



# THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

"The news of today reported by the journalists of tomorrow."

## A taste of Polish food, hosted by Polish Room Committee



Left, Grace Gluszak (junior, public administration and political science major) and right, Heather Brinig (junior, international relations and political science major) enjoying some traditional favorites made by members of the Polish Committee. For the Taste of Polish article, see page 6.

The Beacon/Sam Mullen

## Fall sports coming to an end...

By Baylee Guedes  
Sports Editor

EDWARDSVILLE, Pa. – Fall sporting events are coming to an end in the Wilkes-Barre area.

Football has two games remaining and will play this Saturday at Stevenson University and then Nov. 12 at home for Senior Day, as well battling it out for the Mayors Cup against King's College.

The women's soccer team completed their season at 4-11-3.

The men's soccer team ended the season with a record of 7-9-2.

Women's volleyball finished the season at 8-20.

The cross country team's season has come to an end with one final run remaining. On Nov. 12, the team can be found at the NCAA Mid-Atlantic Regional hosted by Susquehanna at the West Branch Cross Country Course.

Men's golf ended with a record of 5-6 while the women went 0-1.

Field Hockey ended with a 4-12 record, winning their final game 2-1.

**For the winter sports preview, please see page 19.**

The Beacon//Baylee Guedes



Wilkes hosts community forum focused on literacy, page 4



Cocktail of the Week: Tasty chocolate-covered cherry shot, page 8



Semester burnout is a real thing that we all experience, page 15



Alumnus Nick Fea played in preseason Baby Pens game, page 20

# News

Have a breaking story or a press release to send? Contact the news editor Maddy Kinard: [Madelynn.Kinard@wilkes.edu](mailto:Madelynn.Kinard@wilkes.edu)

## Student Government notes: Oct. 26 weekly meeting

By **Claudia Cuchran**  
Staff Writer

Student Government held its seventh meeting of the semester, covering four fund requests and three upcoming events.

First, the Office of Advancement and Alumni Relations presented again to Student Government a fund request and plans to renovate the Henry Student Center Ballroom, honoring Jean C. ('78) and Paul S. ('77) Adams. Questions from the council were answered, and updated design choices, fundraising totals and timelines for construction were proposed.

As one of the most popular and community-oriented gathering spaces on campus, the ballroom has not been updated since its opening in 1999. Renovations will make the space handicap friendly, and will include new lighting fixtures, updated furniture and

new curtains for behind the stage.

A motion was made to allocate the full amount of the fund request, and the motion was passed. Renovations of the ballroom are set to be finished by the start of the spring 2023 semester.

Next, the schools of Nursing and Pharmacy presented to the council a fund request for this fall semester's Late Night Lift, an event started by the Health and Wellness Club in 2014 and picked up by the schools in 2018. This collaboration will be hosted by the Wilkes Barre YMCA on Nov. 21 from 8 to 10 p.m., where the facility will be open exclusively to Wilkes students.

Participants will have access to weights, ellipticals, the pool, basketball court and yoga and spin classes will be offered. Fifteen clubs will come together to provide services such as BP screenings, BMI indices and health related activities to participants.

There will also be giveaways such as

T-shirts, shaker bottles and rally towels for the first 150 students to attend. Late Night Lift has not been hosted since 2019 due to COVID-19, and the schools of Nursing and Pharmacy hope to bring this event back and make it a Wilkes tradition.

There will be another presentation followed by voting at next week's meeting.

Wilkes' chapter of the nationwide Pharmaceutical Fraternity, Kappa Psi, presented to the council with a fund request to host a conference this fall. Kappa Psi is involved in community events through conferences, fundraisers, events and community service. These conferences allow future health care providers to network and learn more about their field of study.

This year's Fall Northeast Province Assembly is to take place in Wilkes-Barre at Genetti's. Kappa Psi will present again to the council next week.

Finally, the committee for the 2022 Casino Week presented to the council with fund requests. This year's theme is James Bond - Casino Royale. Theme nights, which will take place Nov. 14 to 18, will include various games, foods, mocktails and prizes. A motion to allocate the full amount of the fund request was passed.

Student Government will meet again Nov. 2 for the ninth meeting of the year.

## Beacon Briefs: Upcoming campus events

Compiled by **Beacon News Staff**

### Diploma orders

If you are a candidate for graduating in May 2023 with a bachelor's degree, then it is time to order your diploma.

Diplomas must be ordered whether or not you are attending the graduation ceremony.

The order form for your diploma can be accessed with the following link: <https://etcentral.wilkes.edu/#/form/4>

Before you order your diploma, you must register for courses for the spring 2023 semester.

### Spring parking applications available

Commuter and resident parking applications for the spring 2023 semester are now available to fill out.

The deadline for all applications is Nov. 30. Applications will not be accepted or reviewed after the deadline closes.

If you would like to apply for a Ralston parking permit, please specify in your application. Any other questions must be taken with parking at 570-408-7275, Monday through Friday 8 a.m. to 3:30 p.m.

### Interested in Wilkes Adventure Ed?

If you are interested in WAE or want to stay up to date on planned trips and other outings, go to the link: <https://forms.gle/8SCdTmrU7rFg9m9j6>

### Interested in Chess Club?

If you are interested in starting up a chess club on campus, contact [jake.middleton@wilkes.edu](mailto:jake.middleton@wilkes.edu)

### Manuscript Society accepting submissions

Manuscript Society, the university's creative writing magazine, is accepting submissions until March 31.

Please email submissions to [magazine@wilkes.edu](mailto:magazine@wilkes.edu).

Submissions should be no more five pages of double-spaced text, five poems, or five images per submitter.

Please include title of each piece clearly at the top of the page or as the file name. Please submit files as .doc or .docx format, .jpeg or .png for images and graphics.

Do not include your name or any identifying information within the document.

## Table of Contents

News.....2

Life, A&E.....7

Opinion.....14

Sports.....19

## Upcoming Events: 2022 Fall Semester

### November

3 - Magicroni N' Cheese  
8 - Election day  
9 - GSA Variety Show  
10 - Paint N' Sip  
23 - Thanksgiving break begins  
28 - Classes resume

Want your event featured in the calendar?

Email: [Madelynn.Kinard@wilkes.edu](mailto:Madelynn.Kinard@wilkes.edu)

# Civic Engagement LEAP alternative spring break trips

By Amanda Montgomery  
Staff Writer

LEAP-Alternative Break announced three upcoming experiences for Spring Break from March 4 to 11, 2023. The three experiences include Give Kids the World, Carolina Tiger Rescue and Guanin.

The LEAP alternative break program stands for leadership, education, advocacy and partnerships. Megan Boone Valkenberg, coordinator of civic engagement, has been advising these experiences for more than 17 years.

Valkenberg said that these smaller “bite sized” experiences are a really good way for students to ease into getting back into travel and seeing how an alternative break can impact future plans and majors.

Give Kids the World is a nonprofit resort in Kissimmee, Florida that provides critically ill children and their families a place to stay. They are treated to weeklong vacations with lots of activities and meals at no cost.

Volunteers can expect to be put to work in a variety of different roles. In the past, students have bussed tables, operated small rides such as trains and carousels and even baked cookies and delivered them to the families staying at the resort. The site also holds parades once a week and students also can participate in the parades with various costumes.

Participants spend most of their time volunteering, but one excursion day is provided. Teams can either spend the day at Disney World or Universal Studios.

Valkenberg said that the experience is great for, but not limited to, healthcare students and describes the experience as gaining a “sense of families and kids that you may experience in your working world.”

Carolina Tiger Rescue is a wildcat rescue facility that houses various wildcats, including lions, tigers, mountain lions, bobcats, and jaguars, and is located in Pittsboro, North Carolina.

Volunteers won't know their

tasks until they actually arrive at the facility, but can expect physical activity outdoors. In the past, students demolished older enclosures and helped build new housing for the animals. They

also completed trail work, like removing trees and working around the facility grounds to keep them in shape.

The facility values education and advocacy towards animals, and so

volunteers are educated on the various topics related to wildlife conservation and care along with tending to facility grounds.

Fundación Centro Cultural Guanin, Inc. is an organization that helps young people to discover, develop and achieve their full potential as adults, citizens and leaders. Located in the Dominican Republic, the program acts as a pillar of the community they are in.

Volunteers can expect to work with individuals in the community to participate in ESL teaching experiences with real students, as well as help with medical clinics and food distributions and handling. In past events, students helped new mothers with their babies and aspiring students in the medical field got to help take blood pressures and medical intake.

They have been in partnership with LEAP for more than 10 years and “there are a lot of things that students can provide,” Valkenberg explains.

Valkenberg also mentioned that during intercession, there is an opportunity to do some Hurricane Ian relief work with All Hearts and Hands in Florida.

Each experience is organized and prepared in similar ways: There are one to two advisers who accompany students, and there are four pre-trip meetings where they go over trip expectations, student responsibilities and getting to know one another. Then there is the experience itself and finally a re-orientation which helps students reorient themselves back to student life.

Space is limited as there are only 10 spaces available for the Give Kids the World and Carolina Tiger Rescue experiences and 20 spaces available for the Guanin experience.

The deadline to apply for the spring break opportunities is being extended to Nov. 18, and can be found on Today@Wilkes.

Contact Megan.boone@wilkes.edu for more information.



**First row from left, are Morgan Rich and Kaelin Hughes. Second row, Mel Fouts and Emma Freels. Third row, Jen McLaughlin and Sami Ugglá. The group traveled to Kissimmee, Florida last summer.**



**During their time here, the five students and McLaughlin helped facilitate the organizations traditional weekly events such as holidays (Halloween trick-or-treat and Christmas) with arts, crafts and games. They were also trained to operate the amusement rides and serve food to the families.**

Photos Courtesy Megan Valkenberg

# Wilkes hosts community forum on literacy

## *Helping underserved children in the community*

By Zach Paraway

News Staff Writer

A forum on childhood literacy, "America's Reading Crisis: The Impact on our Children, Families and Community Plus Solutions," was held on Oct. 25. The event featured a panel of eight speaking childhood literacy and its impact on life.

Panelists included professors, nurses and some of the top voices in northeast Pennsylvania. The audience was made up of area teachers and educators as well as students from Wilkes.

The event began with Vicki Jones, an assistant professor and program coordinator for literacy at Wilkes. Jones discussed literacy statistics among young children. She went into the impact that the COVID-19 pandemic has had on early childhood learning and how teachers have been helping in this last year.

It is believed that once a child reaches third grade, they must begin to read in order to learn instead of continuing to learn to read. According to the U.S. National Center for Education Statistics,

34 percent of students are below a proficient reading level.

