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Student Government launches app

By Maddie Davis
Staff Writer

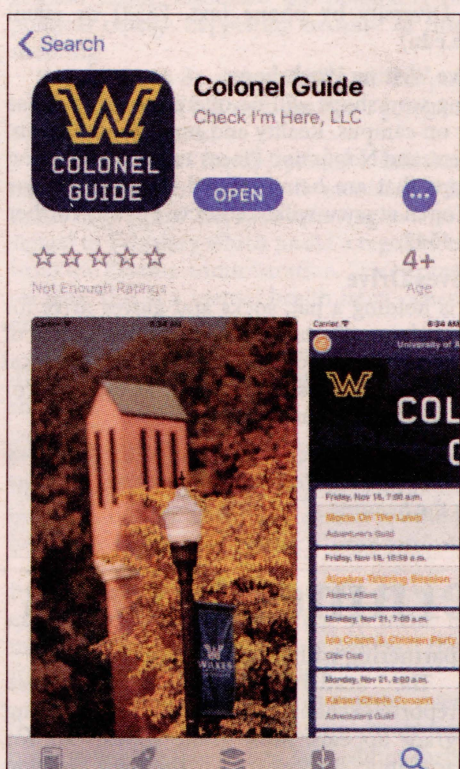
In recent weeks Wilkes University's Student Government has publicized the new "Colonel Guide" mobile app to help students, faculty and staff to better connect and become involved in the various events Wilkes University clubs and organizations hold. The app is available for Android and Apple devices.

The app displays all upcoming events on the Wilkes University campus allowing users to add featured events to their personal phone calendar and enables students to filter searches through various tags and organizations such as athletics, food, and the type of event it is.

"The app is a one-stop-shop for all students essentially to see any event on campus by any organization any day of the week," described Cody Morcom, president of Student Government and pharmacy student.

The app is a partnership between Student Government and Student Development along with Presence, an online platform, to not only make Wilkes' events easily available to students, but to also allow organizations and club presidents to view the demographics of who attended their event. This demographic information is accessible to help improve future events and make them more attractive to the target audience.

"It kind of came out of not having a singular place where we can see events because we have all these posters around



The Beacon / Maddie Davis

A screenshot of the application in the Apple app store. The app is also available for Android.

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FYF Committee seeks changes

By Megan Stanley
Staff Writer

Members of Wilkes University's First-Year Foundations (FYF) committee are encouraging full-time and tenured professors to teach subject focused FYF classes, rather than the current system where the courses on offer are more broad and aren't necessarily connected to a specific major.

FYF is a first year 3 credit course students take in the fall semester. Currently, students can choose from around fifteen FYF courses and the topics currently range from World Politics in the 21st Century to Global Warming to American Culture and Values.

According to the Wilkes University website, the FYF program aims "to provide rigorous learning experiences that challenge first-year students to develop the strategies essential for a successful transition into the Wilkes campus community."

Dr. Edward T. Bednarz, an associate professor of Mechanical Engineering, was elected chair of the FYF committee, and since the creation of the committee last year, he has been involved in a number of changes.

Berdnarz said that he wants to encourage more full-time faculty members to teach more subject specific courses in the future.

Currently, the majority of FYF courses are taught by part-time professors, and are not subject specific.

"This year we are piloting two classes that are Engineering Design FYF classes, it was written as strongly recommended for

engineering majors but we didn't want to exclude other majors," Berdnarz said.

"I wanted to have a freshman level engineering class to introduce engineering to freshmen who are straight out of high school, and show them the cool stuff of engineering so they aren't just getting bored with the math and other fundamental courses," he said. "I would really encourage other faculty members from other departments such as pharmacy, nursing, business to try and come up with their own freshman level course too."

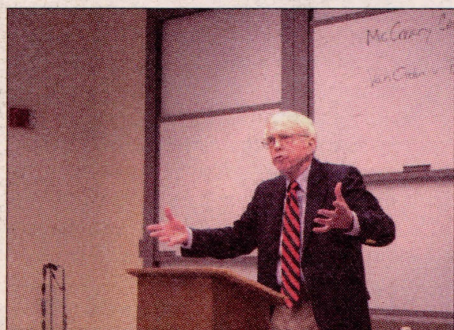
A key issue Berdnarz pointed out was that full-time professors don't have the time for FYF classes.

"There may be full time faculty members that do want to teach FYF, but their schedule just doesn't allow for it. That would probably have to come from higher administration," he explained.

FYF is not only subject based, but also includes guest speakers that teach freshmen how to register for classes, see their advisers and use the library. However, Berdnarz highlighted this as a potential issue as to why full-time professors might not want to teach the courses.

"Professors in the past didn't really like that we had so many guest speakers coming in, as it would interrupt the flow of the course. So we really try to whittle that down to the bare minimum of interruptions and try to make

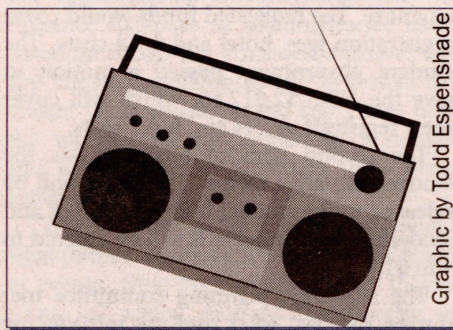
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Guest speaker talks religion in government, page 4

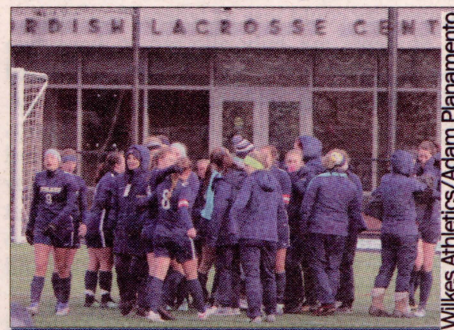


Keller Williams to perform at F.M. Kirby Center, page 7



Graphic by Todd Espenshade

Top 5 hip-hop albums to be released before 2018, page 18



WSOC: NCAA Playoff push page 19

Courtesy of Wilkes Athletics/Adam Planamento

News

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

Beacon Briefs

Complied by Maddie Davis

Take the One Day Stand with Pre-Pharmacy Club

Pre-Pharmacy Club will host its annual One Day Stand event in the Student Union Building. The event will take place Nov. 16 during club hours. The table will feature ways to show support to stop smoking around campus and free T-shirts.

