poor competitors. Show me a person who reaches the end of an event, and they don't know the outcome, the person thinks they did enough to win, and then that person is told they lose. They will not be gracious in defeat.

There is no reason he should be. That person should not accept the fact he lost if they felt that he should have won. That would be incredibly frustrating. I don't know many sports where this is the case, but I know it often is the case in many combat sports. The fighters believe they did enough to win all match then it comes time for the judges decision and their

opponent is the one getting a hand raised. The loser is left shaking his head in disbelief and disagreement.

This is why I believe the sport has so many premature retirement attempts. Often after a long, drawn out fight, the person's soul and will to compete are just crushed when they find out they did not do enough to win, when they went out, tried their hardest and did everything they believe they needed to, to win.

The perfect example of this for me, would be the way that Nick Diaz reacted after his loss at UFC 143. He did something every kid did as they were growing up- he rage quit the sport.

After the judges' decision was read, Diaz was completely taken by surprise and the result and could do nothing but utter the statement: "If that's the way that you have to win the fight, then I don't wanna fight anymore."

The raw anguish and emotion is far more genuine than any time some 'gracious loser' goes across to give a fake hug to their opponent to say great job man, you really just outclassed me tonight.

The idea of being outclassed alone is just terrible. Why would you admit to being outclassed, the very idea means that you were not even worthy of competing against your opponent in the first place. That should be an absolute embarrassment to you, not something that gets uttered halfheartedly as some form of a "help me sleep at night" excuse.

While everything I have just advocated can be seen as poor sportsmanship by some, I doubt they truly understand the level of dedication that some people put forth during such competitions. Even though all of these examples have been in the context of sports, it's easy to put these into non-athletic situations.

Take this idea in the context of a job interview, the person who is your direct competitor is virtually identical to you in every aspect but somehow that person develops a better rapport with the interviewer, that doesn't mean that person was better than you; you weren't outclassed. What it means is that you didn't come up with the result in that situation because you were not as well prepared to develop that connection with the interviewer.

This is not a point of praise for your competitors, this is a point of shame for you as a competitor. The competitor did not win that interview, you lost it. While people will have success and glory throughout their lives, just be aware most times it's not because they were better, it's because the other people made mistakes.



The Beacon/Laura Preby

While every competition has a winner and a loser, the value of any event is reduced when the loser graciously accepts defeat.

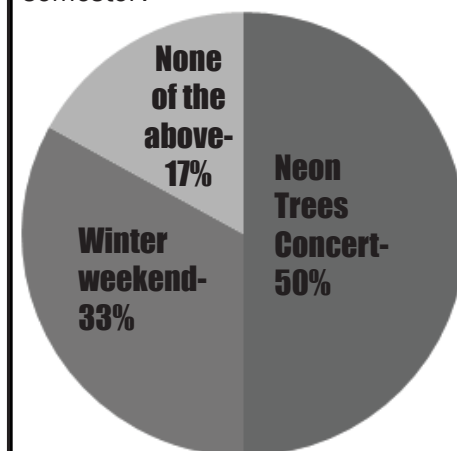
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BEACON POLL

The Beacon poll is unscientific and does not claim to reflect the overall attitudes of students on the Wilkes campus. Poll results are based on 6 responses.

Last week's question:

What Wilkes University-sponsored event are you most excited for this semester?



This week's question:

What is your diet like at school?

- Vegetarian/Vegan
- Anything that tastes good
- Healthy choices at the SUB
- I cook my own meals
- I don't have time to eat/mostly snacks

Cast your vote online at:
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The United States: Proof that money won't buy happiness

By Lyndsie Yamrus
Assistant Opinion Editor

My ex-boyfriend was Brazilian and was never afraid to say it. He was extremely proud of his nationality and to me that was always such an admirable quality. But every now and then I would get a little bothered because he would go off about the culture down there, and how their culture compared to that of America.

OK, maybe "a little bothered" is an understatement. I got really heated. This is how I saw it: Here he was, living in the United States, the best country in the world, and nothing but complaints came out of his mouth.

He would tell me that Brasil had its priorities straight and that his country was far more family-focused than mine was, that the people down there were happier even though they had less, and that as Americans we were greedy and selfish and felt entitled to everything.

Of course, I was stubborn and my attitude became, "If you don't like it, go home."

But looking back, he was right and I just didn't want to accept it.

According to a recent Gallop poll, Latin Americans are among the happiest individuals in the world to date, receiving the highest positive emotion scores worldwide. Panama, Paraguay, El Salvador, Venezuela and Trinidad/Tobago ranked 1-5 on the list, respectively, responding 85 percent, 85 percent, 84 percent, 84 percent and 83 percent "yes", they were happy, when adults were asked how they felt the previous day. Adults were also asked if they laughed, felt well-rested, learned something interesting, felt respected and for how long these feelings lasted throughout the day.

Singapore came in last, with only 46 percent "yes."

While the United States does not appear on the list, our country ranks somewhere between 55 percent and 81 percent "yes" from the Gallup poll. An average score like this recognizes that America isn't depressed, but we're not entirely happy either.

More importantly are the implications of this poll: lo and behold, what people have been saying since pretty much the beginning of time is true, money does not buy happiness.

While it is easy to assume that a higher income means a more positive attitude and more prosperous life, this isn't statistically true. The United States is a perfect example of this.

Panama ranks 90th in the world with respect to gross domestic product (GDP) per capita, while Singapore ranks fifth. That is what is so surprising to analysts: the two variables appear more or less inversely proportional, and while Singapore is more financially productive, the country's emotions are more negative.

It was also found that after earning up to \$75,000 annual income, individual's emotions don't significantly change past this amount.

So as much as I hate to admit it, the United States isn't the best country in the world anymore. New Zealand ranked No. 1 for best country for business, according to Forbes. *Ib-Times* stated that Norway ranked No. 1 for overall GDP per capita. In 2013, Switzerland is the No. 1 place for a baby to be born in order to have a "healthy, safe and prosperous" life, according to The Economist Intelligence Unit.

