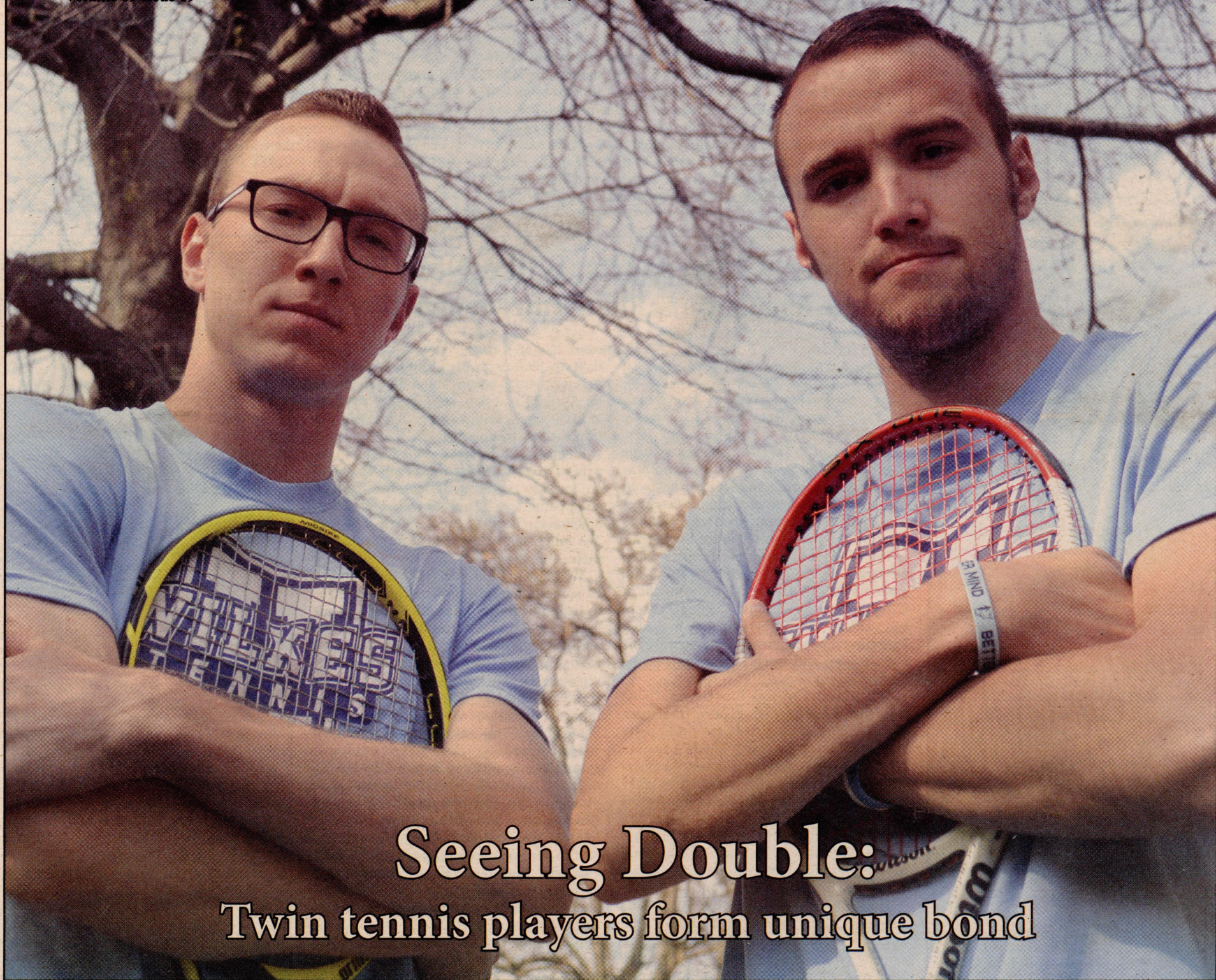


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Volume 69 Issue 19

THE BEACON

The news of today reported by the journalists of tomorrow.



Seeing Double: Twin tennis players form unique bond

The Beacon/Purvit Patel

Above: Juniors Dominic and Jacob Parfianowicz clutch their tennis racquets. Learn more about their unique approach to doubles tennis on page 19.

News

Have a breaking story or a press release to send? Contact the news editor: sarah.bedford@wilkes.edu

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Beacon Briefs

Colonel Charity Challenge

The Annual Colonel Charity Challenge is a Wilkes University event, which this year will be fundraising money for Brian Urbanas of Bart & Urby's and his fight against MS. The event will be held on May 1. Teams will consist of four people. The cost to participate is \$20 a team. Teams must be all men or women. Any submitted mixed teams will be asked to be corrected. Upon registration, money must be turned in to the table in the Henry Student Center during club hours on Tuesdays and Thursdays or handed in to Coach Sumoski. Registration deadline is April 28.

Veteran Expo and Career Fair

On May 12 from 10 a.m. - 4 p.m. on the second floor of the Henry Student Center a veteran specific Career and Education Fair will be held. There will be sessions on topics such as Entitlements, Community Resource Panel, and Skill Transfer. The afternoon will consist of the Career and Education Fair. Anyone is able to attend to talk with local companies and find employment opportunities, but a main focus will be serving our veteran population. If there are any questions, contact Emily McGaha, AmeriCorps*VISTA at emily.mcgaha@wilkes.edu

SG Notes: Club reports, WilkesNow, ICA College Republicans; Blue Army; nominations

By Jen Baron
Staff Writer

On Wednesday, Wilkes University's Student Government held its weekly meeting.

Members of Wilkes Now delivered their club report. This year, they added two new co-anchors (freshmen and senior), they hold shows every Tuesday, and added a "connect with a colonel" segment. Members of Wilkes Now are also participating in the Big Event.

The Wilkes Ultimate Frisbee Club delivered their club report. The club practices on Tuesday and Thursday nights in UCOM. They are currently selling Frisbees and t-shirts. They are participating in the Big Event and they plan to go to Western Wayne High School and teach kids about playing Frisbee.

The Indian Cultural Association (ICA) Club delivered its club report. This year, members helped with the One World party and the multicultural party. The ICA made a donation to two young community members who lost their parents in a car accident. They are currently planning the Bali show for the fall semester.

College republicans delivered their club report. The club meets once a month and have been holding discussions and debates about the upcoming election.

Emma Leach presented on Blue Army. Blue Army is a group of student volunteers who help Student Development with the summer orientation sessions. Members of Blue Army will give tours, welcome families, assist e-mentors and orientation staff, participate in a parent panel, help with registration,

move in, and Casino Night set up. Training days for Blue Army are on June 25 and July 9. Information sessions about Blue Army are on April 25 at 3 p.m. and Tuesday April 26 at 11:30 a.m.. The link to sign up is online at <http://wilkes.edu/orientation>.

Members of Enactus came in to make a fund request. They requested \$2,000 to go towards trip expenses for the national competition in St. Louis. It will cover airfare and hotels. The total cost of the trip is \$6,000. The full \$2,000 was allocated to Enactus for their conference.

The Human Resources (HR) Club came in to request club recognition. The club plans to work with the business school, create networking and internship opportunities, perform internal research and publication, fundraise, and participate in community service. The Human Resources club was approved and will be a new club on campus in the fall semester.

Members of Student Government approved the \$524,025.00 budget to be split among 18 organizations for the 2016-2017.

The first week of nominations took place for the executive board of Student Government. The nominations were as follows: Vice President: Cody Morcom and Kaitlin Jimison, Recording Secretary: Paige Gallagher and Ian Valles, Corresponding Secretary: Nicole Hughes, Caitlin Brossman, and Shannon Festa, Treasurer: Kyle Thomas and Dylan Fox.

Congratulations to Alexandra Grudeski on her installation as the Student Government President for the 2016-2017 school year.

table of contents

news.....2

life, a&e.....7

spread.....12

opinion.....14

sports.....19

W-B area offers opportunities for those willing to network and explore

By James Jaskolka
Editor-in-Chief

Merriam Webster defines "brain drain" as "a situation in which many educated or professional people leave a particular place or profession and move to another one that gives them better pay or living conditions."

Because of its sometimes beat-up exterior, its notable former glory and its sometimes poor reputation among locals, some might say Wilkes-Barre experiences a kind of brain drain, in which students attend local universities for four years, graduate, and then leave - not allowing new jobs to develop and not assisting in revitalizing the city.

Danny Lykens, recent Wilkes University graduate and co-founder of business start up Kraken Boardsports, attributes this to a lack of knowledge about the opportunities already in the area.

"People miss out a lot in college. They think 'OK, I'll go to class, I'll get a piece of paper, and I'll be good' ...they miss out on this incredible networking experience," he said.

"This area has more people than people realize... if you look hard enough, there's a lot of different contacts...[Kraken] found so much good professional business help in this area, and it's been instrumental to us."

Lykens, a Reading, Pa. local and former engineering student, was fortunate enough to find a job at a local robotics company, as well as successfully continue with his startup. He attributes this to the pursuit of opportunities already offered in the area, rather than an external search.

Bridget Giunta is the director of alumni relations at Wilkes, and in her role she has experienced people both leaving and staying in the area after graduation. She says she doesn't consider the area itself a factor in graduates' decisions to leave.

"In my experience, not a lot of recent graduates just dislike the area," she said. "It seems people go where they have their job...a lot of it comes from internship or job opportunities they may have had here."

Giunta agrees with Lykens in that she thinks many don't understand the opportunities already available in the area.

"An important part in the ongoing revitalization of Wilkes-Barre...is making sure everyone is on the same page with the opportunities available," she said. "It can help reset people's perception on the area, and could get you thinking about staying here, knowing it's an up-and-coming city."

Bridget and Lykens both speak of places like the Innovation and Small Business Development Centers located in downtown Wilkes-Barre, who assist several small, homegrown businesses.

One such place is Wilkes' own Allan P. Kirby Center for Free Enterprise and Entrepreneurship, which has assisted Lykens as well as other student and business startups. The center's ultimate goal is to assist new businesses with the help that they need in order to foster growth.

"They were our home when we had no idea what we were doing," Lykens said, noting that they provided Kraken with an office and made the business "much more liable."

Since the Kirby Center has been

instrumental to helping Kraken Boardsports, those in charge have decided to expand their assistance to all of Wilkes-Barre through a new program called Wilkes-Barre Connect. The concept is simple: whatever Wilkes and the Kirby Center can't offer -- legal services, business insurance, etc. -- will be provided by a different branch of the "entrepreneurial ecosystem."

