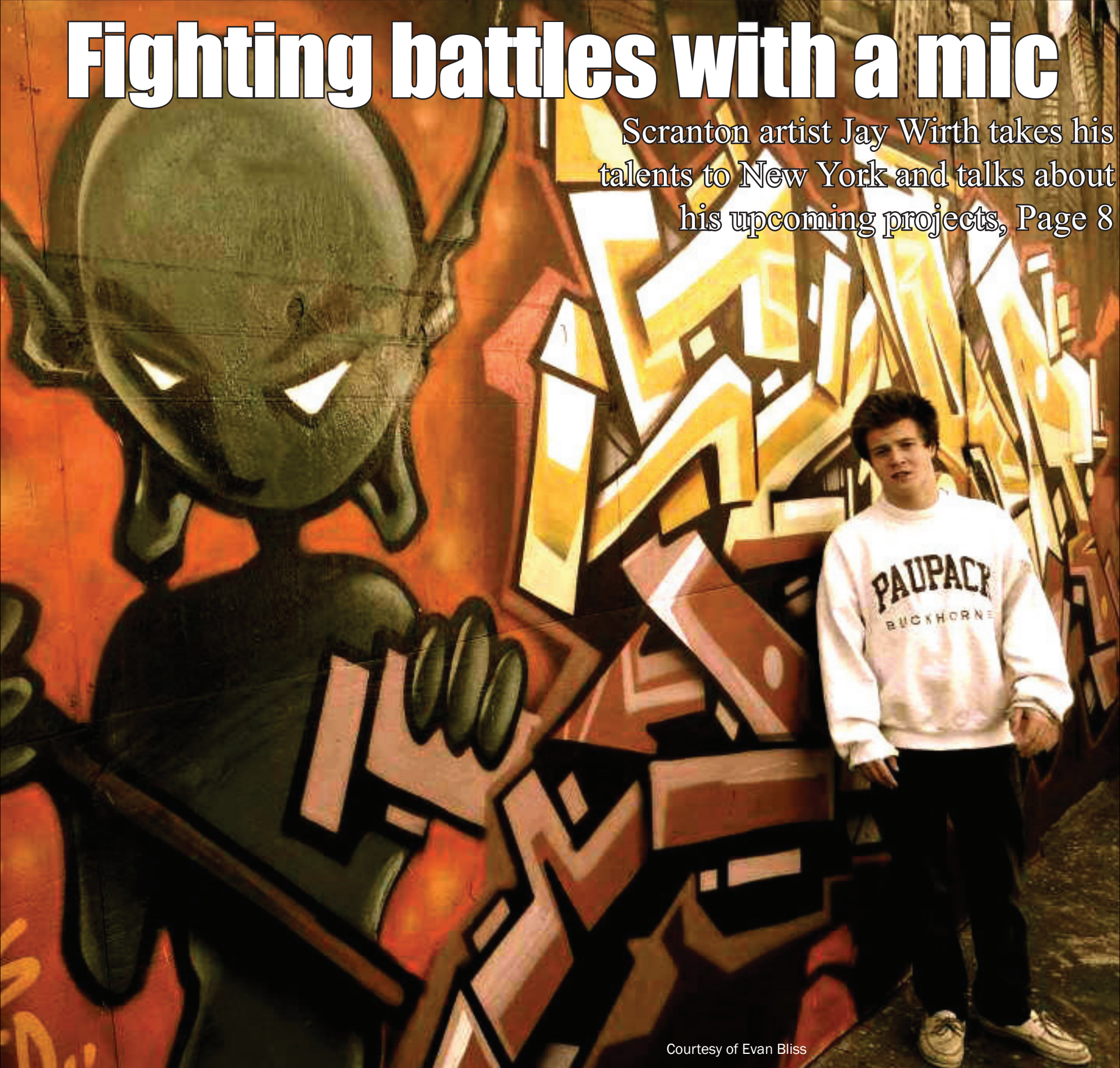


## Fighting battles with a mic

Scranton artist Jay Wirth takes his talents to New York and talks about his upcoming projects, Page 8







September 17, 2013

Contact editor: christine.lee@wilkes.edu

# Officials searching for safe ride alternatives after taxi closure

By Bill Amos  
Staff Writer

With limited taxi services in the Wilkes-Barre area, Wilkes University's Student Affairs is currently seeking to find a replacement for their Safe Ride program, established in the early 1990's, as a means of providing safe transportation to Wilkes Students.

"The focus was on alcohol education and what we wanted to provide was a safe way for students who were off campus to return to campus if they were accompanied by someone who was driving and was intoxicated or if you as a driver got intoxicated and shouldn't be driving back to campus," explains Dr. Mark Allen, Dean of Students at Wilkes.

Wilkes had contracted Posten Taxi to participate in taking students from any particular location within a certain radius in relation to the campus and bring them back safely.

Adela Torres, a sophomore nursing major, explains that she has used the program and likes it. "I always feel like they're very nice and courteous to you no matter what your situation." Adela explains that she feels that the program is beneficial to students who may



The Beacon Archives

**Student Affairs is currently negotiating with Wilkes-Barre's only taxi company, Burgit's City Taxi, to reinstate the safe rides program for students.**

have had a late night out or maybe had a bit to drink and need to find a ride home.

Posten has recently gone out of business, leaving Wilkes with limited options for the Safe Ride program.

Dr. Allen explained that Burgit's City Taxi

on South Main Street in Wilkes-Barre had been contacted to continue Safe Ride, but Wilkes is also looking into other options.

"It was a good convenience for our students. Not all colleges and universities provide any service like this to their students," says Dr. Al-

len. "We continue to look at creative ways to provide some kind of service, but we have yet to finalize an alternative plan."

Jeff Jurosky, also a nursing major at Wilkes, had a different opinion of the program. "It seems like a nice idea but it also seems like a nice way to get in trouble." He explains, in his opinion, that it seems like a loophole for younger members of the student body. "If you're a freshman and you've been out drinking then you can get into trouble. I feel like, once you're older you kind of have friends there who aren't drinking who can give you a ride home."

"I want folks to know that we look for a suitable replacement for the program because we believe in it," Dr. Allen said. "I would also encourage students when it comes to alcohol use off-campus, to always be responsible in terms to drinking and making good judgment with driving with people who have not been drinking, but the reality of the matter is it happens and this was a program to safeguard against it."



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# Committee looking at candidates to replace dean

By Christine Lee  
News Editor

A search is underway to find an interim dean of the College of Arts, Humanities and Social Sciences after the dean of three years assumed a new role within the office of the Provost.

In an email to faculty and staff in August, Interim Provost Therese Wignot announced that Dean of the College of Arts, Humanities and Social Sciences Linda Winkler had assumed the role of Special Assistant to the Provost and Director of International Outreach.

Wignot would not comment rumors on the reasons for Winkler attaining her new role, stating it was a "personnel matter," but she mentioned there was a need for support in her office.

"Under Dr. (Reynold) Verret there was an associate provost and a director of undergraduate experiences so those positions were eliminated," Wignot said. "Dr. Winkler's skill set was perfect

to fill that void and help to move forward some of the programs in the provost office."

Winkler's new responsibilities include engaging and developing international programs and supporting special initiatives within the office of the provost. Some of the projects she will be working on working on include setting up transfer agreements with area community colleges, running the conservatory and running the Spanish broadcast series on the radio station. She will also be looking to develop international programs for the campus.

"I'm looking forward to learning more about what various people are doing and how I might be able to assist the provost in pulling it together," Winkler said.

In the mean time a search committee consisting of six faculty and staff from within the college and two outside faculty members has been given the responsibility of choosing who the interim provost will be. They are charged with making recommendations of several faculty and staff to Wignot to serve as interim

dean. The candidates will then be interviewed with Wignot and University President Patrick Leahy and after consulting with one another, Wignot and Leahy will name one of the candidates as the interim dean.

Wignot said there will also be an associate dean named in addition to the interim dean, a role she said varies within the colleges but is mainly to support the dean.

"It's part administrative where they still have teaching responsibilities but then they have release time for administrative duties to support the dean in whatever aspects that the dean feels they want to delegate to the associate dean," Wignot said.

Search committee chair Prahlad Murthy, a professor of earth and environmental sciences and environmental engineering, said the committee has identified the main attributes the interim dean should possess. These attributes include being a strong advocate for the college, the ability to collaborate with people in and outside of the college, being able to multi-task

and most importantly having student interests at the core.

"Student interests by far are the most important," Murthy said.

Murthy said the committee has been moving at a good pace and is currently in the process of meeting with the various constituents within the college as well as various candidates.

Department chairs within the College of Arts, Humanities and Social Sciences say the change in administration of the college will not have a huge effect on their department.

"It's really tough to say without knowing what the changes will be but I don't suspect there will be many changes at all with respect to the division," Kyle Kreider, chair of the department of Behavioral and Social Sciences said.



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THE BEACON

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# SG Notes: Public Safety assessment to solidify campus security

By Christine Lee

News Editor

For the past year, Wilkes' office of public safety has been undergoing an assessment of its services by an outside firm, Margolis, Healy and Associates.

An initial assessment was started in January and concluded at the end of last year and a second one will continue this into this week.

At the Student Government meeting Sept. 4, President Patrick Leahy announced that some of the changes being made include new equipment, squad cars, uniforms and method of deployment.

He added that the office is in the process of hiring new officers and an executive director. He said these changes were the result of feedback received from the campus community to the firm.

Addressing a question from Off-Campus Council President Catelyn Sofio regarding the issue of safety to students off-campus, he said "we recognize that our campus is bleeding into the surrounding community."

At the Sept. 11 meeting, members of Student Government got to hear more about the assessment and give their input on campus security when Vice President of Finance and General Loren Prescott and Aaron Graves, an associate with Margolis, Healy and Associates appeared at the meeting.

Graves identified the main findings of the first assessment as the presence of officers on campus and training has been minimal, leading to a tendency for members of the campus community to rely on local police to solve incidents that occur in the vicinity of campus and a lack of understanding in the campus community on emergency preparedness.

Graves and Prescott allowed members to give their input on public safety, with some



The Beacon/Christine Lee

**President Patrick Leahy addresses members of Student Government about the changes to the office of Public Safety during the Sept. 4 meeting.**

again expressing concerns about safety in the immediate off-campus vicinity.

The budget was presented as follows: All College: \$33,000, Conference: \$5,000, General: \$21,000, Spirit: \$2,000, bringing the Student Government total to \$61,000.

The budget did not change at the meeting Sept. 4.