Support the Wilkes Baseball team at Chipotle

On Dec. 6, from 4 to 8 p.m there will be a fundraiser at the Wilkes-Barre Chipotle for the Wilkes Baseball team. Customers must mention Wilkes Baseball or show them a photo of their flyer and then 50 percent of the proceeds will go towards the baseball program. Contact brandon.michael@wilkes.edu if you have any questions

Be an IEP conversation partner

The IEP Conversation Partner program is looking for students and faculty to spend an hour or two a week speaking to international students involved in the intensive English Program. Participants do not need to plan special activities for their conversation partner, they just need to include them in some of their usual activities. For more information, contact Dr. Kimberly Niezgoda, Kimberly.niezgoda@wilkes.edu.

Wilkes University Student Government notes

By Megan Stanley
Staff Writer

On Wednesday, Nov. 8, the Wilkes Student Government held its weekly meeting.

Jean Eckert, the Student Employment Supervisor for human resources, spoke to the government about the changes and issues facing work study on campus. A key point that was emphasised was the need for students to wait for clearance before working, especially if they are working a federal work study job. If a student works before being cleared, Eckert said that the university could lose its federal funding.

Students are only allowed to have two work study jobs and Eckert explained the reasoning behind this new rule. She explained that due to labor laws, job numbers have been restricted and emphasised that the point of work study is that students can help the university get specific jobs completed whilst being able to organize their job hours around classes and other commitments.

Upperclassmen are also advised to notify any changes to payroll if their bank went through a merger recently. This will make sure money will go to the correct bank account and will prevent checks being sent

home.

There are two main areas that are keen to hire students: civic engagement and alumni relations, such as the phone-athon.

The first item of business was the fund request from the Nursing Student Organization (NSO) so members can attend the Nursing Student Organization state conference. At the conference the 15 students attending will hear keynote speakers, attend workshops, and meet with representatives from hospitals. The request decreased from last week to \$3,417.10, as there was no need for gas coverage anymore. The requested funds would cover registration fees, hotel and food costs. The student government passed a motion to give the NSO \$2,817.10, which will cover their registration fees and hotel costs.

The second item of business was the student initiative forms. The forms will be released to the student body next week and students who complete it will be entered to win \$100.

The academic planning committee met during the past week and are introducing new programs such as sports psychology and a new math minor. There will be a new minor for education which will be for early childhood education, and the school is

partnering with local day care centres.

The academic standards committee reported a change to the handbook regarding grade appeals. Most grade appeals are for academic dishonesty, so they are creating separate channels for academic dishonesty and other appeals. Currently, students aren't spoken to regarding this, and the hope is that in the future they will discuss the issue with both staff and students. It was also reported that people who are on academic probation aren't taking their situation seriously, and they are looking for measures to change this.

During the meeting it was reported that during the summer the grass on the greenway will be torn up for new plants and the parking garage will be closed. This work is due to start the day after commencement.

At the end of the meeting, members of student government sent holiday cards to a young boy in Portland, Maine, named Jack, who was diagnosed with Neuroblastoma five years ago and was recently given a month to live. Over social media, his family has called for the world to send him holiday cards and he has received cards from countries in Europe and Asia.


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Students and faculty react to recent Texas church mass shooting

By Cabrini Rudnicki
News Editor

A new tragedy has shocked the nation. On Nov. 5, a gunman entered a church in Sutherland Springs, Texas, and fired upon the congregation, leaving 26 dead and an estimated 20 injured according to CNN. Students and faculty discuss their mixed emotions after yet another mass shooting, as well as society's treatment of the perpetrator.

The shooting, which left victims ranging from 5 to 72, was the deadliest shooting to occur at a place of worship in American history. Among the dead included the pastor's 14-year-old daughter, as well as nine people from the same family.

The gunman, who was found dead in his car, was a 26-year-old recently fired security guard and ex-Air Force airman named Devin Patrick Kelley. The media's focus of his past criminal records and problematic behavior, including an escape from a mental facility, animal cruelty, and domestic assault, has led to criticism about society's treatment of mass shooters.

Taylor Baslasavage, a senior English major, had strong emotions on how the media has dealt with the identity of the gunman.

"The shooter's face is everywhere. All they do is glorify him, and tell me where he

worked, what his issues were, his past history was. I just think we need to get rid of that completely."

Baslasavage also spoke on the frequency of the mass shooting tragedies plaguing the nation.

"We really need to crack down, especially in the media. You can't glorify these people committing these mass murders."

Another student, Kelci Piavis, a senior English major, discussed the possibility of political change happening because of this shooting.

"What can we do about it? 'Oh, we can put it into legislation,' but wait, that's not going to happen," said Piavis.

"He [President Trump] passed a bill that made it easier for people with mental health issues to get gun," she said, referring to a bill signed in February which undid a regulation from the Obama administration. "He's going on like 'This is a mental health issue,' when obviously you don't care."

Dr. Dale Hazlak, a psychology professor, discussed the characteristics of mass shooters, which included mental health issues.

"What we find in these guys is that they generally have history of antisocial behavior, but not to the degree that it would be diagnosable," said Hazlak. "They tend to

freshmen has to take, so it's the only common experience, and we are trying to make it more of a sense of community amongst the freshmen, too," Berdnarz added.