"The idea is to connect all of these services under one umbrella," Dr. Rodney Ridley, director of the Kirby Center, said, noting that this will allow Wilkes' individual help to small businesses to be carried through every step of the way; the Small Business Development Center is the beginning, the Kirby Center and Wilkes-Barre Connect are the middle, and when the business needs what Ridley calls "serious capitol," they can receive loans from the eBay Enterprise office in the Innovation Center.

"You go through all the way, your hand held, without getting dropped," Ridley said of the program, which is gearing up to launch in late April. He believes this will allow more people to be assisted at once, which in turn will get more ideas into the "entrepreneurial funnel."

Ridley says the growth of local businesses will help stimulate Wilkes-Barre's economy, which may prompt people to stay after graduation if jobs become available. His team also hopes to expand and help stimulate the economy of the surrounding regions as well.

"The concept became, 'why wouldn't we do it in Scranton? Why wouldn't we do it in Hazleton?'" Ridley said, adding that if done correctly, Northeastern Pa. could "make

some serious noise."

"We have deals going to Scranton and Hazleton to do the same things and tie it all together to make an entrepreneurial ecosystem that could rival any startup community," he said.


Giunta additionally thinks places like this are essential and should be utilized by students looking for work.

"I think the more Wilkes invests in forging strategic business partnerships with different industries, the better chance we have to have our students go to those places for work and have the businesses invest back in Wilkes," she said.

Lykens and his business now reside in the business incubator in the Luzerne bank building. He recently turned down a job at Apple to focus on his startup - a decision he encourages others to mirror when exploring job options.

With Wilkes-Barre Connect slated to officially launch in April to the community, with access to "students with great ideas" in the Fall, Ridley and his colleagues hope to encourage long-term economic growth while developing dreams like Lykens'. The only pieces missing are the people willing to stay local to put the work in.

"There's great options in the area...don't let those go away just because you're chasing a dream. There's another full track right here, which is a great dream too," Lykens said. He concluded, laughing: "If you do something cool enough, the boring job at a really cool company will be there still."

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Harriet Tubman boots Andrew Jackson: students respond

By Toni Penello
Staff Writer

As of April 20, for the very first time, the face of the US \$20 bill will display someone who is not a white man.

Rather than the longstanding image of Andrew Jackson, the front of the bill will picture Harriet Tubman, an escaped slave who led many other slaves to freedom through the Underground Railroad.

In stark, perhaps symbolic contrast, the back will still show the image of slave owner Andrew Jackson.

Along with this change, according to CNN, women like Sojourner Truth, Susan B. Anthony and Alice Paul, among others, will be added to the \$5 and \$10 bills.

Some kind of response from American citizens is to be expected, and the opinions of Wilkes Students appear to be rather similar.

Sophomore psychology major Angela Jacobs had not heard of the change, but stated that it was "interesting." Jacobs did,

however, express confusion as to Tubman sharing the bill with Jackson.

"I think it would make more sense for her to be on the \$5 bill because Lincoln freed the slaves. I just think that would be more appropriate," Jacobs explained.

Cameron Kazokas, a junior electrical engineering major, has no qualms with the change, and is rather indifferent about it.

"I think it's big news, but I don't really have an opinion on it," Kazokas explained. "I don't see a reason for her not to be on it."

When asked what he thought about Andrew Jackson remaining on the back of the bill, Kazokas seemed displeased.

"...He was a notorious slave owner. It's a big contrast. It's hypocritical," said Kazokas.

Junior electrical engineering major Mike Szumski, who was with Kazokas, agreed that he had no problem with the change. As for Jackson staying on the bill, Szumski said "Hypocritical is a good word to describe that."

"I think it's an interesting choice. I like it,"

said Jennifer Lee, sitting outside a Breiseth Hall classroom.

"I don't know how I feel about Andrew Jackson also being on it. I think that if they made that decision to put her on it

they should have stuck with it completely... no other money has two faces on it," she explained.

"Obviously they could have done more, but it is a big step so it is significant," Lee said.



businessinsider.com

This is what the front of the bill might look like, although the actual image of Tubman that will be rendered has not been decided.

Students recognized for academic achievement



Wilkes University students were inducted into their respective honor societies on April 7 at the social science event. Students were members of Psi Chi, Pi Sigma Alpha and Alpha Kappa Delta.

Photo on left: Members of Alpha Kappa Delta, the international sociology honor society. From left to right: Jonathan Palochko, Tanner Geake, Dr. Criag Wiernik, Taylor Levitsky and Brianna Baumunk.



Members of Pi Sigma Alpha, the national political science honor society were inducted. From left to right: Penynema Ngoushema, Harry Gothreau, Courtney Moyer, Whitely Culver and Eleni Moustardas.



The Beacon/ Sarah Bedford

Members of Psi Chi, the international honor society in psychology, were inducted into the honor society: From left to right, Taylor Hoffmann, Samantha Reed, Katie Kuntz, Derek Jolley, Abigail Boltz, Dr. Jennifer Thomas, Anna Podrasky, Jolene Domyan, Chelsea Workman, Sydney Calkins and Vanessa Erdman.

Student Government election results

By Gabby Glinski
Asst. News Editor

The Student Government elections for the 2016-2017 year came to a close on April 19.

The results are as follows: Student Government President, Allie Grundenski; IRHC President, Rachel Wood; WUPB President, Val Woods; Commuter Council President; Sarah Bedford, Multicultural Student Coalition President, Santana Kiara Velez.

Many positions ran unopposed,

allowing for a smooth campaign and election process.

Newly elected president Allie Grundenski is a junior Pharmacy major and Business Management minor, and has served as a member of Student Government for three years. She held the position of Executive Recording Secretary during her sophomore year, with the responsibilities of taking minutes, keeping attendance and planning the Big Event. She also planned the Bubble Bash and Block Party. Outside of Student Government, Allie is a mentor to first year students.

Student receives Medal of the British Empire

Wilkes University doctor of education student Mona Nashman-Smith will receive the prestigious Medal of the British Empire on May 6 in London. The medal is presented by Queen Elizabeth in recognition of meritorious civil service.

Nashman-Smith was nominated for her years of service as chief executive officer and chief superintendent of The American British Academy in Muscat, Oman, an international baccalaureate school supported by the British embassy. She currently serves as chief executive officer and head of school for Edmonton Islamic Academy in Edmonton,

Alberta Canada.

Nashman-Smith is slated to complete her doctor of education degree later this year. Her dissertation is a phenomenological case study on the transition from elementary to secondary study for a female selective mute. She's not only a member of the inaugural class of Wilkes doctor of education students in Muscat, Oman, but she also helped advocate and form the cohort.

Read the full story that appeared in the April 17 edition of the Edmonton Journal.

Biology department hosts, Grace Kimball Lecture Series: Dr. W. John Kress "Beyond the Tree of Life: Valuing Museum Collections in the Age of Biodiversity"

By Toni Penello
Staff Writer

On April 21, Dr. W. John Kress delivered a lecture on the topic "Beyond the Tree of Life: Valuing Museum Collections in the Age of Biodiversity," as part of the Grace Kimball Lecture Series.

Kress is the director for Science in the Grand Challenges Consortium at the Smithsonian, as well as a distinguished scientist and curator with the Department of Botany at the National Museum of History. He is well known for his work with DNA barcoding.

Students attended the lecture for extra credit in their biology classes as well as for the knowledge it would provide them.

"I'm here for the experience," said Alexis Morgan, a sophomore biology major. "This

is the biggest lecture that the bio department hosts."

Madison Lawrence, a freshman biochemistry major, admitted that she attended the lecture mostly for extra credit. "There's gonna be a bonus question on Dr. Klemow's exam," Lawrence said.

At the lecture, Kress discussed the importance of museum collections of biological specimens. "The collections are used primarily to understand how the world works," Kress said.

He explained that there are an estimated 3 billion biological collections worldwide, with old and new specimens.

"We can tell a lot about how things have changed since these specimen were collected until today," Kress explained.

The collections are also used to digitize specimens for global study, image recognition

technology, and DNA barcoding.

Kress was involved in the development of an app called "leafsnap," which uses image recognition technology to act as a kind of advanced field guide. The app is now used worldwide, and will provide information about the migration of tree species as a result of climate change.

Over the last three years, the app has already shown some tree species migrating north, and Kress anticipates a lot more clear data to be provided over the coming years.


DNA barcoding is defined as "a short universal gene sequence taken from a standardized portion of the genome used to identify species," according to Kress's powerpoint.

The process is used to identify species of plants that are otherwise difficult to recognize, as well as to identify roots of

plants which are usually indistinguishable.

Kress received his bachelor's degree from Harvard University in 1975, and his Ph.D. from Duke University in 1981. His fields of study include tropical biology, ethnobotany, evolution, pollination ecology, and plant systematics.

He has written over 150 popular scientific papers, and published several books. He is a Fellow of the American Association for the Advancement of Science and has been an Adjunct Professor of Biology at George Washington University in Washington, DC, and Xishuangbanna Tropical Botanical Garden, Chinese Academy of Sciences, in Yunnan.

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Spring has sprung on the Wilkes University Greenway



The Beacon/ Jesse Chalnack

Many students enjoyed the warm weather over the past week, lounging on the Greenway, sunbathing, playing frisbee, football and studying. Public Safety officers were even seen participating in activities with the students, making the most out of the warm weather.

Veteran Expo and Career Fair

May 12, informational sessions, career prep

By Toni Pennello
Staff Writer

A veteran focused career and education fair will be held on the second floor of the Henry Student Center on May 12 from 10 a.m.-4 p.m. While all students are invited to attend, the fair will focus on helping the veteran population.

The fair is an excellent opportunity to meet with potential employers, especially for veterans who will receive focused attention. The fair was planned by Emily McGaha, who serves Americorps VISTA on Wilkes campus.

"The goal of the Veteran Expo and Career Fair is to assist the veteran population both on and off campus by providing resources and awareness of job opportunities that are looking to hire our heroes [sic]," McGaha said.

The expo will also "assist students who are unsure of what they want to do after college," according to McGaha, as well as allow students to "see what's out there."


The event will include sessions in the morning dealing with Entitlements, Skill Transfer, and a Community Resource Panel.

"These sessions assist the veteran population by inquiring information on what they are entitled to, what resources are available to them within the community, and how to transfer their skills onto a resume," McGaha said.

In the afternoon, there will be a Career and Education Fair.

"Part two is the Career and Education Fair where companies/businesses and local colleges/universities come in looking to hire veterans or inform veterans about educational opportunities at their institution," said McGaha.

"The career and education fair is also open for the rest of Wilkes community as well as community members, but the veteran specific component focuses on these workshops to assist veterans and companies looking to hire veterans."

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Weird News

By Gabby Glinski
Asst. News Editor

UTAH

A woman dropped off a couch at her local thrift store and little did she know, her cat had crawled inside of it.