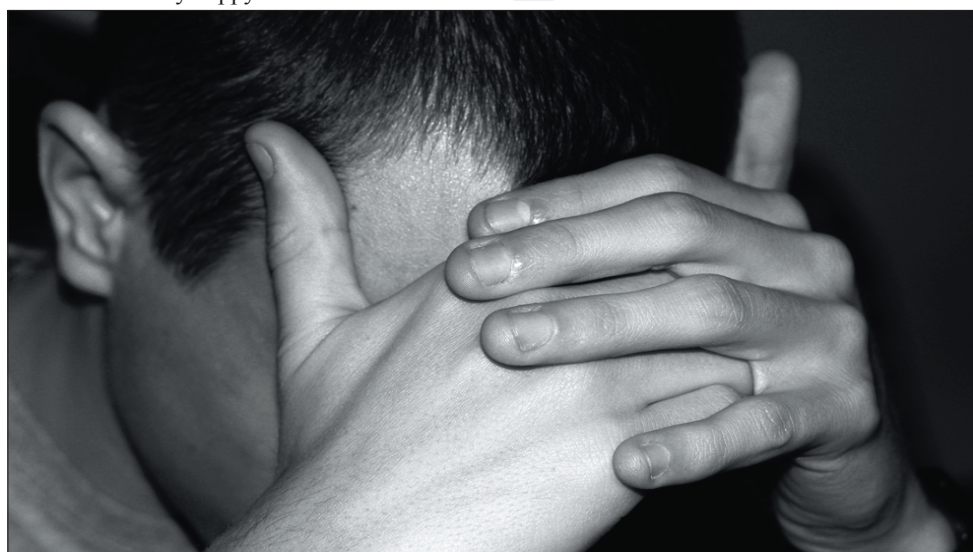
The United States has been ranking in the teens for a while in nearly every list as we struggle to uphold the American Dream.

Truth is, we are greedy, selfish and feel entitled. That's why we're dropping as a country. We're too concerned about what we don't have rather than what we do have. It's not money and "stuff" that's going to make you happy; it's the people you're with, how you spend your time, appreciating what you have and working with the situations you're given.

Think about it. Do you think Latin America has it all? Definitely not in a material sense. But from the sense that matters, they've got it all and that's impressive.



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The Beacon/Austin Loukus

The US does not immediately appear on the world list of emotionally positive countries, indicating that more money does not guarantee happiness.

Complaints arise over voting miscommunication, band results

By The Beacon Editorial Staff

People love to complain. It's a basic tenet of human nature. Take Wilkes University's annual spring concert for example.

In theory, it exists as a way for the Wilkes University Programming Board to provide students with a night of affordable entertainment beyond the realm of Bingo and board games. Whoever headlines the concert is decided by the student body via online voting, so this suggests whatever band is chosen will be the one most students actually want to see. That's all well and good ... in theory.

In actual practice, the whole concert seems to exist solely as a means of providing students one more thing to complain about.

Last year, the spring concert gave us Mac Miller. Some were happy about that. Others complained. This year, the band Neon Trees is headlining the spring concert. When that announcement was made, once again, some were happy but many more complained.

Seems the chorus of whines rising around this year's spring concert may be a little louder than usual. So much so that the programming board made it a point to post the results of the voting process on its Facebook page. Out of the 523 students who voted (remember that number, we'll come back to it), 124 picked Neon Trees as their first choice to headline the concert. The closest competitor was Tyga, with 81 votes. That's a win by a pretty clear margin. And, yet, the chorus of whines continues its sneering song.

If you use Twitter, you may follow an account that operates under the handle @Wilkesproblems and tweets self-flagellating satirical barbs about the trials and tribulations of life as a Wilkes student. Not surprisingly, the account has recently posted several tweets poking fun at both the announcement naming Neon Trees this year's concert headliner and the so-called "controversy" surrounding said announcement. There's even a "Hitler Reacts" meme video addressing the issue.

While hardly the funniest use of the "Hitler Reacts" meme, for Wilkes students with a sense of humor, it does earn itself a few chuckles. Unfortunately, not everyone has a sense of humor. Some overly serious minds will undoubtedly agree with the video's laughably ridiculous dialogue, which at one point has Hitler announce mid-diatribes that he'd "rather hang out with Stalin" than pay \$10 for a Neon Trees concert. Others won't agree, but will likewise fail to see the humor in such over-the-top declarations.

One of Hitler's statements that does ring true comes when he says that "nobody f***ing voted." Remember that thing about there only being 523 votes total? Well, when you take into account that Wilkes has more than 2,200 students enrolled in the undergraduate class alone (assuming Wilkes' 2010-2011 fact book is still more or less accurate), it becomes evident just how few students even voted in the first place.

Let's make this clear: If you don't vote, you don't get to complain about who wins. See-



The Beacon/Laura Preby

The Neon Trees concert has raised much controversy among students.

ing as how the majority of people who did vote did so in favor of Neon Trees, it's a logical assumption that the majority of those complaining are those who did not vote.

Some have gone on to complain that they weren't even informed of how or when to vote. With that in mind, here's the facts: Information about voting was posted several times on the Wilkes University Programming Board's Facebook page and Twitter account. An email did go out, but programming board representatives have acknowledged that the school's recent switch to Gmail likely resulted in some students not receiving said email. Voting information was also available at last semester's Snow Ball dance, and was posted in the Henry Student Center. An article likewise appeared in the Nov. 20 issue of *The Beacon*, and programming board representatives have said that word-of-mouth was additionally intended as a means of dissemination.

In other words, the information was out there. Those who've been so proactive about making sure their displeasure with the voting results has been heard perhaps should've been equally as proactive in finding out how and when to vote in the first place.

Having said all that, the pendulum swings in both directions. As acknowledged earlier, all complaints have roots in legitimate criticism. Sure, students could have taken a more proactive role in the voting process and would also do well to recognize that self-righteous negativity isn't exactly helpful (c'mon now, you're just bitter 'cause Childish Gambino didn't win, aren't you?). But, at the same time, as much as the programming board deserves credit for all its efforts to inform students of how and when to vote, the cold, hard reality is that those efforts barely amounted to diddly-squat.

With just 523 votes cast in a school with more than four times that many undergraduates, it's obvious that the programming board's efforts it clearly weren't effective. More needed to be done. More needs to be done in the future. Because all the good-intentioned efforts in the world don't mean a thing if they aren't effective.



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Unethical agribusiness influences our nutrition

Goods produced by food industry the product of foul practices and manipulative advertising

By Carly Yamrus

Opinion Editor

Think about the last meal you ate. What did you eat? Where did the ingredients come from? Do you even know what the ingredients were? If you read the side of that bag of chips you just ate, could you accurately describe to me what “hydrologized corn protein” is? How about disodium guanylate? What is the percentage daily value? What are calories per gram?

Odds are you don’t know. And why would you know? Does anyone even care? Who cares what’s in the Doritos chips, they taste so good! When did we ever learn about how to read the nutrition facts on the back of the food we consume? Well, we didn’t. And why would we?

The United States Department of Agriculture was created in 1862 for two purposes. The first was to provide a “sufficient and reliable food supply,” as well as develop and spread dietary guidelines for proper nutrition to the American people. Since 1862 we have put all our trust into the government to provide set dietary guidelines and to update them every five years.