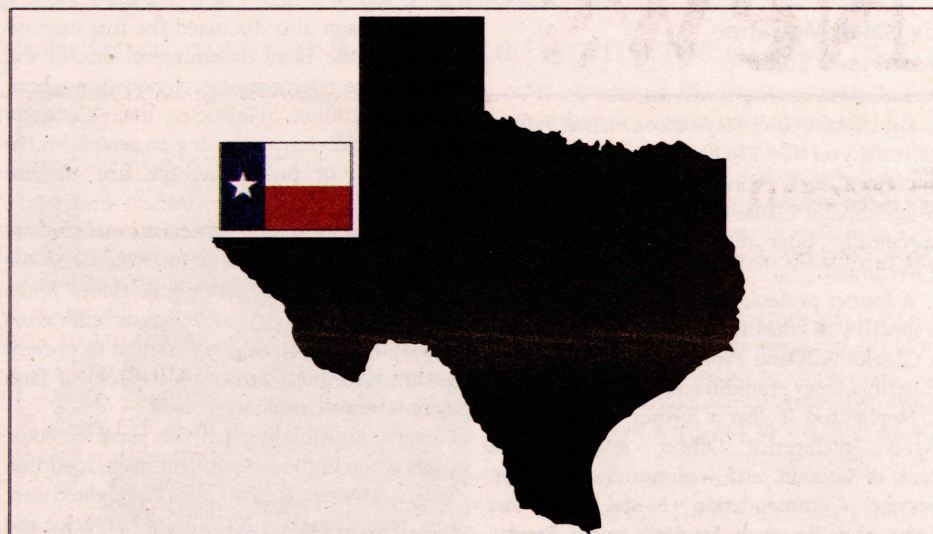
Despite the improvements made over the course of the year, some freshmen highlighted the issues they face within their FYF courses.

Although she received her first option, Lindsay Becker, a freshman criminology major who is in the "Exploring Mars Through Lego Mindstorm Robotics" course, said, "Although it is fun, I don't think I've learned anything. The library visits seem forced and so does the entire course."

A freshman political science major, who wished to remain anonymous and is part of the honors FYF course, "Learning Through Leadership," told The Beacon, "I think the idea of leadership is a good and popular enough topic to make the class interesting. However, I don't like the fact we have three hours of it once a week based on full-on lecturing."

"A couple of times we've done bonding activities and leadership activities, such as rock climbing or cooking, and that is fun and helps develop leadership skills, but the lecturing and the three hours of theory a week really leaves all of us without retaining any of it."

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Graphic by Todd Espenshade

hold resentment, and they tend to hold anger issues. They have really limited coping skills, especially when they find themselves in a situation where they experience a loss."

Hazlak also spoke about what society can do to prevent future incidents from occurring.

"I think we have a really good 20/20 backwards, which is always the case," said Hazlak. "I think what we really need to look at

is what's happening in terms of socialization skills. We've lost our community base of connectivities.

"We need to start spending time with one another, in a way that makes us have some sense of responsibility to each other."

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FYF

Continued from front page

them relevant to the course," Berdnarz said.

A big change was the new system in which students get to choose their FYF course. Regarding this Berdnarz said, "before they would schedule their classes first, and then whatever room was left over meant they would be put in the FYF that fit their schedule best."

"Now it's the reverse, we're giving them the option to choose first and we try our best to schedule the rest of their classes around them."

Berdnarz added, "This really wasn't the case before the committee existed. Students can now read through course descriptions and see which ones interest them."

This year 86.6 percent of freshmen were placed in one of their top FYF course choices, and 51 percent of that figure received their first choice FYF topic.

"There really has been a lot of complaints about FYF over the last several years. The perception is that it is a broken program, and we want to show that this is a relevant course," he said. "FYF helps with the transition from high school to college, and it is the only course that specifically does that."

"It is also the only course every Wilkes

GUIDE

Continued from front page

campus and students don't know where to look because there are so many in one place," said Morcom. "Essentially it's about getting feedback from students because we want to know what they want so we can improve our events—that's the name of the game this year."

Student Government and Student Development hope to help the clubs become a little more active on campus this year.

The leaders of Wilkes University clubs and organizations are integrated into the Presence database as administrative users based on if they are considered active. The app allows leadership to add events to the master list available on the app. From here the app features the uploading of images and descriptions to advertise their event better to all users.

"We're hoping to be able to understand what part of our student population is going to events, what type of the events they're going to," added Assistant Coordinator of Student Development Réka Shayka when asked about the goal of the Colonel Guide app.

"We wanted to make sure that we were

capturing as many students on campus as possible," said Shayka, as well as "reaching out to those who aren't yet involved."

"I think the app is a really cool idea because it puts everything in one place," added senior Nursing student and president of the Choral Club Hannah Eastman. "I definitely am going to use it for our Christmas concert, which is great because I think that's a way people will see it when they might not have seen it already."

"It might help us reach new members and people who might want to come see it," said Eastman enthusiastically.

"No other school in the country has it," added Morcom. "It's just unique to Wilkes University."

"I'm excited right now because it's going really well but I'm even more excited for the future because of the possibility of having so many more organizations on it," said Morcom, "We're just setting up the foundation right now but it's going to blow up pretty soon."

For any further questions or concerns please either contact student government at studentgovernment@wilkes.edu or attend a Student Government meeting Wednesday at 6 p.m. in the Miller Room of the SUB.

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Speaker discusses 'Religion in Government and Government in Religion'

By Isaiah McGahee
Asst. News Editor

Dr. Donald Grier Stephenson visited Wilkes University on Nov. 9 to discuss and examine the Supreme Court's evolving interpretation of the Establishment Clause of the First Amendment; specifically, how it relates to religion in government.

A former professor of political science, with a specialty in constitutional law, Stephenson is a Charles A. Dana Professor of Government, Emeritus, from Franklin and Marshall College.

Stephenson is also a former United States Army Intelligence Officer, attaining the rank of Captain, and was awarded the Joint Service Commendation Medal. He was assigned as Research Associate to the Faculty of The National War College at Fort McNair, Washington, D.C.

"Government... religion. When connected, those words remind us of a rock romance which can be strained at best and warlike at worst. Working out a smooth relationship between government and religion is even harder," said Stephenson.

In his lecture, Stephenson discussed that of the 193 member-countries in the United Nations, not one is indifferent towards religion. He further went on to elaborate that if one country had an official religion, it can still maintain religious freedom(s) for all.