Rachel Barbee and her friend, Brittne Arroyo, decided to bring Barbee's couch to the local Deseret Industries thrift store instead of the dump.

"I was helping my friend move and the couch was in the back of my truck for like 20 minutes," said Arroyo. "She obviously didn't know the cat was in the couch. She didn't meow or anything."

When a woman shared photos of the cat with the couch on Facebook, Arroyo recognized that it was Barbee's feline companion and contacted the woman. Barbee was then able to go back to the store and reclaim her cat.

PHILADELPHIA

Jian Zhi Li, 44 of Philadelphia was arrested after police found 317 pounds of marijuana in his minivan. Li was stopped by police for a traffic violation in Rhode Island when the officers detected the distinct smell of the drug coming from the vehicle.

Upon searching the van, authorities uncovered 327 vacuum-sealed plastic bundles

of pot. Li is being charged with possession of marijuana with intent to deliver and other related crimes.

GEORGIA

A 20-year-old Georgia man was charged for disorderly conduct, public intoxication and underage consumption of alcohol after police say he sprayed a woman in the face at bar with a product designed to smell like flatulence.

BRAZIL

Two would-be robbers left a shiny impression on police in Brazil after attempting bank robbery covered head-to-toe in aluminum foil.


NAZARETH, PA

A Pennsylvania man has been charged with firing shots at another man in a dispute about a hermit crab.

Mario Ramon Maisonet was arguing with his fiancée's ex-husband over whether her son could bring the boy's hermit crab into the house.

TEXAS

Library workers found an elderly woman trapped inside a bathroom stall after being locked in for 36 hours. The staff neglected to check the restrooms before closing.

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Veterans Council hosts hot dog giveaway in Greenway, April 20



The Beacon/ Jesse Chalnack

On April 20, the Wilkes University Veterans Council held a free hot dog giveaway in the Greenway during club hours for members of the campus community.

Life, Arts & Entertainment

Have a story or want your event to be featured? Contact the Life, A&E Editors: Nicole.Zukowski@wilkes.edu or Justin.Topa@wilkes.edu

Wilkes alumna finds success in the Big Apple

By Kimberly Hein
Staff Writer

New York City is the mecca of theatrical performance, the home of timeless plays and musicals. For those breaking into the world of theatre, it seems to be the perfect place to get discovered, and one former Colonel has done just that.

Twenty-two-year-old Amanda Thomas graduated from Wilkes in 2015, with a bachelor's degree in theatre and a minor in dance. Right away, she knew a city would be the best place to get her career started. At first, it was a toss-up between continuing her education and breaking into the theatre world.

"I was thinking to go right to grad school," Thomas said, "but after doing some auditions and receiving some different educational offers, I decided that I wasn't ready to take on such a financial burden right away."

Thomas does plan to eventually get her master's degree.

As she would soon find out, success was not far away. In February 2016, she joined the cast of the off-Broadway show "Speakeasy: John and Jane's Adventures in Wonderland."

Held in the Theater for New York City, the play was a "re-imagined version of Alice In Wonderland set in a 1920s speakeasy," Thomas said. "The musical explores the topics of racism, 1920's queer life, sex-drugs-alcohol, prohibition and a giant queer Cinderella-esque ball."

In the production, Thomas was a member of the ensemble and a dancer. She also was a voice soloist and played saxophone for the cast's jazz band. "Speakeasy" concluded in March of 2016.

Thomas believes her Wilkes education is what helped her to have an advantage in the competitive world of theatre, and she considers herself more marketable because of her wide range of skills.

"The work I did at Wilkes University



Courtesy of Facebook/Amanda Thomas

Amanda Thomas graduated from Wilkes in 2015, with a bachelor's degree in theatre and a minor in dance. Right away, she knew the city would be the best place to get her career started. In February 2016, she joined the cast of the off-Broadway show Speakeasy: John and Jane's Adventures in Wonderland.

Theatre completely shaped the working professional I am today," she explained. "I not only learned about my acting process and craft, but I am now a carpenter. I can sew. I can read and navigate a ground plan. I can hang and focus lights. You don't get that in a conservatory as a musical theatre major."

Thomas believes New York City is the

place for her, and said she will always come back to it because it is "the central hub of all the auditions." Between these auditions, Thomas moonlights at restaurants and works as a substitute teacher. Her main focus is making herself known.

"Auditions happen every day," she said, "so it's all about getting my face and name out there, and getting to meet people and

to see if I'm right for anything. I cannot wait to see what's in the future, but I know that whatever it is, Wilkes and everyone who was there with me definitely played a part in it."



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Charlie Cary helps Wilkes, one bulb at a time

By Carlie Coolbaugh
Staff Writer

There are many people that stand out in this world for the accomplishments they have achieved and life they have lived.

Charles "Charlie" Cary is part of Wilkes University's facilities team that has been helping our campus stay maintained and energy efficient.

On the job, Cary brings many great ideas to the university but outside, he lives a very entertaining lifestyle.

Early on, Cary received various degrees in engineering and his master's in business administration. With his degrees, he's taught at Luzerne County Community College specializing in courses that varied from basic to advanced electrical, plumbing and heating, HVAC, and architectural drafting and design.

He also spent six years in healthcare. Currently, he is teaching business courses along with his job here at Wilkes.

His facilities career has led him to many large colleges and universities. He spent

many years at a few private colleges, 15 years at Penn State University and a great deal of time at Purdue University and Indiana University.

During his time at the Indiana schools, he helped save both universities millions of dollars with the energy they saved. With the extra funds, he and his team were able to put back into the facilities and recycling programs.

Along with his job at energy conservation, Cary held the position of the secondary buyer for the natural gas at IU. This responsibility taught him a lot about the commodities and the market of buying and selling. This appealed to him because of his admiration for business.

Since he's been at Wilkes, he and his team have already been saving our school energy. This year, he estimated that we've saved at least \$800,000 in energy. He predicts that over the years with the new changes, Wilkes will be saving millions.

Some projects he's been working on have been replacing the light bulbs in our street

lights and lights in the parking garage with LED light bulbs.

These bulbs will save us from using 500 hertz an hour to as low as 15 hertz an hour. This change will save thousands alone and maintenance time because the bulbs have a lifetime of 20 plus years.

He's also been working on replacing the HVAC in the library and the Darte center which will also help with the effort to save Wilkes some energy.

All of his projects help he and his team analyze new potential threats and how they can be resolved to help Wilkes become more energy efficient.

In his free time, Cary free climbed for



Courtesy of Charlie Cary

many years of his life and eventually carried on the tradition with his three daughters up until four years ago, when he decided to pack his climbing boots away, leaving his youngest daughter champion.

He's also enjoyed other thrills such as skydiving. Now his main focus is his family. He plans to leave his career behind at Wilkes

in the years to come to focus on his grandchildren and wonderful wife and daughters.

"It's been a rollercoaster, but it's been fantastic."



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The process of using the NeuroTraining and Research Center

By Nicole Zukowski

Life, Arts and Entertainment Editor

With the end of the spring semester and the pressure of graduation looming over my head, I thought it would be a good time to utilize one of the newest resources Wilkes offers.

The NeuroTraining and Research Center, located on the second floor of Breiseth Hall, is open to all of the Wilkes community for mental performance enhancement.

Treatment depends on what one feels they need help with in their life. This could range from managing stress, holding focus or improving energy throughout their day.

The NeuroTraining and Research Center is of no cost to students and the methods used have been proven to enhance academic, athletic and artistic performance. The treatment is said to promote better health and well-being by reducing stress.

With the 'if it's free, it's for me' mantra in spirit and the hopes of lowering my stress level, I thought I'd go through the process.

I have to mention before I explain my experience with the center that I'm using the term 'treatment' as a helping method of improvement. I feel that the term 'treatment' has a stigma around it that something must be wrong when used in a medical context; on the contrary,

improvement is the goal at the center.

Step one

The first step was stopping by the center to fill out a client intake form. This form consisted of background questions like what you're seeking help with and if you're prone to seizures. In total it took about three minutes to fill information form out. You could also find the form online and e-mail it to the center.

Step two

It took almost a week to get a response e-mail informing me of what the best treatment option was from my answers on the intake form. The e-mail informed me to set up an appointment with the receptionist and listed an array of different operating hours of the center to choose from. Since my schedule is pretty hectic while the academic year comes to a close, I scheduled my appointment for a week later. However, if I wanted a closer date the option was there. The center is open all week and is really flexible with schedules.

Step three

Finally it was time to actually receive treatment. It was recommended for me that I have training using AudioVisual Entrainment, AVE, one time a week and if continuing, two times a week for six sessions.

As I walked into the office on a Friday afternoon, the lighting was low, giving off

a relaxing ambience. Two very friendly and soft-spoken interns greeted me. I was handed two informed consent forms, one to sign and another to keep. Then I followed an intern into the back room where AVE training is performed. She talked me through the training and answered my many questions. Truthfully, I was a little nervous, but after talking with the intern my nerves calmed. Ironically I was receiving treatment for managing stress, and stressed out about it.

As the instruction sheet that was hanging in the wall read, "AVE is a device that stimulates the brain with pulses of light and sound so as to lead the brain to adopt a certain pattern of activity."

This mixture of exposure will cause the brain to enter a temporary state that is complementary to the goals of training.

I was scheduled for 15 minutes of training. That's 15 minutes of lounging in a chair with glasses and headphones on. My first thought when the treatment started was "this is 15 minutes of being trapped in my mind."

I have a very active mind; always thinking about one thing or another. For the first few minutes I ran through the events of my day and what I still had to finish.

I lost track of time after a while, and could honestly say I started to relax. There were two beeping sounds and a heart beat noise when I started the training, but

towards the end the two sounds blended together and the heartbeat seemed to be a background noise to me.

I was actually getting very sleepy in the chair. The session ended and the intern came in the room to help me take the equipment off. If I had five more minutes, she would have found me sleeping, no doubt.

Step four

The last step was a little debrief. I told the intern how I felt: relaxed but tired. My mind seemed at ease, too. Of course, since I knew what the training was supposed to do, I could have thought myself relaxed. I wanted the treatment to be successful for me, obviously.