At the Sept. 11 meeting, the budget was presented as follows: All College: \$12,000, Conferences: \$5,000, General Funds: \$20,000,

Spirit: \$2,000, bringing the Student Government total to \$40,000.

Interim Director of Alumni Bridget Husted and Interim Assistant Director of Alumni Mary Simmons asked for a fund request of \$500 for 50 student tickets for Homecoming Weekend reunions that includes food at the Aug. 28 meeting, which was passed at the Sept. 4 meeting 21-0-6.

Representatives Kayla Rooney, Olivia Questore and Corresponding Secretary Kaitlyn

Wolfe asked for a request of \$23,000 to cover Student Government Homecoming activities, including the dance, T-shirts and crowns for the Homecoming king and queen and pep rally at the Aug. 28 meeting. It was passed at the Sept. 4 meeting 21-22-13.

President Ian Foley asked for \$5,000 to help the office of Student Development cover the expenses of Club Day at the Sept. 4 meeting. It was passed at the Sept. 11 meeting 26-0-0. Vice President Taylor Moyer asked for \$2,000 to cover the costs of Fall Fest.

At the Aug. 28 meeting, the Operations Committee announced that the brick work on Slocum Hall was completed and paper towel dispensers had been replaced.

At the Sept. 4 meeting, they announced that the Chevy Traverse brakes have been fixed, that Public Safety is planning to hire three former police officers and dispatchers and they are planning on getting new Ford Explorers for campus.

The Academic Planning committee announced at the Sept. 4 meeting that biology professor Ken Klemow has assumed the role of chair and associate professor of education Mary Kropiewnicki has assumed the role of vice chair.

At the Sept. 11 meeting, the Operations Committee said the furnace in Waller Hall is being repaired, the televisions are being worked on in Fortinsky Hall and renovations on Slocum Hall are coming along.

The Food Committee announced that Dining Services is looking closely at late-night dining options.

Student Government meets at 6 p.m. each week in the Miller Room of the Henry Student Center.



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## Wilkes University Television Program Guide



Channel 97: Service Electric Cable

### Week of Sept 16-20

#### Monday September 16, 2013

6:00pm Rosenn Lecture - Dillon-Dau  
7:00pm Spotlight  
7:30pm As You Like It  
Classic Arts Showcase

8:00pm Wy. Val. Media  
8:30pm Kirby Lecture-Tom Zasky  
Classical Arts Showcase

#### Tuesday September 17, 2013

6:00pm Spotlight  
6:30pm Det. Stores  
7:00pm I Enjoy Being A Girl  
7:30pm Showstoppers  
8:00pm Rosenn Lecture - Lec Zanny  
Classic Arts Showcase

#### Thursday September 19, 2013

6:00pm Spotlight  
6:30pm Ax Of Murder  
7:30pm Student Press Freedom  
8:00pm Kirby Lecture - Lawrence Reed  
9:00pm Philadelphia 2000  
Classical Arts Showcase

#### Wednesday September 18, 2013

6:00pm Spotlight  
6:30pm An American In Normandy  
7:30pm ShowBizKids-Oct06

#### Friday, September 20, 2013

6:00pm Wilkes On Wednesday  
6:30pm Reveille To Taps  
7:30pm Spring 2006  
8:00pm Generation X  
Classical Arts Showcase



# The BEACON

News of Today Reported By the Journalists of Tomorrow

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# Beacon Briefs

**By Christine Lee**

*News Editor*

## Spanish Conversation Table

Those interested in practicing Spanish are invited to come to Capin 102 to practice their skills every Thursday at 5 p.m. in Capin Hall, Room 102. Weekly participation is not required and participants of all levels are welcome although a basic level of Spanish is recommended. Contact Rafael Garcia at rafael.garcia@wilkes.edu or (570)408-4606 if interested in volunteering.

## Arabic Language classes

The Center for Global Education and Diversity is offering free classes in basic Arabic. The course will cover conversation, writing, reading and culture. The classes are free to students although they are required to purchase the textbook, "Alif Baa, Third Edition." Classes are from noon to 1 p.m. Monday and Thursday from Sept. 16 to Nov. 25 in the Savitz Lounge in the Henry Student Center.

## Constitution Day

Wilkes will celebrate Constitution Day today with a lecture by political science professor Kyle Kreider on "The Voting Rights Act and the Constitution: What's Next?" at 11 a.m. in Breiseth Hall, Room 107.

## Alternative Spring Break applications

Alternative Spring Break trips for 2014 have been announced and applications are available through the new service learning site GiveGab. Students can access applications by going onto <https://www.givegab.com/universities/wilkes-university/docs> to download the applications.

## Faculty/Staff Photo Shoot

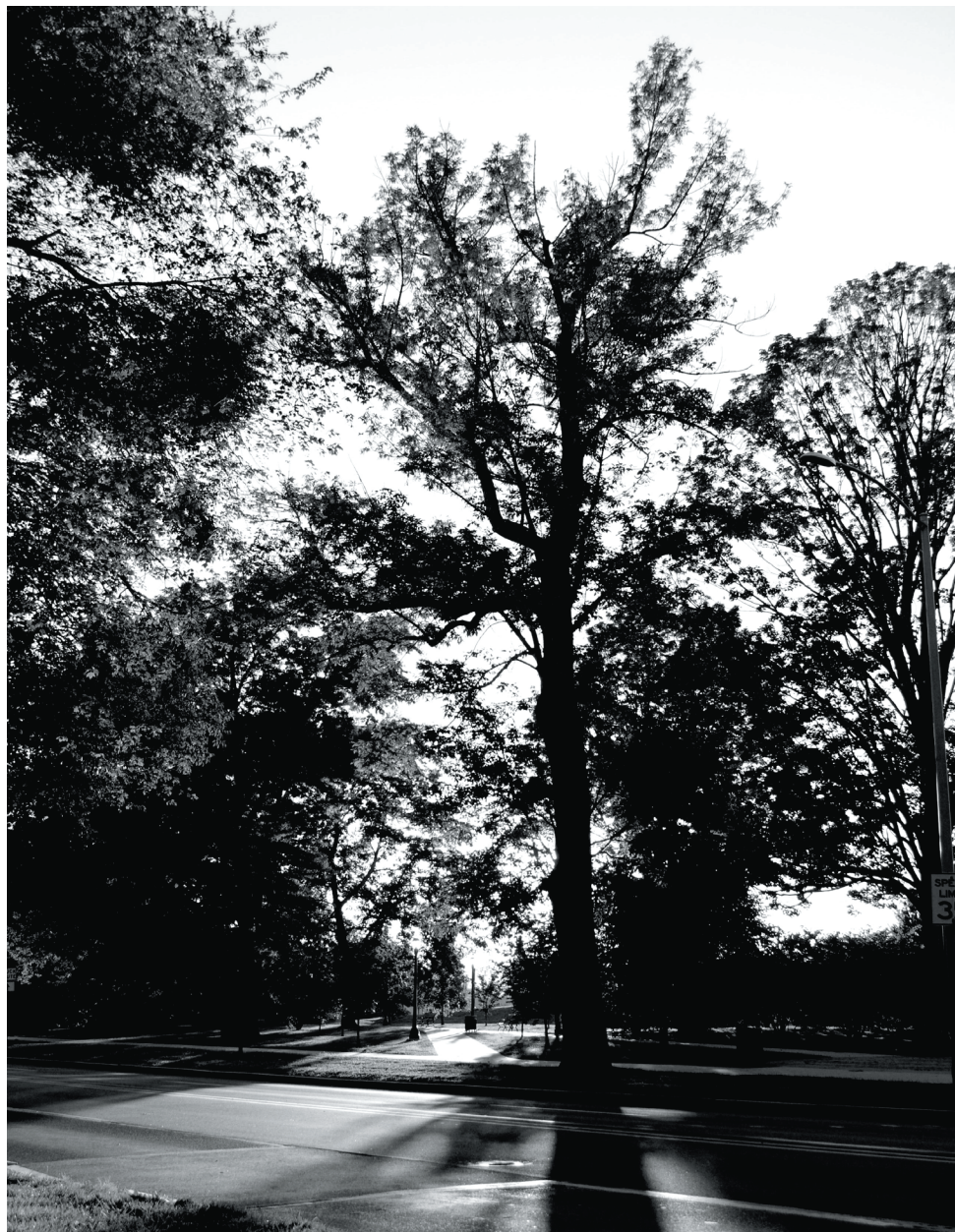
The Marketing and Communications Department will hold a photo session for faculty and staff to all employees for the faculty and staff directory on Sept. 24 and 26 from 10 a.m. to 1 p.m. in the University Center on Main Street, Room 229. Business casual or discipline-related attire (lab coats, etc.) is appropriate.

## Bone marrow donors recruited

The campus community can learn about becoming a bone marrow donor by stopping by the Henry Student Center first floor lounge from 11 a.m. to 1 p.m. Sept. 20 by having the inside of one's cheek swabbed. They will learn about being listed on the registry and the process of becoming a potential bone marrow donor.

## Volunteer Fair

The office of Community Service will host the Volunteer Fair from 11 a.m. to 1 p.m. on Sept. 17 in the Henry Student Center Lounge. Among the volunteer organizations participating are Wilkes-Barre General Hospital, American Red Cross Blood Donor Program, Geisinger Blood Program, Center of the Village After School Program, In the Gap neighborhood improvement, Big Brother's Big Sister's, Luzerne County Special Olympics, Victims Resource Center and American Cancer Society.



The Beacon/Jake Cochran

## Fall Fest will occur on campus from Sept. 26-28 celebrating the changing of the seasons with activities ranging from Glow Golf to carnival rides to raffles.

ety Relay for Life. Students will have the opportunity to learn more about the organization, receive volunteer registration forms, and sign-up for specific service events.

## Karaoke with Chinese food

Programming Board will host a karaoke night that includes Chinese food at 7:30 p.m. on Sept. 17 in the Henry Student Center lounge.

## Nobel nominee to deliver chemistry lecture

A Nobel Prize-nominated chemistry professor who introduced an anti-tumor vaccine will deliver the Catherine H. Bone Lecture at Wilkes University on Oct. 16.

Cancer researcher Samuel Danishefsky will present "Biologic's by Chemical Synthesis," a free, open to the public event at 7 p.m. in Stark Learning Center 101.

Danishefsky, introduced on the complex carbohydrate based anti-tumor vaccine which was the first ever brought to clinical trial. He has obtained recognitions from American Chemi-

cal Society and has been nominated multiple times for the Nobel Prize.