Stephenson also noted that both religion and government, and constituents who favor either, compete for power and influence.

"Government and religion are like opposite sides of a coin. On one side are ground rules imposed by the Constitution. On the other side is religion as one of many forces and factors in politics --- as individuals and groups compete to control the government," Stephenson said.

A common theme was discussed throughout the lecture: duality, which Stephenson articulately notated as a tension between two sets of values: accommodation, the older of two, and separation, the newer of the two.

Under the accommodationist belief, the government best serves its own purposes when it encourages religion generally, while tolerating other faiths as well.

"This seems to have been the dominant view in most of the American states at the end of the eighteenth century as our Constitution was written and ratified, and for a long time afterwards," said Stephenson.

According to separationist beliefs, adherents believe that both political and religious institutions would more likely prosper if each left the other alone as much as possible in a land where most citizens were also believers.

Stephenson also discussed the free exercise clause of the First Amendment, one of the only sparse references to religion throughout the Constitution, reinforcing that "Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof..."

"The free exercise clause carves out a sphere of religious practice free of interference by the government. The establishment clause limits government support of religious endeavors and, more importantly, is designed to prevent government from becoming the tool of faith against others," said Stephenson.

Stephenson highlighted two supreme court cases wherein the government has waded into religious waters. The two cases highlighted were *McCreary County v. A.C.L.U. of Kentucky*, and *Van Orden v. Perry*. Both cases took place in 2005.

"The line between recognition and endorsement is apparently very thin indeed," said Stephenson.


In *McCreary County v. A.C.L.U. of Kentucky*, the Supreme Court upheld a lower court's invalidation of a courthouse display which included the Ten Commandments intermingled with various secular historical documents.

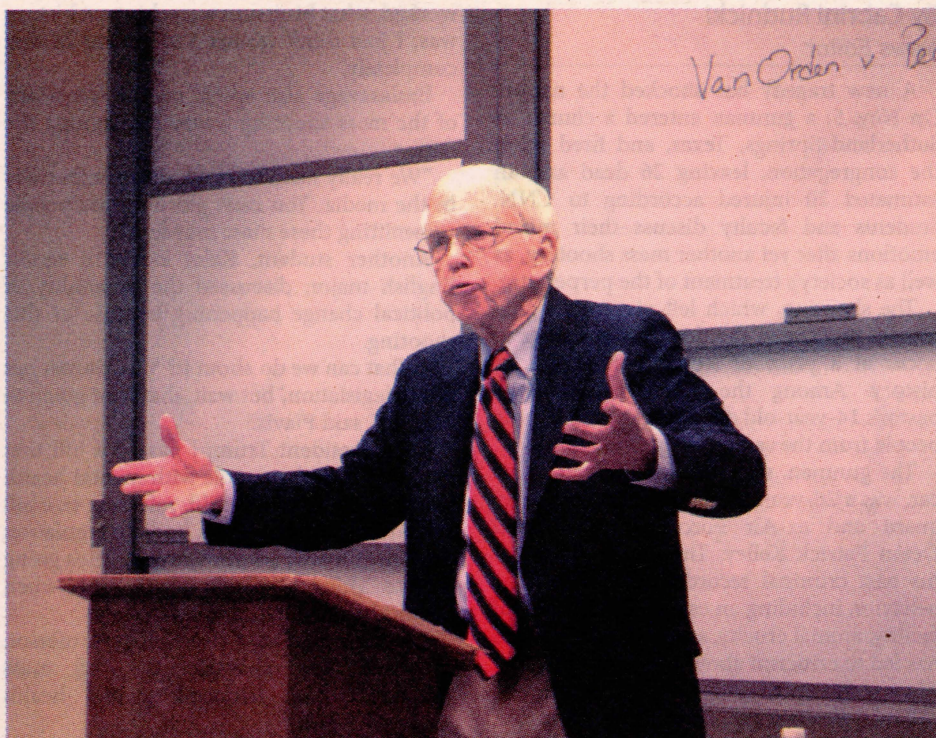
Ironically, on the same day that Kentucky verdict came down, *Van Orden v. Perry* found no constitutional violation in the presence of a monument on which the Ten Commandments had been inscribed that was located on the grounds of the Texas state capitol.

Finally, Stephenson highlighted one more decision where the government again wandered into religious territory: *Trinity Lutheran Church of Columbia v. Comer*, which was decided last June. This case is significant, as it marked the first and only time where newly sworn Justice, Justice Neil Gorsuch, participated in a vote regarding religious freedom.

Trinity Church, which believed it had been unfairly discriminated against over a dismission of federal funding for updates to a playground, which it provided as part of its daycare, looked to the Supreme Court, which overturned lower courts' rulings, hence allowing the government funding.

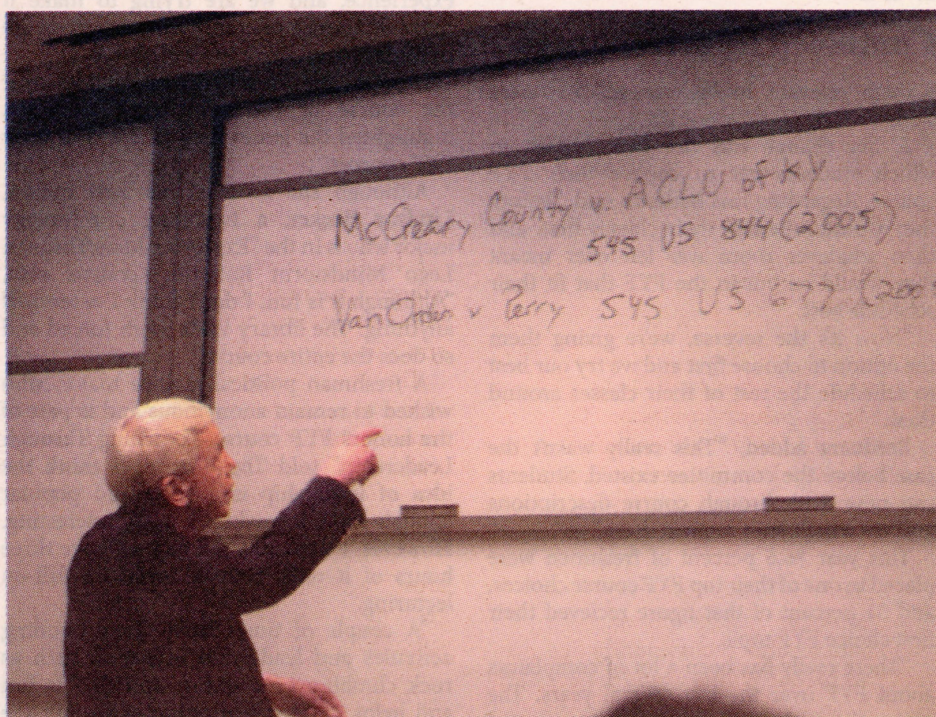
"The title of my talk poses a question, but my goal is not to tell you what that answer is or what the answer ought to be. I don't intend to tell you what to think, instead I want to suggest how you might think about the subject in the American context, so that you can arrive at your own conclusion and answer that question for yourself," said Stephenson.