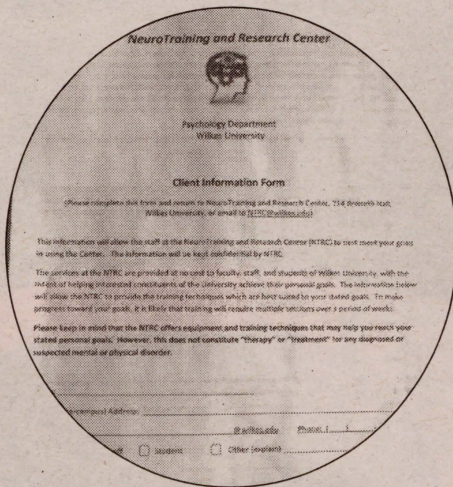
Overall I would recommend training at the NeuroTraining and Research Center. The process was incredibly simple and, I thought, very helpful. I describe my training as forced meditation. It made me sit down and clear my mind to the point of relaxation. I was recommended to go through more training to see a stronger result. If I wasn't graduating in less than a month I probably would. I wish I would have tried out the NeuroTraining and Research Center sooner and made training a part of my weekly schedule.



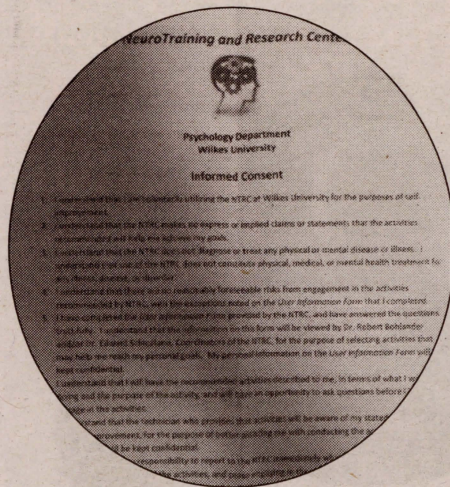
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The NeuroTraining and Research Center is located on the second floor of Breiseth Hall.



The first step in receiving training is to fill out a client information form, found on the Wilkes website.



Before any training could take place, one must fill out an informed consent form in the office.



The AVE treatment consists of lounging with headphones and goggles that show flashing lights.

Students Showcase the Creative Process of Color and Design

By Marissa Spryn
Staff Writer

"The Process" exhibit, organized by Dr. Sara Moore, is an interactive gallery created by students enrolled within a Fundamentals of Color and Design course.

This fun and interactive display takes the viewer through each step of the creative process.

The objective of the assignment was to paint on three-dimensional objects in order to create a 2D appearance.

Sara originally spawned the idea for this project after being introduced to the work of Alexa Meade, an artist who paints on people in order to transport them into her work, at the TED global conference in 2013.

Two pieces were created by Moore, while the rest were completed by students Zachary Berg, Elizabeth Childs, Willard Hause, Laura Kessler, Alexis Maroney, Joseph Miele and Bethany Shaud.

The process of the students inspired tangible pieces for the artists to keep, though their inspirations were less receptive to time.

"With normal paintings, students will have a physical, tangible item that they can show off or keep for themselves," said Moore. "When they were finished painting their fruits and vegetables, they eventually had to be thrown away after putting so much work into the piece. As an artist, emphasis on the process can become


especially difficult when faced with the reality of disposal. They need to realize that beauty may not last forever."

The focus of the gallery is the process of making art, not the final project. In this form of creation, digital photography and video are valuable artifacts in documenting the creation of art.

In addition to their pieces, each student was required to create a speed-paint video that demonstrates the skills and techniques executed throughout the assignment. This, in turn, takes viewers through "the process" of tricking the mind's eye into seeing a two-dimensional surface.

Focusing on the steps behind the work initiates interaction between the viewer and the piece itself. Each piece has its own unique QR code that can be scanned on a mobile device. This code links you to each video posted online. These webpages will be tracked using Google Analytics to determine the likability and number of views each painting receives. The order of the gallery paintings will be periodically updated according to these statistics. That way, student and faculty viewers have direct influence on the presentation of the gallery itself.

Interaction with the exhibit will be tracked until mid-May 2016 and each painting will remain on the first floor of Breiseth Hall throughout the summer months.

 @wilkesbeacon
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Artist: Laura Kessler



Artist: Elizabeth Childs



Artist: Will Hauze

Refresh and Renew by Volunteering at the Big Event

By Amanda Bialek
Staff Writer

Are you ready for a day full of serving the Wilkes-Barre community and connecting with other individuals?

Wilkes University's fifth annual Big Event is on Saturday, April 30th.

Students have the opportunity to volunteer their time from 9 a.m. to 1 p.m.

"I think service is really important because it gives students the ability to sort of ground themselves in the community that they're living in," said Megan Boone-Valkenburg, coordinator of student development.

For many students Wilkes-Barre is not the community that they grew up in. Boone-Valkenburg believes that students will become more comfortable at Wilkes as they start to build a sense of community and familiarity with the location.

On the day of the Big Event, volunteers will have breakfast available to them as they register from 7:30 to 9:30 a.m.

There are multiple different locations that community service will be taking place this year.

Katelyn Jimison, executive recording secretary of student government, is the coordinator of the Big Event.

"It is my responsibility to contact possible volunteer sites and coordinate what activities will be done, what supplies will be needed and how each group will get to their site," she said.

Jimison also orders the shirts and drawstring bags that each volunteer receives and organizes the breakfast and lunch.

After volunteering for the day, students will return to campus for a barbecue lunch, music, lawn games, tie-dying shirts, snacks and ice cream on the greenway.

"I wouldn't be able to do all of this without the help of my committee," said Jimison.

"They are truly the reason this event is such a success every year."

Boone-Valkenburg said she works behind the scenes, to support Katelyn, and helps her find locations for students to volunteer at. She makes sure that the fine details are met.

"It really is a student initiated and student driven service event through Student government," said Boone-Valkenburg.

Jimison believes community service is important because it provides students with an opportunity to give back to the community.

"We have such a big impact on the residents and businesses in the area, and they are so supportive of us all year round," she said.

The Big Event is a way for everyone to thank the residents of the community for all they do for the university.

"Spring is that time of renewal and the air is fresh and the weather is perfect," said Boone-Valkenburg.

Warm weather and sunshine is a great time for students to take advantage of being

outdoors and participate in community service.

"It's something that really feeds your soul as well as helps the community out," said Boone-Valkenburg.

With hundreds of students doing beautification projects, she believes that the Big Event will have an instant impact because it is visual.

"People in the communities can see that Wilkes cares about them," said Boone-Valkenburg.

"We care about the footprint that we are leaving."

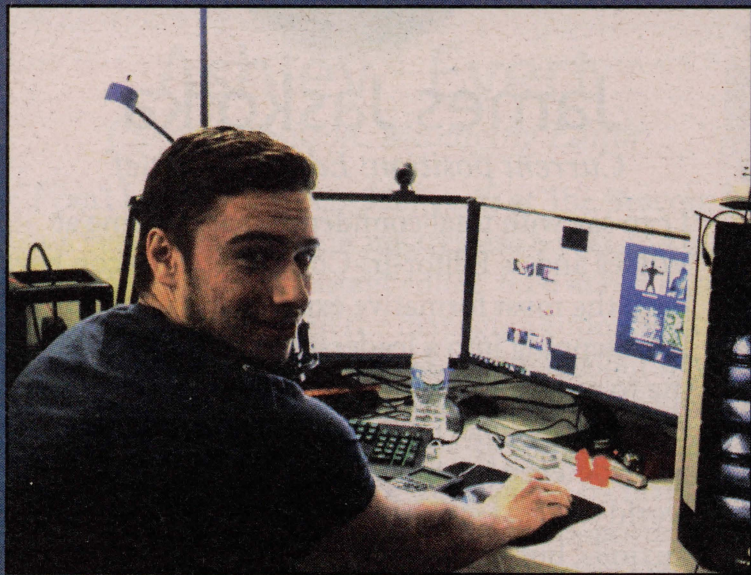
Whether it is a big or small a project, Wilkes has the power to make an impact and a positive change in the community.

As the website change.org said, "Have a heart, lend a hand, stand out and make a difference."



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HUMANS OF WILKES UNIVERSITY



The Beacon/Alexandra Devarie

"I really like to play video games in my free time, whenever I can find that. I actually, bought a whole bunch of parts of a computer and built sort of a super computer. The computer actually does serve a whole lot of other functions besides just playing video games. I'm a mechanical engineering major, so I was able to download all of the programs that I need for my classes. It's great to have them right there whenever you need them. I plan on adding more things to the computer in the future. I think it's great, and it helps me improve my skills."

-James Copley

The Guiding Light of

the Beacon

The senior graduating editors at The Beacon reflect on their time contributing to the publication.

Editor-in-Chief



James Jaskolka

Current position: Editor-in-Chief

I can say with total confidence that my time at Wilkes and as Editor-in-Chief of The Beacon have been the most formative experiences of my entire life. Stepping into a leadership position has allowed me to grow and understand myself in ways I never thought possible. I came to Wilkes an anxious and doe-eyed freshman, very ignorant to how the world works. I still have a lot to learn, and I still get anxious, but I'm better equipped to handle it now. I wouldn't have spent the last four years anywhere else.



Designer: Kahdijah Venable, Senior



Justin Topa

*Current position: Life, Arts
& Entertainment Editor*

The Beacon is a perfect name for my experiences with our campus newspaper. Through my time as an editor, our publication has guided me through my writing, my leadership and most influentially, has guided me towards a great group of friends and mentors that have helped to shape the person I am and the professional I hope to become. I do not know what lies ahead but, wherever I end up, I know I can count on my time with The Beacon to help guide the way.



Ashley Evert

Current position: Managing Editor

I can't believe I've spent four years at The Beacon. I started as a beauty columnist in my freshman year and quickly moved on to LAE assistant editor, then assistant managing editor, and maintained the managing editor position for the last two years. I've learned so much about writing in a different way than I was used to and even more about layout and design. In addition, I've learned what we jokingly call "the PR side of journalism" by managing our staff and events. I'm so grateful for the opportunity to get so much hands-on experience and I know I will take all the skills I've learned at The Beacon with me after I leave Wilkes.



Nicole Zukowski

*Current position: Life, Arts
& Entertainment Editor*

Working four years at The Beacon has given me the opportunities that helped shape me into the professional that I am today. The skills that I've learned from having hands-on experience will most definitely help me in my future endeavors. The Beacon was such a valuable resource for me to develop and enhance my communication skills. I am truly thankful for the Communication Studies Department for offering such a valuable opportunity that has helped in my education tremendously.



Sara Pisak

Current position: Opinion Editor

Looking back on my time at The Beacon, I am surprised by all of the things I have learned in only two years. When I began copy-editing and writing book reviews, I never imagined I would become proficient in new programs such as InDesign, Photoshop and WordPress. I never imagined I would be section editor and be able to mentor other writers, attend national journalism conferences and form friendships with local community figures and writers. I am thankful for all of the learning opportunities and for the staff and the adviser, Dr. Churcher, who made these accomplishments possible.