Bill Jones, president and CEO of the United Way of Wyoming Valley, spoke on the work that the United Way has done to help underprivileged children, including offering many programs such as book drives that give children a chance to get ahead of this curve.

Jones spoke on how literacy among third graders can give clues into who will drop out of high school and/or will become incarcerated in the future. The goal of the United Way programs is to help keep this from occurring by addressing the issue at a young age.

The next two speakers were Shannon Bennett and Kimberly Nizegoda. Bennett is the director of special education at Hanover Area School District, and Nizegoda is the director and program coordinator of the Intensive English Program at Wilkes.

Both spoke on the issue from their perspective as educators and how teaching methods need to change and adapt to different students. Both have experiences in many different classroom

environments and highlighted the pros and cons of all in the goal of blending them to make a better classroom.

Wilkes's own Kimmy Nguyen, an assistant professor of pharmacy practice, and Emily Havrilla, an associate professor and the chair of undergraduate nursing, spoke on health literacy.

Only 12 percent of adults are health-literate, meaning that they can understand and complete the task needed to take medicine and complete wellness. The literacy needed to understand items such as this begins at a young age and making sure young children can read proficiently.

The seventh speaker was Christine Ferrato, an associate professor of reading at Luzerne County Community College, continued to speak regarding learning in higher education.

Ferrato spoke about how many people assume that once someone is in college that they can read and are literate and while most of the time this is true, work may still be needed to get them to a proficient level.

"Once primary education ends, the

learning still should not. The best way to create more contributing members of society is to push the learning after they receive their diploma," said Ferrato.

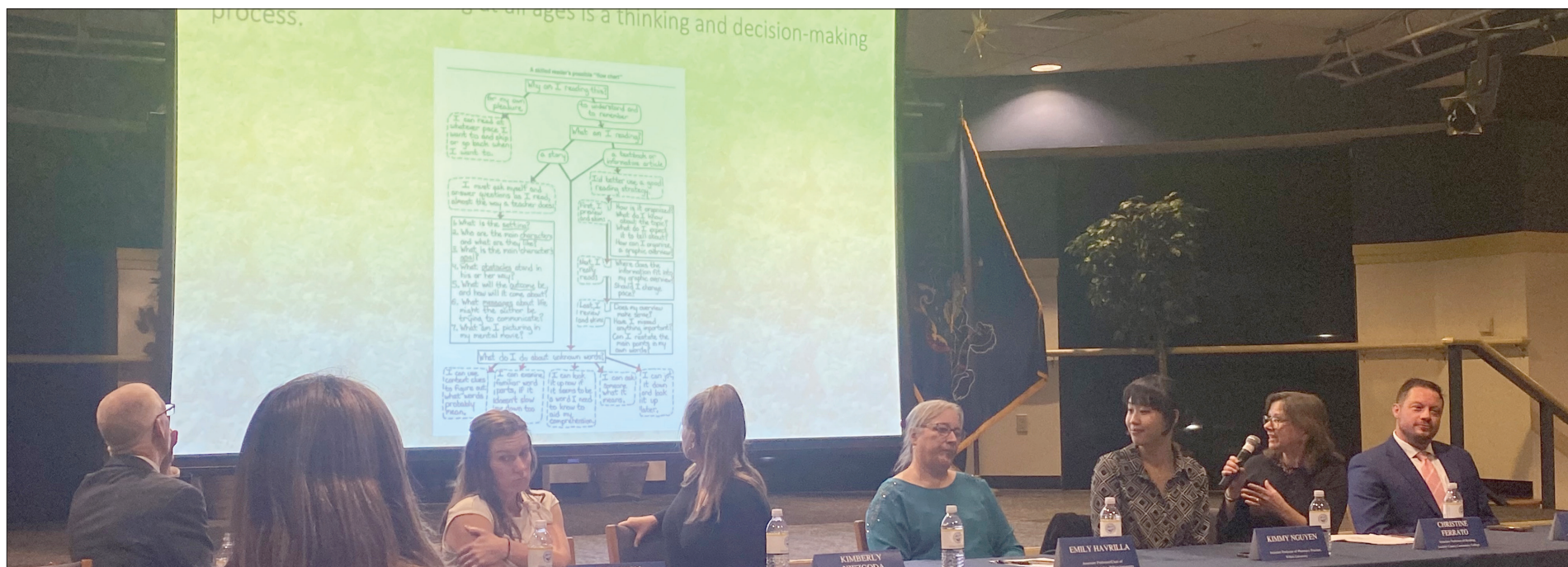
The last speaker of the night was the superintendent of Hanover Area School District, Nathan Barrett. Barrett spoke about the importance for action from the legislators and how teachers were taking the first step by coming to the forum and listening to how to create and make changes.

"The voices we need are all in this room. The people on this panel will not stop until the courts hear us. And even then we will fight for the help needed for our educators," said Barrett.

Jones also addressed the importance of literacy forums.

"Literacy is everyone's concern and eventual students may have children and they need to understand that there is a right way to teach reading.

"We all need to ask our schools and our legislators that our curriculum we are using is based on the science of reading."



The Beacon/Zach Paraway

The childhood literacy forum included a panel of eight speakers, each explaining what they have done to help children and what still can be done going forward.

# Spring 2023 spring break study abroad trip to Costa Rica

By Maddy Kinard  
News Editor

Over 2023 Spring Break, Dr. Jeff Stratford, professor of biology, and Dr. Andy Miller, associate professor of political science, will conduct a study-abroad trip to Costa Rica.

The trip will be a part of the three-credit course, PS 289 Sustainable Ecotourism which will run from 2 to 2:50 p.m. Mon., Wed. and Fri. The course goals are to understand the economics of ecotourism, the place of ecotourism in the economy of Costa Rica, sustainable and unsustainable aspects of ecotourism, the basics of tropical biology and the tropical targets of ecotourism.

Students will fly out on March 4 and return on the 11.

"It is an amazing experience, I wish I could go," said Dr. Andreea Maieran, director of study abroad.

The main goal of the course and trip is to see, do and learn. While abroad, students will also complete community service outreach for the areas they are exploring.

Past projects have included painting, refurbishing sports equipment, teaching English and whatever else the community may need.

Currently, the cost of the trip is to be around \$1,000 to \$1,500 with a \$300 deposit due by Nov. 25 and the remaining full amount by Jan 31. This price includes transportation to and from the airport, accommodation and meals in Costa Rica along with activities. It does not include airfare, personal expenses and "extra" activities.

With food experiences being one of the frequent activities, Dr. Stratford and Dr. Miller assured many options for those with dietary restrictions or specific vegetarian preferences.

Students attending will need a passport but do not need a VISA. It is also encouraged to ask a doctor about vaccinations (for yellow fever, hepatitis C, etc.). There is also no malaria in Costa Rica where the trip will be taking place and very little malaria overall.

"I always find it amazing how similar people are between different places and then how different people are within a



**Participants took a side hike at a local national park to observe wildlife and birds. In this region, the rainforest only exists at higher elevations so students were able to observe dry tropical forest and rainforest**

place," said Dr. Stratford "The big thing is how common humanity is."

For more information about the trip, please reach out to either professors at jeffery.stratford@wilkes.edu or andrew.

miller@wilkes.edu. For any questions about study abroad, reach out to Dr. Andreea Maieran, at andreea.maieran@wilkes.edu

Photo Courtesy Dr. Jeff Stratford

# Greater participation possible among young, female voters

By Sydney Allabaugh  
Staff Writer

Although young voters typically have the lowest turnout, threats to abortion rights may lead to greater participation among college-aged women in the Pennsylvania general election.

Out of five female Wilkes University students questioned, four expressed interest in voting or plan to vote in the upcoming election on Nov. 8. All four cited threats to women's rights as a major issue inspiring their interest in voting.

First-year mechanical engineering major Lauren Bowers said she was once involved with politics as her mother is a politician, but women's rights issues further rekindled a desire to vote.

"Because of recent events with women's rights and *Roe v. Wade*, I want to vote and get into it again," Bowers said.

The U.S. Supreme Court overturned *Roe v. Wade* on June 24. This landmark

case made access to an abortion a federal right, but now that it is overturned, state governments have the full authority to make decisions about abortion. Abortion is legal in Pennsylvania for now, but this may change depending on who wins the upcoming election.

"I feel like it (*Roe v. Wade*) is going to turn more moderate voters to the left side because even if you are a little iffy on reproductive rights, they are trying to totally get rid of them," said junior biology student Jocelyn Cussatt. "The candidates for governor are totally on different sides of the issue."

According to their campaign pages, Democratic gubernatorial candidate Josh Shapiro believes abortion is healthcare and will defend a woman's right to choose, while Republican gubernatorial candidate Doug Mastriano plans to sign the "heartbeat bill" into law and end state funding to Planned Parenthood.

The "heartbeat bill" makes it illegal without exceptions to perform an abortion after a heartbeat is detected, which can be as early as five weeks into pregnancy.

Psychology student Lacie Walsh said she was thinking about voting for the first time because she does not support new abortion laws like the "heartbeat bill."

These concerns over reproductive health rights may increase turnout among those 18 to 24 years old, the least politically active age demographic traditionally.

Political science professor Kyle Kreider said that this youth voter participation is important as sufficient voter turnout from a specific demographic allows for proper representation in government.

"Clearly there is an argument that people make that—from a numbers perspective—their vote doesn't matter," Kreider said. "But if you look at what politicians talk about, things they vote on, ... it's clearly skewed to those who vote."

Thus, a potential increase in voter turnout among young women may lead to proper representation of young women in government, which is unusual considering most politicians are more considerate of older, more active voters. This newfound interest in politics may not extend to all young people, however. Only half of the male students interviewed plan to vote.

Sophomore Taylor Christman said he does not plan to vote as he does not approve of candidates from either party.

Another student, first-year Chase Whittaker, said he is unsure about voting as he is not informed enough about either party to decide.

Although young men will likely continue to vote at average rates, it remains to be seen if young female voters will affect the outcome of the election.

For more information about the Pennsylvania state election, visit [www.vote.pa.gov](http://www.vote.pa.gov).

# A taste of Polish food made by members of Polish Committee

By Sam Mullen  
Staff Writer

Members of the Polish Room Committee at Wilkes hosted on Oct. 27, a taste of Polish foods. The event has been going on annually for several years, and there are plans to continue.

Polish food is held with high regard in the Polish community and culture. The event allows students to get a glimpse of what Polish culture is like, as well as to try the food.

There was an array of different types of Polish food for attendees to enjoy. A majority of the diet in Poland involves some form of pork meat with mixtures of herbs and spices and vegetables. Some food that was provided included pierogi, sausages, potato salad and meatballs. Desserts were also available for those who attended.

Brendine Tarasek, one of the members of the Polish Room Committee, said the event helps with “keeping the culture alive” as well as bringing a bit of the Polish culture onto campus.