Now we all know about the Food Pyramid, right? Well, it no longer exists. It is now the “Dinner Plate,” which denotes the approximate amount of food a person should consume each meal. Fruits and vegetables take up half of the plate, while protein and carbohydrates take up the other half, and dairy products depicted as the cup next to the plate. Note there are no fats and oils section on the dinner plate.

No matter what shape the food guide is shown as, each producer, especially those of meat and grains, will try and tilt the market to their advantage using any means possible. Scientific jargon and deceptive labeling has a huge influence on what we purchase.

After consumers became aware of the need for healthy food, big business needed to get crafty with how they market their processed goods.

Companies market their products using healthy sounding claims such as “high in fiber,” or “a good source of calcium.” In reality, the salt, sugar and caloric content most likely outweigh whatever “good” nutrition was in that product.

Marion Nestle, author of “Food Politics: How the Food Industry Influences Nutrition and Health,” explains that the food industry promotes an “eat more” mentality. Instead of saying “eat less meat,” the meat industry says, “eat more lean meat.” Obesity in America clearly tells us that we do not need to be eating more of anything. But you know, less food doesn’t make more money.

Our food system is big business- known as “agribusiness” and defined as “an industry engaged in the producing operations of a farm, the manufacture and distribution of farm equipment and supplies, and the processing, storage and distribution of farm commodities.”

Our food system relies heavily on cheap commodity crops such

as corn and soybean that can be found in many of the food products we buy.

According to the National Family Farm Coalition, Farmers are paid subsidies for supporting this broken system. In other words, farmers are paid to produce large amounts of these “bad” crops. Yet they have no choice. A few companies dominate in all realms of the business, ranging from seeds to fertilizers, to processing and retailing.

Overproduction of commodity crop keeps prices artificially low, which in turn helps pump out more cheaply processed food. Fruits and vegetables are actually considered “specialty crops.” Specialty crops. They are special because you can’t grind up corn and make it into a strawberry or a carrot.

Remember how the new “dinner plate” fails to include fats and oils? The fats and oils section of the food guide represents foods that are high in calories or have no nutritional value. That’s funny, because processed food is full of that.

Because commodity crops are so cheap, they are not only used in corn-based products, but are used to feed livestock.

Cows don’t eat corn. They eat grass. Scientific American states that meat raised on corn contains higher amounts of Omega-6 fatty acids and less Omega-3 fatty acids, and it has more calories.

So what exactly is it about factory-farmed meat that is so bad? The Union of Concerned Scientists cited a few examples of what farm-raised livestock really eat: same-species meat, diseased animals, animal parts, waste, plastic, drugs and chemicals.

If that doesn’t make you think twice about the industry’s ethics, I don’t know what will.

According to health.usnews.com, the food industry supports groups that lobby against campaigns aimed at anti-obesity or public health. Why? Because of money. You can pay your way out of pretty much anything these days. Entirely unethical seeing the state of our country’s health. It’s all about the profit. It was hardly ever about health. Anything that the food industry has pumped out that has made a profit AND was healthy was an added bonus or maybe it was just a mistake.

Fixing our food system is going to take policy reform and a lot of compromise which I don’t see happening too quickly. In the meantime, educate yourself on what is really in your food before you buy it, and when possible, purchase produce that is grown locally.

If knowing these facts angers you as much as it angered me, know that there are ways to eat healthier.

The Sierra Club recommends eating a variety of non-processed food. Buy food that is locally grown or organic. Despite the recommended “guidelines” announced by the USDA and FDA, eat less meat. If you do eat meat, choose local grass-fed, free-range beef.

Fast Facts On:

Food

Courtesy of Takepart.com

- **Less than 1% of corn produced is sweet corn that people eat**
- **The price of fruit has gone up 40% over the past 30 years**
- **The United States has pumped \$50 billion into the corn industry over the past decade**
- **\$1 buys you 1,200 calories worth of potato chips but only 170 calories worth of fruit**
- **The price of soda has gone down 33% in the past 30 years**

CAFO (concentrated animal feeding operations) beef is the product of factory farming where animals suffer from crowded conditions, disease, and malnutrition.

Seafood is a healthier alternative to meat but it important to watch you eat. Some seafood may have been caught in ways that harm the environment. Bottom-feeders such as shellfish, bass, grouper, flounder, crab and many others are caught using large nets that clear the entire ocean floor.

The Natural Resources Defense Council recommends reading the Monterey Bay Aquarium’s Seafood Guide to help make the best choices when choosing seafood.

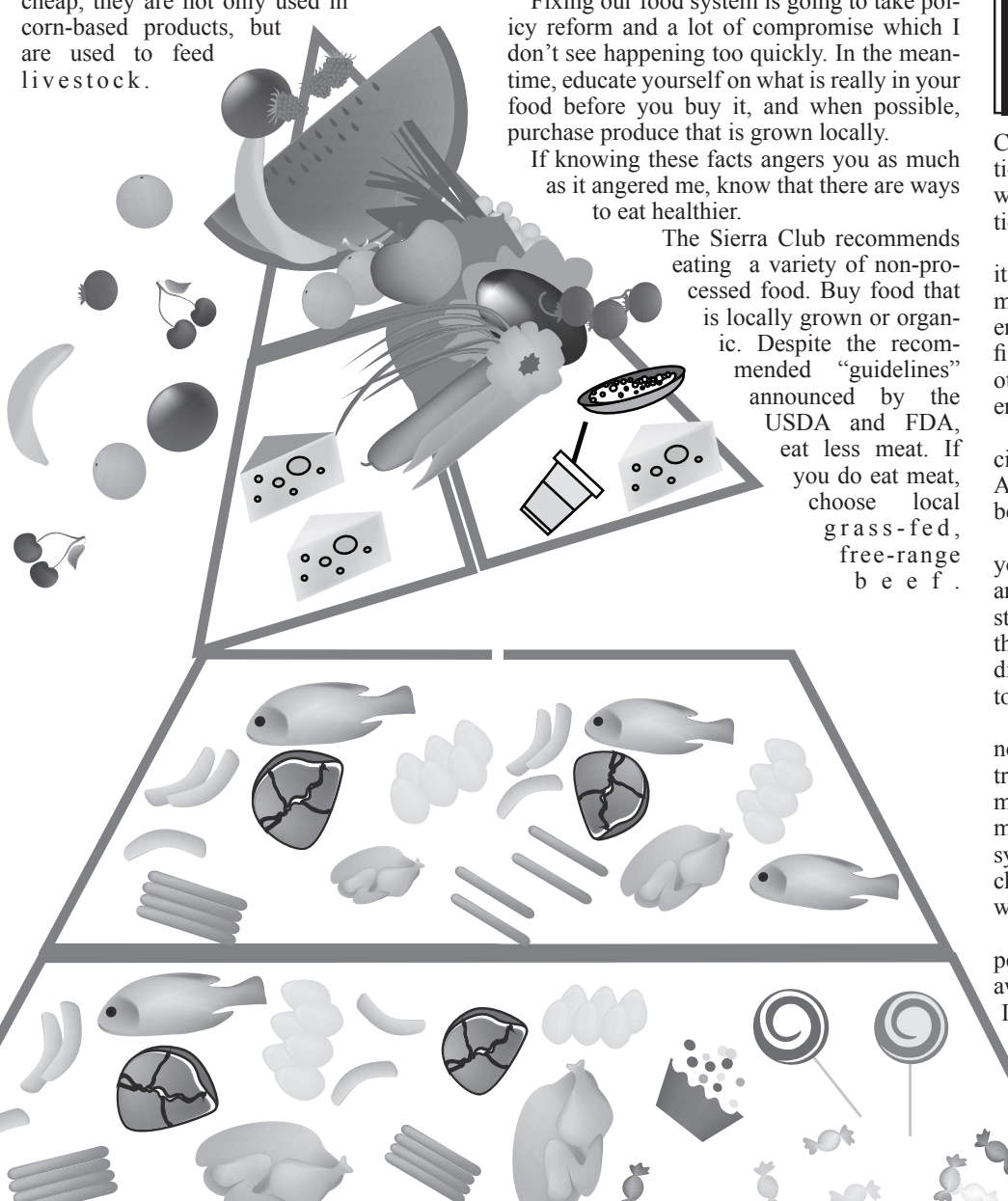
The main goal of marketing is to persuade you into choosing one specific product over another. Don’t be a blind sheep in the grocery store; know what’s in your food. Don’t fall for the creative labeling schemes, check the ingredients and the nutrition facts, and don’t forget to look at the serving size.