Opinion

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

Things I wish I knew before I graduated

Recent Wilkes graduate offers insight into life after college

By Sierra Marsh
Guest Writer

Sierra Marsh is a 2015 graduate of Wilkes University who holds a degree in English with minors in both sociology and women's and gender studies. She currently resides in Wilkes-Barre where she is dedicating time to building her soy candle business.

The last few weeks of your final spring semester in college are wild and not entirely in the fun, 'let's be the last ones to leave the dance floor after pitchers' kind of way. There's essays, finals, presentations and capstones to complete while somehow managing to sleep, eat and not burst into tears after the library printers refuse to work.

I get it.

I know because I was right where you are at this time last year.

Stressing and worrying about checking every single last assignment off of your To-Do List leaves little to no time to think about what life after graduation may bring. I came up with a few things I wish I knew before I graduated college, and I hope they find you right where you are to bring you some encouragement.

1. People will expect you to have it all figured out.

Family members, friends, peers, coworkers, even potential employers. They all mostly mean well; I'm sure of it. But believe it or not, I have had job interviews where the interviewer has asked me, "What are you hoping to do with your English degree? Have you considered teaching?" What I would have liked to say is, "Uhm, well, for starters I'm just hoping for you to give me a job so I

can pay my bills."

But it's not that simple.

The awkward Thanksgiving dinner questions will continue except the pressure will be at an all-time high. The ever so famous, "So...how is school going?" will be replaced by "So...do you have a job yet?" but remember, as I said, everyone means well! They wouldn't ask if they didn't care, but we don't all have a five-year plan seemingly written in stone right after college. It's all a process, and you have to take things one day at a time regardless of any daunting underlying pressure that may come from other people in your life.

2. It's okay if you don't have it all figured out.

This is important to remember. Be gentle with yourself because things will begin to come together. You deserve to live a life you're proud of, and you've worked so hard to be where you are now. Remember your dreams and the hopes you have always had for yourself whatever they may be. Refuse to lose sight of them, and you're already halfway there.

3. You'll fall out of touch with friends.

Yes, the same ones you met on move in day freshman year, the ones you skipped class to walk to Dunkin' with for 99 cent iced coffee, the ones you giggled uncontrollably with on borderline delusional late nights in the library, and maybe even the ones you will get ready with the day of graduation. This is something I wish I saw coming, but I want you to know it isn't a bad thing.

What I mean by this is in the months that follow your graduation you will see your friends do ground breaking,



Courtesy of: Sierra Marsh

beautiful things. They will be chasing their own goals and discovering life in new ways just like you. They may be starting new jobs, tackling their first semester of graduate school or moving away to an entirely different state.

Plans to see each other will fall through and even text messages may eventually come to an altogether stop. Life happens, and that's OK. It's OK because when you do see each other again, when those plans do work out, it will feel as if no time has passed at all.

Reconnecting will be effortless. You'll hear about all the things your friends have going on in their lives - big ideas, first dates, quirky co-workers, life changing opportunities - and if you're open to it, you'll find that they may even inspire you.

4. There is no such thing as a perfect plan.

Have you ever talked to someone who seemed as if they had their entire life planned out right down to how many

children they want? No doubt clouds their mind at all. They want what they want, and since it's planned out, they believe it will happen. Sometimes I find myself envying people like that, but the truth is that reality has a way of breaking up even the best laid out plans.

Life just happens. I say that a lot, but it's true. The fact is that you don't know what may happen to you or around you that could affect those plans, and that's why it's important to understand early on that the unanticipated twists and turns could turn out to be the best part of your journey. Embrace the unexpected, and don't be discouraged when things fail to go as perfectly as planned.

There are far greater things ahead for you, more amazing than you could even imagine. Take a chance on the unknown, stay firm in who you are, and I promise you will be surprised by the doors that open up before you.

A Tree Grows in Brooklyn: A classic for writers and everyone

By Sara Pisak
Opinion Editor

Betty Smith's *A Tree Grows in Brooklyn* is one classic that when read makes readers want to become an author. I was first introduced to the text when a friend of my family and a former teacher of mine gave me the text as a gift. Mrs. Cannon described the work as "one of my favorite books as a young girl and I should never lose my thirst for knowledge." Only a few pages into the text, a reader will more than understand why the quest and thirst for knowledge is important.

A Tree Grows in Brooklyn is largely autobiographical. The main character Francie, like author Betty Smith, lived in an impoverished section of town, shared the same birthday, went to college without a high school diploma and studied at the University of Michigan. Also a reader finds out later in the text it appears both Francie and Smith love to follow the adage, "write what you know."

In writing what Betty Smith knew, she produced a text that was realistic in displaying the human condition and which treated issues of gender with sympathy.

Writing what Smith knew also led to criticism as people panned the book as being to political, overly compassionate to the poor and glorifying unions. However, Smith's text was not read by solely one social class but was a uniting factor. Having a critically acclaimed work, which spans societal gaps, is all any author can hope for.

Smith's work allows a reader to inhabit Francie's world and see global events and life events as she does. In doing so, the reader is also able to inhabit Francie's introspective nature and contemplate the world as they know it but through the lens of Francie's quest for knowledge, quest for herself and quest to remain innocence and not become pessimistic.

In the text, Francie like Smith writes what she knows. As a child, she is hungry to learn about the world, life and even everyday school subjects.

Since the text employs flashbacks, flash-forwards and eventually comes full-circle to end where the text began, a reader is able to follow Francie's life quest to learn as much as she possibly can. Francie does let her mother's favoritism, war, death of her father, poverty and ignorant teachers

keep her from bettering herself through education, while not becoming jaded or cynical. Francie's quest for education should be something every reader strives to emulate in their lives: the idea that everyone no matter their social standing deserves to be educated and they should never stop learning.

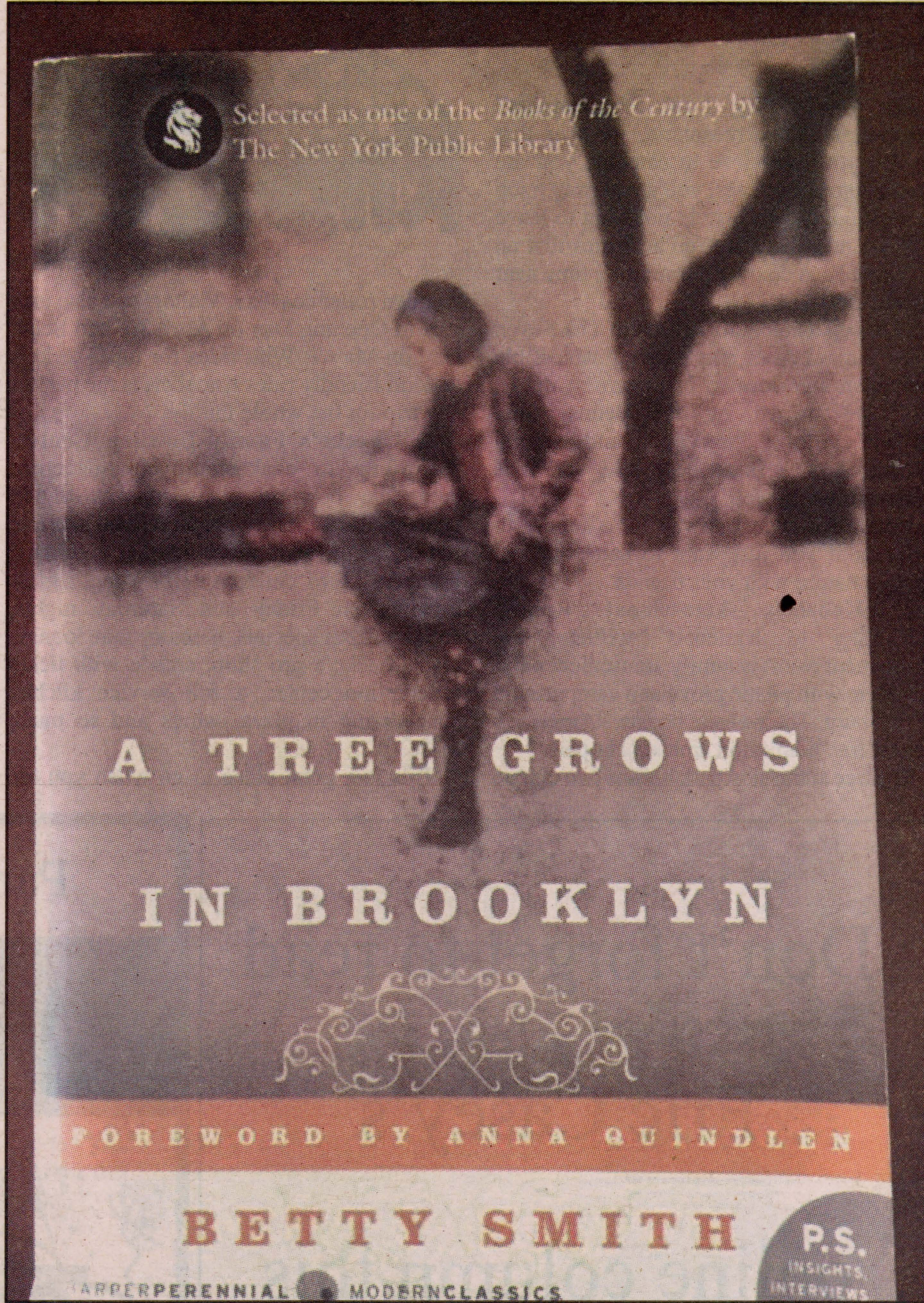
When Francie's father dies she stops writing the cute, fictional stories her teacher loves. Instead, she writes what her teacher describes as "sordid" literature, essentially nonfiction stories about her life. Her teacher suggests she burn these sordid stories and return to the literature which Francie does not believe in any longer.

Of course, Francie continues to do what her creator Betty Smith has done: She writes what she knows. Francie would rather write stories which capture the human condition with honesty and face criticism than write a work she does not believe in and be praised. Not only is Francie's condition regarding her work reminiscent of the criticism Smith received for *A Tree Grows in Brooklyn* but it is an admirable stance for any writer to adopt.

I had already decided writing would be a part of my life when I first read this text, but Smith and Francie will always be a major influence on my writing style. While reading this book, I decided although fictional stories also wonderfully capture the human condition and the human spirit, each of us has a different perspective which is worth exploring through autobiographical writing and nonfiction.

Francie and Smith's shared view on writing is an admirable one to adopt. More writers and readers should take a cue from both authors, and write what they truly believe will cause frank discussions on the human condition. At the end of the day, writing a work an author believes in is more important than writing only for the sake of writing.

I too hope each reader of *A Tree Grows in Brooklyn* never loses their quest for knowledge and their love for the written word.