Many of the students who attended felt a sense of home with the food. Grace Gluszak, a junior public administration

and political science major, “grew up eating Polish” so the event was like being at home. Gluszak also loved the mixture of seeing the difference between New York Polish food and Wilkes-Barre Polish food.

Gregorio Soto, a junior civil and mechanical engineering major, felt the same way as Gluszak. Soto said that it reminded him of something his mom would have made.

Heather Brinig, a junior international relations and political science major, has Polish heritage but didn’t grow up eating Polish food. She did say that “the food was fire” and the whole thing was fun.

Some students on campus are not able to go home often during the school year, so an event like this helps bring a little bit of home to campus.

For those who are interested in other Polish events, on Christmas Eve, there will be a blessing of wafers at the Amber Palace.

Jean Levandowski, another member of the Polish Room Committee at Wilkes, said it is a time when everyone can come together and sing some Polish Christmas carols before the new year.



Taylor Quackenbush (junior, engineering major) enjoys some Polish food while doing work.

“ [The Polish Room] is dedicated to the memory of settlers from Poland who since 1856 have made their homes in Wyoming Valley. By their efforts they contributed to the development of its major industries mining and farming. By their sense of fair play they encouraged the principle of collective bargaining through their homes, schools, and churches they have proclaimed their faith and love of country.”

- Wilkes University



Members of the Polish Room Committee served attendees their homecooked traditional Polish favorites.

# Life, Arts & Entertainment

Have any events or artists to be shared? Contact Life, Arts & Entertainment Editor: [Jordan.Daniel@wilkes.edu](mailto:Jordan.Daniel@wilkes.edu)

## Global engagement celebrates Diwali with coffee hour

By **Laury Angeles Martinez**

*Life, Arts & Entertainment Staff Writer*

The Office of Global Engagement celebrated Diwali, also known as the Festival of Lights, on Oct. 26 in that week's Global Coffee Hour. Guest speakers Dr. Anu Ghai and Dr. Prahlad Murthy shared a presentation with the story of the festival of Diwali.

"The Office of Global Engagement was excited that Dr. Ghai and Dr. Murthy probated excellent inside into the traditions and history of the holiday," said Mary Ellen McLean, assistant in International Student Services. "Everyone who attended really enjoyed it".

In the presentation, Dr. Ghai and Dr. Murthy shared that Diwali is a time to reflect on the year that has passed and to be grateful for the privileges and good things that have come to life. Diwali takes place mid-October and November of every year, being a sign of the victory of good over evil, or better said, light over darkness and is part of one of the significant religious celebrations in India.

Diwali is known as the "Festival of the Lights" and is one of the most important festivals within Hinduism. The main festival falls on a different date each autumn season and normally falls sometime in October or November. It is also timed to the Hindu lunar calendar.

"This is an excellent opportunity to learn more about Indian culture and as someone from America I only know about Diwali from the TV show "The Office" so I am grateful for the professor Dr. Ghai and Dr. Murthy who shared their culture with us. Namaste," said Kevin Straka, professor of mathematics and English as a second language.

In addition, Drs. Ghai and Murthy shared in the presentation that different parts of India have their different way of celebrating Diwali. An example in

Varanasi, Uttar Pradesh, which they mention has its own unique form of celebrating Diwal, when the sky is getting dark, thousands of diyas (known as oil lamps) are floated in the river.

Mumbai, Maharashtra, in which Diwali begins with a celebration called 'Vasu-baras' celebrates the honor of cows since cows were regarded as mothers for the Hindus. Following rituals of women offering prayers to the cows with calves,

this is a symbol of the gratitude of the woman toward the cow for serving them and their children. In Bengaluru, Karnataka, in each courtyard there are innumerable lamps lit and more.

Finally, in North India, Dawili is celebrated by lighting rows of clay lamps and celebrating the day Lord Krishna defeated the demon Narakasura. Dr. Anu Ghai also talked in more detail about the traditions that are done in North India.

Another detail of Diwali is that giving gifts is something common on this date, as well as clothing, food, jewelry and having a good time with family and friends.

"I really enjoyed it because I learn something new about the history of India, and I really was surprised because they have many languages," said Erica Ortega, a sophomore education major.



Photo courtesy of Jordan Daniel

**Erica Ortega**, a sophomore education major and **Kevin Straka**, a professor of mathematics and English as a second language, create dazzling paper lanterns at the Diwali celebration.

## Cocktail of the Week: Tasty chocolate-covered cherry shot

**By Haley Katona**  
Staff Writer

Indulge in this year's scorpio season with a sweet and tart chocolate-covered cherry shot. Perfect for setting the mood for an eventful evening.

**Ingredients:**

1/2 ounce grenadine  
1/2 ounce kahlua or coffee liqueur  
1/2 ounce Irish cream  
Cherries (optional)

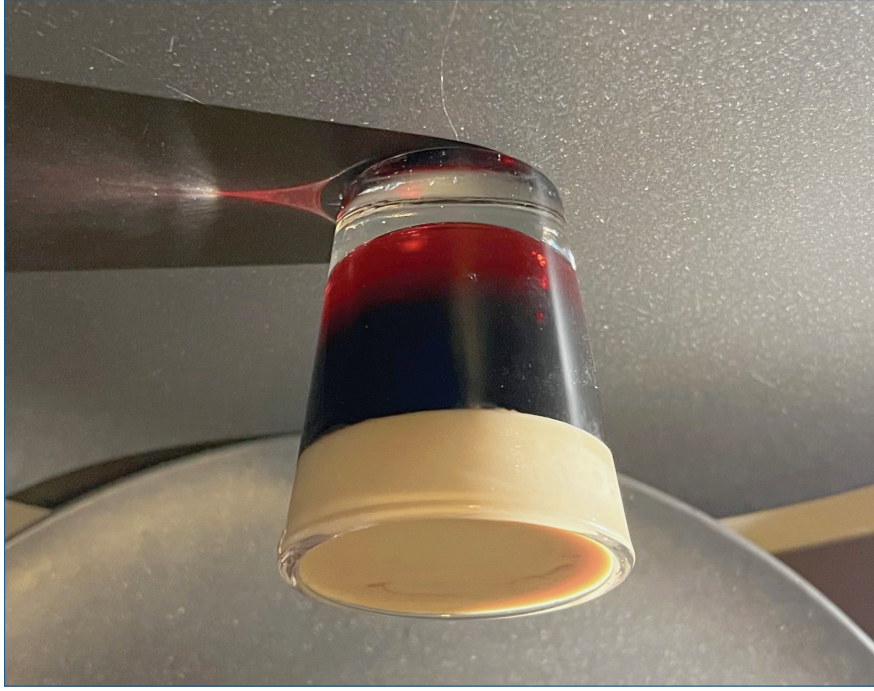
**Directions:**

First, pour the half an ounce of grenadine into a shaker filled with ice and shake thoroughly. Then, strain the grenadine into a shot glass.

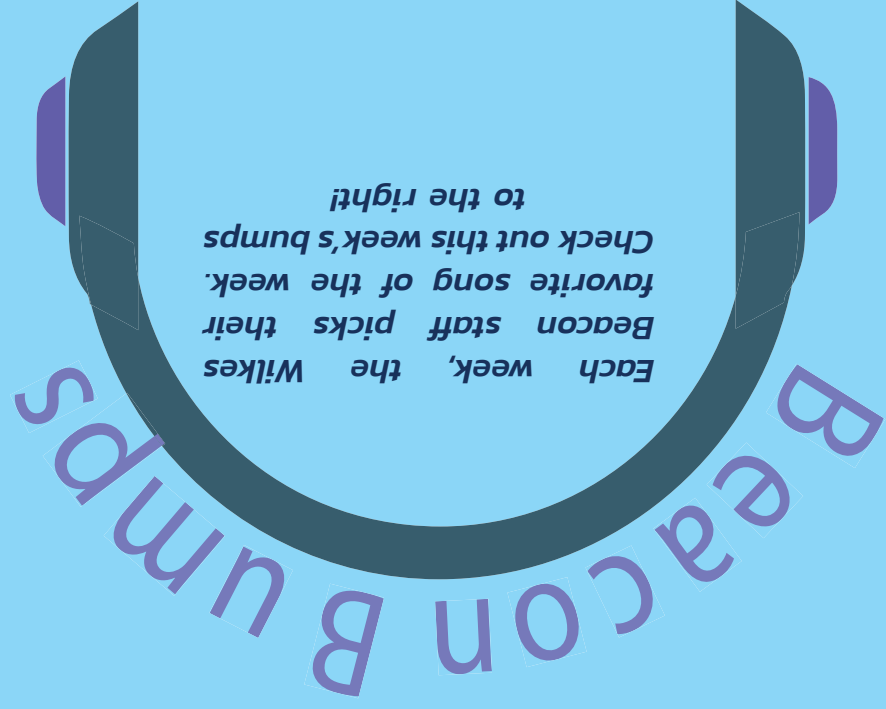
coffee liqueur into a shaker with ice and shake again.

Take a spoon and flip it upside down over the bend of the spoon to layer it on top of the grenadine. Finally, pour the half ounce of Irish cream in the shot glass layered to the top of the shot glass. Garnish with a cherry if you prefer and that is it. Cheers!

The Beacon reminds everyone to drink responsibly... and that the legal drinking age is 21.



The Beacon/Haley Katona  
One sip of this toasted almond drink and it will make you fall in love.



**Emily Cherkaskas, Editor-in-Chief:**  
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**Maddy Kinard, News Editor:**  
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talk to myself - Nessa Barrett  
**David Marks, Lead Layout Designer:**  
Antidote - Orion Sun



# First-year students learn to deal with first feelings of burnout

## *Focusing on yourself during the busy college lifestyle*

By **Anthony Cazun**  
Staff Writer

Burnout is real. Everybody feels it from all corners of life.

“I experienced a ton of burnout during my senior year of high school while prepping for college,” said Anthony Elms, undecided first-year student. “It was horrific.”

Students especially are incredibly familiar with burnout, as the task of being a student can be rigorous and relentless. Deadlines, socialization and constant expectations can make one feel overwhelmed and possibly even lead to apathy toward their work.

“It comes in waves,” said Emma Broda, first-year history major. “I open my schedule book and it’s like a punch in the gut. It brings a sense of dread and you lose all motivation.”

It is important to not remain complacent in a burnout mentality as it can affect one’s career, education and even personal relationships. Burnout can arrive at nearly any point within one’s journey.

“I feel a lot of burnout especially before exam—like things are just piling up constantly, and it’s easy to feel lost,” said Elms.

The catalysts of burnout are plentiful and may be easy to pinpoint. However, the solutions are particularly difficult to enact.