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The Beacon/ Steffen Horwath

Dr. Donald Grier Stephenson, former professor of political science with a specialty in constitutional law and current Charles A. Dana Professor of Government, Emeritus, at Franklin and Marshall College, discussed the Establishment Clause of the First Amendment at Wilkes on Nov. 9.



The Beacon/ Steffen Horwath

Stephenson points to a white board outlining two court cases involved in the debate of religion in government. Verdicts on *McCreary County v. A.C.L.U. of Kentucky* and *Van Orden v. Perry* were both reached on the same day, but both had differing rulings.

Hanover Area guidance counselor awarded by Wilkes

Michelle Zapotoski, Hanover Area Junior Senior High School, named 'Guidance Counselor of the Year'

By Shannon O'Connor
Asst. LAE Editor

On Oct. 23, President Patrick F. Leahy presented the Guidance Counselor of the Year Award to Michelle Zapotoski.

The recipient of this award is chosen by Wilkes Admissions. Jessica Haczewski, the Admissions Event Coordinator, said, "each counselor selects a guidance counselor who shows commitment to the Wilkes mission and writes up a few reasons as to why they are nominating this person. We then discuss it among ourselves and select the recipient."

Zapotoski was one of many nominated for this award, and when it came down to finally picking the winner, Zapotoski fit the bill.

Zapotoski is a guidance counselor at Hanover Area Junior Senior High School for eleventh and twelfth grade students. As part of her job, she handles planning college visits, organizing college fairs and helps her students with their post-high school plans. Zapotoski is also responsible for pre-college testing including the PSSA and PSAT, as well as peer tutoring.

Zapotoski received her bachelor's degree in psychology from Penn State University and her master's degree in elementary and secondary education from the University of Scranton.

Working to better the lives of children is

a family affair for the Zapotoskis. Zapotoski and her husband, Michael Zapotoski, a Wilkes University graduate, organized a charity baseball and softball game which took place in April. These games were organized for a Nanticoke Area student who is currently being treated for leukemia.

Michelle Zapotoski has also worked to introduce her students to Wilkes University. She currently works with the Wilkes Young Scholars Gateway Program that allows high school students to earn a year's worth of college credits by the time they reach their high school graduation.

Zapotoski also works with pre-kindergarten through fourth grade students in the Luzerne County SHINE program at Wilkes. The SHINE program stands for Schools and Homes in Education which is currently serving students in seven different centers. The SHINE program is offered four days a week and is based on a STEAM (Science, Technology, Engineering, Arts and Math) curriculum.

Zapotoski had 13 of her students enrolled at Wilkes University in the Fall of 2017.

When Zapotoski was named Guidance Counselor of the Year, she didn't realize it was her name that was called until her husband had to nudge her and tell her she had just won.

"I was so excited and shocked," she said.



Courtesy of Wilkes Marketing

Michelle Zapotoski, a guidance counselor at Hanover Area Junior Senior High School, poses with Wilkes President Patrick Leahy after being named "Guidance Counselor of the Year."

"I am one of those people who LOVES what they do. I have been doing this job for 13 years and it has drastically changed since I started. I have found and truly believe that once they have decided what direction they are going to head in, and the earlier the better on that, they are happier, healthier, and more involved students."

Some of Zapotoski's students that now attend Wilkes had some words to say about their guidance counselor.

"Ms. Zapotoski fully deserves her award, as she always went out of her way to help her students," sophomore pharmacy major Mallory Ellis said.

"Without her, I'm not sure how I would've made it through high school and progressed onto college," said sophomore Lauren Coleman.

"No matter what time of the day I would go to see her, she would make herself available no matter how busy she was," sophomore pharmacy major Maryann Chapin said.

The Guidance Counselor of the Year award has been given for three years. The previous winners were Diane McFarlane from E.L. Meyers High School and Jill Saporito from Coughlin High School.

"The award from Wilkes University was such a highlight in my career and I am so grateful," Zapotoski said.

Cultural Film Series continues with 'Wilhemina's War'

Center for Global Education, Division of Global Cultures, Anthropology professor screen film highlighting HIV issue

By Maddie Davis
Staff Writer

On Nov. 6, the Center for Global Education, the Division of Global Cultures, and Anthropology professor Dr. Linda Winkler presented "Wilhemina's War," the third movie of their Cultural Film Series. This edition of the series shined light on the often undiscussed topic of heterosexually transmitted HIV/AIDS in black women, particularly in South Carolina.

"I think I've picked this one because it was about a cultural community that many students here at Wilkes wouldn't necessarily have been exposed to, in the Carolinas," explained Dr. Linda Winkler. "It discusses the topic that we often don't discuss, which is HIV/AIDS in the U.S., in a way that is keenly personal."

"In 2009, federal officials cited AIDS as

the leading cause of death among black women," narrated Crystal Johnson in the film, setting the tone of the HIV/AIDS epidemic in the south.