It is sad to say that the food industry does not care about our health. We invest all of our trust into a system where the main goal is to make as much money as possible. While we may feel like we have no control over such a system, there are still options. Personal health choices may be more expensive, but they are worth it if you can afford it.

The organic food and drink industry is expected to rise in the next few years as health awareness continues to be a pressing issue. I’m not holding my breath, but I will try to keep some faith in the industry that they can meet consumers in the middle and strive for a healthier America.



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Feb. 5, 2013

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Soul Rebel: Remembering Bob Marley

Local artists pay tribute to reggae legend with birthday tribute show

By **Rebecca Bolus**
Staff Writer

To some, Bob Marley is just “that guy with the dreads who played some upbeat reggae music.”

But to others, he is much more than that. Marley is strongly viewed by many as an iconic and politicized figure whose legend still lives on even after his death.

Marley’s music portrayed many of his beliefs, especially those belonging to the Rastafarian movement, a religion that Marley was devoted to. His songs were woven with political, philosophical and spiritual themes reflecting his world view. Marley’s music influenced many people during a time of war and racism all over the world.

Even after his death, Marley and his band, The Wailers, continue to be recognized for their musical influence and impact on the world. In 1994, Marley was posthumously inducted into the Rock and Roll Hall of Fame and in 1981, shortly before his death, was awarded the Order of Merit, Jamaica’s third highest honor, for his “outstanding contribution to his country’s culture.” Even in Thailand, Marley’s birthday is

celebrated with a three-day-long festival honoring his musical inspiration.

With what would be Marley’s 68th birthday coming up this Wednesday, local band The Subnotics will be presenting a special tribute concert on Saturday, Feb. 9, at the River Street Jazz Café in Plains.

The Subnotics is a nine-piece roots reggae band that is greatly inspired by Marley. The members of The Subnotics include two Wilkes University alumni, Brian Feist and Kermit Alphonso. Other members of the band are Robb Brown, Angelo Miraglia, Mark Klepaski, Dirk Dekker, Pete Terpak, Carl Crupa and Jay Stefanski.

Practicing and jamming to the music Bob Marley and the Wailers’ music motivated the band to start doing these tribute shows, one of which was also held at Rodanos in October.

“From there, it was obvious what we should do. While we were preparing our original material, we decided to put on a couple shows as a tribute to Bob Marley and the Wailers, to pay homage for the music and influence. What better time to honor his music than at the time of his birth,” Stefanski said.

The band members point out that Marley’s

music has had a strong influence on their own material. They even credit Bob Marley and the Wailers for being the reason why most of the band members were exposed to reggae music in the first place. In looking at why Marley’s legacy still resonates, the band said that was due not only to the impact his message had on the world, but to the bouncy infectiousness of the music through which he delivered it.

“Bob Marley is revered for his social conscience, spiritual mysticism and political courage, and his message continues to inspire disenfranchised communities by offering them a promise of worldly salvation and divine redemption,” Feist said.

“In addition to all that, he can just make you feel good. Despite the allure of international fame, his music turned into a message of healing, loving and helping. What is unique about all of it is that much of his music sounds very uplifting despite the heavy anti-establishment or impoverished undertones.”

In celebrating Marley’s music and message, the members of The Subnotics say have found inspiration not just for their own music, but for their lives as well. Amid such inspiration has come an

enlightened awareness of the power music itself has on the artists who create it, the audiences who enjoy it and the overall culture as a whole.

“We all come from musical backgrounds from rock, metal, funk, R&B, jam, etc. While learning all of Marley’s material we discovered, more than ever, that the music is about making your own small contribution to the collective unit. We really liked that because it mirrors Marley’s reflection on humanity,” Crupa said.

“If we all make a small conscious effort in doing our own part in the world we live in, collectively we can make a big impact on the people around us for positive change. You really have to dig into the songs to understand the meanings. Part of his legacy was that his music also has duality. You can take his message and apply it to your personal life and somehow, it transcends.”

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Bob’s Best

In honor of Bob Marley’s upcoming birthday, the members of The Subnotics sat down to come up with this exclusive playlist of their top 10 favorite Marley tracks. If you’re thinking about checking out the group’s tribute concert at River Street Jazz Café this Saturday, or if you just want to brush up on some essential listening from an iconic artist, then hop onto iTunes or Spotify and give these must-have hits a listen...

Punky Reggae Party

Walk the Proud Land

Kinky Reggae

Coming in from the Cold

Concrete Jungle

Lively up yourself

Small Axe

Put it On

One Love

Buffalo Soldier

Stiff Necked Fools

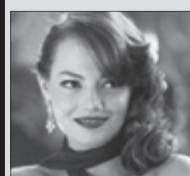


Courtesy of The Subnotics

Local roots reggae band The Subnotics are just one group of musicians that has taken inspiration from the legacy left behind by Bob Marley since his death in 1981.

