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March 25, 2014

THE BEACON

The news of today reported by the journalists of tomorrow.

Volume 67 Issue 17



Old campus tobacco policy goes 'up in smoke'

With the recent inclusion of E-Cigarettes and all products to mimic tobacco smoke major changes took place in the campus tobacco policy -- Full story on page 3, and national perspective on pages 10-11

The Beacon/Jake Cochran

March 25, 2014

Contact editor: nicole.zukowski@wilkes.edu

UN Conference unites classrooms across the world

By Nicole Zukowski
News Editor

Global issues will be discussed on a international scale in New York City for 12 Wilkes students.

On Mar. 30 to April 3 Wilkes students enrolled in PS 398 will attend the Model United Nations (MUN) Conference in New York City. More than 5,000 college and university delegates come to the United Nations US headquarters each spring to discuss current global issues. Half of the delegates are from outside the United States.

Delegates serve on twenty selected committees which range from playing roles as the General Assembly, Economic and Social Council, or even the United Nations Security Council to name a few. The country committees are required to write position papers of

how they feel about international issues. Then they are tasked with writing resolutions which the topic committee may adapt to eventually bring the committee to a consensus. All the country committees with the same topic make up sometimes made up of over 400 people

Jezza Malik, junior international studies and Spanish double major, summarized the MUN Conference as giving "students an opportunity at a brief glimpse into the life of an international diplomat."

Malik attended similar international conferences while in high school hosted by universities, but this is his first collegiate level conference of this type. He has an idea of what is expected of delegates at MUN.

"You are required to barter, negotiate, and cooperate with other states in order to write 'draft resolutions' to topics of debate, as well as be able to present to the entire committee,"

Malik said. "MUN not only requires delegates to get outside of their comfort zone, but it also forces one to look at life from a different perspective as the representative of a country he/she may know nothing about."

Wilkes was assigned to represent the delegation of Somalia, located in the Horn of Africa. Somalia is bordered by Ethiopia and Kenya with the major bodies of water of the Gulf of Aden and the Indian Ocean. Fortunately Dr. Merryman, the professor teaching this course, specializes in Somali history and culture, having spent several years working in East Africa.

The location of the majority of the conferences is held at the Sheraton Hotel in New York City. The Closing Ceremony is customarily held at United Nations headquarters.

"I am looking forward to networking opportunities, learning experiences, and better understanding the function of the UN as a whole,"

political science and Spanish double major Emily Absalom said. "I feel it is important for us students to attend the conference as it allows us the opportunity to participate in United Nations simulations."

The conference will give the political science class a good opportunity to take part in exercises in consensus building and negotiation of global interaction.

Entire delegations or individual delegates can win awards at the end of the conference for papers submitted. The recognitions are ranked as first being "outstanding" second as "distinguished" or third as "honorable mention". The conference is hosted by the National Collegiate Conference Association (NCCA) every year.



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Helping pharmacy students is goal of new PPA president

By Amanda Stickles
Staff Writer

Wilkes associate professor, Jonathan Ference was recently elected president of the Pennsylvania Pharmacists Association PPA Educational Foundation.

The Foundation's mission is to foster research education and the development of practice models that advance patient care. It currently provides research grants of \$1,000 to Pennsylvania pharmacists for the exploration of innovation for best pharmacy practices.

Ference's role in the foundation is to guide other board members in establishing a strategic direction foundation as well as developing a sound financial investment plan to grow the foundation's budget. He said he believes in "continuing the foundations current projects as well as introducing new ones."

Ference plans on hosting a student poster presentation as well as sponsoring the Know Pain, Know Gain pharmacy patient counseling completion at the annual mid-year conference.

Ference received his doctorate of pharmacy from Wilkes University's Nesbitt College



Courtesy of Marketing and Communications University of Oklahoma

Ference aims to help pharmacy students.

College of Pharmacy and as an adjunct assistant professor at the University of Oklahoma College of Medicine, Department of Family Medicine Tulsa, Okla.

As director of pharmacotherapy education for the Wright Center for Graduate Medical Education-Family Medicine Residency program, Ference's goal is to ensure that resident

of Pharmacy and Nursing. He completed a specialty residency in family medicine and a faculty development fellowship at UPMC St. Margaret's, Pittsburgh, Pa.

As well as spending four years on faculty as an assistant professor at the University of Oklahoma

family physicians are provided with sound training on the appropriate use of medications.

Ference also provides formal didactic training in the areas of evidence-based medicine, clinical decision making and pharmacotherapy. He is also a part of direct patient care in collaboration with the residents in the outpatient clinic at Wilkes-Barre General Hospital and various local nursing homes. "Through this collaboration we teach and learn from each other while practicing evidence-based care to optimize patient outcomes," said Ference.

As a board certified pharmacotherapy specialist, Ference, whose clinical activities include working in the outpatient pharmacist-patient care clinic; is involved with giving advanced medication therapy management services to those with chronic medical conditions.

Ference specializes in the areas of diabetes and cardiovascular medicine and works alone side with a team of Wilkes University pharmacy students in giving patients medical care.

"The pharmacy students play a vital role in patient care and benefit by expanding their knowledge base in diabetes and cardiovascular medicine as well as providing direct patient care services," said Ference, "The profession of pharmacy is shifting towards these ad-

vanced models of practice and this experience allows our students to enter the workforce with ample experience in this area."

Wilkes University values interprofessional education and patient care, yet only host two healthcare disciplines. Ference has used his experiences at Oklahoma University to reach out and create networks between members of our local community across healthcare disciplines.

Wilkes has also been a big part of the work of the Northeastern/central Pennsylvania Interprofessional Education Coalition NCPA IPEC. Ference has had the opportunity to participate in the annual collaborate Care Summits hosted by the NCPA IPEC and looks forward to continuing with being involved in their work as they improve.

Ference ultimate goal as a faculty member is to help every pharmacy student he works with and help them realize their dreams of becoming a competent, comfortable and confident pharmacist.

"My three C's," he said.



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THE BEACON

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Updated policy expands campus tobacco limits now to include smokeless chew, water vapor cigarettes

By Kat Dodson and Shawn Carey
Contributing Writers

A recent amendment to the 2013-14 Wilkes Student Handbook was announced publicly through Today At Wilkes on Jan. 20.

Wilkes' tobacco use policy now officially applies to "any product intended to mimic tobacco products, contain tobacco flavoring, or deliver nicotine other than for the purpose of cessation (patch or pills acceptable)," as stated on page 58 of the handbook.

Dr. Mark Allen, Wilkes' dean of Student Affairs, explained that the recent decision to alter Wilkes' tobacco policy to include e-cigarette use was "to provide a more holistic definition of tobacco use.

"Some of it was driven by the newest technology, particularly the popular use of e-cigarettes," Allen clarified.

Allen said he and other members of Student Affairs spoke with a group of student leaders, who reported some complaints they had heard about e-cigarette usage in campus buildings and concerns about the fact that e-cigarettes still contain nicotine.

Wilkes was already in the process of reviewing its tobacco policy. Allen and others considered the complaints and observed how other colleges and universities were approaching e-cigarette usage to determine what seemed like a reasonable approach. They ultimately decided that categorizing e-cigarettes with cigarettes made sense from a practical standpoint.

"By virtue of them being called cigarettes, there is a clear connection to tobacco use ... and we attempt to discourage that," Allen explained. "We have also instituted a ban in campus buildings on the use of chewing tobacco, so we decided to clean up the wording of our policy just to try to get all products that are tobacco products or derivatives under one umbrella."

While the American College Health Association recommends that campuses ban tobacco-imitating products, such as e-cigarettes, as well as tobacco products, action by various American colleges and universities has varied.

Some, such as Wilkes and Ohio State, have banned the use of e-cigarettes indoors



The Beacon/ Jake Cochran

The tobacco policy at Wilkes is under review because of the new trend of e-cigarettes and other tobacco product on campus. Dr. Mark Allen requests feedback on the matter from the students before future modification to the policy.

as part of their tobacco-free policies, while others, like Northeastern University, have put off enacting a policy until more research has been conducted. Others still, such as University of Michigan, limit use of both e-cigarettes and traditional cigarettes to specified areas on campus.

Local King's College and Luzerne County Community College address e-cigarettes in their own ways.

Robert McGonigle, associate vice president for Student Affairs at King's College, reported that, while King's did recently review and revise its tobacco policy, e-cigarettes were not raised as a concern and were not included in it.

"Our smoking policy mainly addresses tobacco use," he stated, alluding to the fact that

e-cigarettes are not tobacco-containing products.

He added that no one had ever raised any concerns about e-cigarette smoking on campus.


"If we had students, faculty or staff being affected or bothered by it, that's something we would look at," McGonigle said. "The priority would be on ensuring that no individual has to be affected by any kind of smoke, even from an e-cigarette."


Luzerne County Community College limit use of both e-cigarettes and traditional cigarettes to specified areas on campus. Violators of the policy are disciplined with fines.

Allen said Wilkes' Student Affairs has not yet received any complaints or commentary

about the new policy from students. He also mentioned the formation of a larger committee meant to focus on further modifications to the tobacco policy and cessation efforts to help smokers in the campus community who would like to quit.

He said he hopes to offer more opportunity for feedback before future modifications, such as an open forum for students to provide input.

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IEEE to host 'Engineering olympics' for HS students

By Amanda Sickles
Staff Writer

High school students and university personnel are invited to attend Wilkes University's 2014 Engineering Olympics on March 28, 2014.

The Engineering Olympics will take place in Arnaud C. Marts Center at Wilkes University.

The event is meant to excite and inform regional high school students about the engineering profession and give them the opportunity to apply engineering principles to the real world.

The Engineering Olympics is student ran; organized by the Institute of Electrical and Electronics Engineers Club. Bernard Socha is the treasurer of IEEE and the Engineering Olympics coordinator. Lucas Domelevicz is the president of IEEE and co-coordinator of the event.

Both have competed in the event when they were in high school and both ended up winning the competition.

There are two electrical and two mechanical events this year with 13 different high schools participating in the events. Each school sends 10 juniors, making five pairs of two.