Courtesy of Sara Pisak

Sara's Score:



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Kessler

Hauze

School's out for the summer; the question is, are you?

By Allison Rossi
Staff Writer

Are you staying local this summer? Regardless of the reasoning, whether that be that you live close to campus, you are taking summer classes, you are getting a job near school or you just do not want to leave your friends, there are fun activities that an individual can do over the summer time near Wilkes-Barre.

1) Seven Tubs Natural Area: The Seven Tubs Natural Area is a publicly accessible recreation area located in Luzerne County, Pa., and owned by the Pennsylvania Department of Conservation and Natural Resources. This is an easy hike and it is close to town as well.

It is also a nice getaway for a family to enjoy or if you just want to hang out and explore nature with your friends.

2) Knoebels Amusement Resort: According to Knoebels' website, the amusement resort is family amusement park, complete with picnic grove and campground in Elysburg. The website boasts, "America's largest free-admission amusement park."

The free admission park houses two classic



Creative Commons

wooden roller coasters. Visitors can also take part in Opening Day on April 30, and Scout Day on May 7. With rides for thrill-seekers and kid friendly rides Knoebels is the perfect day trip for the whole family.

3) Chacko's Family Bowling Center: According to chakosfamilybowlingcenter.com, the bowling alley consists of 40 synthetic AMF lanes, computerized scoring, junior, adult, and senior league, automatic bumpers for children's bowling, glow bowling on Friday and Saturday nights, senior citizen specials, memory lane lounge, Dan Chacko's pro shop, arcade with ticket redemption center, a full service kitchen specializing in pizza, wings and so much more.

This is a great place to go when you are

bored or just want to be inside and have fun on a rainy day.

4) Mohegan Sun Arena at Casey Plaza: According to mohegansunarenapa.com, Mohegan Sun Arena at Casey Plaza is owned by the Luzerne County Convention Center Authority, a government body appointed by Luzerne County.

The arena is managed by SMG, the world leader in entertainment and sports facilities

management with catering and concessions services. The plaza has more than 8,000 seats and has the capacity to hold approximately ten thousand people for concerts.

5) Lark Mountain Marketplace: Lark Mountain Marketplace is an antique mall. There are a variety of vendors that offer unique items such as vintage advertising, mining items, estate and costume jewelry, and even video games.

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Eric Casey's

online column this
week at

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Colonels Talk Back

We asked: "What do you enjoy about spring?"

Interviews by
Luke Modrovsky
luke.modrovsky@wilkes.edu

Photos by
Jesse Chalnack
jesse.chalnack@wilkes.edu

As the weather warms and the calendar nears May, Wilkes students are beginning to catch spring fever. With temperatures rising, members of campus try to find ways to get outside and enjoy the warmer weather. Whether it's taking a simple stroll by the river or playing a pick-up game with friends, Wilkes University and Wilkes-Barre become very busy during the spring months.

The Beacon asked members of the Wilkes Community to share what they enjoy most about the spring season. Want to be in the next Colonels Talk Back? Email luke.modrovsky@wilkes.edu

Larissa Ressler
Junior
Nursing

"My favorite part about spring is the warm weather and when the trees and leaves start to bloom. I like to go outside and do school work. Going outside to Kirby Park is also enjoyable as well."

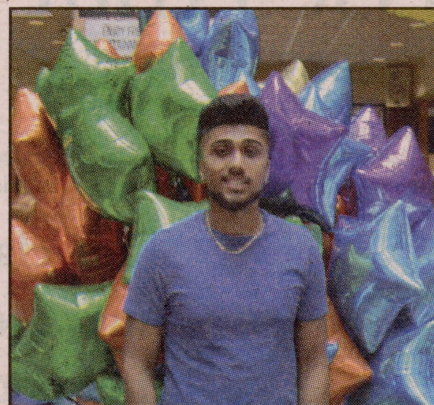
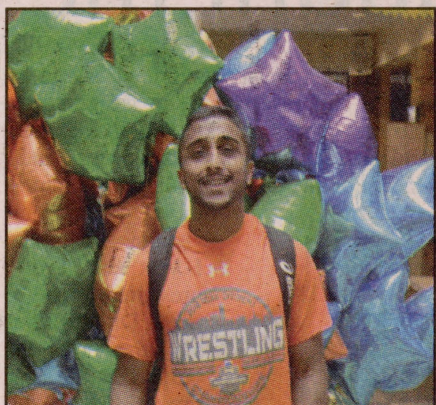


Sandy Anthony
Rifkin Cafe Cashier
Wilkes Dining

"I like to go to the beach. Usually, I pack up my house in Wilkes-Barre and I head down to the Philadelphia area and spend some time with my family. Not only do we go to the beach during breaks, but we try and take a trip down to Florida as well."

Pankil Chandler
Junior
Sports Management

"I like the change in atmosphere. Everyone seems to be in a better mood during the spring months. As a wrestler, it's more enjoyable running and doing workouts outside instead of being stuck indoors."



Amal Pillai
Senior
Mechanical Engineering

"I definitely try to get outside and be more active. I like to play a lot of different sports in the nicer weather as well. I really enjoy playing soccer outdoors because you get to take in the fresh air."

Michael Conrad
Junior
Electrical & Mechanical Engineering

"In the spring, I like to go outside and start running more. I need to get myself in shape for a body-building competition I have. I love to just be outside and do everything I can outdoors."



Kaylee Caprari
Sophomore
Undeclared

"I do a lot of hiking in the spring. One of my favorite places to go is Ricketts Glen. I like to do a lot of road tripping too. Beaches and boardwalks are fun places to go. I don't like to travel anywhere when it's cold."

Senior staff members reflect on their at Wilkes

Thank you for all of the opportunities

By Sara Pisak
Opinion Editor

As I am laying out my final edition of *The Beacon*, I feel the need to write one of the longest but most well deserved thank you notes. I figure if Jimmy Fallon can write out thank you notes, I can too.

Thank you to the readers who have made writing my weekly book reviews not a chore but one of the most rewarding things I have ever done.

I have valued your constructive critiques and your praise. I have valued all of your comments especially, "You made me want run out and buy the book!"

I never thought when I asked if I could write a small book review column two years ago that it would turn into copy editing, a full page article, a job as assistant opinion editor and then finally a job as opinion editor.

I never thought I would become

proficient in varying types of software I have been using on a weekly basis. I am thankful for being able to expand the skills I will take onto graduate school and into the work force.

I am thankful for the amazing friends I made on the staff. I am grateful for the opportunity as a writer to be publishing every week and to work with amazing writers, knowledgeable editors, a supportive faculty adviser, Dr. Kalen Churcher, and creative designers.

I enjoyed writing opinion articles discussing hot button, trending topics, while working to shine a light on those who cannot always speak for themselves such as victims of abuse and those suffering with traumatic brain injuries.

I would have never imagined when I started I would be winning a national award from Region 1 of the Society of Professional Journalists and representing

Wilkes University and *The Beacon* on a national level.

The English nerd I am loved discussing some of my favorite new works of literature and rediscovering classics.

Books always will be one of the most successful ways to reach across barriers of race, gender, time and social position. In an instance, as fast as it takes to turn a page, books allow us the ability to think in ways we never could have imagined and to inhabit the lives and ideas of those we never thought possible.

I hope with each article and each review, I was able to give the reader just a little piece of the magical quality of books and the powerful ability of the English language.


I hope reading my articles has brought readers half of the joy they brought me while writing them.

With gratitude,
Sara

Tell us what you think.

What are some of
your favorite college
memories?

Tell us @wilkesbeacon

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sara.pisak@wilkes.edu

The five classes that taught me the most

By James Jaskolka
Editor in Chief

Higher education has always been a place for learning and growth. You spend four years taking classes that give you better insight to your particular field of study, and then you can apply those skills to a career. Sometimes, though, you end up in classes that are useful to you in other ways: you learn empathy; you learn confidence; you learn about yourself. The following classes were chosen because they have all fostered growth in me, in more than just an academic sense.

5. SOC 101 Intro to Sociology Dr. Andrew Wilczak

When you grow up with a dysfunctional family that struggles to make ends meet, it's easy to lose sight of how much privilege you actually have. This course, taught in Dr. Wilczak's unique style, opened my eyes to how other people live, and I've learned to be more understanding since.

4. COM 202 Interpersonal Communication Dr. Jane Elmes-Crahall

You don't realize how important effective communication is in relationships, romantic or otherwise, until you're already feeling the strain. This class showed me different methods for communicating verbally and nonverbally, and has made my relationships with others much stronger.

3. ENG 101 Composition Dr. Thomas Hamill

I came to Wilkes as a business major because I didn't think I could make any money from writing. I might have graduated as one, very unhappy in a field I had no

interest in, if it wasn't for this class and its reflective and research-based assignments. At our first conference, Dr. Hamill told me I should be in a major where I could write, and I listened. For me, this class was the beginning

of a fundamental change in who I was and how I presented myself. So, Dr. Hamill - thanks for believing in my dream.


2. COM 398 Gender and Communications Dr. Mia Briceño

This class taught me about different kinds of gender identities and how people express their gender differently. It was the first time I'd encountered anything like that before, and suddenly everything clicked: there were other people in the world just like me. I wasn't alone in my discomfort. While being

essential to my self-understanding, this class also taught me empathy for others. I hope they make this a required course some day.

1. PHL 242 The Meaning of Life Dr. Linda Paul

Despite the fact that I'm currently enrolled and it's not even over yet, I feel like this class has had the most positive influence on my development. It's a course that challenges you to reconceive how you view the whole world, from an internal and external perspective. We read excerpts from a book called "The Mindful Way Through Depression," which totally changed my perspective on life. In under a semester, I've learned to be more mindful, how to stop negative thoughts before they overcome me and, most importantly, how to recognize and unlearn habits I have that cause problems for me. I'd recommend this class to anyone who enjoyed their Philosophy 101 class and likes reading.

 @wilkesbeacon
james.jaskolkabutler

"[The class taught me] there were other people in the world just like me. I wasn't alone in my discomfort."

Sports

Want your sport covered? Contact the sports editor: Rachel.Leandri@wilkes.edu

Dominic and Jacob Parfianowicz: Twin takeover of men's tennis

By Andre Spruell
Asst. Sports Editor

When walking around campus, if you see two 6'5" students who resemble each other walking everywhere together, chances are it is the dynamic tennis duo: Dominic and Jacob Parfianowicz.

The junior twins are both biology majors and were born and raised in Elmira, N.Y. From the time they were born they were inseparable, constantly doing almost everything together, which still holds true today.

"We've been doing everything together since day one," said Jacob Parfianowicz. "Every activity, sport, always doing it the same."