Danishefsky is Kettering Chair of Bio-organic Chemistry at the Memorial Sloan-Kettering Cancer Center and is a Leader in his field of organic synthesis, with focus in carbohydrate chemistry.

— Adam Lubas, Staff Writer

## Homecoming dance theme 'City of Lights'

"City of Lights" has been chosen as the theme for Wilkes University's annual homecoming celebration.

The dance will be held from 6-11 p.m. on Oct. 4 at Genetti's Ballroom on the Public Square. The cost for tickets will be \$5 and are being sold at the Student Union Building from 11 a.m. to 1 p.m. through Sept. 20.

Student Government's Executive Board Corresponding Secretary Kaitlyn Wolfe said the colors for the homecoming dance will be black, silver and blue.

Wolfe said it is also the first time a dance at

Wilkes will feature an interactive photo booth, raffles for gift card prizes for various services on campus will be included in the itinerary as well.

The centerpieces will have bright blue LED built in, and every guest will receive a bottle of champagne filled with bubbles. The dance will also feature an interactive photo booth.

— Nick Durdan, Correspondent

## Fall Fest features variety of activities

Fall Fest, a three-day festival held on campus, will take place between Sept. 26 to the 28, featuring different activities each day.

From 7:30 to 10:30 p.m. on Sept. 26 in the University Center on Main Street, Programming Board will be hosting games of Glow Golf, glow-in-the-dark mini-golf. The following evening at 8 p.m. Inter-Residence Hall Council will be throwing a movie night in the Marts Gymnasium.

Fall Fest wraps up between 1 and 4 p.m. on Sept 28 on the greenway, where students can find a multitude of events including face painting, a D.J., carnival rides, yard games and inflatables. In addition, raffles will be held, where students can win big prizes.

"All of our giveaways are electronic," said Student Government Vice President Taylor Moyer.

This event is hosted simultaneously by Student Government, Student Development, the Multi-Cultural Student Coalition and the Off-Campus and Commuter Councils. It also offers food provided by local vendors. Admission is free, though students are required to bring their Wilkes identification cards for food and to claim prizes.

— James Jaskolka, Assistant Online Editor

## Wealth expert to speak on campus

An expert in family business and family finance is the guest speaker for the Family Business Forum Sept. 19 on the Wilkes campus.

Franco Lombardo will be lecturing on "The Great White Elephant of Money" at the Henry Student Center Ballroom. Registration and a reception begins at 5 p.m. followed by the lecture at 5:30 p.m. and a question-and-answer session.

"Everyone in life deals with money and it's important to understand that for your future," said Lanie Jordan, executive director of the Family Business Forum.

Lombardo will be giving the lecture to help family businesses and students alike learn about how money impacts families and wealth.

Hosted by the Family Business Forum, this event is open to students and non-students and there is no fee to attend, but business casual dress is preferred.

— Colleen O'Callaghan, Correspondent

**If you are interested in seeing your announcement in The Beacon, contact News Editor Christine Lee at [christine.lee@wilkes.edu](mailto:christine.lee@wilkes.edu).**



# 6 | FUN CORNER

## Madam Calypso’s horoscopes for week of Sept. 17

See what the stars have in store for the future of all Colonels

ARIES (March 21- April 19) - Things are going pretty well for you right now, but the real work will start soon. Don’t worry, you can handle it.

TAURUS (April 20- May 20) - I hope you have Netflix because you are going to be spending a few nights alone. No one will be available for a while, but your friends didn’t forget about you.

GEMINI (May 21- June 21)- Make a decision. You have been batting around a choice for weeks, make it already!

CANCER (June 22- July 22)- Stay far, far away from Chinese food. Your digestive system will thank you.

LEO (July 23- August 22)- Your tendency to speak out might land you in hot water soon. Make sure you have a backup plan in case you need to talk your way out of something quickly.

VIRGO (Aug 23- Sept 22) - Happy Birthday. You’ll be surrounded by people who want to celebrate with you, but be careful who you choose to hang out with, some may only be there for ulterior motives.

LIBRA (Sept 23- Oct 22) - You know that thing you have always wanted to try? Now is the time.

SCORPIO (Oct 23- Nov 21) - You will get in an argument soon. Don’t let this worry you or consume your thoughts. You’ll come out unscathed.

SAGITTARIUS (Nov 22- Dec 21) - You are lucky in love this week. Tell that crush you like them. If you are in a relationship, go out somewhere new.

CAPRICORN (Dec 22- Jan 19) - Your stubborn side is showing, and someone close to you isn’t too fond of it. Know when to pick your battles and when to step down.

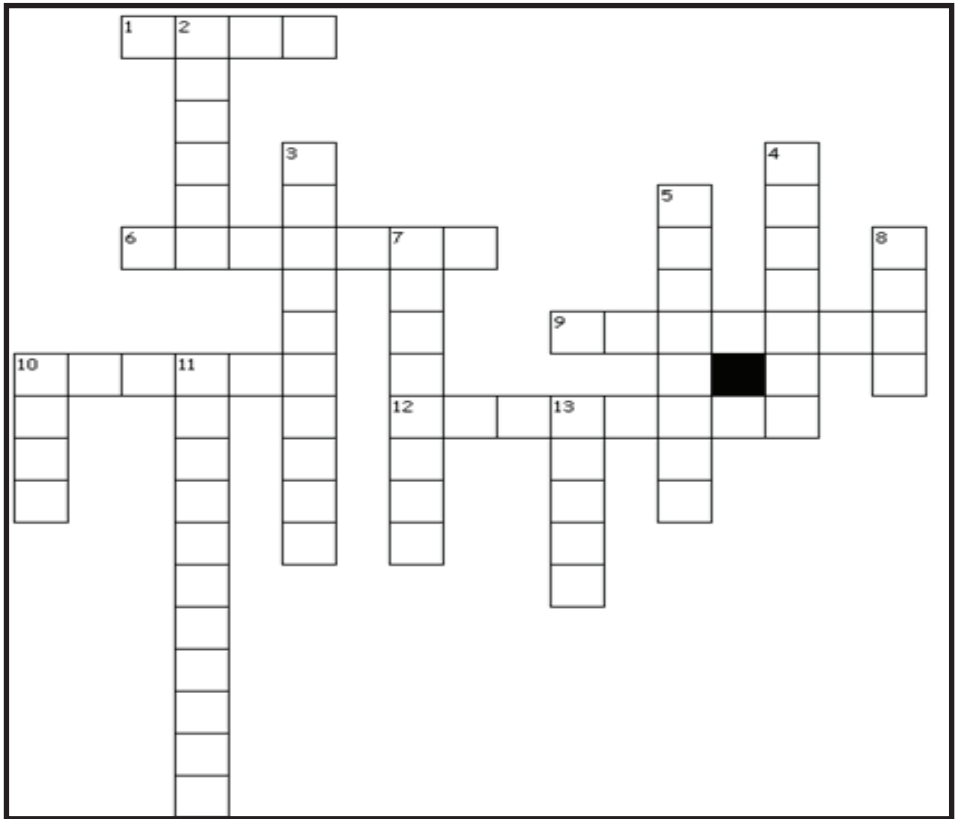
AQUARIUS (Jan 20- Feb 18) - If there were ever a time to reinvent yourself, it’s now. You have a clean slate; use it wisely.

PISCES (Feb 19- March 20) - All that stress is hanging over your head, and everyone knows it. It’s okay to look a little frazzled. Those who know you are pulling for you.

## Crossword: Songs of Summer

- Across*
- 1. Miley Can’t (But should)
  - 6. Florida \_\_\_\_\_ Line, “Cruise”
  - 9. “if our love is tragedy why are you my”
  - 10. Pink says “Just Give Me a \_\_\_\_\_”
  - 12. Lady GaGa wants some
- Down*
- 2. Blurred Lines Singer
  - 3. Who really just wants to love somebody

- 4. Type of dragons sing “Radioactive”
- 5. Bruno Mars thinks you’re a \_\_\_\_\_
- 7. They don’t care, they love it
- 8. JT suited up with \_\_\_\_\_
- 10. Katy Perry wants you to hear her
- 11. Disney Star wants you to “Come & Get it”
- 13. Daft Punk and Pharrell want to “Get \_\_\_\_\_”



## Word Find: Newspaper Terms

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

Word Box:			
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BEAT	EDITOR	OPINION	
BLOG	DESIGNER	PAPER	
PRINT	PUZZLE	REPORTER	

For all you cheaters

3. matoonhve  
5. thicke  
1. ztop

6. georiga  
2. tteazurc  
4. imagine

8. clatitl  
8. lsalz  
7. iconspob

13. juckyl  
15. gbbjanze  
11. sejenagowes  
10. lora



SEPT. 17, 2013

Contact editor: [alyssa.stencavage@thewilkesbeacon.com](mailto:alyssa.stencavage@thewilkesbeacon.com)

# Celebrating the Colonel; building image campaign

By Alyssa Stencavage  
L&A&E Editor

Do you know how old the Colonel is?

Sept. 4 marked five years to the date that the new, life-size mascot was introduced at Wilkes, and you better believe he had a birthday celebration of his own.

The mascot was unveiled on club day of 2008. Considering Wilkes never had an official, life-size mascot, this first official debut had quite an impact on the population at Wilkes.

So on Sept. 4 the cut out Colonel, wearing a Colonel birthday hat, enjoyed blue and yellow cupcakes and Colonel games with those who came to celebrate his big day. Students had the opportunity join in a trivia about the Colonel, where they could enter to win a Student Government T-shirt, provided they answer the questions correctly. Other activities at the celebration included pin the hat on the Colonel as well as a photo booth.

The festivities in honor of the Colonel seemed to be enjoyed by everyone. Student Development Coordinator Melissa Howells said the cupcakes went fast and lots of people took part in the trivia, which resulted in five lucky winners. However, the photo booth wasn't as big of a hit.

The Colonel Mascot was created by a Branding Agency called 160over90, initially as a way to get people talking about Wilkes. Howells said the intention was to bring in a new sense of school pride. When the mascot was first created, the idea was to welcome new students onto campus. Interestingly enough, the Colonel would be the one to make personal appearances at either the high schools or work places of students. When they walked out of class, he would be there to actually present them with their acceptance letters, and of course a bottle head. Howells said this showed the small community that Wilkes is and the sense of personal connection the university gives its students.

"The Colonel Mascot symbolizes Wilkes' spirit and what it means to be Colonel," Howells said.