"We want to minimize mathematical cal-

culations; our goal is to have them do more creative problem solving rather than just more mathematical problem solving. It makes it more interesting that way," Domelevicz said.


In past years of the Engineering Olympics the events included bridge-building with Pop-sicle sticks and biggest tower building with using the least amount of materials. With each growing year the events have become more complex.

"Students get to actually experience building something and then test what they created to see if it works," Socha said.

The winner of the event gets a \$40,000 scholarship to Wilkes University. All competi-

tors who participated in the event also get a tour of the Wilkes campus, showing them equipment used for engineering and current research projects. Almost half of the competitors end up registering for Wilkes' engineering program.

The event tests the students' critical thinking, building, and tests their abilities in the field of engineering and science. It allows the students to bring out their competitive side.

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Students gain insight through conferences

By Nicole Zukowski
News Editor

In the starting weeks of March various clubs, societies and departments have attended conferences along the East Coast.

Students gain networking skills and an overall better understanding of interests through attending conferences, seminars and they gain valuable exposure and the ability to network with others within their various fields they would not typically have encountered.

Pennsylvania Federation of College Republicans Conference

Wilkes student chapter members of College Republicans attended the Pennsylvania Federation of College Republicans Conference, on March 1 held at Temple University in Philadelphia.

At the conference students listened to Lt. Governor Jim Cawley, Skot Covert, the CRNC National Co-Chairman and Sarah Schultz, the youth outreach director for the PA GOP, along with other College Republican members.

Along with new board members being elected, the conference was centered on the new Federation board election. The old Chair of the PA Federation was Darin Bartholomew, from Temple University. Elected at the conference was new Chairman, Chris Wetherson from Indiana University of Pennsylvania.

Each chapter was allowed to have five voting delegates present at the convention. This did not, however, limit the number of members each chapter was allowed to bring.

The main benefit of students attending this conference was to talk about the changes in how to spread the Republican message while keeping with the changing times.

It was also the first time Wilkes CR's have



Courtesy of Allison Davis

St. Patrick's Day weekend was spent in Boston for 10 psychology majors. The students attended the annual meeting of the Eastern Psychological Association. One student and two professors presented work at the conference.

attended in the past couple years. Six student members attended the conference.

EPA Conference

Psychology Club members got to spend St. Patrick's weekend in Boston, Mass. for the annual meeting of the Eastern Psychological Association.

Ten members of the Psychology Club accompanied by three professors at Wilkes were in attendance with people from all over the country.

The group left from Wilkes March 13 in the morning and returned March 16 in the afternoon. Students stayed in the Boston Park Plaza Hotel and Towers.

The meeting included abstracts of talks, symposia and posters pertaining to matters in various psychological fields. One student on the trip, Katherine Dodson, presented an original poster along with Dr. Edward Schicatanos and Dr. Thomas who presented research.

"The most interesting part to me was all the up and coming research," sophomore psychology major, Allison Davis said. "Not only regarding human behavior, but also on things like using protons on brain tumors, and finding predispositions to schizophrenia."

CMA Conference

Skill learning and networking were of focus at the National College Media Convention for communication studies majors.

Six students and two professors departed from Wilkes on March 13 to attend the CMA conference in New York City. The group stayed at the Sheraton Hotel where the conference was held and returned to Wilkes on March 15.

Workshops, sessions, media tours and speakers made up the conference. The keynote speakers were CBS Evening News Anchor and Managing Editor Scott Pelley and Bonnie Fuller, founding president and editor-in-chief of Hollywoodlife.com, along with filmmaker journalist Michael Skolnik.



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Beacon Briefs

Commuter Council Bus Trip

Commuter Council will be sponsoring a bus trip to Inner Harbor in Baltimore, Maryland. The trip will be on Sunday, April 13, and tickets will be sold every Tuesday and Thursday in the Henry Student Center Concourse from 11 a.m. to 1:00 p.m. until April 10. The trip will cost \$25 for the bus trip alone, but if interested would like Baltimore Orioles baseball tickets, it will be an additional \$10. The game is at 1:35 p.m., and they are playing the Toronto Blue Jays. If interested are unsure whether or not students would like to pay for the tickets up front, you can purchase the tickets at the Orioles Box Office, but there are no guaranteed seats. When signing up for tickets, please let us know whether you would like to pay just for the bus trip, or would like to have the tickets included for convenience. Along with the Orioles game, there is also the Baltimore Aquarium, and many other things to do at the Inner Harbor including shopping, restaurants, and visiting museums. If you have any questions, contact the Commuter Council President at christopher.cousin@

wilkes.edu at any time.

Wilkes University Theatre Presents: Check Out Chekhov

An evening of one act plays by Anton Pavlovich Chekhov. Russian physician, dramatist and author, Chekhov's career as a dramatist produced four classics and his best short stories are held in high esteem by writers and critics. Get to know one of history's greatest writers in an evening of delightful theatre. The show takes place on April 3 at 8 p.m. in the Dorothy Dickson Darte Center. General admission is \$10, seniors/students \$5, faculty/staff/students can get in free with Wilkes ID. Reservations are encouraged. Contact the Box Office at (570) 408-4540.

Wilkes University Hosts Community Health Fair

Wilkes University is sponsoring a Community Health Fair on April 5, to provide information to members of the community about healthy lifestyles and health-related topics. The health fair will take place from 11 a.m. to 3 p.m. in the Henry Student Center. The event is free and registration is not required. There will be programs and information for individuals of all ages, from children to senior citizens.

Adult programs include booths with information on cancer awareness, smoking cessation, diabetes and cardiac problems. Programs for teens include information about the negative effects of substance abuse, drinking and driving and sexually transmitted diseases. For younger children there will be programs about fire safety, nutrition, exercise and more.

Wilkes University BIG EVENT Volunteer Registration

On Saturday April 26, Wilkes University Student Government will hold its third annual community wide BIG EVENT, where Wilkes University will descend upon the surrounding community, dedicating a day to community service. Registration will begin at 8 a.m. and we expect to be working until 3 p.m. More information will be available as the event draws closer. For questions or concerns please contact Kassi Bugg at Kassandra.Bugg@wilkes.edu

Wednesday Lenten Luncheon Series

The Office of Campus Interfaith and the City of Wilkes-Barre's Downtown Ministerium will be hosting a Lenten Luncheon Series. This year, the theme is "Finding Your Way Home". It will continue each Wed. and end

April 16, and is held at St. Stephen's Episcopal Church (across from Boscov's). The service begins at 11:30 a.m., with an organ recital, the ecumenical/Interfaith Service begins at noon, and following the service is a soup and sandwich lunch, sponsored by one of the local churches. The suggested donation is \$4; the proceeds this year will benefit the Wilkes-Barre Free Clinic. With questions contact Caitlin Czeh in the Interfaith Office, caitlin.czeh@wilkes.edu or at ext. 5904

English Spring Writers Series presents Curtis Smith

The English Department, sponsored by the Allan Hamilton Dickson fund, presents Curtis Smith. Curtis Smith's stories and essays have appeared in over seventy literary journals. His work has been named to the Best American Short Stories Distinguished Stories List, The Best American Mystery Stories Distinguished Stories List, and the Notable Writing list of The Best American Spiritual Writing. The presentation is on March 25, and 26 at 7 p.m. in the Kirby Hall Salon. For more information contact Deb Archavage, debra.archavage@wilkes.edu.

SG Notes: trouble with consistency of fund rations

By Nick Durdan
Staff Writer

This week Wilkes University's Student government tackled more issues on consistency with fund allotments as well as new club recognitions, and retroactive fund requests.

Wilkes Enactus club continued its fund request for the second week.

The request for their conference trip to Cincinnati remained unchanged at \$6,087.12. The request, a large sum of Student Government's funds, caused tense debates throughout the evening. Sergeant at Arms Cameron Low gave insight about the continued inconsistency about what SG should fund.

"Our whole budget is around thirteen thousand, their request is nearly forty-five percent of our total budget and there are still five weeks left in the semester for something

else to come along," said Low.

With the projected budgets for other projects, Student government would be in debt nearly \$50.

A motion was eventually reached to allot \$1,163.12 to pay for the hotel fare.

A debate over what SG should fund affected the vote of SG members.

The motion failed to pass at 10-26-0.

SG paid for the air fare at the previous Enactus conference last year, so a second motion was suggested to allocate \$3,000 for air fare with a stipulation that any additional funding received after the budget expense would be given back to Student Government.

This motion was passed with a marginal vote of 19-17-0.

Wilkes American Society of Mechanical Engineers in its first week requested \$5,500 for its upcoming car show fundraiser.

Student Government came to a consensus that the budgeted numbers were not very clear

and needed to be fixed for the following week.

Voting will take place at the following meeting.

Also in its first week, the Choral Club retroactively requested \$1,654.68 for its Baltimore trip over spring Break.

Student Government came to a consensus that price verification of the budget was necessary, and reminding all parties involved that Student Government does not pay for food.

Voting will take place at the following meeting.

Wilkes University's American Society of Heating, Refrigerating, and Air-conditioning Engineers requested official club status.

ASHRAE is used to educate the science and engineering students in the fields of heating, refrigeration, and air-conditioning.

Student Government was for the recognition and looks to vote for its status at the following meeting.


Capital Projects returns for the spring 2014

with multiple project requests to be voted in the future.

The projects included an Xbox in the Student Union Building for a price of \$678.63, twenty additional folding tables for \$1,679.60, a new speaker system for \$699.99, a new karaoke machine for \$389.85, and replacement furniture in the Student Union Building lounge for either \$10,000 or \$11,070 depending on which type bought.

Voting on these projects and others will commence at the next meeting.

The budget this week is as follows: all college: \$2,663.39, spirit: \$2,630, general: \$3,531.87, conference: \$4,366.64, giving Student Government of: \$13,191.90.

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The Beacon/ Sarah Bedford

Every year accepted students and families are invited to a 'VIP Day' on the Wilkes campus. Families are welcome to go on campus tours and talk with current students about any questions they might have about studying at Wilkes in the fall. This year over 1,000 people showed up to participate in 'VIP Day'.