“I have to remind myself that it won’t last forever,” said Broda. “I give myself a break to recollect my thoughts and regain motivation.”

As to avoid future burnout, a few suggested some simple and relatively reliable precautions.

“Pick up a planner and manage your workload,” said Broda. “Also, prioritize yourself because you won’t get anywhere when you overwork yourself.”

A planner and a clear headspace can go a long way when battling burnout. Being able

to tangibly record and review upcoming workloads is vital for time management and keeping up with deadlines.

As for a more psychological solution, some students recommend shifting thought processes.

“I recommend practicing forms of practical thinking to clear your thoughts and reduce anxiety,” said Elms.

One cannot thrive unless they are in the correct headspace to tackle the challenges

ahead of them. For some that comes in the form of mediating and spirituality to relax their mind.

“Taking time to myself, a lot of self care,” said Jacquilyn Bickel, first-year political science major. “I’m very spiritual so I bring myself back down to earth. I meditate, use crystals and read a lot about spirituality.”

Relaxation works wonders for some. For others, it can mean thumping music

against the walls for a release of energy. Everybody tackles stress differently and finding the most effective solution not only requires trial and error but also understanding of one’s self.

“Honestly, make time for yourself,” said Bickel. “Schedule yourself. I know when I wake up in the morning, what my goals are for the day, what time I’m eating, what time I’m gonna study, etc. Managing so I’m not overwhelmed by a massive workload.”

Self care also comes with self-discipline. Although it is important to partake in personal hobbies, it cannot overtake one’s focus on career or education. A healthy balance must be struck to successfully navigate through day to day life.

Pump the breaks and slow down a little. Take time away to pursue personal ventures and sharpen already existing skills. Personal hobbies are essential to self fulfillment, they are not optional or any less important than what is on the planner for the week.

Always remember that the struggle is temporary but the results can be more than worth it.

*“Self care also comes with self-discipline.”*

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Contact LA&E Editor:  
[Jordan.Daniel@wilkes.edu](mailto:Jordan.Daniel@wilkes.edu)

# Meet the Majors

## This week's major: Pharmacy

Interviews and photos by

Jordan Daniel

Life, Arts & Entertainment

Editor

Every week, The Beacon will offer a chance for majors to be placed in the spotlight. Each student chosen will have a few words to express why they chose the major and how they feel it will benefit them in the future.

**Gillian Dudeck**

**P3 Student**

"I chose pharmacy because I love learning how medications alter the body's chemistry and applying this knowledge to better patients' lives.

"My end goal is to pursue a residency and become a clinical pharmacist specializing in infectious diseases pharmacy. Pharmacists play a critical role in choosing appropriate antimicrobial therapy and preserving it for future generations."



**Stefanie Kramer**

**P3 Student**

"I am looking forward to attending ASHP Midyear in Las Vegas this December. At this conference I will be able to present the research poster I have been lucky enough to work on with Wilkes faculty.

"I chose this major as I wanted a job in health care and loved what pharmacists are able to do and the difference they make in patient care. I hope to become a clinical pharmacist in a hospital setting."



The Beacon/Jordan Daniel

**Julia Firestine**

**P3 Student**

"I am looking forward to learning more about oncology this year. It is a tough class but very relevant in terms of cancer treatment and we cannot take it until this year.

"I chose this major as I always had an interest in STEM degree pathways but knew I preferred to be involved in health sciences and interact with patients."



**Hannah Vitale**

**P3 Student**

"I knew I wanted to work in health care since I was in high school. There are so many areas in health care but I wanted to choose a career that complimented my strengths and could make a difference in public health.

"Pharmacy was where my strengths and interests met and I am grateful for my decision five years ago to attend pharmacy school."



# MAGICAL MEMORIES WITH MORGAN

**By Morgan Rich**

*Life, Arts & Entertainment Asst. Editor*

This week was fairly uneventful during my internship on the Disney College Program. However, during internships like these, it is good to have relaxing weeks once in a while.

When I have weeks that might not be as interesting I remind myself that it is all a part of the process and the experience of the program. Not every week is meant to be this exciting and a new adventure. Sometimes work will just be work, and we have to utilize off days in order to do schoolwork.

On Oct. 24, I worked my usual shift from 5 until 11 p.m. This was one of my favorite kinds of shifts because I was able to stock all night long.

After days at the register and having to be out on the floor interacting with guests it is nice to have that little break from the outside world. Sometimes being with

yourself at work and doing your own thing is what you need to regenerate your energy.

Monday was my fourth day working in a row and although I am fortunate enough to only usually work four days in a row, I could feel myself getting burnt out and overall just plain tired. Luckily enough, I had Tuesday off and just primarily did school work all day.

I think that this is perhaps one of the most “non-glamorous” parts of the internship that many people do not get to see. Even though I block out my time and attempt to go to the parks as much as I possibly can, there are days and weeks that I need to devote my time to school work and this week was definitely one of those weeks.

Later that night I celebrated completing my speech by heading out to eat at Disney Springs with a friend. We ate at Wolfgang Puck’s and we finished off the night by getting the best dessert at Disney, dole whip.

Oct. 26 was a normal workday as well, but I got called in early to go to work. They

asked me if I could come in an hour and 45 minutes early and although part of me wanted to say no, I said yes. Ultimately, I wanted the experience and the extra internship hours.

Thursday was my favorite day of the week, though. I picked up another shift in Magic Kingdom’s Fantasyland.

My shift started out at Hundred Acre Goods on the register before I was sent over to Sir Mickey’s for around an hour. I was even able to pixie dust roughly eight people all in the span of one hour. Having my hands caked in glitter was worth it to see all of the smiling faces.

Even though Hundred Acre Goods is not as fun to me as Sir Mickey’s, I still had a blast. My shift was during Mickey’s Not So Scary Halloween Party, so other cast members and I played a game with the children.

The game involved the children flipping over a card and then having to act out the card in order to get a button. To end off the week with a bang, my mom and nan

decided to come and visit me. It was the first time I saw them in around two months and we ended out the week by spending the entire weekend together.



The Beacon/Morgan Rich

**Rich at Islands of Adventure in Universal Orlando Resort in Hogsmeade Village.**

## The Reveille with Ryan Evans: Our duty for Veterans Day

**By Ryan Evans**

*Staff Writer*

For the past several Veterans Days, as well as a few other holidays, I have had the privilege to offer my perspective, at several large-scale public events, on what it means to be a veteran.

From my previous institution of Luzerne County Community College, which is still, in my humble opinion, the most veteran-friendly school in the state, to right here at Wilkes, politicians, officials, university presidents, other vets, friends and family alike have come to see me ramble.

They tell me I do an alright job, but that is not the point here. For some of us, not only is everyday Veterans Day, we also somberly, and far too often quietly, celebrate Memorial Day as well.

Brendon Samuel Cortese was one of the best friends I ever had. I only knew him for seven months, and I still know that little bit of information to be true. The only person I ever met who loved The Doors as much as I do. We even had plans to get



Ryan Evans

this “Roadhouse Blues” lyric tattooed together: “The future’s uncertain and the end is always near.” It brings a certain pain for me to write that, given

Brendon’s end was indeed near and we had no idea.

Brendon hailed from San Luis Obispo, Calif., and it was evident through his obvious love of Sublime. He was tall—gigantic. I would often endearingly call him “Big Bird” because of this and try to throw in as many jabs as possible, returned in kind.

No one was quicker with a comeback than “Cortese” as everybody in our group called him.

He was in my brother division in boot camp. Mine was Division 007 and his was 008. We would see one another in passing, go through all our training evolutions together and ultimately graduate standing

just a few feet from each other. From there, we both headed on to Center for Information Dominance Unit Corry Station in Pensacola, Fla. It was there that we would hit it off.

Being that we were both 21, we spent as much time drinking rum and laughing at each other on Florida beaches as we did marching, training and learning the ins and outs of intelligence and cyber security.

I am not much of a football fan these days, deployment saw to that (because who wants to wake up at 2 a.m. to watch grown men play a silly game from the other side of the planet?) but he was a Ravens fan. I was a Steelers fan. For those of you who know anything about those two teams, the rivalry is nothing short of bitter.

Even so, we saw through the superficiality of all that. Game days were fun and filled with vulgar insults and laughs. There was that one time a bird flew into our hotel room to eat leftovers in the wreckage of my 22nd birthday and we told Brendon it was a long-lost cousin.

Upon graduation, I got my orders

to Commander Submarine Group 7 in Yokosuka, Japan, and left the country. Brendon went to where the military sent him. We stayed in touch, albeit sporadically.

And then, one day, I logged into Facebook and saw his obituary—dead at just 23 years old.

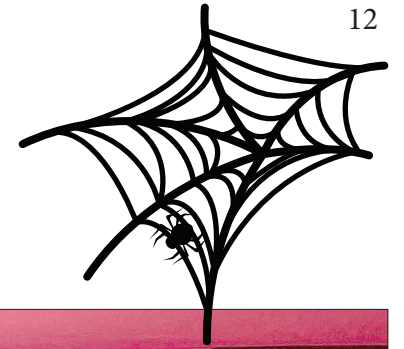
Despite all our ribbing, Brendon was the kindest, most selfless human being I have encountered to this day. Every morning and night, my buddy is in my thoughts and serves as a driving force for why I continue to work toward something greater.

A part of Brendon’s obituary reads as such: “In lieu of flowers and in honor of Brendon’s kindness, please be kind to someone. Call a friend or relative you have not reached out to recently. Forgive someone. All acts of kindness are appreciated.”

So, that is my challenge to you and not just on Veterans Day (as it looms nearer) but every day. Honor my friend and honor our humanity. Be kind.

Brendon, I miss you every day, brother.

# Freak Week!



**By Jordan Daniel**

*Life, Arts & Entertainment Editor*

Programming Board's Freak Week was another successful hit to get the student body feeling amped up for Halloween. The week consisted of many scary and festive activities to keep the spooky spirits alive in the midst of everyone's hectic schedules.

Freak Week is a five-day event with something new happening every day. To kick off Monday, Programming Board hosted a fun "Eye Spy" game, which involved students looking around campus for 25 plastic eyeballs.

If they found one, then they were to return it to the Henry Student Center information desk for a valuable popular Halloween prize.

On Tuesday they hosted a spooky escape room for students to attempt in the parking lot of the Ron & Rhea Simms Center on Main. There was even a hot drink bar for those to use as they waited their turn to enter the escape room.

On Wednesday, things became joyous and cute with Programming Board's pumpkin patch. Students were able to paint, carve and decorate their own pumpkins in the Henry Student Center while enjoying some fall snacks.

Bingo occurred on Thursday and participants played to win fall-themed prizes. Programming Board also encouraged people to wear a costume in order to win an extra board and increase their chances of winning.