The mascot started as a marketing idea and was an aspect of sporting events; then it became part of the Student Affairs umbrella. Not surprisingly, the Colonel embraces everything outside the classroom as well, and students and clubs use him for different things. The campus utilizes his appearance all around. He even makes appearances off campus.

"He represents Wilkes and the community as well," Howells said.

Associate Vice President of Marketing Com-

munications Jack Chielli said the idea was to foster school spirit.

"We are a university in the process of creating more school spirit and the Colonel helped to foster that desire to have more school spirit, and that's a really good thing."

Chielli adds that what it means to be Colonel is something that is very much valued at Wilkes.

"The whole idea of 'be Colonel' has become part of the language," Chielli said. "It means standing up for what's right, being a good citizen and working in the community. It is ingrained in the university's culture."

Chielli also believes that the campus community and the external community have embraced that idea, and one can see the significance of the Colonel in the way that students have come up with phrases like "Blue Army Brigade." Chielli said the Colonel idea has done all that it was intended to do.

"We have gotten so much value out of the idea, that it is beyond my expectations," Chielli said. "The Colonel campaign exceeded all of my expectations."

Students also express their ideas of what it takes to be Colonel.

One Colonel, whose identity is to remain anonymous, agrees that his presence and attitude matter.

"I think that the Colonel definitely provides a sense of unity for the students," the Colonel said. "Everyone here at Wilkes is a Colonel, but I think it helps to have that embodied in mascot form at sporting events. As the Colonel I also get to attend many non-athletic events, my favorite of which is freshmen orientation. This is the first time many of these students are meeting me, and I have the opportunity to show them what it means to be Colonel before the semester even starts."

The Colonel's presence in so many activities around campus isn't the only thing that means

something. His color is something people are curious about. Howells said people do ask why the Colonel is blue. The answer she always gives them: He has school spirit written all over his face.

This Colonel also offers more of a personal perspective on what the role actually means.

"Being Colonel takes on a whole new meaning when you literally are the Colonel," the Colonel said. "So I think it's my job to push the students and fans to be more Colonel by encouraging enthusiasm and school spirit. My role as

the Colonel is to highlight the accomplishments of our student athletes. They put in a lot of hard work before and during their events, and it's my job to make sure they get the recognition they deserve while they compete."

And just as he helps others, the Colonel helps himself.

"Conveniently, my role also serves as my motivation," the Colonel said. "There's nothing more rewarding than knowing you've helped to boost school pride and provide some well deserved encouragement for our athletes."

Another student who has played the role of Colonel said this role takes on a more personal meaning as well.

"For me being the Colonel is personify-

ing the spirit and camaraderie of the school as a whole. The Colonel is a figure that exhibits all attributes that students show support for their sports teams, academics and campus life. Being the Colonel is great not only because people see me as a friend and ally, but I also know that they too are also proud to be Colonels themselves."

Yet another student talks about how the Colonel is more than just a word.

"I feel that being Colonel means going above and beyond to help others in the world around you," third-year pharmacy student Kristofer Rivers said. "A Colonel is a leader who is not

afraid to get a little dirty to help out others. Community involvement and service is a part of their daily vocabulary and they are always trying to bring others along. There is a sense of pride for organization they are a part of and the work that is accomplished. Being Colonel is not just an idea, but a way of life."

His popularity doesn't stop there. Like most of us, Howells said the Colonel has a full array of social media, including Facebook and Twitter, and she said he may even have to be created on Instagram.

The Colonel's anniversary celebration isn't the only news at Wilkes. The university is in the process of changing the advertising campaign for the Army of Colonels.

Chielli said the new campaign will be more centered around Wilkes University as the unique university that it is as well as the value of a Wilkes education.

"More and more parents and students are looking for value in the university they are choosing," Chielli said.

While the new advertising campaign is still in the works and is waiting to be adopted, there will be a transition of image into a new strategic plan, and the phrasing and some other minor details will change. Chielli these new image changes will bring more of a focus on the value and virtual uniqueness that are part of the education space at Wilkes University.

Chielli sees this as a healthy and sort of different approach.

"It's hard to run on the same ad campaign for a long time," Chielli said. "This gives you a fresh perspective. It's good to change things up."

However, while a slight change is taking place on the advertising side of things, Chielli stressed that the university is only building on the campaign and adding to the message of the university, not doing away with the Army of Colonels or the blue army nor will the "be colonel" idea that is so widely recognized across campus be lost.

"The Army of Colonels will always remain an integral to the internal workings of the campus," Chielli said. "It will always be a part of Wilkes, a part of who we are. I really believe students and the community have embraced 'be colonel' and all that language, and I don't want to discourage that. Army of Colonels has been adopted into the lexicon of the university in a way that I never would have imagined, and I could not be more thrilled with the way it's been adopted."



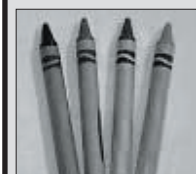
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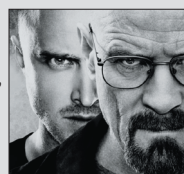
Courtesy of Wilkes University website

**The colonel celebrated his fifth year enrolled at the university, still undeclared but heavily involved.**

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*Melted crayon art, "Not so great for perfectionists"*



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*Predictions of the next "Breaking Bad" episode*



**Songs of Summer '13 with Eric Casey**  
*10 songs you probably missed*



# Rapper Jay makes leap onto music's main stage

*Scranton-based Zack Wirth is getting noticed -- and he still hasn't graduated from high school*

By James Jaskolka

Assistant Online Editor

Zack Wirth, better known by his stage name "Jay," has never been one to follow the crowd. Between little-league and cartoon time, a young Jay Wirth was often found scribbling journal entries and honing his writing skills.

While his classmates spent their summer working part-time jobs and dreading senior year, Wirth was living his dream and opening up for hip-hop all-stars like Mac Miller and Mobb Deep.

"This summer was extremely productive," Wirth said of his recent success. "Not many 17-year-old kids could put that on their résumé, and I'm proud to say the least. The feeling of being on that stage was surreal, and I can't wait to get another chance."

Wirth, who hails from Hawley, a small town just outside Scranton, developed an interest in writing and the hip-hop culture at an early age. By the time he was 13 he had merged his love of both.

Originally just making acapella videos in his basement, Wirth began to pour all of his time and energy into writing, recording and performing his music, determined not to stop until he was appreciated. Locally, he was well-received early on.

"It started off with close friends and then spread entirely throughout northeast Pennsylvania," Wirth said. "I love and acknowledge everyone who appreciates what I do."

Wirth has released more than 50 tracks and four EPs since his start four years ago: " and "Spiral Staircase", the latter of which was released on Sept. 1.

"Each project I work on, I approach it with the mindset that it has to outshine and one-up the project I most recently put out," Wirth said. "If you listen to each of my EP's you'll start to see the music as a whole evolve and



The Beacon/James Jaskolka

**Jay Wirth has performed on the same stage as such notable hip-hop acts as Mobb Deep and Mac Miller. Jay also has competed in battles against opponents in Manhattan and has more than 50 tracks within his discography.**

grow."

Between his work ethic and his success, Wirth quickly became the outlet for jealousy of other local rappers – a struggle Wirth had no problem overcoming as he continued to push himself further into the limelight.

So what sets Wirth apart from them?

"If you come back a second, third, or even 10th time to re-listen, you're going to pick up on lines you had no idea were there or [thought] had any specific meaning behind them," he said. "A lot of my lyrics are overlooked and hard to pick up on if you're not an avid fan of hip-hop and lyricism. I try to pack as many references and metaphors into a track as I possibly can."

His lyrical subtleties do not go unnoticed, however; recently, Wirth began travelling to New York to participate in high-profile battles for a league affiliated with Ultimate Rap League, one of the largest international battle leagues in the world.

"It wasn't easy being a white kid from the sticks of PA walking into a battle scene in the middle of Manhattan and saying extremely disrespectful things to a grown man in front of a crowd of strangers," he laughs. "But I'm starting to build a reputation, and I do plan on continuing to battle on the side."

While Wirth has high hopes for his future, which include plans to battle as far as Toronto and attend college in the city, right now he says he just plans on finishing high school on a positive note.

"I'm really curious to find out how far I can run with this," Wirth says. "Let's see what happens."

You can check out Wirth's music and download it for free at [itsjaymusic.bandcamp.com](http://itsjaymusic.bandcamp.com).



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## Crash course for first-year students: Defeating Freshman 15

By James Jaskolka

Assistant Online Editor

You've heard its name before. You might even know someone who has been affected by it.

Its legend lives in infamy, filling young men and women alike with the same kind of pale-faced terror, sending shivers down the spine of students across the country, and if you aren't careful, it could sneak up on you when you least expect it.

I'm speaking, of course, of the notorious Freshman 15.

If you're not familiar with the folklore, the freshman fifteen refers to the weight students sometimes pack on during their first year of college.

Between the SUB's sometimes limited options ("Do I want pizza, or French fries?"), the convenience of fast food and a love for late-night snacks, it's not a big surprise that many

students leave a little heavier than they arrived.

However, there are ways to cheat the system: Not only can you avoid gaining the weight, you can easily drop some extra pounds -- most of the time without any dramatic changes to your diet. Just by just subtly adjusting your habits, you can surely see progress.

While I am by no means a health expert, these small changes really can help make a big difference, and if you keep these three simple tips in mind, you'll at least be successful in warding off the freshman 15.

1. Be Conscious of What You Eat: If you grew up in a stricter household, you ate whatever was put in front of you, whether it's salad or a cheeseburger. In college though, you get to decide what to put in your body. This means you should try to really be aware of what you're eating.

Start trying to incorporate fruits or vegetables into every meal you eat; have an apple with your eggs in the morning or hit the salad

bar on your way to the pizza line. After you get used to doing this, try to take it a step farther by recognizing when you're eating poorly and substituting healthier options.

2. Don't Drink Your Calories: The average college student burns about 2,000 calories a day. So if you're trying to avoid putting on weight, it's important to monitor the amount of calories you take in.

When working with a limited number, you want to avoid empty calories -- food or drinks without nutritional value, like donuts or sugary drinks. So cut back on the soda. Better yet, cut it out completely. Didn't you listen to your parents? It's liquid sugar, and it rots your teeth. Instead, drink water. If that's too bland, pick up some Crystal Light for a low-calorie soda substitution. Coffee is practically the lifeblood of college students.

That's fine. But maybe cut back on the large iced mocha-french-caramel-cinnamon-bun lattes (or at least hold the whipped cream).