'VIP Day' gives future Colonels a look at campus

By Sarah Bedford
Assistant News Editor

Campus was abuzz on March 22 as future Colonels marched through the Henry Student Center to attend VIP Day.

VIP Day is held yearly for high school seniors who have been accepted to Wilkes University.

Check-in began at 8:30 a.m. where students and their families were welcomed by Wilkes student ambassadors who acted as greeters, tour guides and helping hands throughout the day.

After check-in, refreshments were offered in the Martz Gymnasium where the welcome address was given.

President Patrick Leahy had tweeted out the day before saying that, "We'll have over 1,000 people on campus tomorrow @WilkesU for VIP Day. A record turnout! #WilkesU"

Junior criminology major Shanice Woods, who was an Ambassador for the event, discussed why she felt VIP was beneficial to those in attendance.

"It's a great way to confirm their decision and make sure they've made the right choice."

Sophomore pre-pharmacy major Caitlyn Tompkins agreed, adding the factor that as current students, they were once in the incoming freshmen shoes, and now "you get to share your experiences."

At VIP Day, the students and families were able to select different sessions to attend, such

as a student panel and a financial aid question and answer.

There were also presentations given such as "Behind TV Special Effects," "Chemical Contaminants in Food: Is Anything Safe to Eat Anymore?," "Engineering and Physics: Undergraduate Research at Wilkes" and "Rip Van Winkle and the Origin of Stories" amongst others.

Many individuals found this to be the biggest difference between VIP Day and a normal campus visit.


"There's a lot more specific sessions.. and they're held by professors," said Jessica Kneps, sophomore biology major.

Along with these presentations, students had the option to take tours of campus and of

residence halls in Weiss, Roth, Evans, Towers and a freshman favorite, Waller.

VIP Day ended in the early afternoon, leaving the current army of colonels exhausted but also allowed them to reminisce about their decision to attend Wilkes.

"In high school, VIP day was the day I really fell in love with Wilkes. It's awesome being on the other side of it as an ambassador. I'm exhausted by the time it's over, but I'm not lying when I say it doesn't feel like work. It feels more like fun!" said freshman English major, Tara Giarratano.

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6 | FUN CORNER

Word Find:
Spring
week of March 25

I G N I T L E M Y M E V I N Z
H L G M R A W F K M I J C I A
Q J Y G T Q L F L O R A L A S
I F T Z F U E U Y W V D F R C
H B L O O M I N G C O V R W D
T V S E P B U H A T C H I N G
T N A R G A R F F A D D W R A
R W X W G O E X L T I G L C K
V H B B R B N R O X X N I B F
R M Z U E Q I F U K D I W L I
C X P D B L H H R D R T O F E
O T J D I X S T I Z B U R M C
R D J I R T N N S V L O G D V
Z X I N T K U J H J S R M T M
S M A G H J S A I U N P R X O
S R E W O H S J N F J S Q Q M
G R E E N A I F T O B I F M V

Word Box:

- | | | |
|----------|----------|-------------|
| Blooming | Hatching | Budding |
| Melting | Equinox | Rain |
| Floral | Rebirth | Flourishing |
| Showers | Fragrant | Sprouting |
| Green | Sunshine | Grow |
| | Warm | |

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Find The Five Differences



Still Life: The Beacon brings you campus happenings in photos



The Beacon/Haley Adam

Hopeful students showcase their abilities during Drum Major tryouts for the Wilkes Marching band.

Spring Fling uses unique southern theme

By Marisa Farronato
Correspondent

This year's Spring Fling's unique country-rustic-chic theme has grabbed the attention of the 390 students who have already purchased their tickets.

The event, funded by Wilkes University's Student Government, will take place from 6-11 p.m. March 28 at Genetti's Hotel on Market Street in Wilkes-Barre.

Student Government Executive Board Corresponding Secretary, Kaitlyn Wolfe, planned the event with help from her committee including other student government members from all classes.

"After all of our hard work and planning, I truly cannot wait to see it all come together, and I know that it is going to be an unforgettable night," Wolfe said.

Different textures like burlap and lace, along with earth tones, will bring the theme alive.

"It should be a fantastic event. The theme this year, rustic-country-chic, is elegant and charming," junior Erin Hohol said.

The dinner menu follows the southern theme, featuring apricot chicken with caramelized peaches, garden vegetable ravioli with red pepper sauce and beef chasseur with a burgundy demi-glaze. All entrees will be served with french bread and caesar salads, and choice of water or iced tea.

Raffle prizes include a woman's Kate Spade bag, a men's Michael Kors watch, a \$100 gift card to EXPRESS, a \$50 gift card to Panera, and a \$50 gift card to Barnes & Noble. Every guest will receive a Wilkes customized Mason jar with chocolate inside as a party favor.

Abroad

Continued from page 7

abroad, and you'll likely hear phrases like "fun with learning," "an opportunity to see beyond the confines of the area in which you live," "classroom without borders" or "forever experience."

Acosta cites the abroad experience as one that gives students a chance to grow all around.

"It's enriching when you learn a new culture or when you immerse yourself in the language," she said. "It shows confidence that you can explore the world by yourself without being guided. It's all about exploring."

Going abroad isn't for everyone, but some enjoy the experience so much that it leads to further travel.

Or, maybe it's that the whole world is going global, which makes the benefits of studying abroad incredibly important. As Acosta said, why not go global with it?

No matter where one chooses to go or for how long, the experience has a profound impact.

"It can really influence them in a very positive way and give them a sense of direction and a sense of understand that there's more out there beyond the confines of wherever they happen to

live," Stine said.

When a person decides to take that leap of faith, it's a chance to enhance every aspect of life – and that chance is now.

"If they have this goal, pursue it and make the most of this fun, personal, cultural and academic experience while you're a student," Paola Bianco said.

Bianco coordinates the abroad trip to Spain, which is not a study tour like the others, but students become totally immersed in the culture, life and language of the country, which they love and learn so much from.

"They know that there's another world out there," she said.

One of the greatest aspects of an experience is the edge it gives someone who decides to go abroad versus someone who opts not to. The aspect that cannot be emphasized enough is the global perspective a study abroad experience gives to those who welcome it.

Especially with the increase in diversity, that global aspect helps students succeed when confronted with reality.

"It broadens their understanding, helps them develop skills (to better navigate) and flexibility," Winkler said. "It's one thing to say that you accept others, it's another to be in a situation."



The Beacon/David Lee

Students compete in IRHC's 13th installment of the Cake Challenge.

'Big Event' connects campus, city

By Amanda Kornak
Correspondent

Wilkes University students are planning the third annual campus wide community service project, called "The Big Event," that focuses on helping the city of Wilkes-Barre.

This year, 200 participants will be in downtown Wilkes-Barre working outside sweeping sidewalks, landscaping, and collecting trash.

Another 200 participants will be heading to nonprofit organizations to offer their assistance. These organizations will be within walking distance from the Wilkes University campus.

"The Big Event" will be held on Saturday, April 26, with registration beginning at 8 a.m. A barbecue will follow the work day at 2 p.m.

"Everyone, including the homeowners and participants, are invited to mingle and feel part of the community," said Kassandra Bugg, the student government executive board recording secretary and the student coordinator for "The Big Event."

For the past two years, the student government executive board recording secretary has

had the position of student coordinator for this event. As the student coordinator, Bugg is responsible for a group of 25 students and oversees all the details that go into planning the event. Bugg also works directly with the staff coordinator.

"Although it's been passed down, I wasn't forced into the position, I volunteered for it," Bugg said.

During "The Big Event," Bugg will have many responsibilities working a lot of the logistics. This includes working registration, making sure everyone is where they need to be, organizing transportation and setting up for the barbecue.

"The day of the event, I'll probably be running around like a chicken with its head cut off," Bugg said.

This will be the first year that the main focus of the event is on the local community.

In past years, participants have traveled to areas such as Hazelton and Pittston for community service projects. As the years progress, more details of the event may be ironed out.

For more information on "The Big Event," or to register, contact Bugg at Kassandra.Bugg@wilkes.edu.

Artist Spotlight: Collin Strunk

By James Jaskolka

Assistant L&A&E Editor

As a pharmacy major, sophomore Collin Strunk has been trained to look at life by the book; most science majors can relate, having had to cram facts and formulas into their heads for exams, making sure they can recall every detail correctly.

For Strunk, playing music is an escape from that.

“When you’re playing the sax, especially in jazz, it’s so free,” he said. “People just want to hear what you can do.”

Strunk, who hails from a small town called Pocono Summit, has been singing in choirs since his early childhood. He started playing saxophone in the fifth grade and discovered he enjoyed it a lot more than the formal structure he found in choir.

He credits his interest in jazz music to the established jazz scene surrounding his hometown.

“We’re lucky,” Strunk said. “Pennsylvania has a rich jazz area.”

He spoke specifically about the Deer Head Inn, a live jazz venue in the Delaware Water Gap he visited for the first time in ninth grade. It was here he would find a passion for jazz, and it was here he would later share the stage with national names like Phil Woods.

Strunk said he considers himself fortunate to have played and become friends with talented musicians who travel all over the world.

“I’ve met so many great people. Even if I’m not as good as them, just playing with them and talking to them raises my level,” he said. “It’s just nice to be around them.”

“Everyone is so inviting,” Strunk continued. “You’ll never find a jazz musician who won’t talk to you. Everyone’s so friendly and so open, they all want jazz to grow and expand.”

In addition to performing at the Deer Head Inn, Strunk plays back up sax in a wedding band with Kenny Lucky and Wayne Bishop, two of his old high school band instructors, a unique opportunity that he admitted thoroughly enjoying.

“Honestly, that’s the most fun because they can see how much I’ve grown on my own,” he said. “I can still learn from them. I get to listen to them but it’s not just them teaching me anymore.

It’s me actually getting to play music with them.”

Strunk said playing with Bishop is especially rewarding because he was the instructor who has had the most influence on his playing.