The documentary discussed the role of mass incarceration of black men in the transmission of the virus, statistics dealing with positive tests among black women and the general population, and the personal stories associated.

The cameras followed the stigma that arose regarding the virus and the scarce resources available to those with HIV/AIDS, specifically within Wilhemina's family.

"It was really eye opening," said Dr. Linda Paul, associate professor of philosophy, when asked about the film.

"It's always interesting to see the actual people and how it affects their lives rather than just hearing statistics about things," elaborated Paul. "Statistics are important for the overall view, but the personal touch

always gives you a different perspective."

Wilhemina, a grandmother from South Carolina who took care of her daughter and granddaughter after they contracted HIV, is the focus and the protagonist of the film. She would make sure they get to their doctor appointments and make sure they took all their medicine. Her daughter Toni contracted HIV during extensive drug use and then passed it onto her newborn daughter, Dayshal, when she gave birth.

Dayshal grew up with the social stigma and lack of resources for HIV. The stigma resulted from lack of knowledge about the virus and the belief that it was a more white, homosexual disease rather than black, heterosexual epidemic.

At the time the movie was being produced, then South Carolina Governor Nikki Haley fought against the \$11 billion and opportunity for 140,000 new jobs the Affordable Care Act would grant the state

to help combat lack of help for HIV/AIDS in the communities.

After the offer from the Affordable Care Act was declined, the film continued to focus on the communal efforts in South Carolina to diagnose, treat, educate, and prevent HIV/AIDS in an area that was blind to it.

Different HIV/AIDS awareness groups like Positive Voices, of South Carolina, mobilized efforts to change the future of HIV/AIDS in the south to become more of an understanding and supporting environment for those tested positive for the disease.

"We have HIV," stated Dayshal proudly in the film, "HIV don't have us."

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President Donald Trump and Twitter: students, faculty weigh in

The debate in wake of Twitter employee deleting Trump's account for 11 minutes

By Michael Osayi
Contributing Writer

Editor's note: Toni Pennello contributed to this story.

President Donald Trump has spent a lot of time in the spotlight during his early tenure in the oval office. His role on social media has arguably stirred more controversy than his policy decisions at times.

The president has been active on his social media accounts during his time in office. In particular, his Twitter account has garnered much attention -- as well as a sudden absence from the social media platform on Nov. 2.

On that evening, a rogue customer support worker for Twitter disabled the president's account on her last day on the job, according to the New York Times. Trump's account was down for 11 minutes, and, according to the report, the incident sent users of the website into an uproar.

This former Twitter employee felt strongly about Trump's use of social media, and some research indicates she is not alone.

According to an NBC poll taken in August, 66 percent of Americans disapprove of the president's Twitter usage. Do the national beliefs of Americans align with those in Wilkes-Barre?

The feelings of students seem to be generally consistent. One resounding theme remained prevalent: they think the president should spend less time on Twitter.

Subject matter has also come into discussion when talking about how president Trump goes about using his twitter.

"I don't think he should posting

everything that happens in the White House. Like, let that go," said Tyler Martz.

Twitter has only been around for 12 years, and Trump is the second president to hold

The rate of usage between the two is very different. President Obama would tweet far less often than Trump, using the platform every few days, compared to Trump

There are those who think with the right usage, the president can use twitter as an effective medium for communication.

"I think it's a good way to stay in touch with the younger generation," said Keith Allen.

This is could be a strong possibility. According to a 2015 Pew Research Center study, 32 percent of 18 through 29 year olds use the social media site.

"I think Trump uses social media as an effective tool to display his opinion ... He's very raw, very true, he's a no B.S kind of guy, and he puts his foot down and he sticks to his guns," said Jonathan Bender.

While both expressed this sentiment, they also said they thought he was on the platform too much.

"At the same time he can be using it the wrong way like he is," Allen expressed.

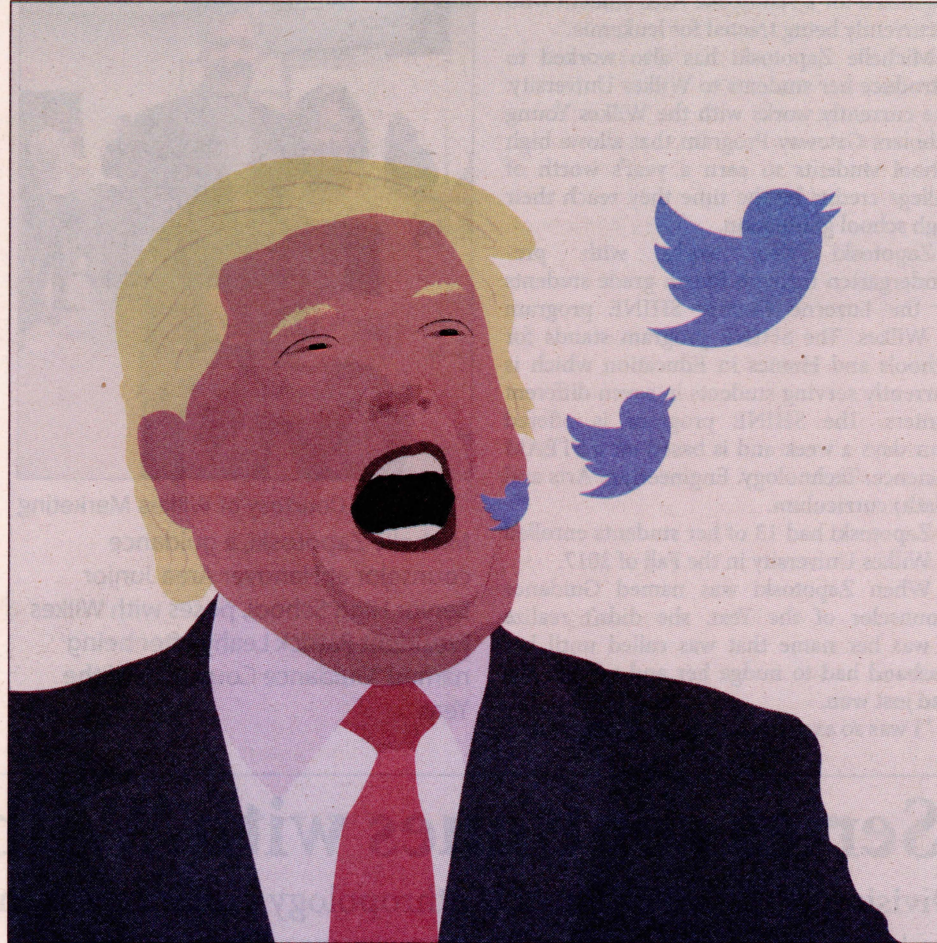
Even citizens who voted for him had some remarks about his use.