3. Be More Active: If you're the kind of person who thrives off physical activity, then hit the gym and you'll see great results. However, you can become more active without straining yourself.

It's as easy as taking the stairs instead of the elevator, or taking advantage of a beautiful day to walk across the bridge to Kirby Park. Find a friend and play a pick-up game of basketball -- anything to keep yourself moving.

Conquering the Freshman 15 isn't like passing organic chemistry -- it's doable. Eat better, but don't stress yourself out. Watch your calories, take the stairs and cut back on the soda.

If you're persistent and smart, you can overcome the beast and soar into next summer looking as good as you did when you left.



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# Beauty Beat: Back-to-school beauty essentials

**By Ashley Evert**  
Assistant L&A&E Editor

Welcome to Wilkes, freshman, and welcome back, upperclassmen. Whether this is your first year of college or your last, we all need a good beauty refresher to take us back to school in style. Here are some of the must-haves for returning to class looking your absolute best.

Most importantly is getting a good night's rest. What, you thought I was going to start off with a ton of products? No way. A solid seven hours of sleep, minimum, will do more for your physical and mental health than any product can accomplish.

Second, if you're cramming study time and seven hours of sleep isn't an option, a good skincare routine will make you look like a million bucks. Wash your face with the proper cleanser for your skin type (look for an article later on that), moisturize and dab on a little salmon-colored concealer to erase those under-eye circles that plague college students everywhere.

Third, stock your makeup bag with a creamy pot concealer for unexpected blemishes, a pinky blush, your favorite mascara and whatever lip products you like best. Lately, my favorites are Benefit Cosmetic's Boing concealer, NYX's powder blushes, Make Up Forever's Aqua Smokey Lash mascara and MAC lipsticks. These are all great products that you can swipe on

quick for touch-ups between long classes to keep your face looking fresh.

Fourth is a Golden Rule of Beauty: take your makeup off at the end of each and every night. Leaving caked-on liquid foundations and gunky eye makeup will clog your pores and do no favors to your would-be-beautiful skin. No matter if you wear a full face of makeup or just a little gloss and mascara, take it off. Invest in some of Neutrogena's oil-free makeup removing wipes—they get everything off and leave your skin feeling fresh.

Last, but not least, keep up with your hair. Ladies, I know it's difficult to blow dry and style your locks every morning, but it makes a huge difference to both you and how people see you. Having a bad hair day is the worst, so minimize these gloomy days with cute headscarves to wrap around day-old unwashed hair or a pretty bow to place under your messy bun.

If you're not an accessories kind of gal,




**Any of these back-to-school beauty products will take you back to class looking fabulous without much effort.**

The Beacon/Ashley Evert

invest in a cheap bottle of dry shampoo for lazy hair days. It'll absorb oil and keep your hair looking good til your next wash. I like the wallet-friendly "Not Your Mother's" dry shampoo sold at WalMart.

That's it- get enough sleep, take care of your skin, stock up on quick makeup and learn some easy hair tricks. These tips will take you back to school in style without a ton of effort- or the price tag that usually comes attached.

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## College Cuisine: Cheap, easy eats for busy students

### Grilled Chicken Melt

**By Ashley Evert**  
Assistant L&A&E Editor

This ooey gooey grilled chicken melt is easy to make and doesn't break the bank. Try doctoring it with barbecue sauce or ranch once in a while and you'll have a college cuisine staple that you can make often

#### The Basics:

Prep Time: 5 minutes

Cook Time: 8 minutes

Cost per serving: about \$1.75



#### Ingredients:

Hearty bread (sourdough works well)


Butter

American Cheese

#### Instructions:

1. Heat a small skillet on medium heat and warm the chicken until heated through. Chop, if desired, and put aside.
2. Heat another small skillet (or clean the other one and use it again) on medium-low heat
3. Butter one side of each slice of bread
4. Place one slice in the pan with two slices of cheese and add the chicken. You can throw some shredded muenster on top if you'd like, too.
5. Place the other slice of bread on top of the sandwich and flip when the bottom is golden brown.
6. Wait for the other side to brown and cheese to be fully melted. Cut in half and serve for a delicious, quick and easy lunch or dinner

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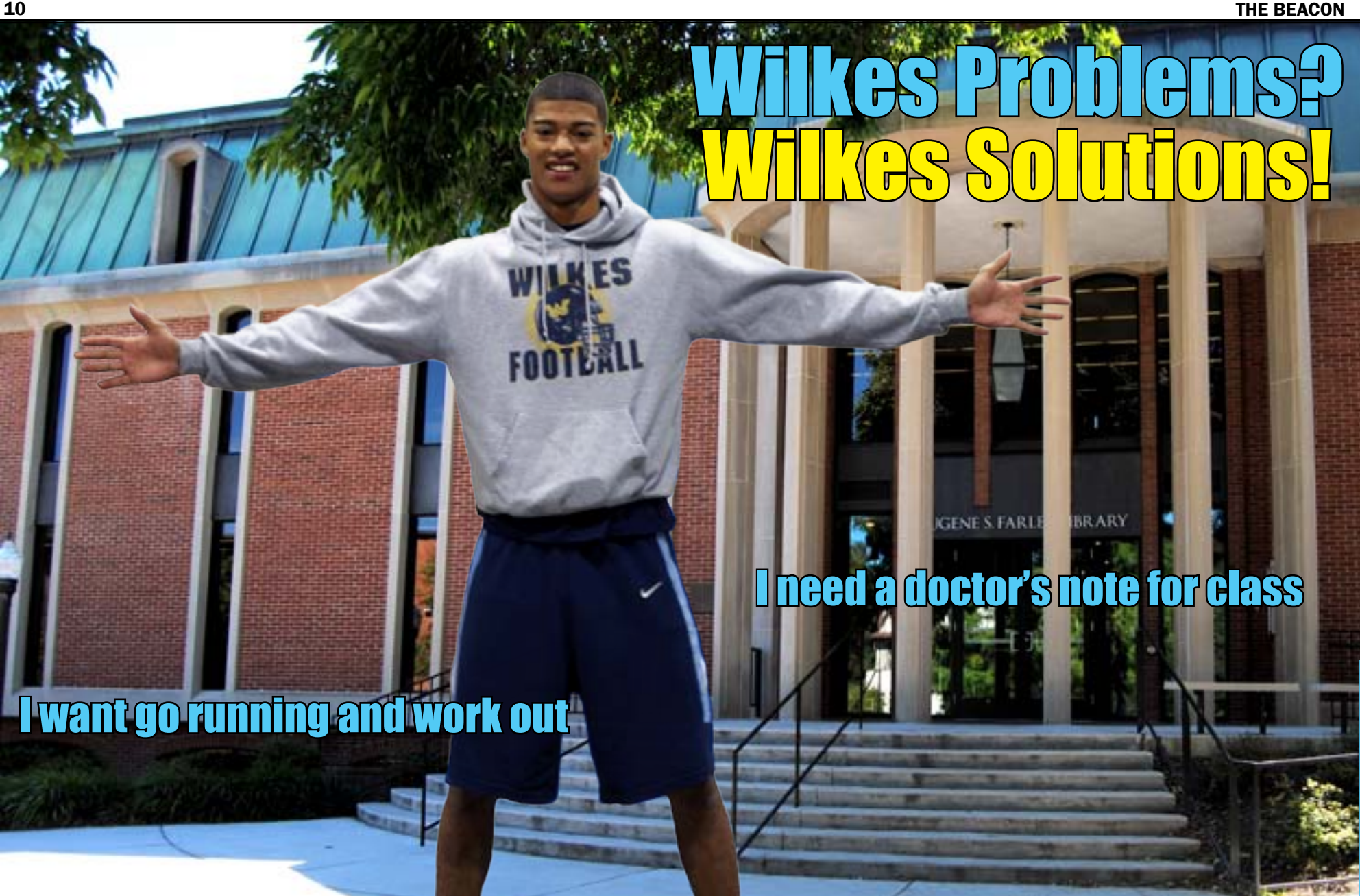
## The Play List of the week

Back before the days of stolen music, On-The-Go playlists and YouTube; there was a time when people would sit down and have to weigh their musical choices with care because it took longer than two minutes to make a playlist of all the songs they thought would sound awesome together.

Luckily that time has passed, so each week WCLH and The Beacon will be teaming up to bring an emotional soundscape for your audio pleasure airing each Wednesday at 3PM on 90.7 FM or worldwide at WCLH.org, here's a little tease of what will be spinning...

This week will be a high-energy playlist to break up the monotony of the school week, so expect some upbeat tempos and driving bass lines from artists like Matt Freeman in both his Rancid and Operation Ivy days. Also look out for the musical stylings of Les Claypool in Primus and also some other punk influenced basslines.





# Wilkes Problems? Wilkes Solutions!

Try to help sophomore communications studies Major Marcus Leaf with these problems or situations that all students have encountered by drawing a line between the problem and solution

I want go running and work out

I need a doctor's note for class

I need help editing my paper

I think I broke my computer

## 1. Go to the Writing Center

This would be a good place to better a paper for any class. The writing center can help with things like style, grammar, punctuation, any problem with the paper they can help make it perfect. It's always good to have another set of eyes on work to check for errors.



## 2. Go to the Help Desk

Laptop won't connect to the Internet? Not sure how to update the programs on the desktop? USB drive filled with sand? The Help Desk and Computer Clinic can help with any problem a computer can encounter. Basically, if they can't fix it or at least tell what is wrong, it might be time to stop downloading so much "music."



## 3. Go to Passan Hall

From out of state and sick? Probably not the best time for an improptu drive over the state boarder to go home for that doctor's note. Just stop over at Health Services and have them sign off on that fever that just happened to develop the week that the final research all encompassing 89% of-a-semester-grade-paper is due.



## 4. Go to the Marts Center

Eating ice cream every day? Then probably remember this place, there's a gym in the basement with weights and treadmills, so all that ice cream won't even know what hit it. Plus, it's good to get out of the routine of sitting at a desk, listening, studying, writing and sleeping. It's for your health ya dingus.





Sept. 17, 2013

Contact editor: carly.yamrus@wilkes.edu

# Dear students: Take advantage of all Wilkes has to offer

## Clubs, activities, classes, new campus improvements provide opportunities for students

**By Patrick F. Leahy**  
University President

Dear Students,

Welcome to the 2013-2014 academic year at Wilkes. My favorite time of year is the start of fall semester. The energy that our new and returning students bring to campus is a wonderful reminder of why we are here: to provide a great college experience for you. I especially look forward to talking with as many of you as possible – both formally and informally -- as the year unfolds.