Performing with instructors isn’t something new for Strunk though; he currently plays with the Wilkes Jazz Ensemble under the direction of Nick Driscoll, who Strunk said has an approach to conducting that only a jazz musician could, often taking written pieces of music and dismantling them to create something entirely new.

“It’s like a conversation between all the players,” he said. “Someone throws a beat down, someone throws some chords over it, the conversation starts and it can evolve and do whatever it wants from there.”



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“[Jazz is] like a conversation between all the players,”

- Collin Strunk

With the advent of vapor-based cigarettes society finds itself at a familiar crossroads in many regards

By Kat Dodson and Shawn Carey
Contributing Writers

A type of advertisement that has not been seen on television since the 1970s aired this past Super Bowl Sunday.

“Do you know what the most amazing thing about this cigarette is?” asks the speaker as a man raises a cigarette to his lips, inhales and exhales a delicate smoke cloud with a satisfied smile. “It isn’t one.”

The advertisement was for NJOY, a company that sells e-cigarettes.

The success of the e-cigarette industry has exploded since the product was introduced to international markets in 2007, with sales increasing about 90-fold over the past four years. Yet as their popularity increases, the gray areas created by the similarities and differences of e-cigarettes to their traditional counterparts have sparked controversy.

In an interview for Web MD, FDA spokeswoman Rita Chapelle expressed the regulatory body’s worries about consumer safety.

“We are concerned about the potential for addiction and abuse of these products,” Chapelle said. “We don’t want the public to perceive them as a safer alternative to cigarettes.”

Meanwhile, some proponents and sellers of e-cigarettes feel such concerns are based more on speculation than science.

“They do not expose the user, or others close by, to harmful levels of cancer-causing agents and other dangerous chemicals normally associated with traditional tobacco products,” said Craig Youngblood, president of the InLife e-cigarette company, in the same interview with Web MD.

Craig Weiss, NJOY’s CEO, said in an interview with National Review Online that he supports reasonable regulations and age restrictions but that he feels some officials breed too much fear of the product or endorse regulations that are unnecessarily strict because they have too quickly conflated e-cigarettes with traditional cigarettes.

“Policy makers should not make policy on the junk science of ‘if it looks like a duck

and quacks like a duck, it must be a duck,” Weiss said.

Ultimately, the lack of consensus about the safety of e-cigarettes, combined with the current lack of FDA regulation, has led to markedly inconsistent rules governing individual states, cities and college campuses in America.

The popularity of e-cigarettes may be driven in part by the fact that the product’s use is very intuitive, providing a sense of familiarity. The user presses a button and inhales, and the air flow triggers a sensor that activates a heating element, which vaporizes a liquid solution in a cartridge. The solution is composed primarily of a variable level of nicotine (ranging from low to high according to the user’s preference), propylene glycol and customizable flavoring.

E-cigarettes deliver nicotine to the system in the absence of tobacco, so the warm water vapor pro-

duced resembles cigarette smoke but contains none of the products of partially-broken down tobacco. The term “vaping” is commonly used to describe e-cigarette use.

A few pros and cons typify debates between e-cigarette advocates and opponents.

First of all, users stand to save significant money in the long term by “vaping” rather than smoking. The battery-charged unit itself costs somewhere in the realm of \$30, with liq-

uid cartridge refills costing about \$5, comparable to a pack of real cigarettes. The refills contain a similar amount of nicotine as a pack of cigarettes but last longer on average in terms of total puffs.

The lack of regulation in many places makes it possible for users to “vape” indoors where traditional smoking is not allowed – a definite

benefit in the harsh winter season.

On the other hand, opponents feel that allowing e-cigarette users to smoke indoors may undo much of the work that has been done to create the cultural attitude that smoking is unhealthy and unacceptable.

For such reasons, U.S. senators objected to the Golden Globe Awards’ broadcast including images of celebrities puffing on e-cigarettes. Senators Dick Durbin of Illinois, Richard Blumenthal of Connecticut, Sherrod Brown of Ohio and Edward Markey of Massachusetts sent letters to both the CEO of NBC Universal and the president of the Hollywood Foreign Press Association, expressing concern about the broadcast’s impact on young viewers.

“In light of studies showing that exposure to on-screen smoking is a major contributor to smoking initiation among youth, we are troubled that these images glamorize smoking and serve

as celebrity endorsements that could encourage young fans to begin smoking traditional cigarettes or e-cigarettes,” read the letter, as it appeared in part on NBC News.

Many surmise that because second-hand vapor from e-cigarettes contains none of the carcinogenic byproducts of tobacco breakdown associated with real cigarettes, it is safer for the environment and its inhabitants than second-hand cigarette smoke.

Some trials have shown that smoking e-cigarettes does not produce some of the short-term effects of smoking traditional cigarettes, like exposure to carbon monoxide, increased inflammation, or smoker’s cough, while other trials have seen evidence of mild respiratory symptoms and irritation, typical of traditional cigarette usage. Because of the brief existence of the product, researchers have not had time to observe the long-term effects of e-cigarettes, which is a concern for some, who feel that prevention may be the wisest course of action.

“The minute I heard of them, certain warning signs went up that, somewhere down the line, we’re going to be seeing some problems

with these things,” said Tony Delanti, a program specialist for the American Lung Association. “As far as research, we’re in the same place we were when cigarettes were beginning to be mass produced. Twenty years later, suddenly we had an epidemic of lung cancer.”

Several clinical trials, surveys, and user testimonies suggest that e-cigarettes are useful smoking reduction or cessation tools, enabling smoking cessation rates similar to those of nicotine patches, and e-cigarettes are often marketed as replacement or cessation tools. In some studies, e-cigarettes have effectively reduced cigarette cravings, not only because nicotine is being delivered to the system but also because the action of vaping itself can create a powerful placebo effect.

For one anonymous student, a senior psychology major at Wilkes, e-cigarettes have been effective in helping to kick the habit. “I haven’t smoked a cigarette in close to a month,” he said and noted that “It’s the oral fixation that gets people addicted to it more so than just the nicotine, I think.”

The student said the lack of foul taste and odor were benefits that enabled him to stop puffing on real cigarettes and switch to the alternative, and he appreciates that “you can slowly reduce the nicotine content to where you eventually don’t feel the need to smoke it anymore.”

However, he also said that he uses e-cigarettes as “a step in order to quit” and intends to stop smoking and vaping completely. He reported that he has already decreased the number of puffs he takes per day on the e-cigarette.

Conversely, others question the ultimate effectiveness of the product, which to them seems to promote mere replacement more so than cessation.

Delanti discussed the fact that, even without tobacco-related carcinogens, nicotine addiction alone can cause serious health concerns. “While some people say they’ve quit smoking, my question is, ‘Have they gone on using the e-cigarette?’ Because unless you have, you continue to be addicted to nicotine, and nicotine by itself has the ability to constrict blood vessels, thereby increasing the risk of things like heart disease and things like that.”

There is also a push for governmental regulation of e-cigarettes, which are currently unregulated by the FDA, though it seeks to regulate them as a variation of tobacco products in the future. Regulation may be needed because the large number of sellers and lack of specific product standards may lead to inconsistencies in the contents of e-cigarettes.

For example, a cartridge containing what one seller deems a “medium” level of nicotine may be what another seller deems a “small” level. More worrisome for those in favor of greater regulation is the fact that one study of 20 brands of e-cigarettes found trace levels of a chemical associated with antifreeze in one of them and trace levels of other tobacco-specific carcinogens in a few others. A more recent analysis performed at the University of California Riverside found metal and silicate particles in levels comparable to those in regular

cigarettes.

The lack of government regulation and easy availability of e-cigarettes, sold widely both online and in mall kiosks, may make it easier for minors to access the nicotine product, as there is currently no nationwide law setting an age limit on who can purchase e-cigarettes.

Some officials worry that the perception of e-cigarettes as “safer” and “green” may lead current nonsmokers to begin “vaping,” leading to nicotine addiction in a formerly nonaddicted segment of the population. The Center for Disease Control and Prevention has estimated, based on surveys, that the number of teenagers who have ever tried e-cigarettes has doubled in the past two years. Delanti suspects that some of the flavor choices offered, such as chocolate and bubblegum, suggest that e-cigarettes are deliberately being marketed to a young audience.

“It looks like it’s not a product that is just aimed at people who are smoking, it’s aimed at people who might enjoy the taste of those particular flavors ... It seems like they’re not reaching out to only an adult audience,” Delanti said, also noting that this tactic seems similar to tactics used by cigarette-makers before the FDA got involved. “They (the FDA) made it so they couldn’t sell candy-flavored cigarettes ... and yet now we have flavored e-cigarettes.”

The official position of several public health organizations, such as the Center for Disease Control and Prevention, American Lung Association and World Health Organization, is that the distribution and use of the devices should cease until they are regulated by a government body and more is known about product safety.

Meanwhile, some other public health and legal representatives disagree. Dr. Joel Nitzkin, former co-head of the Tobacco Control Task Force of the American Association of Public Health, expressed concern that e-cigarette opponents’ hesitancy comes at the risk of denying harm management to the public.

Nitzkin made a few main points in an interview with a European group called E-cigarette Direct. Not only can people be certain that e-cigarette users don’t expose themselves to the harmful byproducts of tobacco burning, he says, but because only about 5,000 of the more than 10,000 chemicals in traditional cigarettes have ever been identified, “we know more about e-cigarette liquid and vapor than we do about the make-up of cigarette smoke.”

Nitzkin said the trace levels of carcinogens found in some tested brands also exist at comparable levels in FDA-approved nicotine patches, and the discovery of diethylene glycol, a chemical associated with antifreeze, in an e-cigarette brand was a one-time incident.

Most surveys of “teens” and teens from multiple countries suggest that, while large numbers are aware of e-cigarettes, very few actually smoke them, and the vast majority of current e-cigarette users, both old and young, are previous or current smokers of traditional cigarettes, not new smokers.

Nitzkin also mentioned that propylene glycol, a major component of e-cigarette fluid, is also used in theatrical smoke and as a propellant in asthma inhalers.