Here at the university, the Parfianowicz twins are known for tearing it up on the tennis court in doubles action, but tennis was not their first sport. Swimming was the first sport that the pair got into, and they actually swam for a little bit in their

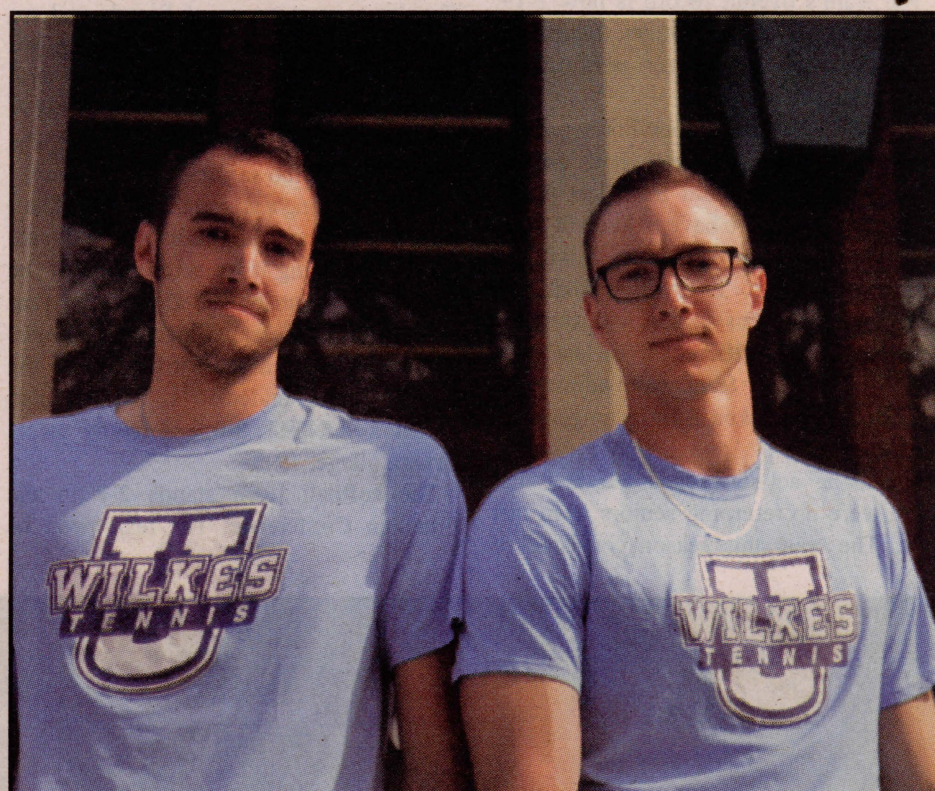
freshman year at Wilkes.

The twins actually got into tennis when they were in elementary school, due to their fourth grade gym teacher at the time.

"He was doing tennis in gym class, then he started doing individual work and got us into it," Dominic Parfianowicz. "That's when we began, and he has been training with us ever since."

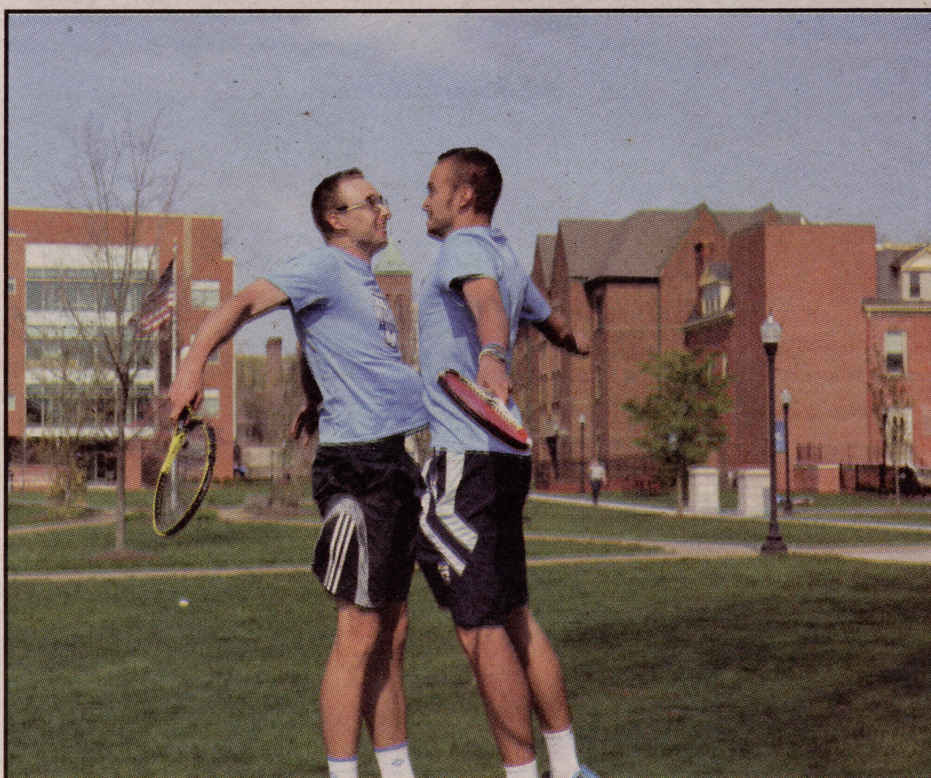
Their former elementary school teacher still remains in contact with the Parfianowicz brothers and still works with them on breaks and during the summer when they play tournaments in upstate N.Y. If it were not for this teacher, the twins admitted they probably would never have gotten into tennis, as their mom did track and their dad played handball in Poland.

Having a Polish heritage is something that the twins are proud of and use to their advantage. They maintain their heritage by only speaking Polish at home, and celebrate



The Beacon/Purvit Patel

Dominic and Jacob Parfianowicz are both juniors at Wilkes University.



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Parfianowicz twins share a brotherly chest bump on the greenway.

all the traditions and holidays associated with the culture. As a competitive edge, while most doubles partners use hand signals and whisper to each other, these two yell at each other in Polish, which can intimidate opponents.

Both the Parfianowicz boys have been playing doubles together since seventh grade, and that experience together is something that most college doubles partners just do not have.

"In seventh grade, it was a rough start, but we're family and we got through it," Dominic Parfianowicz said. "Now we're playing really good tennis, and I don't think I want a different partner because I don't think I can play with anyone else."

When they first arrived on campus, the twins noted how difficult it was to make that transition from high school to college, but credit the tennis team for helping them make the transition much easier. Being so close as a team is what makes college fun

and allows the team as whole to experience success on the court, which the twins say is even more true today.

As playoffs are approaching, the twins are ready to flip the switch and get ready to take on some tough competition. There will be some pressure on the team as the Colonels are nationally ranked in the region for the first time in school history. If they keep playing well, they will be poised to make a deep run in Nationals.

Even though they are only juniors, the twins plan on working in the biology field. Dominic will actually be taking the MCAT in June, which is a medical test taken electronically in attempts of becoming a doctor.



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Wilkes softball: Working hard for the 2016 late-season wins

By Danny Van Brunt
Asst. Sports Writer

The softball team recently played at home against King's in a double-header and lost both games. The first game ended 6-3, and the second game ended 7-4.

The team's overall record is now 7-19. Sophomore infielder Grace Sanzalone commented on the team's performance this season.

"I think our record does not represent how much we have grown, both on and off the field, as a team from last year," Sanzalone said. "We have to keep in mind that we are a very young team without senior leadership. Everything that has been brought in this season with the new coaching staff is different from last year; there has been a team-wide adjustment period that has taken a little longer than we hoped for."

Sanzalone acknowledged the fact that there were no returning seniors from last year. The team this season consisted of

four juniors, five sophomores and five first-year students. In addition, Sanzalone mentioned her coaching staff is new as well.

Sophomore Pitcher Nicole Cumbo took time to reflect on her season as well.

"I love that the team is so supportive. They're a great group of friends and we have so much fun together. As a team, we have had a lot thrown at us this year with our new coach. I love that we have taken everything we have learned and used it to improve," Cumbo said.

Despite having a young team, the softball team had a successful run in Myrtle Beach, S.C. After losing its opening game of the season, the team collected the next four wins. Wilkes defeated Mount Aloysius twice, first with a score of 7-0, and the second game ended 7-4. Wilkes also defeated SUNYIT, 8-0, and finally Sweet Briar College, 19-3.

The softball team stands 2-8 in the Freedom Conference. The team won its

very first conference game against Eastern, 1-0. In that game, Lacey Bixler hit a double to left-center field with two outs, and was followed by a single from Caitlin Brown. The single took Bixler home, and she scored the only point of the game.

Wilkes played a double-header against Eastern. The second conference game against Eastern ended with a tough score of 2-10. The other two conference games were against Delaware Valley, in another double-header. The first game started with Delaware Valley jumping out to a four-point lead. Wilkes took their time to tie the game up, but Delaware Valley scored a point late in the game to win 5-4. The other game was similar because Delaware Valley jumped out to another lead of five-points. Wilkes came back 5-4, but they took the game away ending it 7-4.

They also won against Lycoming. In the double-header, Lycoming won the first game by tallying five-points in the first few innings. The lead was too far for Wilkes to


come back, and left the first game 6-2.

The second game was tied 1-1 in the third inning, and then Cumbo hit a single in the fourth sending two batters home. The score ended 3-2.

Wilkes beat DeSales, 15-3, for their second Freedom Conference win of the season. The game only went five innings.

"Our main goal is to play and ultimately win the MAC. The championship game is being held at our field, which means we want to at least be on the field playing," Sanzalone said.

"We hope to take everything we have learned and better implement it in our remaining games. We plan to get some more wins and we are going to do it for Bill, our coach's cat!" Cumbo said.

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Freshman Caitlin Brown connects with the ball for a hit to left field in a game last Wednesday evening.

The Beacon/Purvit Patel

Wilkes women's lacrosse: Reaching the homestretch on a high note

By Mark Makowski
Sports Writer

The Wilkes women's lacrosse team has been rolling as they are entering the home stretch of the 2016 season. The team has compiled an (11-3) record and has a (3-1) record in Freedom play. They were riding a five game winning streak that would end while playing FDU Florham. Last season, the team had a (10-5), but their (2-4) record in Freedom play doomed them when the playoffs came around.

Head Coach Kammie Towey entered her 10th season looking to take the high points of last season and build upon them.

"My expectations for this season were to go above .500 overall and make it back into the playoffs," Towey explains. "My goal for the team is still to make it back to the playoffs and continue to improve in every game."

When looking closer into the Wilkes women's lacrosse team's success this season, you first have to look at the roster. There are eight seniors leading the squad, and the captains of the team all bring their

own specialties.