To end this frightening week of fun, Programming Board presented "Circle of Scream" on Friday. This closing event offered a limited number of students a chance to experience a night at a haunted asylum and carnival.

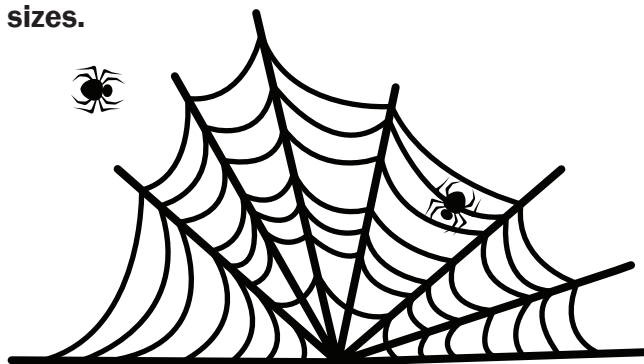
**RIGHT: For those interested in staying inside, students were able to pick their own pumpkin from a multitude of different sizes.**



**ABOVE: The glowing, dark-red interior of the escape room, the location where students were given a chance to solve the puzzles and escape in a certain amount of time.**



**ABOVE, BELOW: Each pumpkin was uniquely decorated.**





From left to right: Joanie Schaffer, Mackenzie Cook, Addison Gardner and Emilee Barnhardt decorate their individual pumpkins with paint, pom-poms, googly eyes, markers and more.



Programming Board allowed students to get creative with their personal pumpkin art, regardless of the level of spookiness needed. While others created clowns and ghosts, others created cute bees.



Students filled the SUB ballroom to play bingo.



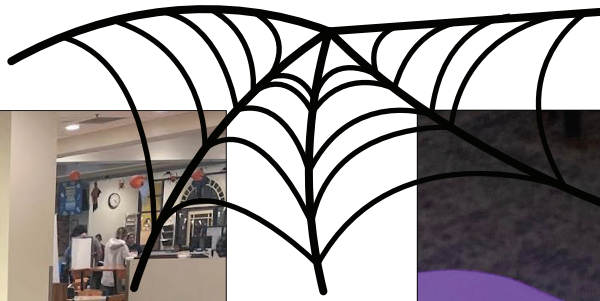
Alexis Reedy shows off YETI merch and gear that she won.



Cameron Butka happened to win a brand new computer during the festivities.

Page Design by David Marks

Photos courtesy of Jess Kuckle and Programming Board



# Opinion

Have an opinion or want to write a guest column? Contact: [Wren.Rubino@wilkes.edu](mailto:Wren.Rubino@wilkes.edu)

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## Our Voice

Each week, The Beacon's editorial board will take a stance on a current issue.

### Ye's antisemitism has tarnished his musical legacy

Over the past month, Kanye "Ye" West has made a series of controversial antisemitic remarks. West's behavior and messages are unacceptable and have become dangerous to the Jewish community.

West's antisemitic tweet from Oct. 9 has gained widespread attention and backlash. In this tweet, he said he would go "death con 3 on Jewish people." This has been assumed to be a misspelling of the military term "Defcon 3," which means forcing defensive readiness above normal levels.

This tweet implies that West views Jewish people as a threat in some way and plans to act against them. Playing into a conspiracy narrative in which Jewish people are threatening, controlling, or harmful in front of his millions of followers can create serious harm.

He has elaborated on this tweet since it was taken down. On Revolt TV's "Drink Champs," West makes accusations that "Jewish people have owned the Black voice" and control the music industry.

In the subsequent days, he told Chris Cuomo on NewsNation about a

"Jewish underground media mafia" that allegedly all music artists have in their contracts.

These comments play into the false antisemitic conspiracy theory that Jewish people control the economy. According to the Anti-Defamation League, this is a belief held by many antisemitic extremist groups, and these groups have publicly supported West.

By spreading messages approved by antisemitic extremist groups, West is promoting extremist hate speech to his audience.

In an interview with WCPO, regional director of the American Jewish Committee Justin Kirschner said, "The Holocaust did not start with violence, it started with wild conspiracies, narratives, isolation, boycotts, things like that and his remarks have to be recognized as such that is damaging and have true implications not only on the Jewish community but other minorities."

Kirschner and others in the community illustrate how this language can truly negatively impact the way people view the Jewish community and how it can have real repercussions.

These potential repercussions have led to Jewish people speaking out on social media about feeling unsafe. Hate speech that invokes coming from such an influential figure should not and will not be tolerated.

The weeks of antisemitism followed another controversy West was involved in during which he wore a "White Lives Matter" shirt to his Yeezy fashion show. According to The Southern Poverty Law Center, this phrase is associated with a Neo-Nazi group made to combat beliefs held by Black Lives Matter.

Between these hateful behaviors and other controversies this year, West has severely damaged his reputation and legacy as an artist.

He has been dropped from Adidas, shunned by Skechers, publicly criticized by his ex-wife Kim Kardashian and other celebrities, and has lost the respect of his fans.

Hopefully, West, one of the most influential music artists of all time, will take responsibility for his actions and aid the situation in some way. For now, however, his behaviors remain reprehensible and dangerous.

**Letter to the editor policy:** *The Beacon* welcomes letters to the editor from differing viewpoints. Letters must contain contact information, including name, city, state and phone number. Phone numbers will not be published but may be used for verification purposes.

**All letters to the editor must be sent using one of the following methods:**

Email: [Wren.Haze@wilkes.edu](mailto:Wren.Haze@wilkes.edu)

Phone: (570) 408-5903 (Voicemail: 30 seconds or less, please.)

Mail: 84 West South Street, Wilkes-Barre, Pa. 18766 Attn: *The Beacon*

# Semester burnout is a real thing that we all experience

By Rudy Urenovich  
Staff Writer

Fall break? Did we have one?

To be honest with you, I have no recollection of a single memory from it. Not one thing. All I remember is having assignments due and work shifts since September.

Time really does fly when you do not have control of your life. But I digress. Burnout. That's how I feel. And I'm sure many of you do too. Or actually maybe I don't feel like that. The word "burnout" implies that I did have a handle and energy and motivation at one time. And I do not quite recall that time. Maybe 2018?

Anyway, that burnout is real. And noticeable. Who isn't feeling it now? The leaves are falling and so are my grades and effort. But you really do see visual effects of burnout on campus. If you were coherent and somewhat present in class these last couple weeks all you had to do was look around the classroom.

I'm sure it's not just in my classes, but many of yours too: They are empty. There are a lot more absences than usual. We are

not just talking about the godforsaken 8 a.m. classes or 3 hour lectures, but literally every class. Any subject, any time of day.

Believe me, I am not judging anyone. If I did not have anxiety and FOMO (fear of missing out), my seat would be empty on the regular. Reassured as a commuter from 40 miles away, if I did not have to make a conscious effort to come to class, I would let these demons win. I totally get it. Sometimes you physically and mentally cannot bring yourself to class. Sitting in a particular classroom or working on a particular assignment. Not to be rude or shady, but even being around certain classmates or one specific professor.

All these things, no matter how small, can set one over the edge. That being said, I have also noticed COVID is still very much running rampant. Not only at school, but everywhere. Work, friends, family. I have

known more people that have gotten sick with the virus this year than in the past two years of the pandemic combined.

It's quite disheartening, but I also feel like we're quite used to it at this point. COVID is coming for the common cold and taking her job. I also do feel like the burnout can impact the immune system, which obviously makes one more susceptible to COVID. That is a thing right? I'm not in medical school, so those of you that are don't come for me.

Burnout results in poor diets, crazy sleep habits and just general lousy wellbeing. Having to take a week off sick, makes it even more unbalanced. Having to bounce back immediately after being sick puts one in an even more hectic position.

I'm also willing to bet the seasons changing has something to do with the

burnout as well. All the foliage dying, daylight getting shorter, the air getting colder. Not the nice fall chill, or the crisp morning where it is in the seventies by noon, but when it is cold in the morning and stays cold all day. With the pain-in-the-neck wind, it is not the nice fall breeze.

Seasonal depression is a real thing. Year-round depression is too, if we are being honest. It is hard to crack down on school work, sports, extracurriculars and jobs when you are not taking care of your mind and body. Do not worry, I am not going to insert some cringeworthy inspirational quote. I will spare us all from the eye roll.

However, one thing I do now, that whether things go smoothly or it is like a rollercoaster ride that leaves me sore and bruised, the semester will be over by mid-December, and we will have made it.

The end may not be triumphant or satisfying but it will be the end nonetheless. Then you can look forward to me complaining about all the seasonal spring problems in my articles. Sending you peace and light.

Graphic by David Marks



# Wren's Watchlist: "Given" is a gift that keeps on giving

By Wren Haze  
Opinion Editor

I took the time to review "Given," a BL anime that I watched in the summer. I was told that the show was extremely sad and I love watching things that make me cry.

The show follows Ritsuka Uenoyama, a young popular guitarist who has not found inspiration for music lately. His character is stern and mopey and I swear he sleeps on stairs with no fear at all. It is pretty impressive.

On one of the lovely days that Uenoyama goes to sleep on the stairs near the gym, he discovers an orange haired male sleeping on the stairs hugging a red guitar.

The name of the boy is Sato Mafuyu who only speaks in two word phrases and gleaming eyes. He asks Uenoyama to fix his guitar with broken strings and originally Uenoyama rejects the question. After some pleading, Uenoyama gives in.

Once Uenoyama fixes the guitar, Mafuyu

asks him to teach him how to play the guitar. Two episodes are spent of Mafuyu following and begging Uenoyama to teach him how to play and of course Uenoyama gives in.

Uenoyama eventually introduces Mafuyu to his band, The Seasons, and we get introduced to Akihiki Kaji, the drummer and Haruki Nakayama, the bassist of the band.

I got immense gender envy from Nakayama when I first saw him with his tied up hair and his mom friend personality. Nakayama takes Mafuyu under his wing a bit as Uenoyama teaches him how to play.

Uenoyama finally gets excited and found inspiration for new music as he starts to teach Mafuyu more.

Over the course of the next few episodes, Uenoyama and Mafuyu's relationship grows as Mafuyu's past starts surfacing as past friends become prominent as he is assigned to write lyrics for a song that they

are going to perform at a festival.

Mafuyu has trouble with the song as the past comes up and on the day of the concert, he still has not given any lyrics for the band to review which causes Uenoyama to freak out. Due to this, Mafuyu ends up breaking the strings of his guitar because of the stress.

On the other hand, we get to see that Nakayama has a small crush on Kaji, despite Kaji leading Uenoyama's sister on and being involved with Ugetsu Murata, a violin prodigy. I really did not like Kaji at the beginning, but he gets better at the end of the season.