Some advocates feel harm reduction is not enough, but Nitzkin and his colleagues on the board in 2010 decided, after extensive literature review, that harm reduction through smokeless or tobacco-less products is a promising public health intervention strategy.

Delanti pointed out a significant difference between e-cigarettes and other products containing propylene glycol.

“People are inhaling into their lungs a chemical mixture ... the difference is, in other products, it’s not inhaled directly into the lungs ... for long periods of time,” he explained. “Theatrical smoke is not used consistently in a production and not used that much. ... When you use an asthma inhaler, you take one or two puffs every once in a while. It’s also not at the concentrations that would be in an e-cigarette, and you’re not taking 10 or 12 or 15 hits off of it in a matter of seven to 10 minutes.”

The lack of consensus regarding the safety of e-cigarettes has led to markedly inconsistent regulations at all levels, international, national and local, though there is a trend toward more stringent regulation.

Currently, e-cigarettes are legal in the U.K., U.S. and New Zealand, but other countries, such as Australia, Canada, China, Singapore, Brazil and Uruguay, have banned the product.

In the U.S., North Dakota, New Jersey and Utah are the only areas with statewide laws outlawing e-cigarettes where regular cigarettes are outlawed, but other states, like Oregon, appear to be quickly following suit. Laws change on a city-to-city basis in other states. For instance, though New York does not have a statewide ban, New York City instituted a ban on e-cigarette smoking in public places in December.

The city of Wilkes-Barre has no specific policy at this date. Attempts to reach out to the mayor’s office were not returned by press time.

States such as Oregon, Iowa and Ohio are also beginning to pass laws to regulate the sale of nicotine-containing e-cigarettes to minors.

Many states have passed legislation to tax e-cigarettes like traditional cigarettes and other tobacco products, though a few, like Oklahoma, have not.

Recently, a group of senators requested a ban on e-cigarette use in public spaces at the Capitol, but to date, no federal, nationwide bans or restrictions have been proposed. All current regulations have been developed at the individual state level.



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March 25, 2014

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Taxis offer alternatives for improving experiences

By Carly Yamrus
Senior Opinion Editor

In my travels to Denver, Colo., last week, I had the opportunity to try out two of the years' most innovative and empowering start-up companies: AirBnb, Inc. and Uber.

AirBnb, Inc., a hotel-alternative founded in 2008, allows hosts to rent their living spaces to guests in more than 34,000 cities in 192 countries.

Guests can choose to rent out a bed, a single room, or an entire house for up to a month. AirBnb offers a huge variety of living spaces, from modest cottages or apartments to the more adventurous tree houses, tents, and trains.

Pricing can range from as low as a few dollars a night to several thousand for more extravagant properties.

The consumer-approved home rental site has helped thousands of homeowners make

extra cash while facilitating a safe and friendly trade off between people all over the world.

Uber, an alternative to traditional taxi services, lets you request a ride and pay for it with the touch of a button.

The app-centered Uber offers fast, reliable pickups using the GPS on your phone. Professional drivers respond promptly to each request, and arrive in a high-end sedan, SUV, Uber taxi or an every day car- whichever you prefer.

All rides are cashless and drivers do not accept tips. Uber has proved to be faster, cheaper, more reliable and more stylish method of transportation than city taxis.

These consumer-approved market entrepreneurs are giving the people exactly what they want (maybe even a little more.) for a fair price and with great customer service.

Naturally, someone is going to have a problem with it.

These new sites pose a threat to large cor-

porate hotel chains and city taxis that have had the fair share of the market for decades. Several states have tried to regulate AirBnb and Uber to try and shut down services, saying that they “provide unfair and unsafe competition.”

AirBnb and Uber are revolutionary services that give the power back to the people.

Travelers should have options that fit their wants and needs instead of settling for the business standard. Consumers should have options to choose from where they are away from home and in need of a place to stay and a safe way to travel.

The experiences are unique and memorable, with the added value of meeting and interacting with new people who are genuinely concerned with your comfort while you are using their services.


I had the opportunity to rent out an adorable studio apartment and a beautifully remodeled basement suite for around seventy

dollars a night. (To be clear, I had my own room, a kitchen, bathroom, and living room.) Both hosts were extremely accommodating and let me have free reign of their spaces. It is a fair trade of respect and trust.

I requested several Uber rides, and was picked up in under 6 minutes each time in luxurious black cars.

I encourage students with limited funds to support one or both of these services the next time they are looking to travel. You can't beat the pricing, and the experiences are much more fun than a hotel room or meter-run taxi ride. Uber even offers a promotion of twenty dollars for your first ride or two.

I'd like to see another company that offers the perfect balance of experience, low pricing, comfort, and ease in so many cities across the globe like these two do.

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Obama Administration continues to eradicate wildlife trafficking

By Lyndsie Yamrus
Senior Assistant Opinion Editor

Obama Administration recently took a big step in the right direction by eradicating wildlife trafficking.

Import, export and sale of illicit animal parts within the United States are now prohibited with very limited exceptions.

The African Elephant, a beautiful and majestic creature, is on the brink of extinction-driven there by commercial trade of the ivory found in their tusks (as well as their skins).

The same fate is sadly occurring for other wildlife as well, such as the rhinoceros and wild tigers, whose numbers are now as low as 3,200.

According to the World Wildlife Fund, countless species of animals and plants are being exploited for lengthy periods of time, leading to the endangerment of iconic species that have been here for longer than anyone can remember.

Wildlife trafficking doesn't just mean extinction of different species around the world. It is both a conservation and national security concern.

This isn't just a topic for environmentalists and conservationists.

The current approach on illegal wildlife trafficking was weak and failed because the issue was not of high enough priority in nearly any government.

The United States was one of several countries to initiate action against the global threat.

Fifty nations attended the London Confer-

ence on Illegal Wildlife Trade Feb. 12-13, 2014 in an attempt to do away with the challenge as well. The United States presented their strategy publicly on Feb. 11.

The National Strategy to Combat Wildlife Trafficking strengthens the United States' leadership in three ways.

The first is to strengthen domestic and global enforcement of the issue.

The strategy will organize new federal agencies to help tackle the problem, such as intelligence experts, regulators and authorities. It will allow the US to prioritize and interact with other nations in supporting and achieving the same goal.

The second objective is to reduce the demand for illicitly traded wildlife, both at home and abroad. There are many products made from illegal wildlife trade, including decorations, souvenirs, food, clothing, jewelry and rugs, to name a few.

This objective seeks to explain to the public how dangerous wildlife trafficking is, and hopefully steer those who participate in the trade to reconsider their actions.

Consumers should additionally reconsider their purchases. Poaching and illegal trade is a very big business. Dangerous international networks primarily control the trade of such materials, and values estimate into hundreds of millions of dollars.

As long as terrorists and rebel groups continue to be funded, they remain a threat to us as a country as they maintain their violent and often deadly operations.

The problem has enough potential and power to affect everyday Americans.

Lastly, the strategy seeks to increase global commitment and strengthen partnership against poaching and illegal trade.


The United States plans to build relationships with communities, governments and organizations in different nations in hopes of implementing new approaches for the strategy to work.

It is crucial that the public understands what

we're dealing with here.

This isn't some silly PETA-driven “save the elephants because they're cute animals” campaign.

Solving this task is everyone's responsibility and the consequences extend globally.

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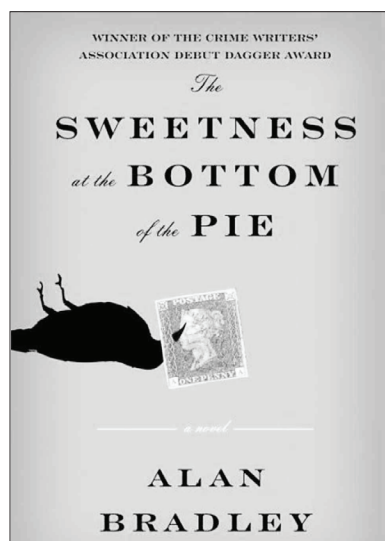
The Beacon/Sara Davis

The Obama Administration is working to decrease the amount of wildlife trafficking

Colonel Critiques

‘Sweetness at the Bottom of the Pie’ captures attention

By Anne Yoskoski
Managing Editor



“*The Sweetness at the Bottom of the Pie*” is the first book in the series of novels written by Alan Bradley that focus on the young, poison obsessed Flavia de Luce.

In this first novel, the reader is introduced to Flavia’s family and her family home, where a dead body has been discovered. Based in 1950, Flavia basically becomes Harriet the Spy in order to solve the murder and learn everything she can in the process.

For the average reader, this book may start slowly.

There are so many minute details, including Flavia using her chemistry knowledge to give her sister a non-lethal dose of poison via her lipstick, that the beginning seems to trudge on.

Once the introductions are over, things unfortunately continue to trudge forward at a glacial pace.

There are at least four pages describing Flavia biking to the library, then the history of the library, then her voyage to find the librarian.

Bradley makes up for this, however, simply by making Flavia the protagonist. While many agree that an eleven year old chemistry expert is far-fetched, the presentation makes it okay.

The reader finds themselves siding with the extremely clever Flavia and supporting her insane and probably dangerous hunt for a killer.

The book is clever and witty.

The unique eleven year old protagonist is aimed at an adult audience, placing the reader inside this odd situation where it suddenly becomes clear Colonel de Luce isn’t raising a normal girl, but a miniature adult.

Mystery readers will find the book to have an obvious ending, while novice readers may be surprised.

The book is worth picking up when one is out of things to read.



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‘12 Years a Slave’ creates riveting scenes, yielding mixed emotions

By Kevin Herberling
Contributing Writer



Based on actual events, “12 Years a Slave” is a beautifully tragic tale of a free African American, during the pre-civil war era, being kidnapped and sold into slavery.

During his unfortunately long time as a slave Solomon Northup (Chiwetel Ejiofor) is forced to hide who he really is for fear of death, all the while being heavily utilized by the plantation owners for his education and musical talents. Chiwetel Ejiofor did an outstanding job. Throughout the entire film I found myself forging a bond with his character, feeling what he felt, crying when he cried, and experiencing joy in those few appropriate moments when one could muster up the courage for such an emotion.