"Madeleine Brownsey, Jessica MacConchie, Emily Ketterman and Tori Kerr each bring their own facets to the team as captains," Towey said. "Madeleine and Emily are the vocal leaders on offense and defense. Jess is the mother hen and Tori leads by example through her hard work on the field."

Senior Attacker Madeleine Brownsey has really stepped into her prime this season, and has been shattering records every time she has stepped onto the field. Brownsey is the all-time leader in goals for the Wilkes women's Lacrosse team. On April 13, Brownsey would score 11 goals in the game against Centenary, breaking a record she set in the previous season.

With four games left in the season, Brownsey wants to get the best out of the squad so they can get into the playoffs and make a deep run.

"We need to concentrate on putting together a full 60 minutes," she explains. "We sometimes get comfortable with the lead and then end up struggling to maintain the win in the end."

To match Brownsey's offensive superiority, the team also has a defensive star to hold down the other side of the field. Senior Defender Jessica MacConchie has improved tremendously since last season, she has surpassed all of her stats from last season and she still has four games left in the regular season.

Sophomore Defender/Midfielder Jessyca Held entered her second season on the team with high hopes.

"When the season started I had very high hopes, and I still do," Held explains. "We have a very talented group this year. I try to do everything I can possibly do on the for the seniors since it is their last season."

With the end of the season quickly approaching, the women's Lacrosse team needs to make sure that they keep winning as their last four games are all in conference play.

With a (3-1) in Freedom play, the team will just need to make sure members keep all of their opponents in check and leap into the MAC Freedom playoffs on a high note.

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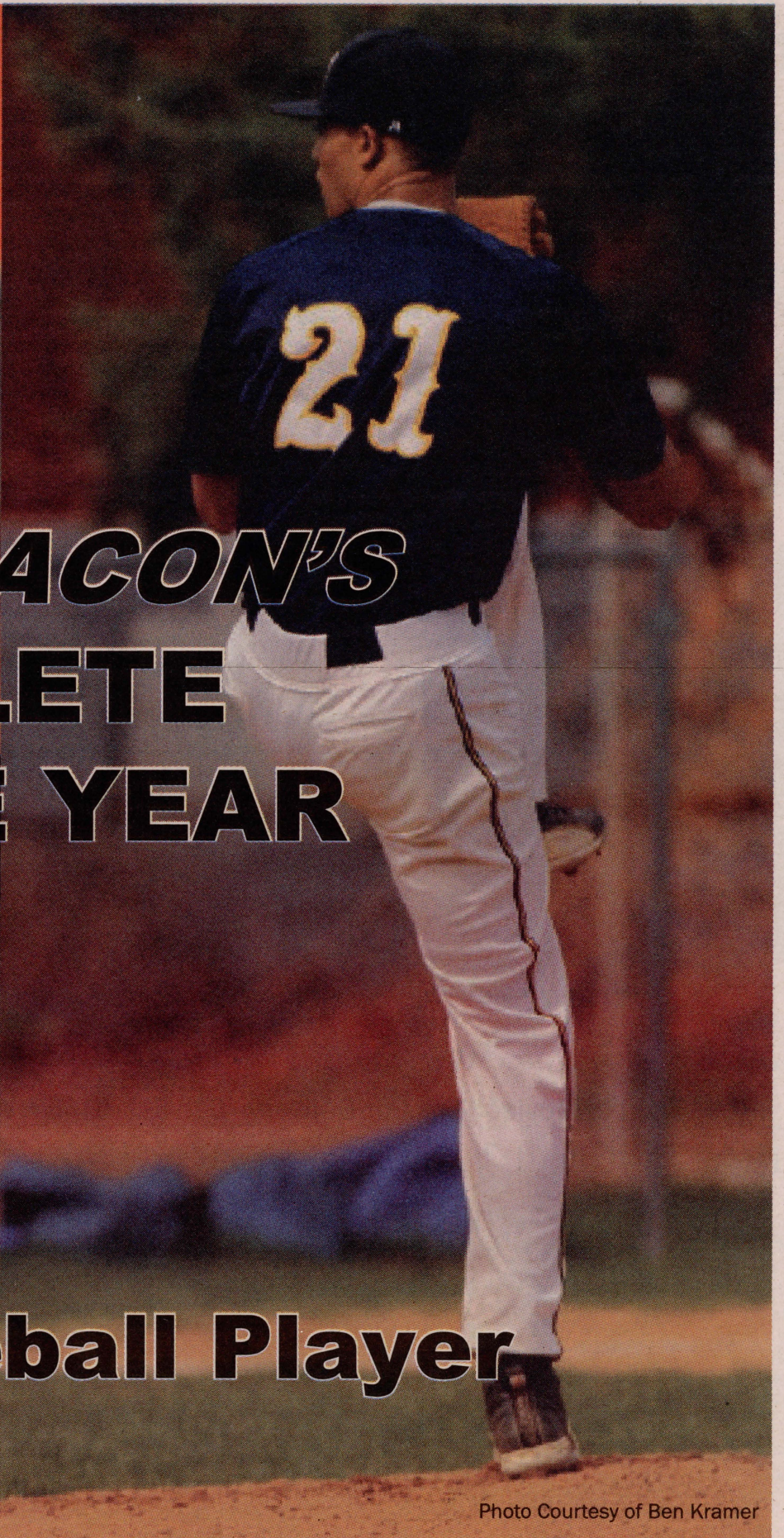
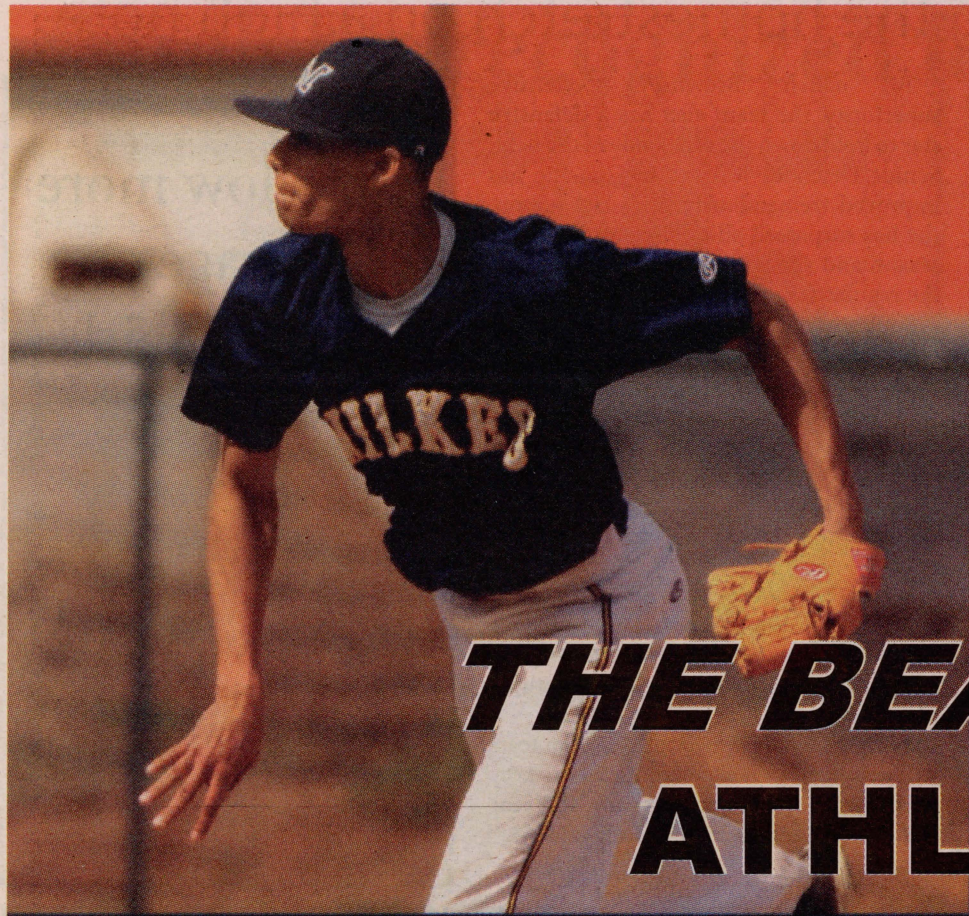
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THE BEACON'S
ATHLETE
OF THE YEAR



Senior Baseball Player

Photo Courtesy of Ben Kramer

Getting to know...

Marcus Leaf

By Purvit Patel
Sports Writer

NAME: Marcus Leaf
HOMETOWN: Reading, PA
YEAR: 2016
HIGH SCHOOL: Berks Catholic
MAJOR: Communication Studies

Senior baseball captain Marcus Leaf is a pitcher on the field and a hero off the field. From Reading, Pa., a graduate of Berks Catholic High School, Leaf shows us everyday what it means to be a student athlete. Balancing communication studies with a sport isn't easy, but Leaf makes it look like it is.

Q: What sparked your interest in baseball?

A: I grew up down the street from the Reading Phillies stadium, and after seeing a number of games I knew this would be a sport I wanted to be a part of in my future.

Q: Is there something about baseball that will always stay with you?

A: The life lessons it teaches you. Baseball teaches you many things. The biggest thing I have taken from this sport is patience. You have to stay patient in order to do well in this sport; you're not going to go out and kill it every day, so you have to stay patient and wait on those good days to come.

Q: When did you start playing?

A: I started playing at the age of 6.

Q: There's word that the Phillies are interested in you, care to elaborate?

A: This summer I went to an open try-out and ended up getting a call back, in which I have been throwing bullpens in front of some of their top scouts from my area. One of the scouts has been in contact with me and has come to two of my starts this year.

Q: What do you plan on doing after graduation with your degree?

A: I plan on finding a job with a professional sports team and coordinating events.

Q: You used to play football and were a great player. What made you use baseball over football?

A: This past summer I received information from my former head baseball coach that a Phillies scout contacted him and they were interested in seeing me play. The coach let me know how rare of an opportunity this was for a Division 3 athlete, so I had to make the most of it and focus on baseball. The fact that I had missed out on every fall season because of football meant that I was setting myself back.

Q: Anyone or anything you credit your athletic or academic success to?

A: My mother is my biggest inspiration. She does all she can for me to help me become my best self. She is a single parent that gives all she has to my sister and me. She is responsible for my athletic career because she has always kept me involved with some type of sport, whether it be basketball, football, or baseball. There have been times we would go to the park and I would whip 70mph fastballs at her because I needed a catch partner, or she would drive hours away to get me to games. She is also responsible for my academic success: she has sent me to the best school in my area for high school and then sent me to a four-year university. She is my rock and all thanks and praise goes to her for any type of success I have.



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