The start of this year is also the start of my second year as president of the University. I begin this year even more excited and enthusiastic than when I began my first year at Wilkes. During that first year, I learned what makes our University a truly unique place to work and learn – and that makes me even more excited for the year ahead.

If you're around me for any length of time, you'll hear me use the word "unique" quite a lot. If you're wondering why, let me explain.

First of all, whether you are just entering Wilkes as a first-year student or are a returning upperclassman, you have an opportunity to study at a private, four-year American university. How rare – how unique – is that opportunity?

Let me explain. There are over 7 billion people on this planet. Roughly 1.2 billion of them are between the ages of 15 and 25. This fall, fewer than 5 million people from around the world are enrolled in a private, four-year American college or university. That's just one of every 250 people more or less your age in the world. That's less than one half of one percent! I call that a unique opportunity.

The fact that you are a student at Wilkes University makes it an even more singular opportunity. This is one of the most unique higher education institutions, not just in this region, but in the United States. Very few colleges or universities offer the broad academic program mix, from mechanical engineering to theater arts, and the range of extra-curricular activities, from football to robotics, at a school of our relatively small size of under 2,500 undergrads. I like to think of it as big research university opportunities with the culture of a small, liberal arts college. I love sharing with people that a nursing student at Wilkes can star in a theatre production and an engineering student can play football.

We've spent the summer preparing for your return. The most visible examples of those preparations are the new and updated facilities that greeted you when classes started on August 26. Probably the most striking is the Co-

hen Science Center. If you don't have classes in this new facility, take a moment and stroll through this truly beautiful building. Please plan to join me at 4 p.m. on Friday, Oct. 4 as we dedicate it. But that's not all that's new. There's an impressive new nursing simulation center in Stark Learning Center and upgraded facilities in Munson Field House. That's just the start of what I promise will be a continuing investment in facilities that will impact every one of our academic schools and colleges before we're done.

As this new school year begins, I urge you to take advantage of the great opportunities that are available to you because you are a student at a private, four-year University – an especially unique opportunity because you are a student at Wilkes. Take an elective class in a subject you've always wanted to study. Audition for that play – or try your hand at writing for *The Beacon* or *The Manuscript*. Attend a lecture, even if you aren't sure you agree with the speaker. It's all part of the broad experience available to you at a University. These four years at Wilkes provide an opportunity you'll never have again.

As the ancient Greek historian, Plutarch, said: "The whole of life is but a moment of time. It is our duty, therefore, to use it, not to misuse it." My wish for you, as a Wilkes Uni-



**President Patrick Leahy**

versity student, is that you will use every moment of this coming year to your advantage.

As the year progresses, please feel free to contact me if you have questions or ideas about how we can make Wilkes a better place for all of us in the University community.

# Pennsylvania fails to fully represent, support, respond to gay rights

**By Anthony Bartoli**  
Correspondent

So, same-sex marriage... I know it's probably a term that you're used to hearing by now, but let's talk about it. Also, remember, you're reading the Opinion section.

Gay rights have been an issue for many years now. But let me ask you something: what's wrong with gay people? I'm openly gay. It's fine with me, it's fine with my family, and it's fine with my friends.

My issue with gay rights is: how can we go and fight for equality in other countries, when

there's a huge equality gap here in the states? It's just not right. Think back to Martin Luther King and the Civil Rights Movement.

Many people can relate with Martin Luther King, his words, and his vision for a brighter future, not just for African Americans, but for all Americans. Look how far we've come since then. There's still much further to go.

So here's the low-down on gay rights in Pennsylvania:

- In 1973, homosexuality was declassified as an illness.
- Homosexuality is legal (since 1980).
- Gays are allowed to serve in the military (since 2011).
- Access to IVF (in vitro fertilization) for lesbians.
- Gay males are not allowed to donate blood. (Really? That seems a bit drastic. Doesn't it?)

Pennsylvania's current governor, Tom Corbett, is against gay marriage, and there's even a bill in place now that has barred same-sex marriage since 1996.

Thirteen states and a territory in our country allow same-sex marriage: California, Connecticut, Iowa, Massachusetts (who legalized

same-sex marriage in 2004), Delaware, Minnesota, New Hampshire, New York, Rhode Island, Vermont, Maine, Maryland, Washington, and Washington D.C.

So why not Pennsylvania?

Pennsylvania is an "older" state. Not just because it's the second oldest in the country, but because the population of our state is generally older in age.

I don't want to generalize, and I'm not, but let's face it, some older folks are more hesitant when it comes to change. They've grown up with a certain way of life, they were taught certain things, and that's totally fine! However, times are changing, and things will continue to change even more as time goes on.

In fact, Corbett is actually using taxpayer money to defend Pennsylvania's ban on same-sex marriage at a rate of \$400 per hour. He's spending that kind of money when, in reality, the majority of Pennsylvanians no longer support the ban. Even our elected State Attorney General, Kathleen Kane, said that she will not defend the ban. Seems like a waste of money, don't you think?

What about gay folks in the workplace? Do they get protection against discrimination?

Nope.

There are ordinances in place in 33 municipalities, but no state-wide law.

This year, over 100 members of the state legislature have agreed to sponsor a bill known as H.B. (House Bill) / S.B. (Senate Bill) 300. It would ban discrimination based on sexual orientation in employment, housing, and accommodations. An organization named "Equality Pennsylvania" spoke of the bill as "historic," and that "over 100 legislators from the House and Senate have signed to sponsor this bill. We are thrilled to have the support of a record-breaking number of sponsors, Democrats and Republicans alike!"

If you agree that Pennsylvania, or any state should have same-sex marriage, as well as gay rights and everything associated with them, head on over to the Human Rights Campaign's website at [www.hrc.org](http://www.hrc.org). There, you can become a member, and fight for the rights of so many men and women alike. You could really help change the future.



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## Colonel Critiques

# J.K. Rowling's 'A Cuckoo's Calling': A mystery novel

By Anne Yoskoski

Managing Editor

This British crime novel published this past summer was in itself a mystery. Some people became curious how Robert Galbraith, a man with a back ground in the army and civilian security, wrote such a beautiful novel. Several weeks later it was revealed that Mr. Galbraith was actually the esteemed best-selling author J.K. Rowling.

When I picked up the book, it was obvious that this novel, while very well researched, was not written by a first time author. The prose had a flow to it that enchanted the reader and seemed to sweep the reader into the story.

The somewhat lyrical undertones of the words have a familiar tinge to them that is uniquely magical. Rowling couldn't escape her memorizing dialogue, nor would we want her to, but the story itself signals a new era for Rowling as a mystery author, launching herself into a new arena to compete with new authors.

The story itself revolves around several characters. Strike, a private detective fallen on hard times, is presented with a case that had made major headlines across the world just a month before.

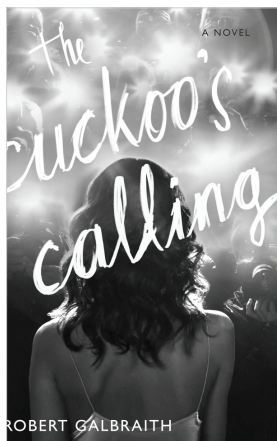
The famous model Lula Landry jumped off her balcony to her death...according to the medical examiner. Landry's brother doesn't believe Lula would kill herself and is hiring Strike as a last resort to prove his beautiful but troubled sister was murdered.

The troubled past of the lovely star goes far beyond what tabloids had reported as the true nature of Lula and those she surrounded herself with becomes evident.

As Strike pounds the pavement interviewing the other people in Landry's life his new secretary, Robin, is supporting him. Robin, new to London and newly engaged, is secretly playing out her childhood fantasy of becoming a detective. Robin and Strike become closer to each other and closer to the truth about Landry's killer when Robin's fiance gets in the way.

Strike's private life becomes intertwined with the story as Robin scrambles after him with her map of London. Due to the famous nature of the case, Strike and Robin have to tread carefully, which is not exactly Strike's specialty. The clashing personalities keep even the mundane office moments interesting.

The clam prose of the book kept me relaxed but the tension between the characters and the intricate crime held my attention riveted to the book. The ending is anything but predictable, and the announced sequel is already pre-ordered on Amazon.



5/5 Stars

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# Film's reckless characters make 'Starlet' a star

By Lyndsie Yamrus

Assistant Opinion Editor

"Starlet" is an American independent "indie" film that tells an unlikely story of a unique friendship between 21-year-old Jane and an irritable, elderly woman, Sadie.

Viewable on Netflix's Watch Instantly feature, this film is an underappreciated gem.

Set somewhere during the 1970s in San Fernando Valley, California, Jane spends most of her time baby-talking her Chihuahua, Starlet, and getting high with her dysfunctional roommates Melissa and Mikey, who can barely sustain themselves and their reckless lifestyles. When Jane unknowingly uncovers a large sum of money in a purchase from Sadie's yard sale, she befriends the old woman in an attempt to rectify the situation, knowing it is wrong.

The film explores many different teachings through this rare and improbable event, including trust, friendship and morality. Because the situation is so uncommon, the story is unpredictable and fresh.

However, the movie is not rated, and for good reason. Unbeknownst to me, Jane and Melissa are porn stars, and there is a highly graphic scene about halfway through. Language is explicit and potentially offensive at times as well. Unless you read a number of online critical reviews or lengthier summaries, you probably wouldn't have guessed this at all, especially from reading the brief synopsis on Netflix or movie review websites. I sure didn't.

One could argue that the offensive portions of the movie are unnecessary, as this film could easily be shown on a family channel, sans distasteful content.

I disagree though, because the greater significance of this movie does not dwell on the at-times-offensive lifestyles of the lead characters. The "big picture" is lightly inspiring and enjoyable, despite the explicit content.

I actually don't think the plot would have been as interesting had the characters been more "put-together."

For a probably low-budget film, I would say that the movie probably accomplished what it set out to achieve, even though I struggled for answers at the end.

I should add that I watched this movie in my apartment while combatting a horrific Wi-Fi connection, moving from couch to table to hallway floor to armchair in order to finish this movie. Hopefully this goes to show that the film is in fact worth your time.

While "Starlet" does not offer any astounding or life-changing lessons, there is still a lot to like.



4/5 Stars

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# Transplants reunite for 'In a Warzone,'

By Jake Cochran

Editor-In-Chief

After a nearly eight-year recording break, Tim Armstrong of Rancid, Travis Barker of Blink 182 and Skinhead Rob from... the transplants went back into the studio to produce their third album, "In a Warzone," and co-headline a tour with Rancid.