Apart from Chiwetel Ejiofor’s brilliant acting, there was a multitude of notable Hollywood stars that did an equally amazing job, such as Paul Giamatti, Benedict Cumberbatch, Paul Dano, Brad Pitt and Michael Fassbender. Among those just listed, Michael Fassbender plays the biggest role by far. He has a similar role to that of Skylar from Breaking Bad, in the respect that you will absolutely love to hate him. If you happen to be a Brad Pitt fan, do not get too excited as he only plays a fairly minor roll. However, he does have a chillingly inspirational monologue in one of the few scenes that he is in. Basically if you love Brad Pitt, you will love him even more when this movie is through.

Enough has been said about the actors without properly paying homage to the director of this heartbreaking drama, Steve McQueen. Too many movies that are centered on infamous tragedies, such as slavery, hurry through the inhumane scenes because they are hard to stomach. But not this film.

This movie specifically hones in on the vicious brutalities that were experienced by the victims of the slave trade and makes sure you experience it with them, at length I might add. At times, I didn’t know whether I should cry or vomit. All in all, this is a riveting and emotional picture that is sure to leave you breathless.



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‘Never heard of’ indie rock band breaks records

By Eric Casey
Staff Writer



There is this huge indie rock band that many Americans have never heard of, myself included. This band hails from Sheffield, England. It’s home to many notorious acts such as The Human League and Def Leppard. This band is called the Arctic Monkeys.

So, Who the F*** Are Arctic Monkeys?, says the name of their second EP released in 2006. This band is led by master guitarist, Alex Turner. He’s lean, mean and looks like he could have been a greaser in the 1950s. Their sound has elements that feel like it’s stuck between the years of 2001 and 2003, in a time span when The Strokes and the Yeah Yeah Yeahs had excellent debut albums. “*Whatever People Say I Am, That’s What I’m Not*” is their debut from 2006. It debuted No.1 in the U.K. and became the fastest selling album in British history with over 360,000 copies sold in the first week, and is still the fastest selling album by a band in the U.K.

It’s currently No.371 on Rolling Stone’s 500 Greatest Albums of All Time list. Their following four critically acclaimed albums “*Favourite Worst Nightmare*,” “*Humbug*,” “*Suck It*,” “*See*,” and “*AM*” broke a record, all debuting at No.1 in their opening sales week. They became the first band under an independent label to have five straight No.1 albums.

All this seems to have spread everywhere, except here in America. However, toward the end of the summer, their debut single “Do I Wanna Know?” off of their new album “*AM*” started gaining traction in U.S. alternative radio. It’s also the beginning of a new direction for the rest of the tracks on the album. For example, “Knee Socks” has a bit of funkadelic in it, but not too retro.

If you’re new to the Arctic Monkeys then it might not be a bad idea to start with their earlier work, despite hearing their hit single on radio. It’s going to be interesting what sound they veer into for their next album. Don’t be surprised if they don’t change it up. If it’s not broke why fix it, right?



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the 101

Every week, Opinion Editor Sara Davis or a guest writer give an informative crash-course on the most random subject they can think of that week. Their views do not reflect those of The Beacon, its staff or Wilkes University. This week Sara Davis informs readers on how to avoid "senioritis"....

'Senioritis' 101

working harder than they ever have, just to pull up their grade to receive the "minimum requirement for credit?"

In the long run, graduate schools and future employers would rather see constant success.

You may find yourself in a situation where you are competing for a job position and an employer will compare college transcripts.

You don't want to be kicking yourself in that moment because you should have studied harder a few semesters ago.

Overall, the obvious message here is to stop being lazy and to finish the semester strong.

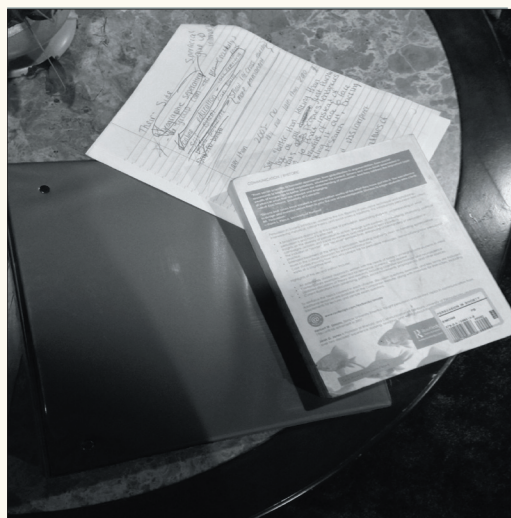
Don't make excuses for slacking off and telling yourself "the tests got harder," "that professor graded harder than normal," or "I studied as much as I could for that exam."

Did you really? Or did "senioritis" get the best of you?

If you let "senioritis" get the best of you, you will eventually look back on your college experience and wish that you would have done better. You are in control of your college experience and it is your job to make the best of it.

If you are convinced that you may be stuck in this slump, check out the "cheat sheet" on the next page for tips on how to "cure yourself" and get back on track to success.

After all, it is already the last full week of March and we are into the home stretch.



The Beacon/Sara Davis
Toward the end of the semester, college students tend to catch "senioritis" and lack the motivation to complete their assignments to their best ability.

Get out of the slump:

Let this "cheat sheet" serve as a guide on how to find the motivation to successfully finish the spring semester.

- 1. EAT HEALTHY.** If you take the time out of your day to eat well-balanced meals instead of eating an entire bag of chips while studying, you may find yourself to have more energy to study.
- 2. GET PLENTY OF SLEEP.** This seems like a no-brainer, but a large amount of college students do not get nearly enough sleep. If you aim to get at least eight hours of sleep a night, you will most likely feel better both physically and mentally, which will provide more energy to study.
- 3. MANAGE YOUR TIME.** Instead of waiting until 11 p.m. to start studying for your cumulative final the next morning, set aside a time frame each day to study. It will be a lot easier to retain the information when you study small amounts of information each day, not to mention the fact that it will be a lot less stressful.
- 4. TAKE BREAKS.** Even with time set aside specifically for studying, the situation can still be overwhelming. Instead of getting frustrated and worked up, step away from your work for a few minutes. Taking a short walk can clear your mind and relieve some of the stress that comes along with studying.
- 5. FIND A TUTOR OR STUDY WITH FRIENDS.** Sometimes it is hard to motivate yourself to study, or you may be avoiding it all together because you don't understand the material. When you set a time to study with another person, you are less likely to cancel the plans.
- 6. SET GOALS AND BE MOTIVATED.** Achieving your goals can be a strong source of motivation to finish out the semester. Think of the diploma in your hand or seeing the words "Dean's List" appear on your transcript.



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By Sara Davis
Opinion Editor

Every year, typically around the end of the spring semester, students tend to start losing their motivation to put in the extra time to study for an exam or to proof read their paper one last time.

If you are reading this, chances are you are one of these students.

I mean, come on, who could blame you?

You work hard all year, most of the time during cold and miserable weather, so it is hard to resist the temptation to stop working and go outside on a beautiful day.

You have already taken countless numbers of exams and written so many papers that you can't even remember what you wrote about, so it's easy to want to throw in the towel.

These situations can be classified into the ever-so-popular "diseases" known as "senioritis," "junioritis" and the "sophomore slump."

Even freshman experience their own category of "freshmanitis."

No matter what year you are, everyone gets these feelings at some point, and they can be hard to get rid of.

It is almost as if once you become "lazy" you enjoy your time spent away from studying, so the last thing you want to do is get back on track again.

With these arguments being considered, it is probably in your, or any student's, best interest to get out of the slump and finish the semester by performing to your best abilities.

After all, is it really worth lowering your GPA after putting in countless hours of work all semester?

Think about the dreaded bill that you will receive shortly.

There may be a lot less apprehension if you can tell yourself that the money was well spent due to the fact that you received a high GPA.

It really can't be justified to spend thousands of dollars each year and not come out with the best experience possible.

There is also the situation that everyone wants to avoid, and prays to never see on their transcript: academic probation.

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March 25, 2014

Contact Interim Sports Editor: brandon.gubitosa@wilkes.edu

Baseball signals start of spring

Colonels open home season two losses, win versus Eastern

By Stephanie Hahn
Correspondent

After winning its season opener on Friday, the Wilkes baseball team dropped a double header to Eastern University. Eastern took game one 4-3 before earning a 10-0 shutout in game two.

Wilkes fell to 4-6 overall and 1-2 in the conference games after the three-game Freedom Conference game opener. Eastern improves to 2-6 and 2-1 in the conference.

In game one, Wilkes took the lead early in the game, when there was a score in the first inning. The Eagles tied the game in the bottom of the second with two steals with runners on first and third.

"I think after we lost the first game by a close margin," senior Tyler Marino said. "We were disappointed and lost some focus in the second game of the doubleheader."