The Subnotics’ birthday tribute to Bob Marley will be @ 10 p.m. Saturday, Feb. 9, at River Street Jazz Café. For more info, visit riverstreetjazzcafe.com.

VISIT THE BEACON ONLINE @ THEWILKESBEACON.COM FOR EXCLUSIVE ‘BEACON BLOGS’



FRONT ROW FILM SCHOOL
with Anthony Bartoli
“Gangster Squad” review



THE BOOK REPORT
with Anne Yoskoski
“Death Comes to Pemberly,” by P.D. James



THE GRAVEYARD SHTICK
with Jake Cochran
Where do we stand?

Radio Schedule

In addition to Hair Metal Monday, 90.7 WCLH has a number of original radio shows hosted by Wilkes University students, for Wilkes University students, with even more coming soon. Turn on, tune in, but don't drop out ...

MONDAY
Hair Metal Monday
From 4 – 6 p.m. see modern-day Wilkes-Barre transformed into 1980s Los Angeles with a non-stop barrage of Twisted Sister, Motley Crue, Dokken and other glam metal greats. Hosted by Chad Dallas, Iggy El Gordo and Jarret Steele.

Metal Massacre
From 7 – 10 p.m., DJ Massacre assaults listener eardrums with a volatile mixture of scream, death metal and nu-metal. Or, as he likes to say, "stuff you'd punch a baby to."

TUESDAY
Staten Island Joe & Franiak Show
Grab some lunch and brush up on your sports news with Staten Island Joe and Franiak during the creatively titled Staten Island Joe & Franiak Show. From 11 a.m. – 1 p.m.'

WEDNESDAY
Rock 'N' Roll Shenanigans featuring Corey & Andrew
"Shenanigans" is right. Don't expect dry conversation or deep life insights here, as DJs Corey and Andrew play a random mish-mash of '80s and '90s alternative while talking about whatever nonsense passes through their heads. From 2 – 3 p.m.

Vital Vinyl with Klassic Kurtz & Matty-G
Take a trip back in time from 4:30 – 6:30 p.m. with Klassic Kurtz and Matty-G as they spin an eclectic mix of classic rock and blues the way it was meant to be heard, on actual vinyl records.

THURSDAY
The Staten Island Joe and Franiak Show
Grab some lunch and brush up on your sports news with Staten Island

(cont. on opposite page)



Photo by: Laura Preby / Design by: Bryan Calabro

By Bill Thomas
A&E Editor

They call themselves Chad Dallas, Jarret Steel and Iggy El Gordo. Those aren't their real name of course, but that hardly matters. Like Axl Rose and Nikki Sixx before them, they've recast themselves as gaudy avatars of sex, drugs and rock 'n' roll. Also, Aqua Net. Together they prowl the airwaves like predatory jungle cats clad in old leather and ill-fitting spandex. Unleashed in their wake are the musical stylings of Quiet Riot, Poison and W.A.S.P. Surprisingly, though, this isn't Friday night on L.A.'s Sunset Strip, circa 1985. It's Monday afternoon on River Street in Wilkes-Barre, 2013. Based on the mu-

sic coming out of your stereo, you'd be forgiven for making that mistake. The '80s, it seems, are alive and well on the third floor of the Dorothy Dickson Darte Center. From there, in the 90.7 WCLH radio booth, Dallas, Steele and El Gordo – really Communication Studies seniors Kyle Wolfe, Matt Gaines and Justin Franiak – bring a little glam to NEPA via their show, Hair Metal Monday. "It started out as a joke and then, little by little, it came together in pieces," Wolfe says, explaining the origins of the show. "I remember at Club Day I was looking at the notes for the Rock 'N' Roll Shenanigans show (see sidebar) and literally the notes said 'Chad' and 'Dallas,' so that's where that came from."

Gaines and Franiak's monikers were similarly random creations. In truth, as if intentionally embodying the carefree party-hearty spirit hair-metal represents, the whole show in itself is a more or less random creation. "Everything is kind of fly-by-the-seat-of-our-pants, really spontaneous. A lot of the stuff we just come up with on-air," Franiak says. "If it works, it works. If it sucks, we just don't do it again. Like the Aerosmith thing." The Aerosmith thing? "We played Aerosmith on our first show and we got a caller who was not happy," Wolfe explains. "They complained that Aerosmith wasn't heavy enough for Metal Monday, so now we don't play Aerosmith unless it's a state of emergency."

"It's become a running joke now," Gaines adds, laughing. "'Welcome back to Hair Metal Monday, where we don't play Aerosmith.'" Aerosmith faux pas aside, the glam-banging trio says Hair Metal Monday has been very well-received since it debuted last semester, despite its stick-out-like-a-sore-thumb status in the midst of death metal, thrash metal and metalcore that's long dominated – and still does dominate – the majority of Metal Monday. "The first show we ever did, we only did it for an hour, just as a trial run," Wolfe says. "We figured it would never get past one show, just thinking there'd be so many people saying 'This isn't real metal. This is hair metal. This is supposed to be Metal Monday.' But we

got about ten requests, and only one disgruntled caller, the one about Aerosmith. So we went for another hour. Literally half of our show is just requests. We have loyal callers who call in every week, and a lot of people make requests on the Facebook page." For Franiak, a student who's been a part of WCLH since freshman year, the positive reception Hair Metal Monday's received is more than just a happy accident. It's a sign of a larger evolution for the radio station as a whole. "The thing that's cool about the fact that we can even have something like Hair Metal Monday and have people like it is that it's just part of things becoming more diverse," he says. "We've got a lot of new people coming in, a lot of eager freshmen, and just this semes-

ter a lot of new shows. A lot of specialty shows. There's alternative, classic rock, Top 40 stuff. ... I think it's healthy for the station to get that breath of fresh air." When speculating the reasons behind Hair Metal Monday's success in particular, though, the trio cites the aforementioned sense of spontaneity ("We once talked about the Hulk Hogan sex tape for the entire show," Wolfe confesses), as well as the fact that show is able to cater to an audience that otherwise goes largely ignored. "The only other hair metal radio show I know of is Dee Snider's 'House of Hair,'" but that's a syndicated show throughout the country," Franiak says. "We always make the joke that we're the No. 1 hair metal show in Northeastern Pennsylvania."

Joe and Franiak during the creatively titled Staten Island Joe and Franiak Show. From noon – 1 p.m. Didn't I already tell you about this?