While the project was met with great anticipation from the fan base, the first single and title track of the album, "In a Warzone," left the loyal followers shaking their heads wondering what went wrong.

The single has a forced feeling to it with the ham-fisted attempt to add in a more hardcore element into the atypically punk/hip-hop cross over act. The track does not do the album justice as an opening track setting the hopes for the rest of the album very low.



However, it may have been a blessing in disguise as the second single off the album can arguably called one of their best and true-to-self tracks. The song "Come Around," was their second 'leaked' track that they released through Hellcat Records facebook page and website as a download free of charge.

This track reinvigorated many fans' interest within this side project bringing back the electric reggae feeling. Armstrong's expected Bob Dylan-esque scratchy cadence gives the song the slowed-down up-beat tempo fans came to expect and Skinhead Rob provides driving choruses in between Armstrong's relaxed verses.

With the album's release on June 25, the produce was met with modest success, as proven by the tour's success selling out most of the tour dates. However this can also be attributed to Rancid co-headlining and cornering their audience with an almost can't miss tour line-up supported by such acts as Madball, Crown of Thorns and the Adolescents at various dates.

Upon arrival of the complete album there are a few tracks worth a second look and overall the album is forgettable and not the greatest thing within their discography. As often is the case Skinhead Rob has some almost childish lyrics reminiscent of most Ice Cube albums leaving people with an almost dumbfounded eardrum.

However at this point in the band's career they can afford a forgettable album, but if this was a debut album, this side project may have gone along the wayside to never be approached again.

3/5 Stars

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# the 101

By Carly Yamrus  
Opinion Editor

Every week, Opinion Editor Carly Yamrus and Assistant Editor Lyndsie Yamrus 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 Carly Yamrus will be explaining why...

## Going vegetarian is no 'missed steak'



Photo Credit: Carly Yamrus

**A common meat substitute for vegetarians, Tempeh can be used in a variety of different ways, including stir-frys, in soup, or in vegetarian chili.**

protein, iron, calcium, B-12, and Omega-3.

**Protein:** Despite popular belief, there is protein in a lot of other foods besides meat. Good examples of a vegetarian protein would be nuts, seeds, legumes, soy, grains, dairy, meat substitutes (see above), fish (for pescatarians,) and eggs.

**Iron:** Young adults need approximately 8 mg of iron a day. Good sources of iron in vegetarian foods include dried beans, dark leafy greens (spinach, kale, broccoli,) lentils, chickpeas, and quinoa.

**Calcium:** Calcium is the most important nutrient for your body's overall health. Since your body does not make it itself, it needs to be maintained at a constant level. Calcium can be found in many foods but the recommended intake is 1000mgs a day for the average adult. Calcium sources include mostly all food groups.

**B-12:** This vitamin is essential but it required in small amounts. A B-12 deficiency can lead to all sorts of health issues such as vascular problems, infertility, memory problems, etc. Vegetarians are prone to this deficiency. Vitamin B-12 can be found in supplements, soymilk, and some meat substitutes.

**Omega-3:** Usually found in fish oil, getting your Omega-3 fatty acids into your diet may be a bit of a challenge. Make sure you are eating your plant foods, avocados, seeds, nuts as well as hempseed or flaxseed oils high in monounsaturated fats.

## Cheat Sheet

**Fruitarian:** A vegetarian diet that allows fruit, seeds, nuts and plant matter that can be gathered without harming the plant.

**Hempseed:** A superfood high in magnesium, fiber, iron and potassium

**Legumes:** A protein-rich family of vegetables including beans, lentils, peas, and peanuts.

**Flexitarian:** a non-committed vegetarian whose diet is largely plant based but allows for infrequent consumption of meat.

**Macrobiotic diet:** A diet consisting of mostly whole grains and beans. Macrobiotic vegetarians avoid highly processed and refined foods.

**Flax seed:** This seed comes in two different varieties- brown and gold, and are high in antioxidants and fiber and is considered a "good" fat. This seed is thought to protect against cancer and could help lower cholesterol.

**Raw vegetarian:** A type of vegetarian who believe that cooking food eliminates valuable nutrients in food.

**Total vegetarian:** A diet that excludes meat, eggs, fish, and dairy products.

**Pescatarian:** A variation of a vegetarian diet that allows the consumption of fish or seafood.

**Vegan:** A more extreme version of a vegetarianism diet that excludes all animal products as well as products made from animals, such as wool.

**Lacto ovo vegetarian:** The most common vegetarian diet that allows for the consumption of dairy products and eggs.

**Semi vegetarian:** A mostly plant-based diet that excludes a certain type of meat, such as chicken.

**Tempeh:** A soy product originating from Indonesia. Made from cooked and fermented soy beans, Tempeh is shaped into a patty and can be used as a meat substitute in many traditional recipes.

**Tofu:** A meat substitute made from curdled soymilk that is pressed into a block. Tofu acts as a sponge and takes on the flavor of whatever it is put in. It can be firm (idea in a stir fry) or soft (better for smoothies.)

**Seitan:** Also called wheat gluten, seitan is made from wheat protein and has a similar texture to meat when cooked. It is often used to replace duck.

### 1. THE CHOICE

There are actually many reasons people choose to become vegetarians. Not everyone is trying to lead the crusade for animal rights. Whether it be for a healthier diet, keeping your weight down, reducing the risk of disease and food-borne illness, environmental concerns... starting down the path to vegetarianism starts with the commitment.

Once you've committed to the idea of going green, you face a whole new set of struggles.

### 2. THE STRUGGLE

The trip to the grocery store after The Choice has been made can seem a little daunting. There seems to be nothing to eat. There is meat everywhere I turn.

To compensate for this loss, try adding new foods into your diet that you have never had before. Some people find it easier to quit by simply substituting meat with vegetarian options such as tofu, tempeh (made from fermented soybeans and grain,) and seitan, which is derived from whole grains. Either way, a varied diet will ensure that you are getting all the proper nutrients your body needs

### 3. THE VITES

You're going to need several vitamins to make it as a vegetarian. You won't make it more than a week by eating grilled cheese and cereal. According to the Vegetarian Resource Group, your main focus should be



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# Sept. 11 aftermath: Not just another baseball game

## Mets player Mike Piazza's home run restored hope and confidence in New York after 9/11 attacks

**Joseph Pugliese**  
Staff Writer

I was only 10 years old when Sept. 11, changed an entire city and entire country.

It is the one day I remember more clearly than any other day of my life. It took almost 10 days to feel anything but fear, anxiety and overall depression in both my house and in the community.

On Sept. 21, 2001, for the first time in 10 days it felt like everything would be OK.

I grew up in Staten Island, a borough of New York City, only a 20-minute ferry ride away from downtown Manhattan.

My mother at the time worked for Deutsche Bank in their building at 130 Liberty Street, her office and building faced the South Tower, 2 World Trade Center. During the attacks the building was severely damaged, a 24-story gash was torn into the building where my mother's office resided.

I was in fifth grade at the time in St. Clare's Elementary School when the attacks happened. The school essentially froze; only confusion and disorder ensued; nothing was taught that day. The teachers could not tell us what had happened for the simple fact no one knew if anyone's parents worked at the Trade Center. Parents kept showing up all morning to pick up their children. Classes got smaller; we had gotten more and more confused.

I heard from one child in my class who had a cell phone what had happened, a plane had

hit the world trade center. For the next hour, I was in a fog of disbelief and worry for my mother.

My father and grandmother came to pick me and my brother up around 11 a.m. that day, as I waited on the line to leave I asked my father what had happened, he told me he would explain later. I asked, "Where is mom?" He did not respond.

We arrived home and walked into my house and there was my mother sitting in her chair, blankly staring into the TV with the news on, her jacket covered in soot.

Joy reached myself, brother, father and grandmother. She had walked into her building as the first plane hit the tower, a security guard ran in and told her to leave immediately, and as she departed she saw the second plane hit the building.

That day my mother got the last ferry off Manhattan Island; the only person in her building who did not make it home that day or any day after that was the security guard who told her to leave.

For the next 10 days all my family did was watch the news, every day, same thing over and over again.

Funerals were abundant at our local church, for both victims and servicemen that were part of the first responders that were part of the community.

My back yard had the background of the smoke from the debris of the towers in the distance that shot across the sky like a never end-

ing rain cloud.

This was the new normal until Sept. 21. Sept. 21 was the first day I could remember that the news was not on at night in our house. When 7 p.m. rolled around and my parents, my brother and I all sat around the TV, for the first time since the attacks. Sports had returned to New York City.

The New York Mets played their rivals, the Atlanta Braves, at Shea Stadium. The atmosphere at the game was a mix of sorrow and joy, resilience and reverence. The entire stadium lit up with American flags, first responders lined the field with the players before the start of the game.

Mayor Giuliani and many of the other city's leaders had attended the game as well. Random patriotic chants of "U-S-A" carried throughout the night in the sold-out crowd, and for that one night team did not matter.

The whole city had its eyes on Queens that night. The Mets, against the will of Major League Baseball, came out with hats honoring the FDNY and the NYPD and other service men and women, which they would wear for the rest of the season.

The game was similar to many Mets games; the Mets were losing 2-1 going into the eighth inning.

Then in the eighth, with a man on base, Mike Piazza (my favorite player) got up to the plate. Piazza on the second pitch from Steve Karsay hit a home run off the camera tower in center field; the Mets would take the lead 3-2 and win

by that score.

When he hit the home run I was happy as any kid who has ever seen their childhood hero hit a home run, I jumped and cheered until I looked to my parents.

Both of my parents were smiling but both had tears running down their faces.

At the time I did not understand, it took me some time to realize how unbelievably special that home run was. It was a sign that things would be alright, that we would somehow make it through this.

That one home run showed us that we could go back to living our life, it gave us confidence that we would be able to fight through it all.

That game, that home run, were anything but normal.

However they gave us a sense of normalcy and an escape that we needed even in one of the darkest times we had ever experienced.

But sports to us had provided an escape and a refuge to go to when we needed it the most.

Today I cannot watch that home run without crying just like my parents had done, I realized not too long after how much that had meant to not just them but everyone in the city.

Yankees fans, Mets fans, even people who do not like baseball all say the same thing -- that is the most memorable home run they had ever seen.