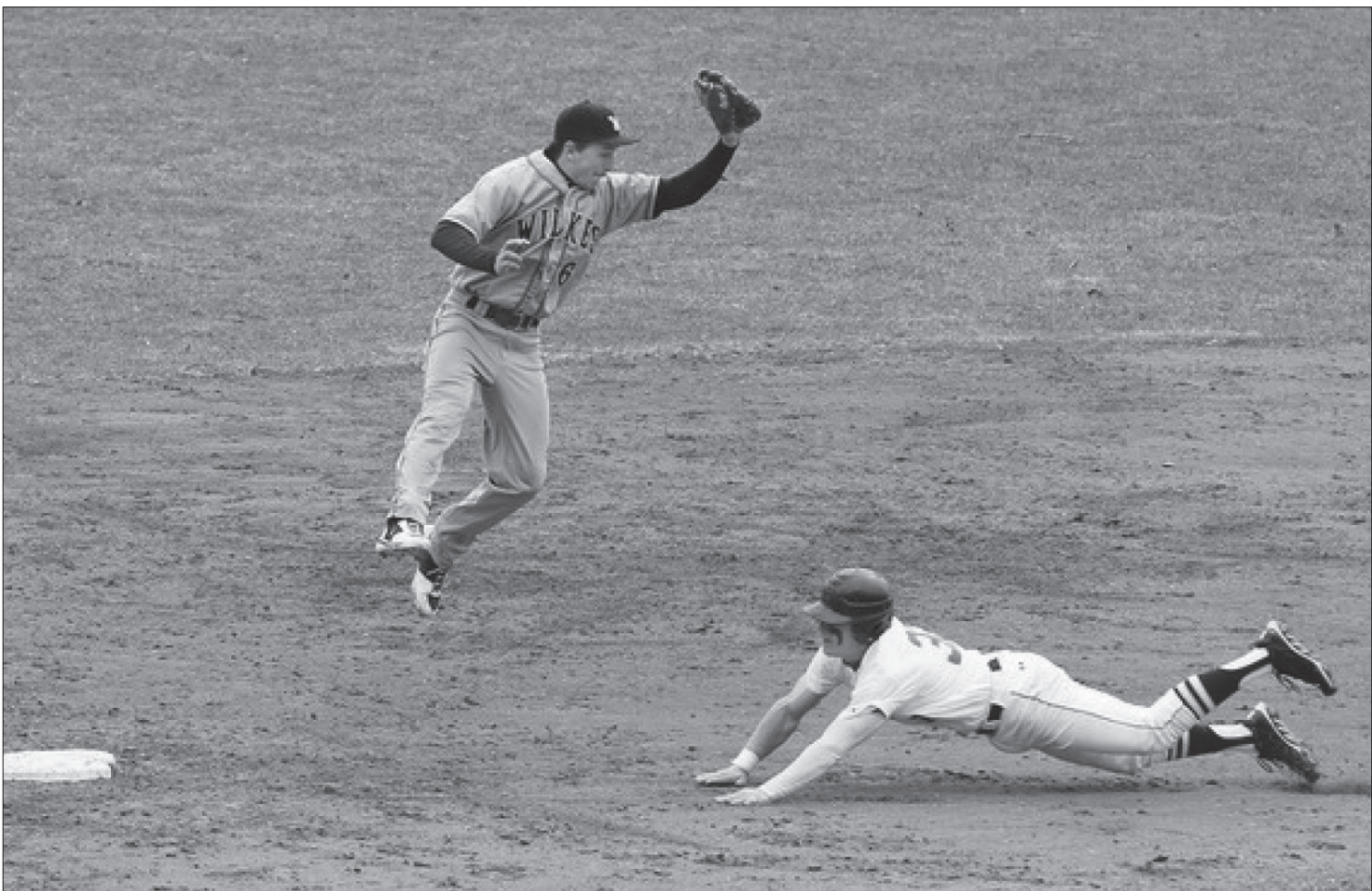
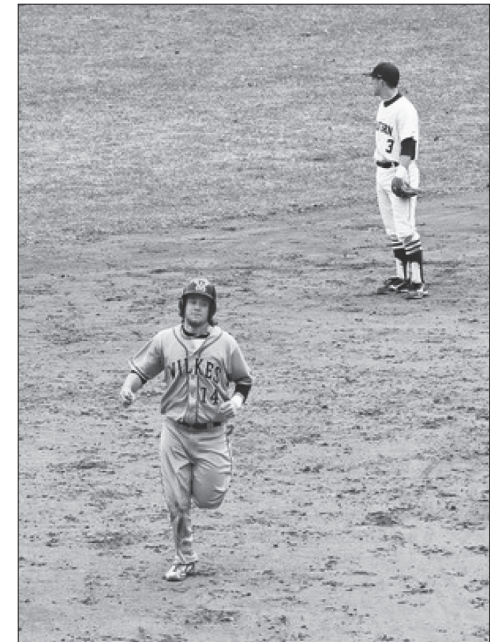
Wilkes bounced back with its first home run of the season by Joshua Slocum in the top of the fourth giving Wilkes a 2-1 lead. Eastern responded in the bottom of the fifth with three runs to finish with the win.

"I felt like we played well Friday and the first game Sunday," sophomore Deep Patel said. "Our pitching and defense were good both games. Our hitting was decent but could have been better which will come around as the season goes on and we see more live pitching. The third game I felt like we lost focus and energy. Conference weekend series are long and exhausting so we just have to do a better job of staying focused. I think we'll bounce back starting this weekend against Delaware Valley" said Patel.

In game two, Wilkes only managed three hits with two hits coming off the bat of Sophomore Marcus Leaf. Eastern had no problem finding their rhythm at the plate getting 12 hits off, including a two-run home run in a five run second inning.

Eastern Pitcher Barry Jost went five scoreless innings and sealed off the deal winning 10-0 against Wilkes.

In the week ahead, Wilkes is at PennState-Berks March 26, at DeSales March 28 and home vs. DeSales March 29.



Photos courtesy of Benjamin Kramer Photography

Wilkes opened its home season with a three-game series against Eastern University. Above, shortstop Matthew Reese (6) goes high in an effort to put a tag on a sliding runner. Top left, sophomore Tom Ring stretches out from the mound. Top right, freshman outfielder Joshua Slocum (14) rounds second versus Eastern.

Hartenstine becomes All-American, finishes 4th at Division III Nationals

Senior 149-pounder only one of six Wilkes wrestlers to place

By Grant Rogers
Staff Writer

As the 2013-14 college-wrestling season wound down, it all came down to the 2014 Division III NCAA National Wrestling Championships this past weekend in Cedar Rapids, Iowa.

Six Wilkes University wrestlers competed, Myzar Mendoza (133), Mark Hartenstine (149), Kris Krawchuk (157), Kyle Diesel (174), Eric Bach (197) and William Fletcher (285). The Colonels finished tied for 27th out of 50 colleges who had wrestlers at nationals.

Redshirt junior 149-pounder Mark Hartenstine was the only Colonel to come home with a podium finish and All-American status. He finished fourth and was the sixth consecutive All-American for Wilkes.

In the opening round of the tournament No. 3 seeded Mark Hartenstine handled Ryan Seidler of Wisconsin-Eau Claire by a decision 7-1.

In the quarterfinals, Hartenstine would face Jacob Long of Concordia-Moorhead and in a very tough match Hartenstine came away with a decision score victory of 1-0.

Winning in the quarterfinals secured Hartenstine a place no lower than sixth on the podium.

Hartenstine had a tough match in the semifinals facing off with undefeated No. 2-seeded Ryan Prater of Elmhurst.

Prater handed Hartenstine his first loss of the tournament and won by fall in the time of 5:26.

In the semifinals of wrestle-backs Hartenstine took on Elroy Perkin of Wisconsin-Whitewater. Hartenstine notched his third tournament victory by a dominating decision score of 13-9.

In the wrestle-back finals, Hartenstine faced off against rival Vincent Fava of Delaware Valley College.

Hartenstine had faced Fava two weeks earlier in the semifinals of the East Regional tournament, where Hartenstine came out on top of that one 3-2.

This time it was Fava who got the victory and third place by a 3-1 decision.

Hartenstine ended the tournament with a fourth place finish and All-American status.

Myzar Mendoza

Senior 133-pounder Myzar Mendoza opened the NCAA tournament with a 10-1 major decision over Nathaniel Giorgio of the Coast Guard.

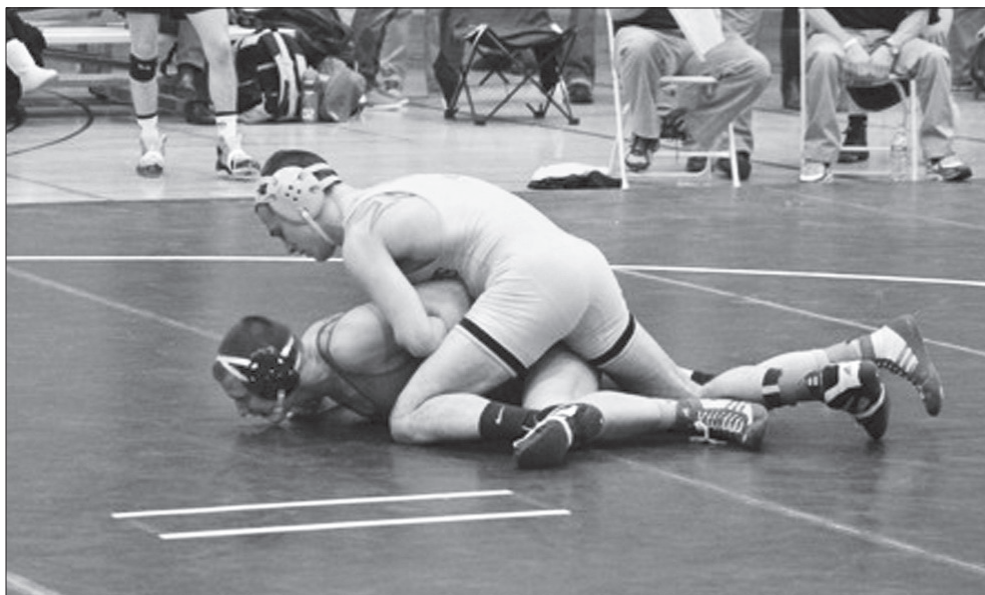
In the quarterfinals Mendoza took on No. 1 seeded Kenny Anderson of Wartburg and in a hard fought 2-1 decision Anderson came out on top handing Mendoza his first loss of the tournament.

Friday night in bout 208 Mendoza would look to keep his podium hopes alive against No. 7 seeded Silas Murray of Rhode Island College. After a 9-2 decision Mendoza was handed his second and final loss of the tournament.

Mendoza finishes his college-wrestling career with a record of 109 wins and 32 losses.

Kris Krawchuk

Senior 157-pounder Kris Krawchuk, a na-



Sports Information Department photos
Mark Hartenstine became the second straight All-American for Wilkes finishing fourth at 149-pounds.



Mike Hartenstine

tional runner-up last season looked to start his second NCAA tournament off right.