Mafuyu ends up telling the story that happened one winter and the relationship between his late boyfriend Yuki Yoshida who passed away to suicide. Yoshida and Mafuyu were childhood lovers and the song expresses Mafuyu's feeling about how he can never forgive Yoshida for what he did but also freeing himself from the past.

At the end of the performance, Mafuyu

and Uenoyama go off stage and Uenoyama praises Mafuyu and ends up kissing him. The whole episode had my mouth open and tears falling down my face. The episode gave us so much information, but the creators of the show paced it so well to not overwhelm the viewer.

After their performance, Uenoyama and Mafuyu finally confess to each other and they ask the rest of their bandmates permission to start dating. Nakayama gives them a warning due to them being in the same band as them whereas Kaji is fully supportive of their relationship.

At the end, the relationship between the two grows and they start working on more music to play for their next gig which is an opening act for a band in Shibuya.

The show made me cry a multitude of times and was pretty realistic when it came to overcoming a young death in society. I really enjoyed the show and will rate when I watch the movie and the OVA. I rate the show a 9.5/10.

# Rating every single song from Taylor Swift's "Midnights"

## *A look at Swift's latest album (3 a.m.-listening edition)*

**By Wren Haze**

*Opinion Editor*

### "Lavender Haze" 8.5/10

The vibes are immaculate here—however, the lyrics are not my favorite. The verse that mentions "talk your talk and go viral" simply does not make sense in my opinion. The rest of the song feels like I am with a lover and I am so immersed with them; the outside forces not being able change my perception of this person.

Originally, I placed this song a lot lower than my final ranking due to the lyrics of the song. However, the rhythm of the song made it seem like this is what butterflies are like when you see the person you adore.

### "Maroon" 7/10

This song makes the connection between love and the color red. This song seems to take on a story of the present and past. In the present at the beginning is the past of their relationship. She eventually changes the tense of the song to the past after the relationship has ended. I did enjoy this song, but I feel this song can only play when I am in my feelings.

### "Anti-Hero" 10/10

Either this song is really good or I am still haunted by my past trauma of blaming myself for everything. I would like to say it is both. "I am the problem, it's me," really gets me reliving past mistakes and regrets, but the beat of the song makes me want to shake my ass.

It truly is a win-win situation that definitely started a trend on Tik-Tok because of the lyrics.

### "Snow On The Beach (ft. Lana Del Rey)" 6/10

Or should I say featuring back up vocals? This collaboration was extremely disappointing as Del Ray served as a

back up vocal on this track. The song definitely had Del Ray vibes but it did not hit as a Del Ray song would.

### "You're On Your Own, Kid" 7/10

A lot of artists tell their own experience of balancing personal life and work and each artist tells a different story.

Mitski best explained her experience as a Japanese-American artist as "working for the knife" and Swift tells her story of how she was "on her own." Her story goes through some of the highs and lows she faced, especially her eating disorder that she mentioned in the "Miss Americana" documentary.

What gets me as once she starts getting to the present of her life, the song proceeds to get faster as a balance of the two troubles starts to actually balance itself out.

### "Midnight Rain" 2/10

Please tell me that no one else hears James Charles singing the intro. This song is so horrid and an easy skip. Anyone who says that this album has no skips is delusional when it comes to this song. There is nothing else to say.

### "Question...?" 4/10

No Taylor, you cannot ask me a question. If it takes you a bunch of different scenarios to grow the courage to ask a question, was it truly meant to be asked? The song does hit in a way of reflecting on past relationships, but it did not hit compared to other songs.

### "Vigilante Sh\*t" 8/10

This song was truly on the wrong album as it should have appeared on "Reputation." The song is definitely a good hype song or a pregame.

I think this song stands out compared to the rest of the album as it gives revenge vibes. Also, people think Swift works for the FBI now.

### "Bejeweled" 3/10

The beginning of the song was giving a "Steven Universe" vibe, but I just could not get behind this song. The beat of the song is what threw me off; however, "I miss sparkling" really resonated with me as relationships in our life are so toxic despite the depth it may hold, but it holds us back from living our life.

### "Labyrinth" 7/10

This song is the epitome of "oh. oh." in books. The sole verse carries the whole song as it takes us through the fear of her falling in love to finally being happy that she found someone to love.

### "Karma" 10/10

"Karma" is God. "Karma" is a cat. "Karma" is my boyfriend. "Karma" is everywhere and I support it. The lyrics, the beats and the rhythm makes me want to dance the night away. This is a perfect song for the crowd going and I love this song dearly.

### "Sweet Nothing" 8/10

Not going to lie, I thought this song was going to be a rendition of "Sweet Nothing" by Calvin Harris, an ex of Swift, but it was very melodic and gave off an anthem for people who are into fairycore. It was a cute song.

### "Mastermind" 5/10

Lorde's "Melodrama" album ran so this song can walk. I liked that it reminded me of Lorde's music, but I did not enjoy the song as much as I hoped I would.

### "The Great War" 8/10

This song is an anthem for Luke Pearce from "Tears of Themis," but it is in fact a song that made me cry upon first listen.

It is a bit slower paced compared to other songs on the album, but the lyrics make it

relatable to the listener like "Anti-Hero".

### "Bigger Than The Whole Sky" 7/10

This song gives me the vibe of a main character having a bittersweet moment at the end of a romance movie. I was a bit disappointed that this song was not at the last song of the album, but the song reminds me of the beat present in her "Red" album.

### "Paris" 4/10

The placing of the song is strange considering the slower song seems to appear at the bottom of the album. I did love that Karli Kloss advertised this song, but it would be an easy skip if I had to listen to it again.

### "High Infidelity" 5.5/10

Oh, Miss Swift can rhyme. I did forget this song existed and I should have forgotten it again because it was not it. It was cute but I do not need to know where you were on April 29 please and thank you.

### "Glitch" 3/10

I cannot tell if Swift can handle a situationship or if she struggles with long distance. I really did not care for this song.

### "Would've, Could've, Should've" 9/10

This song was definitely better the second time around I listened to it. It gives a mix of her older music and makes me want to cry on the floor at the same time. It makes me want to go on a late night drive and scream out the window. The song made the urge to cry grow higher and higher as the song continued its course.

### "Dear Reader" 4/10

Why is she telling the reader to commit arson, I thought she worked for the FBI.

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# Planet Fitness does not deserve the constant hate

## *Why the gym's inclusive measures should be applauded*

**By Sydney Allabaugh**  
*Opinion Staff Writer*

Bodybuilders and self-identified “gym rats” outspokenly ridicule commercial gym chain Planet Fitness, but as someone who has been a member for years, I think this hate is undeserved. There are three main reasons why I think Planet Fitness is better than many make it out to be.

### Accessibility

One of the most defining advantages Planet Fitness has over other gyms is its accessibility. At only \$10 a month, a membership cost is significantly lower than the average monthly gym fee, which is \$58 a month, according to Healthline. This makes physical fitness significantly more accessible to those who may not be able to afford a gym membership otherwise.

Not only is it financially accessible, but locations and hours allow for attainable workouts. With nearly 2,250 locations in the U.S., there is likely a Planet Fitness close by. Black Card members, the premium membership that is still only half of the national average, can access any Planet Fitness across the country.

Additionally, being open 24 hours a day during the week with staff allows me to go when I am available without worry. As a college student, I cannot workout during typical hours of operation, so having

access to a gym during the early mornings and late nights allows me to fit fitness into my schedule.

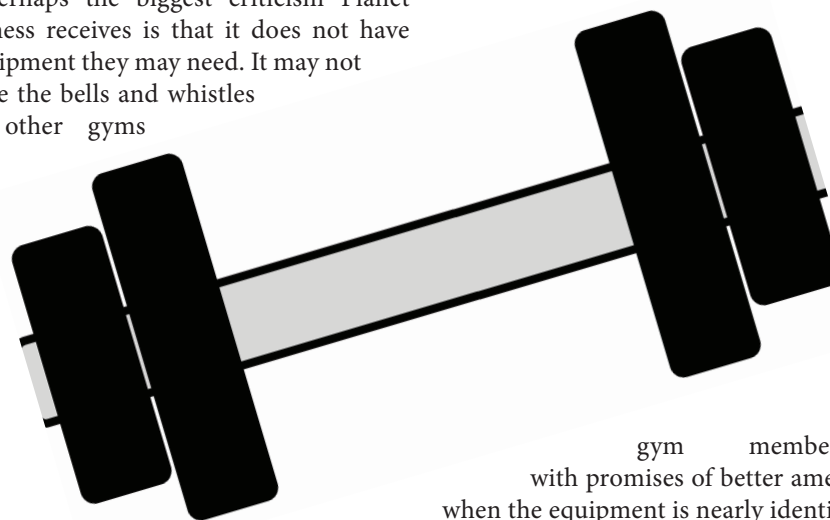
### Practical amenities

Perhaps the biggest criticism Planet Fitness receives is that it does not have equipment they may need. It may not have the bells and whistles of other gyms

that have state-of-the-art equipment and amenities, but it has everything the average gym-goer needs like cardio machines, smith machines, dumbbells, and other equipment.

Although many disapprove of Planet Fitness having no free weights and few heavy dumbbells, smith machines are available. Most heavy lifts, including squats, deadlifts, bench presses, and even hip thrusts, can be achieved—in arguably

a safer manner—on the smith machines. Many feel pressured to buy expensive



gym memberships with promises of better amenities when the equipment is nearly identical.

Although Planet Fitness may not have a pool, track, or intricate modern equipment, it has the services most actually use. Typically, the average person goes to the gym to lift weights or do cardio exercises. Both are achievable at Planet Fitness for a sixth of the cost of other gyms.

### Welcoming environment

Planet Fitness's motto is that they are a “Judgement Free Zone,” and for the most part, this statement is true. When I

am at the gym, I see older people, young people, men, women, bodybuilders and beginners working out within the same facility. There was never a time I felt judged or unwelcome.

A common criticism of Planet Fitness is that it is “anti-bodybuilder” due to their “lunk alarm” that goes off to discourage unwanted behavior, such as slamming weights or grunting loudly. I do not see it as anti-bodybuilder. I see this as a measure against fitness elitism and obnoxious egotists. It is possible to lift heavy without slamming it and damaging the equipment in the process.

In my experience, the “lunk alarm” sounds incredibly infrequently anyway. After going to Planet Fitness a few times each week for two years, I have heard the alarm about two or three times due to excessively dangerous acts.

There is also a great sense of community at Planet Fitness. It just looks different from other gyms. Since people of all walks of life go to Planet Fitness, not everyone is there because they're competitive athletes. Older people may be there for mobility, parents may be there to increase confidence, and young people may be there to better their mental health.