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Mets catcher Mike Piazza hit a game-winning home run at a game played 10 days after the Sept. 11 attacks. The home run provided by the emotional leader

of the team gave the grieving city an escape and was a step toward restoring a much-needed sense of normalcy to the community.



Sept. 17, 2013

Contact editor: frank.passalacqua@wilkes.edu

# Wilkes women's soccer team kicks off summer in Italy, builds chemistry early

by Frank Passalacqua  
Sports Editor

"It was all so surreal. We got there and everything, right at the start, was so different. The culture there is like nothing I have ever seen. Everything is so beautiful, it was all so amazing," said Haley Adam while commenting on her latest trip to Italy.

The beautiful architecture, numerous sight-seeing tours and gelatos are just a few of the many things the women's soccer team has been boasting about since their trip to Italy this past summer. The 10-day tour of Italy was just the latest opportunity for the Lady Colonels. Italy marked the third time the soccer team has been overseas, recently visiting Brazil in 2010 and Holland, Belgium, and Germany in 2005.

Head Coach John Sumoksi led the team to many attractions in places like Rome, Tuscany, Montecatini Terme, Cinque Terre, and Coma.

"Trips like this always brings teams together," Sumoski said. "Obviously not too many people can go to Italy for 10 days and not get along."

Helping build team chemistry is crucial and Italy proved to be a team hit. Freshmen, sophomores and juniors of the team all had the chance to grow together on foreign soil.

"Our team chemistry went through the roof," said Haley Adam, midfielder. "We were together 24/7 and it really tested our relationships, but we all grew as teammates. I consider each and every one of the girls on my team a part of my family- our bond is like no other," Adam said.



Courtesy of Kirsten Smith

**The Lady Colonels gather at various landmarks as the team had time to see both Lake Corno and the Colosseum in between matches with various Italian clubs. The team saw the trip as a bonding experience that drew them together.**

Perhaps what was most important about Italy was the opportunity for the team to experience Italian soccer first-hand. They played three Italian clubs/ professional teams in friendly matches to prepare for fall.

"The competition was great. We were able to get to know them after the games we had the pleasure of training with a previous pro Italian keeper," Haley said.

This was Adam's third trip to Italy, but first with the team for soccer.

Teammate Katie Hughes, defense, had a mutual feeling and commented on the opportunity.

"Seeing the different attractions that Italy has to offer only brought the team closer together," Hughes said. "Not many teams can say that they all made a wish at the Trevi fountain or took a boat ride on the Mediterranean Sea. Roaming the streets of Italy will always

be a special memory that I am lucky to have shared with my team."

The Lady Colonels will look to put that built chemistry and a worthy offseason to work when Freedom Conference play opens on October 5 against Eastern University. Last season, the women's soccer team finished 12-5-5 after losing a dramatic shootout to Eastern in the conference semifinals.

Until the end of the season, seven of the remaining nine games will be Freedom matchups, emphasizing a clutch end to the year.

Head Coach Sumoski returns for his twelfth season, which includes an impressive resume for the Colonels. Sumoski is the all-time winningest coach with a record of 113-87-22, with ten trips to the Freedom Conference tournament and coaching 44 All-Freedom Conference players.



Courtesy of Katie Hughes





Courtesy of John Smoski

The Lady Colonels take time out of their trip to pose before taking on another Italian soccer team outside of the Lake Como area. The team spent time dur-

## Soccer trip

Continued from Page 16

"Our team is different than previous years," said Haley Adam. "We are a younger team,

which means we can grow together. I believe that we will do great things this season. I have never been more excited about anything."


The Lady Colonels are currently 3-1. Freshman standout Dianne Connor leads the team with two goals and five points, and junior Alicia

ing the summer in Italy and the team saw the experience as a bonding event to help the team take on their

Roberts comes in second with two goals and a total of four points.

In the three wins for the team, the Lady Colonels have won 2-1 against Moravian College, 2-1 against Muhlenberg College, and a 3-1 victory over Mount Saint Mary College of New

York. Wilkes faces River Street rival Kings College on October 28 at either home or away.

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## Men's golf looks to improve, men's soccer starts road trip

Wilkes University's head men's golf coach Guy Rothery looks to continue to improve the team over the fall season.

With two tri-matches against King's College and Misericordia University completed thus far the Colonels record sits at 0-3-1 overall. The fall season will conclude Oct. 1 with a match against Misericordia at Huntsville Golf Club.

After a 1-6 record in Middle Atlantic Conference play during the 2012-13 season, Rothery said he is looking forward to making strides in the right direction.

"The fall is more of a trial period for the incoming freshman to see where we are for the spring," Rothery said.

The MAC Championships are played in the spring at the Hershey Country Club, and Rothery said he will look to seniors Michael Daubert and Darren Mensch for leadership throughout the year.

The Colonel's home course is the Huntsville Golf Club. At their daily practices Rothery decides which five of the 10 team members will compete in an upcoming match. It is more based on what members of the team are available to participate in the match than on qualifying scores.

With golf being played primarily during weekday afternoons, it is difficult to find a

large amount of players available.

"It's different than most other sports, we stress academics and to play when they can," Rothery said.

— Alec Wizer, Correspondent

### Men's soccer team hits road

The coming week features a tough stretch of road games for the Colonels' men's soccer.

The Colonels hosted D'Youville College Sept. 15 at Schmidt Stadium and entered the contest with a record of 3-1.

After the Colonels traveled to Clarks Summit Sept. 16 to play Baptist Bible College, they will go to Williamsport Sept. 18 to take on Penn Tech. They are at Lebanon Valley College Sept. 21 and at Elmira College Sept. 24.

Senior defenseman Geoffrey Arentz said he really loves how the season started.

"We are off to a great start to the season," Arentz said. "We've had some great team wins that show character to both come from behind and strike early.

"We have several games coming up that we view as must win games before we begin conference play," noted the defenseman about the upcoming week.

— Jonathan Keer, Correspondent

  
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# Getting to know Freshman Volleyball Player

**By Brandon Gubitosa**  
Sports Writer

## Kelsey Yacko

***Kelsey Yacko is a freshman nursing major from Shamokin, Pa. In high school she was selected to be on the all-star team. In her time at Shamokin she holds the school record in kills with 956 and also the school record in blocks. She is hoping to have a great year and looks forward to playing volleyball at Wilkes. Kelsey took time to sit down and talk to The Beacon to introduce herself to the students of Wilkes University.***

**How long have you been playing volleyball?**

I have been playing for five years, so basically since freshman year of high school.

**What is your job as middle?**

The middle is mainly used for blocking all three front positions. They often hit the ball right as the setter is setting it to quickly attack and catch the defense off guard.

**How does it feel to be a freshman on the team?**

It feels a little intimidating because I am so young and inexperienced to the upper classman, but it also feels great because I am part of the team and will one day be in there spots.

**Who had the biggest influence on you to start playing volleyball?**

My high school volleyball coaches really encouraged me to play and have had the biggest influence on me to continue playing in college.

**What made you choose Wilkes over other schools?**

I really chose Wilkes because of the nursing program and also for their volleyball team.

**Do you have any pregame rituals?**

Not really, basically I just listen to music, relax and try not to get nervous.

**Is there a certain type of music you listen to?**

Basically I stick to mainly hip hop music.

**I know it's early, but how do you like playing for the team so far?**

I love our team so far, we are a pretty close group for a team. Majority of the time we all get along.

**Do you have any goals for the team this year?**

To go farther than what they did last year. I believe last year they finished third in the conference, and I am pretty sure everyone including myself wants to finish in first place.





# ‘You Do What?!’ The art of competitive gun-slinging

## Introducing alternative sports to the world one weird look at a time

by **Ashley Evert**  
*L&A&E Assistant Editor*

“You Do What?” is one incredibly un-athletic girl’s journey to explore alternative sports. Check back every week for my take on sports I once knew nothing about and now find fascinating.

If I had a dollar for every time someone asked, “Track? He does track?” when I tell people that my brother does trap, I’d be a hell of a lot richer than the average college student. Alas, I am penniless and left tiredly explaining the sport of trap and skeet shooting.

Going to a shooting competition is a lot like watching paint dry; there are a few exciting drips when you watch the people you know get a great score, and the rest of just a lot of gunpowder and sunburn. My entire family shoots, so I tag along and inappropriately yell, “Yeah, Team Brad!” while marking little Xs for hits and Os for losses on the bookmark of whatever novel I am reading to pass the time between rounds.

It took me a while to realize how much time, focus and dedication goes into this sport. As disinterested as I was at first, I really have gained a deep appreciation for shooters. They spend hours learning muscle memory and concentration techniques and thousands of dollars on shotguns, special colored glasses, customized hearing protection and ammunition.

Trap shooting refers to the event in which shooters are situated behind a trap house and shoot at the fluorescent orange, biodegradable targets (originally glass balls with feathers inside that floated to the ground beautifully when hit) that fly out of the house when the shooter calls, “Pull.”

Skeet shooting is a little different in the way that there are two houses, one on either



The Beacon/Ashley Evert  
**The awards at the bottom of this shooters vest signify various achievements within competition. The 25 and 50 represent separate streaks respectively. Below is all the essential equipment to be a variable trap-shooting machine.**

side of the shooter, so the targets whiz across the field instead of straight away from the shooter. The goal is simple in each version of the sport: hit every target.


Competitors shoot four rounds of 25 targets. They can earn a patch for shooting 25 targets straight, 50 targets, 75 and 100. These patches are proudly displayed on their vests. The best shooters on the competitive level generally shoot 98, 99 or 100 out of 100. They can choose to shoot singles, doubles with a combined score from their partner, or as a team of five.

I love that shooting is mainly an individual sport, so if you mess up, you can’t blame it on an untalented teammate. I am also drawn to this sport because it is something that men and women can both participate in equally.

I see so many husbands and wives shooting at competitions, along with brothers and sisters. The competitive nature of beating your own personal score along with beating whoever you’re with is really exciting.

The trap and skeet community is unlike other sports fans I have encountered. There is never any bad sportsmanship and everyone is willing to share a story or one of their secrets for shooting better. It is heartwarming to see so many gray bearded men pass down their wisdom to bright-eyed middle school students who dream of hitting their 25-straight milestone.

Trap and skeet shooting is an inspiring sport of personal discipline and studied skill in which many generations can participate. For now, I am content observing and cheering on my family. Maybe one day I will pick up a shotgun and try my hand at becoming the next Annie Oakley.

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# Want to learn about shooting skeet and trap?

The Beacon/Ashley Evert



Check out the new alternative sports series, 'You do what?!' on page 19