Facing off against the No. 1 seeded Nazar Kulchitsky of Wisconsin-Oshkosh. The match did not go Krawchuk's way and Nazar topped Krawchuk by a major decision score of 18-4.

In wrestle-backs, Krawchuk would look to get his first win of the tournament against Steven DeWitt of Loras. But DeWitt got the decision victory, 9-4. Krawchuk ends his college career with a record of 80-30 and All-American honors his junior season.

Kyle Diesel

Sophomore 174-pounder Kyle Diesel, mak-

ing his first trip to nationals, opened the tournament with top seeded Landon Williams of Warburg.

In a hard-fought match Diesel would drop to wrestle-backs as Williams won by decision score of 5-1. In bout 145 Diesel would pick up his first win over William Hermann of Elizabethtown by a score of 4-2.

Only needing one more win to get on the podium, Diesel took on No. 2-seeded Ethan Ball of Coe, and in a very tough match Ball came out on top with a decision score of 2-1 and knocking Diesel out of the tournament.

Diesel finished the season with a record of 25 wins and 14 losses.

Eric Bach

Junior 197-pounder Eric Bach opened the tournament with Donnie Horner of Coe. Coe came out on top with a major decision score of 14-4.

In wrestle backs Bach faced Ursinus's Christian Psomas, Bach was again defeated by a major decision score of 12-3. Bach brings his season to a close with a record of 18 wins and 10 losses.

William Fletcher

Senior 285-pounder William Fletcher returned to nationals with hopes of getting on the podium. He would face off against St. Olaf's Zack Gibson. Gibson won by a decision score of 4-0.

In Fletcher's last match of his career, he took on Corey Becker of Coe College and in a gut-wrenching match Fletcher fell short and lost 3-1 in sudden victory.

Fletcher ends his college-wrestling career with a record of 65 wins and 40 losses.

Wilkes hires coach to establish new swimming team

By Bill Conway
Staff Writer

In November, Wilkes announced it would be adding men and women's swimming to their long list of intercollegiate sports, now it has hired a coach to help build the program up; and that coach is Mark Barnes.

Building a program after a coaching change can take its toll but building a brand new program that's entering competition against preexisting teams takes a lot of hard work, hard work that Wilkes Athletic Director Adelene Malatesta thinks Barnes can handle.



Barnes

"We feel we've hired a head coach in Barnes that will be a hard working coach to build this program," Malatesta said.

She also commented on how important his energy levels are to the process.

"Even more important is that he is going to bring a level of energy to the program that we're looking for especially when you're building from the ground up."

As a high school swimming coach, Barnes built a strong resume. From 2005 through 2009 Barnes earned the Danville girl's swim team four straight PIAA District IV championships and a few Northeastern Pennsylvania Swimming league championships. From 2009 through 2012 he earned the Bloomsburg Area boy's team three straight PIAA District IV team championships.

Malatesta said the coach wants to target students who already attend Wilkes before reaching out to outside athletes.

"He's planning on coming to campus in the hopes that he is going to be with students who are already swimmers," she said. "We want to start with students who are already on our campus."

Thanks to enrollment initiatives, Malatesta believes this is the perfect time to begin this process.

"We have revisited this several times over the years, to find ways to offer programs that will attract quality student athletes to Wilkes. With President Leahy on board with us and supporting student activities, we couldn't ask for anything more with the opportunity to build this program."

Any interest in swimming for either the men's or women's teams should be directed to Barnes via email at mark.barnes@wilkes.edu.

Malatesta encourages all Wilkes students who may be swimmers to get in contact with Barnes and to prepare themselves to build something special.

"It's an opportunity for you to be competitive again in the pool, it's an opportunity for you to do something that you love to do, and that you have a history doing," she said.

"The door is open to being part of building a very strong foundation."



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Colonel Scoreboard

Baseball March 16 Game 1 Wilkes 3, Eastern 4 Game 2 Wilkes 0, Eastern 10 March 22 Game 1 Wilkes 10, Delaware Valley 2 Game 2 Wilkes 6, Delaware Valley 4 March 26 Penn State Berks Reading 4 pm March 27 Keuka College Artillery Park Softball March 21 Game 1 Wilkes 0, Eastern 12 Game 2 Wilkes 1, Eastern 7	March 22 Game 1 Wilkes 1, Eastern 3 Game 2 Wilkes 6, Eastern 5 March 28 University of Scranton Ralston Athletic Park Women's Lacrosse March 15 Wilkes 19, Wells College 1 March 19 Wilkes 19, Maritime College 3 March 22 Wilkes 19, Cedar Crest 2 April 2 Manhattanville College Purchase, NY Men's Tennis March 3	Wilkes 6, Malone University 3 March 4 Game 1 Wilkes 5, Ashford 4 Game 2 Wilkes 8, Roanoke College 1 March 6 Wilkes 6, Brevard College 3 March 21 Wilkes 9, Elizabethtown College 0 Women's Tennis March 3 Game 1 Wilkes 8, Malone University 1 Game 2 Wilkes 3, Roanoke College 3 March 7 Wilkes 9, College of Saint Rose 0
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Tennis aims to continue conference title streak

By Brandon Gubitosa
Interim Sports Editor

Led by senior co-captain Alex Makos and junior co-captain Brendon Blachowski the Colonels are off to a 6-0 record and looking to win their seventh straight Freedom Conference championship.

Last season the team finished with a record of 16-4 including a 6-0 record in league play. Junior Steven Wilson who is the reigning Freedom Conference player of the year returns back to the top singles spot this season after finishing 14-9 last year.

He collected his first Middle Atlantic Conference individual title last season and is off to a good start this season with a 10-3 singles record and a 10-2 doubles record with teammate Makos.

Sophomore Max Appello has started strong at 10-3. He looks to assist the team this season from the number two singles position after going 24-2 last season from the four position.

The Colonels finished 4-0 during their annual spring break trip down to Hilton Head Island. They opened up play in Hilton Head with a 6-3 victory over Malone University.

In the match the Colonels took four of the six singles flights, and two of the three double flights. Freshman Dominic Parfianowicz won his singles match with a score of 6-0, 6-0 at the number three position.

In doubles play, the duo of Steven Wilson and Makos posted an 8-2 win at No. 2 pairs.

The next day the Colonels swept a pair of matches as they beat Roanoke College 8-1 and Ashford University 5-4. Sophomore Michael Kranz was among many players who claimed straight set wins.

Among those who won was freshman Adam Lefkandinos, who felt confident after his big upset win at the No. 5 position.

"I feel like a boss. I clinched two big wins against D2 schools," Lefkandinos said after his big win.

Freshman brothers Dominick and Jacob Parfianowicz won 8-6 as the No. 1 pairs in the flight.

To wrap up their spring break trip the Colonels picked up a 6-3 victory over Brevard College.

The incoming freshmen this season add great depth to an already talented program. Brian Murray said he is excited to be playing tennis this season for Wilkes.

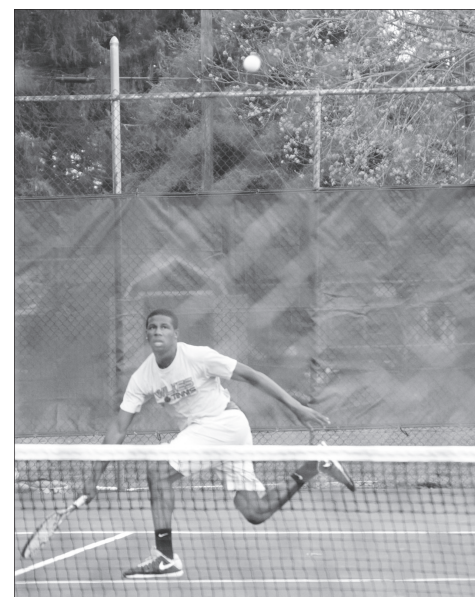
"I am proud to be part of such a great team, and hopefully contribute to the success of the team," Murray said. Murray has a 3-1 record and looks to help the team out this season.

The Colonels play rival King's College on April 8 and begin Freedom Conference tournament play April 30 as they begin their quest for another conference title.

Just like the men's team, the women's team will look to continue their dominance of the Freedom Conference as they look to capture their eighth straight conference crown this season.

Last season, the Lady Colonels finished 19-3 including a 6-0 mark in league play. So far the team has a 7-1 record and is on the right path toward another conference championship.

Senior co captain Ally Kristofco takes over at the No. 1 singles position with the graduation of



Beacon/Jake Cochran
Junior Steve Wilson is one of the leaders on the men's tennis teams.

four-time Freedom Player of the Year Melania Nolt.

Kristofco looks to become the school's all-time leader in singles wins as well as doubles wins in her final season. She finished last year with a 20-2 mark and currently has a 7-3 record this season.

Co-captain senior Amanda Rossi and junior Anastasia English add experience and leadership to this year's team. This year's team is a young team as it features nine underclassmen.

Freshman Kendra Crocker, Alanna Denausk and Madison Salmon add depth to an already talented team. In the fall season Crocker finished 6-1 while claiming the MAC individual title. Crocker has an 8-2 record and is looking forward to her time as a Colonel.

"So far the season has been amazing," she said. "Not only have I improved with the help of Coach (Chris) Liecht and his staff but I have met a truly amazing group of friends."

"I am sure I will find many challenges during the season playing different individuals, but I hope to face each one on an individual level and do my best to succeed," she said about her challenges down the road as a player.

The Lady Colonels opened up their trip to Hilton Head Island with a split in two matches with a win over Malone University and a loss against Roanoke College.

Wilkes took five of six singles flights in the win over Malone. Kendra Crocker was a 6-4, 7-6 winner at No. 2 singles. Taylor Hoffman followed with a 7-5, 4-6, 1-0 win at No. 3 while Amanda Rossi and Madison Salmon each recorded straight set wins.

To conclude their trip down to Hilton Head Island the lady Colonels blanked Saint Rose winning 9-0. They swept all six single flights and went 3-0 in doubles allowing just eight points through the three matches.

The Lady Colonels open Freedom Conference play starting March 29 at Arcadia University.

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