Regardless of the reason, most are supportive of others and help each other when needed. That is what the fitness community is all about.

Graphic by David Marks

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# Remote work can not only be convenient, but also depressing

By David Marks

Lead Designer

So, we all remember when the pandemic started going down.

Classes were moved to virtual sessions, in-person meetings of any kind were strictly prohibited, and everybody was, for the most part, sent away to their rooms (or houses, for our commuters), and told to hang tight until the big scary virus went away, or at least until we could get everyone vaccinated.

At first, I remember feeling pretty elated my new educational situation. I would join whatever Zoom classes I had to, put the Zoom window itself on one monitor, and then play video games on the other monitor. Occasionally, I'd turn my microphone on and say something to maintain that sweet, sweet participation grade, and then I would flick it back off, returning to whatever game I happened to be playing at the moment.

It wasn't even always games. Sometimes I would cook, watch a TV show, walk my dog, and all while a Zoom class was happening in the background. I was essentially free to do whatever I wanted.

I had no real obligation to do much of anything, for the most part, and so it barely even felt like I was in school.

Then, the whole thing really started to lose its luster. It felt like I was really starting to be deprived of human interaction.

Add to that the fact that I barely knew any of my classmates or my professors. For the duration of "Zoom University," as it has been lovingly called, I made almost no meaningful connections.

When we finally did come back to in-person classes, it ended up being a huge relief. It wasn't totally normal, (we still had masks on, mind you), but it was something much closer to normal human interaction, something that I had forgotten I needed and loved.

If you asked me again if I would ever go back to remote learning if I had the choice, I would almost certainly say no.

Now, you would think I would have remembered the lesson I learned about myself during this time. That I need in-

person interaction to make meaningful connections and to feel happy. But, alas, I did not.

This semester, I started a remote internship at an ad agency. Similar to what happened with remote learning, the novelty of being able to earn money and complete tasks without having to wear a suit and tie, make small-talk, adhere to normal office social dynamics and etc., was at first, very, very alluring.

The notion that I could get all my work done, submit it for review, and then just chill, all while getting paid, was amazing.

However, for me at least, there's something about sitting alone at a computer in your dimly-lit room for a long period of time that really starts to get to you and the flaws in remote work become highly apparent.

There's no in-person celebration when the project you're working on is successful. The communication process is greatly handicapped by the limitation of written word and Zoom. And perhaps most importantly, you can't form strong bonds with people you only know through the medium of text and video chat, or at least I can't.

After a little while, these problems really started to drag down my general demeanor. I started to feel much the same way I felt when we were doing virtual classes: cut-off, and in dire need to be around other people.

Eventually, I figured out that I simply cannot do virtual work completely alone. It's too lonely, there's too many distractions and too little accountability.

So, over time, I picked up a few tricks to make remote work more sufferable, for those of us who are more "neurotic," so to speak.

First of all, anytime I am working, I try to work in a public setting, preferably around people I can chat with. This really fills the social interaction vacuum you can often feel with remote work.

Secondly, I would highly recommend still following all of your normal hygienic routines you would otherwise follow if you were going to an in-person position.

There is something about the brain, my brain at least, that feels like its ready for the day when I'm all cleaned up and wearing clothes

that I would feel comfortable going out of the house in.

Finally, make every effort to interact

on a casual level with the people you work with remotely.

No, it's not the same as being in-person, but it's the best we got—at least until Elon puts a chip in our head.

Where I interned, the atmosphere inside the group chat was absolutely ludicrous. It felt almost like I was in a Discord channel or something. People are firing off GIFs, making all sorts of jokes, sharing hilarious stories about their lives, etc.. Engaging with this gave me the feeling that I was a part of a real group, albeit a virtual one.

Let this be a warning: You may very well not be able to do remote work and remain mentally healthy, at least in remote work's current state. I'm highly optimistic about the future of remote work, though.

As virtual reality innovations seem to shatter what was previously thought to be possible again and again, I think remote work will look quite different within our lifetimes.

Perhaps with time, it will be just as satisfying as being in-person with your fellow coworkers.

*I started to feel much the same way I felt when we were doing virtual classes: cut-off, and in dire need to be around other people.*

*Eventually, I figured out that I simply cannot do virtual work completely alone. It's too lonely, there's too many distractions and too little accountability.*

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# Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editor: [Baylee.Guedes@wilkes.edu](mailto:Baylee.Guedes@wilkes.edu)

## Winter sports preview: here comes the winter storm

By **Wren Haze & Baylee Guedes**  
Opinion Editor & Sports Editor

As fall runs its course, athletics prepare for the storm that winter sports will bring.

### Women's basketball

The women's basketball team was voted to finish six out of nine teams. The Colonels finished fifth last year and lost in the Quarterfinals to Misericordia University 51-43. Tara Macciocco returns for her fifth season as the head coach for the Colonels.

Senior Brianna Horton returns as the teams' top 3-point scorer with 30 3-pointers last season. Horton also had a 7.6 scoring average for the team with a season total of 180 points whereas junior Julia Marino led the Colonels with 86 assists last season.

The women's basketball team will be competing in 25 regular season games with 16 of them being Middle Atlantic Conference (MAC) games and 13 of them being home. Their first game will be away at Keystone College on Nov. 8 at 7 p.m. Their first home game will be Nov. 11 against Penn State Alto in the Marts Center.

"The team is looking really strong this year," said graduate student Kendra Smith. "We have a veteran team that I think is doing a really great job at leading the way for our underclassmen. The intensity of practices are at a new level this year and everyone works to push each other and get better everyday."

### Men's basketball

Men's basketball was voted sixth in the MAC preseason poll. The team finished 8-17, 5-11 on the season last year under Izzi Metz, his ninth year as head coach.

Junior Matthew Davidheiser led the Colonels with 38 3-pointers last season as Sean Collier had 33 and sophomore Cayden Merrifield with 29. The team lost Collier to graduation. Defensively, junior Trent Fisher led the Colonels with 38 blocks.

The Colonels will host Clarks Summit

University for their home opener on Nov. 8 at 7 p.m. in the Marts Center.

### Women's ice hockey

The women's ice hockey team returns with a new head coach. Dave LaBaff, hired this past June, will take on his first season coaching for the Colonels as he spent the last eight seasons at SUNY Canton.

Senior Julie Patterson led the Colonels with six goals last season as Kendall Castro had five and junior Rachel Morey with four. Valerie Koenig and Castro, who have both graduated, had six assists as Morey and Patterson followed with five each.

The Colonels will be having 25 regular season games, including their home opener against seventh ranked Nazareth. During preseason polls, the team was ranked fifth in the MAC and 10th in the United Collegiate Hockey Conference (UCHC).

### Men's ice hockey

On the other hand, the men's ice hockey team continues on under the coaching of Tyler Hynes. Hynes returns for his fourth season as head coach for the Colonels.

"Last year was a tremendous season for our program and set a bar we are trying to uphold," said Hynes. "We return 17 players from last year's team who will have more responsibility leadership wise and an expectation to produce."

The team finished 20-5-1 on the season and three of their players were announced as Players To Watch, according to the UCHC. Graduate students Phil Erickson and Scott Mueller and senior Michael Paterson-Jones were the players named. Erickson tallied 26 points on 14 goals and 12 assists last season whereas Mueller tallied seven. Paterson-Jones, goaltender, has 1,212 career saves and 33 wins.

### Men's and women's swim

The men's and women's swim team is currently 0-2 on the season under new head coach Christopher Paynter. The men's

team fell to FDU-Florham 62-102 and Messiah University 27-167 in a tri-meet on Oct. 22. The women's team fell 174-4 and 164-7.

Graduate student Shane Miller and first-year Ashton Dainty finished fourth and fifth consecutively in the 200 freestyle with Miller finishing with a time of 2:05.87 and Dainty with a 2:07.27 in the six swimmer race. Miller went on to place third in the 200 freestyle relay with Dainty, senior Liam White and junior Stephen Verosko finishing with a time of 1:44.53.

Senior Maddy Kinard is the only returning female swimmer for the Colonels. Kinard placed fifth out of 10 swimmers in the 100 backstroke and sixth in the 200 backstroke.

Wilkes will face Dickinson College and Lebanon Valley College on Nov. 5 for a tri-meet in Carlisle, Pa.

### Wrestling

Wrestling will be hitting the mats

starting on Nov. 5 at the Ned McGinley Invitational Tournament (NMIT), which will be hosted by King's College.

The team returns under Jon Laudenslager who is in his 20th season as head coach. Sophomore Austin Fashour returns after going 32-6 during his first season as a Colonel in the 125. Last season, Fashour placed second place at NMIT, second at the Wildcat Invitational, first at the Blue Jay Classic, first at the Wilkes Invitational and second at the SE Regionals.

"The team looks good," said senior Cody Dix. "The young guys are keeping the energy levels high and there is a lot of talent on the mats."

Senior Jack Bauer will also be returning after going 21-9 his junior season, adding to his 40-24 overall record in the 133.

*For more information on all of the winter athletic events and contests, go to [www.gowilkesu.com](http://www.gowilkesu.com).*



The Beacon//Baylee Guedes  
**ARCHIVE PHOTO: Graduate student Phil Erickson preparing to win a face-off last February.**

# Where are they now? Former Wilkes hockey player Nick Fea

By **Julia Mazur**  
Staff Writer

Nick Fea, a Wilkes ice hockey alumnus, had the opportunity to play in an American Hockey League (AHL) preseason game on Oct. 5.

Fea graduated from Wilkes with a degree in business management this past spring. Fea was also a part of the first-ever men's ice hockey program at Wilkes while completing four full seasons.

During his time as a Colonel, Fea had a total of 121 points: 42 goals and 80 assists in 86 games played. His success at Wilkes helped him to be noticed by scouts in the Wilkes-Barre/Scranton Penguins organization. This led to Fea being invited to attend the Penguins training camp in early October.

"I was excited for an opportunity to play hockey at a high level and to try and continue my dream of playing hockey for a living," said Fea.

When the morning of Oct. 5 came around, Fea was excited to find out that he would be suiting up for the Penguins in their opening pre-season game. With over 3,700 fans in attendance, including his former coach and teammates, Fea got a taste of what it was like to play professional

ice hockey.

Although Fea had been preparing for this moment his whole life, it was still a bit of an adjustment for him. In comparison to the pace of the game at the collegiate level, the AHL pace was the biggest overall change for Fea.

"Decisions have to be made quicker," said Fea. "But at the end of the day, it is just hockey and once you adapt to the pace it just feels like a normal game."

Fea worked hard for this moment, not only on the ice but off of the ice as well. He has become more acclimated to the environment of a professional organization through the opportunity of attending this training camp.