"Some negative, he doesn't always refrain from what he really means," said Bender later on.

One front rarely mentioned is the policy aspect.

"Twitter use by the president is obviously novel but extremely dangerous and damaging, because presidential statements often times have the force of policy," Wilkes assistant professor of history Jonathan Kuiken said.

Trump's use of Twitter is unprecedented, and time will tell whether it will continue to be used in such a way by future White House occupants.



Graphic by Todd Espenshade

office during the rise of social media. When attempting to compare others who have held the position, this only leaves President Obama as a source.

tweeting multiple times in one day.

"I think he used social media a little too much. He should address the public through other media outlets," said Nick Rhinesmith.



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Life, Arts & Entertainment

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Keller Williams to perform at F.M. Kirby Center

By Amanda Bialek and
Shannon O'Connor

*Life, Arts & Entertainment Editor and
Asst. Life, Arts & Entertainment Editor*

Keller Williams, the barefoot, multi-instrumental performer is bringing his acrobatic style of music to Wilkes-Barre this holiday season. His hybrid of folk, jazz and electronica is bound to get audience members grooving to the beat.

His appearance to the music scene during the early 90s brought definition to the term independent artist. Most of his career, he has performed solo. Williams built his reputation on his engaging live performances, none of which are alike. His shows include him singing his compositions and cover songs, while accompanying himself on the acoustic guitar.

Williams is known for his unique style of music known as acoustic dance music, or ADC. Acoustic dance music combines alternative folk with electronic music that is based on live phrase sampling or looping with no pre-recording.

"I was playing with an acoustic guitar and a microphone, you know, still focusing on trying to play something you could really head-bop to or really keeping the beat, some kind of backbeat," Williams said.

Williams said he wanted a more organic approach to music that would allow him to create a dance groove without the use of automated sequencers. His live shows are known for being unpredictable and exciting based on his ability to improvise and develop interesting tunes with the absence of a band.

He discovered his interest in music as a toddler. Williams remembers pretending to play the guitar and other instruments. By the age of 14, he was learning how to play chords by listening to the music he heard on the radio and copying the notes. At age 16, Williams landed his first paid gigs at local restaurants.

"It just seemed a lot easier to have fun and play music than to go and scrape mortar out of the cracks of cinder block walls for eight hours and make similar money," Williams said.

Williams has been touring for years across the United States. He often switches from solo to group tours. Most famously, Williams

has toured with Michael Franti, The String Cheese Incident and all living members of The Grateful Dead.

For Williams, touring with Bill Kreutzmann and Mickey Hart, former drummers of The Grateful Dead, was a dream come true. Growing up, Williams listened to their music. To have the opportunity to perform with renowned artists was an exciting experience for him.

"To be face to face with (Kreutzmann and Hart) and being on stage with them is one thing but being backstage and rehearsing with them in a small room, that was surreal," Williams said.

Music has become an essential part of his life. It is a form of therapy or release for him. When someone listens to one of Williams' songs or attends his concert, he wants the beat to take them away to a place that escapes the reality of this world.

"I think that with so much going on in the world today, my mission is to get people to forget about the outside world and to be entertained for a couple hours. I try to get people to absorb my visuals that I create through music," Williams said.

Keller Williams spreads his love and passion for music to all those around him. With today's technology, the music industry is open to endless possibilities and creativity. Every genre of music, artist and song is at the touch of a button.

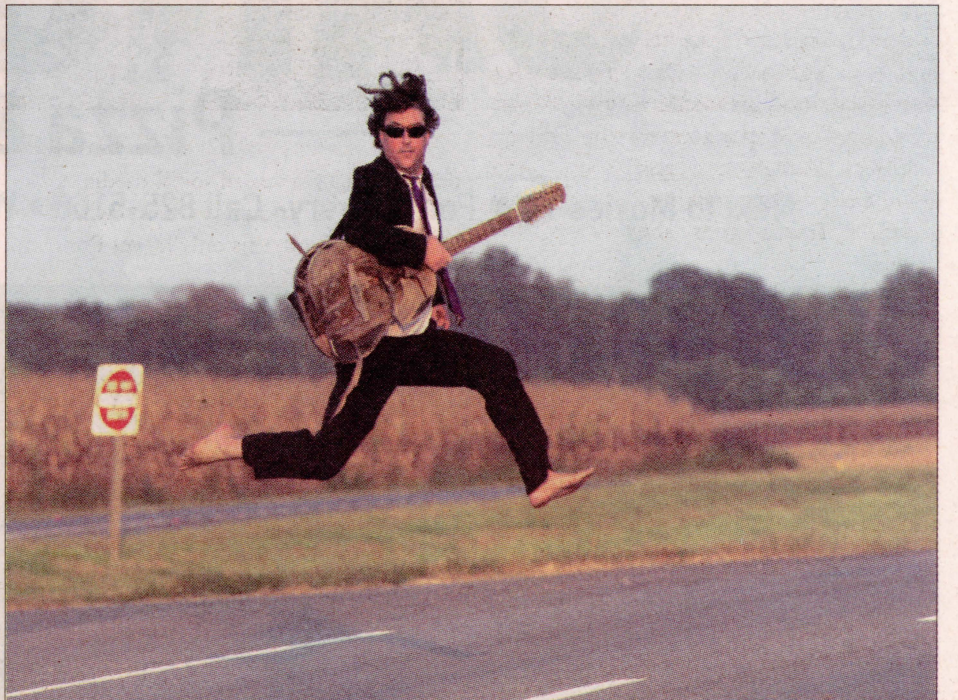
"Play for yourself. Play the things you like. Don't rely on music to pay your bills. Find another way to pay your bills and let music be the escape from that. Create your own scene. Set up for free in a park or a bus or get permission from a local business, without a tip jar. You're not doing it for tips. Get some hours in, spend a little time with it before focusing on the money part," Williams said.