The Beatdown
The WCLH radio booth becomes one-part mosh pit, one-part Octagon from 7 p.m. until whenever host Jake feels like going home. MMA talk and punk rock into the wee hours of the night.

FRIDAY
The Morning After Show with Chelsea & Laura
Order up a cup o' Joe and try ignoring the hangover headache pounding in your skull in the company of DJs Chelsea and Laura, as they spin a crazy-quilt combination of indie alt and nostalgic throwback favorites from 9 – 11 a.m.

Tony G. in the Evening
The always opinionated Tony G. speaks his mind and plays an expansive mix of alternative music. From 5 – 7 p.m.

SATURDAY
The Saturday Show with K-Dubs, Captain Kevin, D-White, Suitcases and Father John
Throw on a pair of tight jeans and start slam-dancing with K-Dubs, Captain Kevin, D-White, Suitcases and Father John for this overstuffed auditory orgy of emo, screamo, post-hardcore and, uh, Barry Manilow?!? From 1 – 3 p.m.

SUNDAY
Soulful Sunday with DJ Pistol Pete & DJ Ambs
Smooth. That's the only word to describe Soulful Sunday with DJ Pistol Pete and DJ Ambs, where you can get your eardrums lovingly massaged by the sounds of modern and classic soul and R&B music. From 6 – 8 p.m.

Channel the Chill with Matty-G & DJ Lissa
Let Matty-G and DJ Lissa help you unwind from 8 – 10 p.m. with spaced-out surf rock for mellow minds. Music you can relax to from various eras.

THE 101

Every issue, the staff of The Beacon's Arts & Entertainment section indulge their vanity and give a thoroughly biased crash-course in whatever madness happens to be dwelling in their warped minds.

Their views do not reflect those of The Beacon, its staff or Wilkes University.

Blah blah blah. This week, Brandon Scott is bandaging up his blistered thumbs alongside the...

Athletes of the Electronic Age

By Brandon Scott

Online Editor

By the time you read this article, an amazing competition will already have happened over the weekend. A competition where athletes have trained together in teams with their eyes on the top prize. And by the time you read this article, a victor will have been chosen, showered in applause, cheers and, of course, money.

What competition was this?

Why, it was the IEM (Intel Extreme Masters) tournament that took place in Sao Paulo, Brazil, of course! What? You mean you've never heard of it? You thought maybe I was referring to the Super Bowl? Come on now.

The IEM tournament is a competition hosted by Intel, (you know, those guys who create computer chips so that your computer works) for the world's best competitive gaming teams in the games "Starcraft 2" and "League of Legends."

"That's neat," you might say. "Recognition for professional gamers once a year is awesome." But it has become much, much more than that. For example, this IEM tournament is only a qualifier for the final tournament coming up in March. But the stakes are still high; this qualifier has a total prize pool of more than \$50,000.

Unimpressed? Well, how 'bout this: A few months ago on Oct. 13, 2012, the League of Legends Season 2 World Championship match was played with a best three out of five matches. The total prize pool on the line? \$2 million.

You read that right: A two and six zeroes. Two million. Like what you'd earn if you won "Who Wants to be a Millionaire?" twice.

Professional gaming isn't a joke anymore, and it is taken very seriously by the game designers at Blizzard ("Starcraft," "Diablo," "World of Warcraft") and Riot Games ("League of Legends").

Still think this is a bit crazy?

Gamers within the competitive community discuss strategies and ways of improving game play, and also host scrimmage matches to test and improve team coordination and playing ability. They bring up game balance with the developers, who in turn, respond back and discuss what may be balanced or unbalanced in their game to create the most diverse and interesting playing field for its competitors. The game grows and evolves, making matches more interesting to watch as professionals break down walls with new strategies.

Surely, though, this is just small hype in the "gamer universe," right?

Viewership for these tournament matches can reach into the millions, bringing it up to par or even past nationally recognized sports like baseball. Regular players host live video streams of themselves playing the games accompanied by commentary or even just music and, in doing so, have developed avid followings online.

Some "streamers" have even become so popular that they now work for the companies behind the same games they were streaming.

Live tournaments even have announcers who keep an updated tab on what is happening and what could happen next in the game, so as to keep viewers on their toes as the game unfolds. Just like, ahem, "real" sports.

"OK, I get it. They're popular, but I really doubt they will ever get a national on-screen presence." So says you, presumably doubtful reader. Nevertheless, the future seems bright for eSports. Riot Games is working alongside competitive gamers to make season three of their game the best yet for the eSports scene. Blizzard is doing the same and working together with competitive gamers to develop a tighter and more interesting eSports scene for their own games. Even Forbes Magazine believes that by the year 2020 we could be seeing eSports in our summer Olympic games.

Is it a stretch? Maybe. Have eSports been growing more and more every year? Definitely. And if there's money and company support for a competitive scene, you can be sure they are going to push for prime time. Bet on it.

CHEAT SHEET

eSports Language Translator

GG

GG stands for "Good Game." Its often typed on screen from both teams after a match as a sign of sportsmanship. Not typing it isn't necessarily considered rude, but it does look somewhat bad if you don't use it.

And similar to GG is...

Back-Door

Back-door, also known as back-dooring, is the concept of striking your enemy from behind (gig-gity). It's an often looked-down-upon action but can be very effective when the moment calls for it.

Zerg Rush

This term started in Starcraft, and has become popular across more than just games. To clarify, "The Zerg" are a mutant alien race in the game Starcraft. Playing them allows you to create massive armies very quickly to use against your enemy, often before they can get a solid base defense up.

The Zerg's easiest unit to create is called the "zergling." Against less skilled players, a Zerg player can create mass quantities of these zerglings and "zerg rush" the enemy before the enemy has any sort of defense up in his base. Because of the popularity of the game and the unit, the term "zerg rush" has come to be applied to any situation in which you quickly and endlessly attack anybody with mass quantities of units.

APM

APM stands for Actions Per Minute. This is a type of measurement used to see how many buttons a player is pressing in a minute. This is really only used in "RTS" or real-time strategy games such as Starcraft 2. You might think to yourself "... and this is important why?" Well, in general, it isn't. But if a player tries to improve his or her APM, then they're probably going to be better at micro-management.

"Micro ... what ... ?"

Shoutcasting / Streaming

Shoutcasting is when people spectate games and talk about everything that is going on, or what might be going on in the players' heads. They can be very entertaining depending on the person shoutcasting. Streaming on the other hand, is when a person is playing the game, and allows anybody to view their game as they play. Typically the streamer also has a webcam on their face so they can talk and react to what's happening. This has lead to some internet-gaming celebrities because of the antics that ensue.