Through Fea's experience, it is seen that being a successful player not only involves your abilities on the ice but also learning how to better your mind and body, as well as being prepared for any situation.

"I enjoy the process of getting better every day," said Fea. "Being prepared is something that I take pride in."

Fea credits his current success to the past four seasons of playing hockey at Wilkes. Fea was able to learn a lot about hockey throughout his time as a Colonel, while also learning about himself and the things he is capable of.

"No matter what happens, always try to have a positive mindset and attitude," said Fea. "You can only control what you can control, and there are a lot of things you can not control"

Although the Wilkes-Barre/Scranton Penguins did not offer him a contract, Fea has high hopes for his future career. He is currently unsure of what he will be doing

this upcoming season professionally, but one thing is certain. Fea is determined to continue to pursue his professional career in hockey.

Determination and hard work go a long way in professional sports. Fea is a perfect example of these traits, helping to show others that anything is possible if you work hard.



The Beacon//Julia Mazur

**Fea looking for a teammate to advance the puck to in the preseason game.**

# SWIM: Colonels hoping for early success under new coach

By **Adam Grundt**  
Staff Writer

Christopher Paynter is looking to build a new culture around the Wilkes swim team as he enters his first season as head coach.

Paynter spent last season at Hobart College and William Smith College in Geneva, NY, where he handled the program's recruiting as well as serving as an assistant coach for both the men's and women's programs. Along with his coaching position, Paynter was also an intern strength and conditioning coach.

"My passion for coaching started when I joined the coaching staff for my parents' track club, Hershey Blaze," said Paynter. "I found joy in seeing athletes progress and in helping them in any way I could with

achieving their goals. The relationships and bonds that I made over the years at that track club really helped push me to want to do more with coaching, so I started looking toward the collegiate level."

Prior to coaching, Paynter was a two-time Big East champion swimmer and diver at Villanova University. His times recorded at Villanova place him among the top three fastest Wildcat swimmers of all time. He graduated from the university in December 2021 with a degree in liberal arts and sciences. Before attending Villanova, Paynter was a National Interscholastic Swim Coaches Association (NISCA) All-American at Hershey high school in Pennsylvania.

"During my time at Villanova and at Hershey High School, I had the honor of being coached by some of the best coaches

as well as learning from some of the best," Paynter said. "One thing I learned was that having those relationships with your athletes makes everything easier. Athletes start to trust you and believe in what you are telling them. They start to buy into the new culture we are trying to build and that puts everyone on the same page."

Maddy Kinard, a senior and the only female swimmer on the team, is looking forward to what the season will bring with Paynter now at the helm of the program.

"While Paynter's practice style is different than some of us have ever had, I can honestly say we've all had our moments of struggle but have now pretty much adjusted and have really gotten into the swing of things," said Kinard. "This is especially thanks to coach who regularly works with us on scheduling, checks in on

us, and is always open to any comments or concerns we may have."

Some of the swimmers' goals for the season are based upon what is instilled into the swimmers by Paynter.

"He (Paynter) was very quick to set his goals and set his intentions for the team," said junior Stephen Verosko. "I think what we need to focus on for the season is to be headstrong, and know that as long as we're having fun, we will become a stronger team in the future to win meets and even bigger events."

The Colonels will travel to Dickinson College for a tri-meet with the Red Devils and the Lebanon Valley Dutchmen on Nov. 5. T

he meet will be live-streamed at [gowilkesu.com](http://gowilkesu.com) where the meets statistics and results can also be accessed.

# FB: Jonathan Drach's love of football started at a young age

By Baylee Guedes  
Sports Editor

In his fifth season as the head coach of the football team, Jonathan Drach has acquired many accolades. However, it is essential to look at how he got to this point.

Drach's football career started long before he could play. While he was still in diapers, Drach was around the game of football as his father was the head coach of a high school football team.

"I have had a close relationship with football my entire life," said Drach. "I have been going to games and riding the bus since I could walk. I have always loved the chess match of the game."

When Drach began playing football in third grade, his love for football grew even more and he decided in middle school that being a quarterback was what he fancied.

Drach continued playing into his high school years as a quarterback, starting as a junior and eventually earning several all-state and all-league honors.

Drach graduated with a large class of over 1000 students and student-athletes. He was given the opportunity to receive a full football scholarship to Western Michigan University, which he accepted.

"I went on to start at quarterback for three years in college after red-shirting and backing up the current WMU head football coach Tim Lester," said Drach.

During his senior year as the starting quarterback for the Western Michigan Broncos, Drach completed a single-season record of 67 percent of his passes for 1,499 yards and 13 touchdowns.

He also received the MAC All-Academic Team selection twice as well as receiving the Broncos' 2003 John Gill Scholar-Athlete Award.

Following the completion of his collegiate career and graduating with a

double major in economics and finance, Drach coached with his father at West Aurora High School as the offensive coordinator for two seasons.

During this time, he spent two years trading European Equity Futures for a company in Chicago called DE Trading, which allowed Drach to be able to coach alongside his father as well as support himself.

After two years of experience, Drach decided that it was time to further his coaching career.

"I transitioned to college coaching at Hobart College in upstate New York," said Drach. "I started as an intern and worked my way up to a full-time position after my second season with the program. I loved every aspect of coaching college football and I was passionate about making this my career."

After 11 years at Hobart and helping that team collect many accolades, Drach came to Wilkes to take over the head coaching position in 2018.

"I have loved working at Wilkes," said Drach. "The people that I get to work with every day are amazing and we have a great family bond on our staff and team. It is fun to come to work every day in a place that is supportive and driven to improve. We have a long way to go to accomplish some of our goals but we have a blast working toward that with all that we do."

During his time at Wilkes thus far, Drach has led the team to get better every season. He turned the program around from having a winless season the year before he began coaching, to a 6-4 record, one of the largest turnarounds in Division III football, according to [gowilkesu.com](http://gowilkesu.com). He has also supported his team in earning multiple All-MAC awards.

However, Drach could not have accomplished this without his coaching

staff.

"It is everything (to have a good coaching staff). I would not do what I do without them," said Drach. "One person can only do so much and you have to lean on one another to accomplish the greater goal. My piece is equal to theirs, and we all need each other to reach the top."

Drach's main goal is to help these young men develop on and off of the field as well as be their support system when needed. He hopes that the players he has been coaching can cling to the lessons that the coaching staff has been teaching them, in hopes that they will apply it off the field and in real life, post-graduation.

Drach's experience with coaching has shown us that his true passion lies on the football field and he leaves us with a piece of advice for those who want to follow in the footsteps of him and other coaches in finding their true passion.

"Put your head down and keep working," said Drach. The most progress is made when you do not worry about outside factors that you cannot control."

Catch Drach coaching the Colonels every Saturday during the fall season. The Colonels are currently sitting at 5-2 (as of Oct.28) and are looking to improve throughout the season.



The Beacon//Baylee Guedes

**Drach speaking to the coaching staff through his headset to determine the next move.**

DO YOU HAVE AN INTEREST IN WRITING ABOUT SPORTS?  
Contact Sports Editor [Baylee.Guedes@wilkes.edu](mailto:Baylee.Guedes@wilkes.edu)

# Athlete of the Week

## Caleb Edwards First-Year Cross Country Runner



### ***The Beacon:* Male Athlete of the Week**

Edwards was chosen as our Athlete of the Week (AOTW) after his performance at the LVC Last Chance Run Fast 8k event. Edwards ran a personal best time of 27:12.1. This put him in the Colonel record book as he set the third best time in Wilkes cross country history.

Along with being our AOTW, Edwards received the MAC Runner of the Week award.

**Major:** Environmental Science

**Hometown:** Grahamsville, NY

**High School:** Tri-Valley Central

### **What has been your favorite sports memory from your time as a Colonel?**

Every race. Each time I step up to the line I get to test my limits and find out if I am willing to give it all out on the course. That in conjunction with representing Wilkes, it gives me a good feeling to represent something greater than just myself.

### **What is your favorite professional sports team (any sport)?**

I don't have a favorite professional sports team but I do have a favorite athlete. Eluid Kipchoge is an Olympic gold medalist in the marathon and currently holds the world record for the fastest marathon time in history. His motto "No Human is Limited" is very inspiring and seeing him run makes me want to drive myself to be the best athlete I can be.

### **What is your favorite thing to do away from sports?**

I like to play instrumental pieces and jazz on my ukulele and sing with my guitar.

### **What is your favorite part of being an athlete at Wilkes?**

I unfortunately was a latecomer to taking running super seriously in high school, but with the help of my coach and a lot of hard work my running skyrocketed in just my senior year. Being able to continue the same work ethic I had in high school at a higher level of athletics is a privilege I am glad to have.

### **What sports movie is your go-to for movie night?**

"Cars." "I am speed," You can't beat that.

### **If you did not play your current sport, what sport would you have wanted to play?**

Ultimate Frisbee, that seems to be the only other sport I can do well in.

### **How do you feel about being selected as the Athlete of the Week?**

I am thankful. I have big aspirations for what I want to accomplish in Cross Country. I am excited about the progress that I am making with the help of my coach and teammates who help me to give it all each day.

The Beacon//Lauren Bowers

*Editor's note: Athlete of the Week selections are determined by the sports staff each week. At the end of the academic year, we will post a reader poll on Twitter @WilkesBeacon to crown an "Athlete of the Year."*

Compiled by Baylee Guedes, Sports Editor

# Athlete of the Week

## Nicole Fitzpatrick

### Junior Volleyball Outside-Hitter

#### ***The Beacon:* Female Athlete of the Week**

Fitzpatrick was chosen as our Athlete of the Week (AOTW) after her performance after contributing 18 kills to the Colonels big 3-1 win over St. Joseph's College. Fitzpatrick ended the week with 40 kills, 13 aces, 30 digs and four blocks in her past three games.

Along with being our AOTW, Fitzpatrick earned the MAC Offensive Player of the Week award.

**Major:** Psychology

**Hometown:** New Hampton, NY

**High School:** Minisink Valley

**What has been your favorite sports memory from your time as a Colonel?**

Finally defeating Kings in our conference match.

**What is your favorite professional sports team (any sport)?**

New York Yankees + NY Rangers.

**What is your favorite thing to do away from sports?**

Spending time with my friends.

**What is your favorite part of being an athlete at Wilkes?**

Throughout my years here I've made so many amazing friends and memories.

**What sports movie is your go-to for movie night?**

Remember the Titans.

**If you did not play your current sport, what sport would you have wanted to play?**

I probably would have been playing soccer still.

**How do you feel about being selected as the Athlete of the Week?**

It is coming to the end of our season and I'm honestly really proud of all the hard work being put in and it only makes me want to grow more as an athlete.



The Beacon//Lauren Bowers

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