Micro-Management

Competitive gaming requires you to be able to respond to any type of current or foreseeable threat you may encounter. It also requires you to manage multiple things at once and manage them efficiently. In gamer terms, this is called micro-management, and is usually the reason you might see someone repeatedly clicking their mouse like it's their only life purpose. To play skillfully, it's incredibly important to become good at micro-management.



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Hidden student discounts can save 10-20 percent

Many businesses offer non-advertised discounts on food, entertainment, travel and apparel

By Anne Yoskoski

Assistant Life Editor

The Wilkes student ID allows students access to computer labs, meals, dorms and various other things around campus.

What many people do not know, however, is how many places offer student discounts with valid identification.

Students can get discounts in retail, electronics, insurances, cars, online shopping and even travel. This is a list of national stores that give little known student discounts. Most range from 10-20 percent depending on the retailer.

Many people are unaware of these discounts, such as senior English/education major Matt Bishop.

"I had no clue any of these places had that," Bishop said.

Depending on the retail chain, certain stores are allowed to determine their percentage off due to the manager's preference and the number of colleges in the surrounding area.

This is a short list of the many stores that do, however, participate:

Apparel/Retail

- J. Crew
- Banana Republic
- TopShop
- Amazon
- Ann Taylor
- Sam's Club
- Ralph Lauren
- Sally Beauty Supply
- Juicy Couture
- Charlotte Russe
- Urban Outfitters
- Buy.com
- Forever 21
- UGG
- Walmart
- Foot Locker
- Pacsun
- Under Armour
- Sephora
- Express
- TOMS
- Gap
- Nordstrom
- Shoedazzle
- Fossil
- ModCloth

- Target
- E.I.f.
- Proactiv
- Ulta
- Lids
- Cabela's
- Staples

Electronics/Software

- Apple
- Sony
- HP
- Dell
- Adobe
- Norton
- Corel
- Rosetta Stone

Entertainment

- Cinemark
- RC Theaters
- AMC Theaters
- Madame Tussauds
- Philadelphia Museum of Art
- Museum of Modern Art
- Direct TV

Food

- Subway
- Arby's
- Dairy Queen
- Chik-Fil-A
- Starbucks

Insurance/ Travel

- Allstate
- Geico
- State Farm
- Farmers
- AAA
- Esurance
- Grey Hound
- Travelers
- Amtrak

Various

- Inkspector.com
- Academic Superstore
- General Motors
- *The Economist*

- *The New York Times*
- *The Wall Street Journal*
- Jiffy Lube
- Walgreens
- AT&T
- Sprint
- T-Mobile
- Verizon

Even students who knew about some of these discounts find more at every turn.

Senior English major Jonathan Kadjeski said, "I knew there were a few, but I do feel like I learn about a new one every day. No, I had no clue there were this many discounts."

Some of these stores are franchises and therefore have the option to not include a student discount. That is rare, however, and it never hurts to ask if a student ID card will bring down your bill.

Sometimes a student ID card can get students discounts on travel passes for tourist attractions.

For example, the three-day pass of Philadelphia that includes all the major tourist sites comes down in price about \$20.

Philadelphia also has a discounted over 21 Pub Crawl event that has major discounts for students.

Students can also invest in the Student Advantage card. For \$20 a year, students can receive

discounts when shopping at large retailers such as Target, Armani Exchange, certain hotels, magazines and even concert tickets.

Smaller stores and boutiques near the campus have student discounts such as Outrageous, some Dunkin Donuts, Movies 14 and various pizza places.

Beware, some discounts are cash back only. This will only apply if paying in cash is an option for you. While these discounts are usually small, they can cover taxes of the item you buy.

Most student IDs can also work in other states, as universities and colleges are usually recognized in at least a tri-state area.

As students, many of us are already drowning in debt and not even finished with our degrees.

Little savings here and there can help, and all the money saved will add up to help pay down loans or maybe buy something new you really need.

For more lists of student discounts visit studentuniverse.com.

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The Beacon/Laura Preby



February is National...

Age-Related Macular Degeneration Awareness Month, Black History Month, Body Awareness Month, Electrical Safety Awareness Month, Heart Disease Awareness Month, Heartworm Awareness Month, Low Vision Awareness Month, National Cancer Prevention Month, National National Awareness Month Awareness Month, National Pet Dental Health Awareness Month, Safety Awareness Month, School-Based Health Center Awareness Month, Sinus Pain Awareness Month and Termite Awareness Month.

Pinteresting: A How-To Guide

Admit it, everyone is on Pinterest. It's chock-full of amazing ideas and simple crafts that cause everyone to take one look at the picture with the "it's so easy!" description and declare, "I could do that." After some severe craft fails (and successes), I, **Anne Yoskoski**, decided it was time to share these experiences with everyone, hopefully saving at least one oven, set of eyebrows, trip to the doctor for stitches and a carpet in the process.

Dry Erase Board

This week's Pinterest challenge is what appears to be a simple craft: making a dry erase calendar. It seems simple enough, and it's something everyone can use for organization.

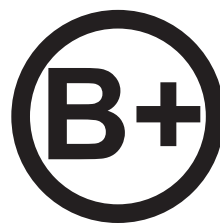
Supplies:

- A picture frame big enough to have a full month on it (make sure it has a glass, not plastic, face)
- Paint chips (raid your local Lowe's or Home Depot)
- Glue
- A nail or picture frame hanging hook
- Dry erase marker
- Hammer
- Sheet of card stock or plain paper

Procedure:

- Take the back of the frame and glue card stock of any print or color onto it.
- Once dry, glue the paint chips on to the card stock.
- Use a ruler if you don't think you can get them exactly in line.
- When all has dried for about two hours; place it back in the frame.
- It should be now ready to hang on the wall.

I give this craft a B+. The marker is difficult to erase sometimes and the glass surface makes it more delicate than a normal dry erase board.



The Beacon/Anne Yoskoski



THE WORD AT WILKES: What is your favorite winter sport?



Amanda Readinger:

Senior Psychology Major

"Does snow tubing count?"



Ali Giammanco:

Sophomore Pharmacy Major

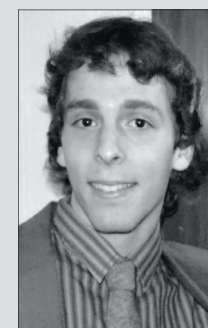
"Luge"



Christian Victoria

Sophomore Accounting and Finance Major

"Curling"



Sam Miller

Junior Environmental Engineering Major

"Kite flying"

Advertisement

Advertisement

Advertisement

W-BEE FEDERAL CREDIT

P.O. BOX 1194 • WILKES-BARRE, PA 18703-1194 • (570) 825-9950

W-BEE Federal Credit Union: A Class Act!

As a college student, you are facing a wide variety of choices every day – courses, activities, and jobs, to name just a few. You may be discovering newfound independence and responsibility. Now is a great time to establish positive financial habits that will be a huge asset long after graduation.

A credit union is a great option for your financial needs! Service fees and loan interest rates are typically lower than a traditional bank. A credit union is similar to a bank in terms of the services offered, but it is a non-profit organization that is owned by its members, who are connected by a common bond. W-BEE Federal Credit Union's common bond is education, so **Wilkes University students, faculty, and staff are all eligible to join.** We provide friendly, personal service where you are more than just a number. Once a member, you may remain a member for life!

A minimum savings deposit of \$5.00 is all that is required to join. Membership will offer you a number of benefits:

- Discount movie tickets & amusement park tickets
- Check cashing (with \$100 savings balance)
- Money orders (\$1)
- Direct deposit
- Christmas Clubs
- Loans at competitive rates (co-maker may be required)
- Free online account access (with checking)
- Debit cards (with checking & 90 days of membership in good standing)

Our main office is conveniently located at 87 North Main Street, about a mile from the Wilkes campus, and we are open from 9:00AM-4:30PM Monday through Wednesday, 9:00AM-4:45PM Thursday and Friday, and 9:00AM-11:30AM Saturday. Additional offices are located in Wyoming and Dallas. Please stop by one of our offices to join, or give us a call Monday through Friday at (570) 825-9950 for more information.

Roger H. Stout
Manager
Class of '71

SOUP-ER bowl fundraiser

Interfaith helps local food bank with event

By Alyssa Stencavage
Life Editor

According to local food shelters, some people can really use help this year.

Everyone at Wilkes has the opportunity to give a little something of their own to those who are less fortunate than we are. In honor of next Sunday's big game, the Interfaith Office is and will continue to hold a "SOUP-ER" Bowl event of its own, which will then be donated to the Westside Area Food Bank in Kingston.

The driving force behind this event is to collect cans of soup for Westside Area Food Bank in Kingston, who is in desperate need of cans of soup to give out to families to feed to help out during the cold weather.

The Westside Area Food Bank is supported by local churches, such as St. Ignatius, whose food goes to this bank, and Church of Christ Uniting, where the food bank is housed. Church of Christ Uniting is open Tuesday and Friday 10 to 11 a.m. for pick-up. These parishes are all involved in the effort and donation of food to this particular food bank.

"The idea came out of the Diocese of Scranton's social concerns meeting, where several members of St. Ignatius were talking about how they were informed by the church that runs this food bank that Westside was running low on soup," Interfaith Coordinator Caitlin Czeh said. "Another group was also talking about an event that

they did so I thought it'd be cool to bring it here."

Essentially, it was a shared idea.

Czeh said she started announcing the idea on Sunday at the Sunday service event, and as of Feb. 1 she's gotten one can. She's hoping that more people will reach out and donate more cans this Sunday and at the Sunday events, and also during the Student Development event.

This Super Bowl Game Watch event hosted by Student Development was at 7 p.m. on Sunday, Feb. 3 in the Ballroom.

"It will have free pizza, wings and snacks for people to enjoy during the game," graduate assistant Jaimie Osborn said. "There will also be prizes for some activities that will take place that night one being whoever brings the most can goods to donate to the SOUP-ER bowl."

The collection for the "SOUP-ER" Bowl event will be going on through Tuesday, Feb. 5, and a delivery will probably be made on Wednesday, Feb. 6. Cans of soup can be dropped off at the Interfaith Office, room 204 in the Henry Student Center.

Take a few minutes to gather up some cans of soup from your pantry, and drop by the Interfaith Office to make your donation and show some support.

Contact Caitlin Czeh at caitlin.czeh@wilkes.edu or give her a call at 570-408-5904.



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Final fundraising for ASB

By Sierra Marsh
Correspondent

Students, faculty, staff and alumni participating in the Alternative Spring Break program are close to wrapping up fund raising efforts with one final event in celebration of Valentine's Day titled, "I'm Very Fondue of You."

Members of this program have been working for the past several months to reach monetary goals by participating in other fund raisers such as a spaghetti dinner, grilled Sticky sales and a Red Robin night.

All of the funds raised during these events aid the Alternative Spring Break program in covering travel, food and other expenses for the upcoming trips in March.

With each ticket costing \$5, members of the Wilkes University community have the opportunity to support the program by watching a movie as well as an array of fondue donated by Sugar Plum Chocolates. Some of the flavors include semi-sweet, strawberry and champagne.

"It will be a fun filled event for couples and non-couples. We're also excited that Sugar Plum is supplying all the chocolate and are thankful for the support given to us by the Wilkes Community," said Megan Boone,

community service coordinator and adviser for the Alternative Spring Break trip to Joplin, Mo.

This event will take place from 7-9 p.m. on Valentine's Day, Feb. 14, in the Ballroom of the Henry Student Center. Tickets are being sold by participants of the Alternative Spring Break program.




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The Beacon/Bryan Calabro

Candy from Sugar Plum Chocolates will be a part of an ASB fondue event.



Grotto Pizza

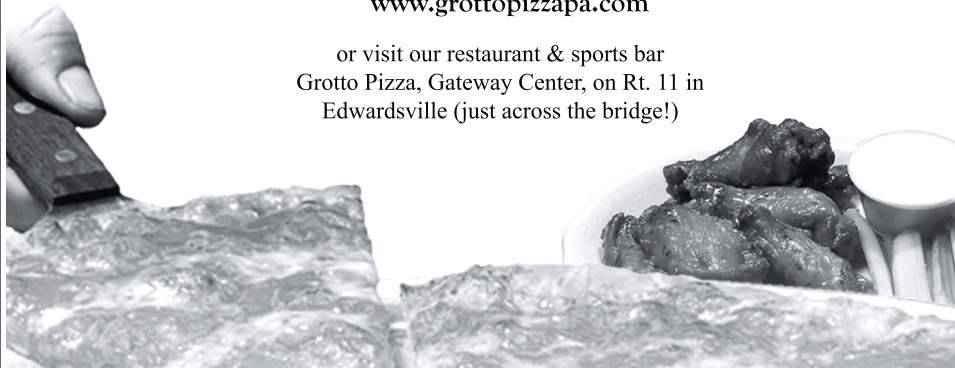

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ASB cooks up Spaghetti Dinner



The Beacon/Austin Loukas

The Alternative Spring Break (ASB) Spaghetti Dinner raised money to benefit the organization and its volunteer trips during spring break.