As part of the F.M. Kirby Center's "Live from the Chandelier Lobby" series, the live solo performance by Keller Williams is on Friday, Dec. 8. Tickets can be purchased at the Kirby Center Box Office, by phone at 570-826-1100 or online at www.kirbycenter.org. The doors open at 7:30 p.m. with a showtime of 9 p.m. Tickets are \$25 in advance and \$30 the day of the show.

For more information on Keller Williams or to check out his music and most recent albums, Sync and Raw, visit All Eyes Media at alleyesmedia.com/clients/keller-williams/.



Keller Williams, creator of acoustic dance music, centered his music career around his unique style. Known for his custom guitar and his barefeet, Williams is bound to make an audience bop their head to the beat.



Submitted Photo/C. Taylor Crothers

RECIPE OF THE WEEK:

INGREDIENTS:

- 1 lb. ground beef or turkey (optional)
- 1 teaspoon garlic powder
- 1 jar of marinara sauce (24oz)
- 1 cup water
- 2 cups shredded mozzarella cheese
- 1/2 cup grated parmesan
- 1 container low-fat ricotta (15 oz)
- 1 egg, beaten
- 1 bag frozen Tater Tots

INSTRUCTIONS:

1. Heat oven to 350 degrees.
2. Brown and break up the meat and combine the garlic powder. Drain excess grease.
3. Add marinara sauce and water to the pan. Stir until mixture thickens.
4. In a mixing bowl, combine 1 cup mozzarella, 1/4 cup parmesan, ricotta and the egg.
5. In a large pan, layer meat sauce, cheese mixture and tater tots.
6. Top with extra mozzarella and parmesan cheese.
7. Bake for 45 minutes.
8. Bon Appetit!

Tater Tot Lasagna



Design by Nicole Kutas

Recipe from delish.com

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Allan P. Kirby Center Spotlight

By Amanda Bialek and Courtney McMonagle

Life, Arts & Entertainment Editor and Guest writer

The Allan P. Kirby Enterprise Center (APKEC) is an initiative of the Allan P. Kirby Center for Free Enterprise and Entrepreneurship (APKCFEE). Previously, the Allan P. Kirby Enterprise Center was located in the Luzerne Bank Building on Public Square. The center now has a new home on the corner of Main Street and Northampton Street, upstairs from the Wilkes University Small Business Development Center (SBDC).

The enterprise center includes a meeting room, a classroom and six office spaces.

Each spacious office has two desk areas allowing for two companies to be housed in the same area. The incubator provides office spaces for internal and external clients of the Allan P. Kirby Center for Free Enterprise and Entrepreneurship, including student-owned businesses.

One of the office spaces is currently occupied by Xenoil, LLC, a manufacturing company focused on reducing plastic waste by creating post-consumer products.

"I'm an environmental engineering student (Wilkes University) and I always had a passion for the environment, and in high school I got an interest in plastics and I

wanted to figure out a way to reduce plastic waste," said Rachel Hodgins, environmental manager of Xenoil, LLC.

Mechanical engineering student at Wilkes University, Anthony Prato has always enjoyed building things. Growing up with a father who is a business owner, Prato decided he wanted to follow in his footsteps. As full-time students who are building a business of their own, Prato and Hodgins said they are grateful for the opportunity to have an office space in the incubator.

"It's been really beneficial to us. We finally have a place to settle and do our work and put things where they need to be. It helps us be more organized," Hodgins said.

Before the incubator office space, Prato said they were working out of two folders and having to unpack everything and repack all of their materials. Now, business partners Prato and Hodgins, have a designated work area where they can spread out and allow their ideas to flow in a thriving environment.

"Since it's a stage one incubator, it gives us a feeling that we're an actual entity and helps us feel that we have a purpose as a company now that we have our own place to go to," Hodgins said.

Another office space is occupied by Michelle Lehman, a business marketing major at Wilkes University. She founded her company, RAE sleeves in March of 2017.

The mission of RAE sleeves is to design clothing for powerful women. RAE sleeves designs and manufactures sheer fashion accessory sleeves that can be worn under sleeveless tops and dresses. The uniqueness of the product comes from the flexible and versatile design that allows women to confidently layer clothing.

"The incubator has been beneficial for my business because it has given me a creative space to think and implement ideas that I normally wouldn't have the opportunity to do just in a classroom or another space on campus," Lehman said.

As a 21-year-old, full-time student, Lehman said her office space has boosted her credibility as a business owner and allows others to visit her in an area where they can actively observe the work she is doing. Having a collaborative space where she can interact with incubator tenants and bounce ideas off of other entrepreneurs has been very helpful for her.


"There is a vast amount of innovation happening in our community. Within the last ten years, downtown Wilkes-Barre has had extreme growth, and I want to be part of this thriving atmosphere in the future," Lehman said.

Lehman said the proximity of the incubator to the heart of Wilkes-Barre is expanding her network and enabling her to grow both professionally and personally.

Another office is marked as the Kirby Scholar Suite. The suite houses four Kirby Scholars. The scholars will take turns working at the incubator. This presence allows clients to have access to the scholars for any projects or questions they can offer their expertise in.

With Kirby Scholars, the Small Business Development Center and other mentors in the Allan P. Kirby Enterprise Center mentor network, the Allan P. Kirby Center for Free Enterprise and Entrepreneurship hopes to help their incubator clients grow and become more successful. Instead of starting a long email chain and hoping to set up a meeting in coming weeks, clients can now simply walk down the hall or downstairs to receive assistance and mentoring.

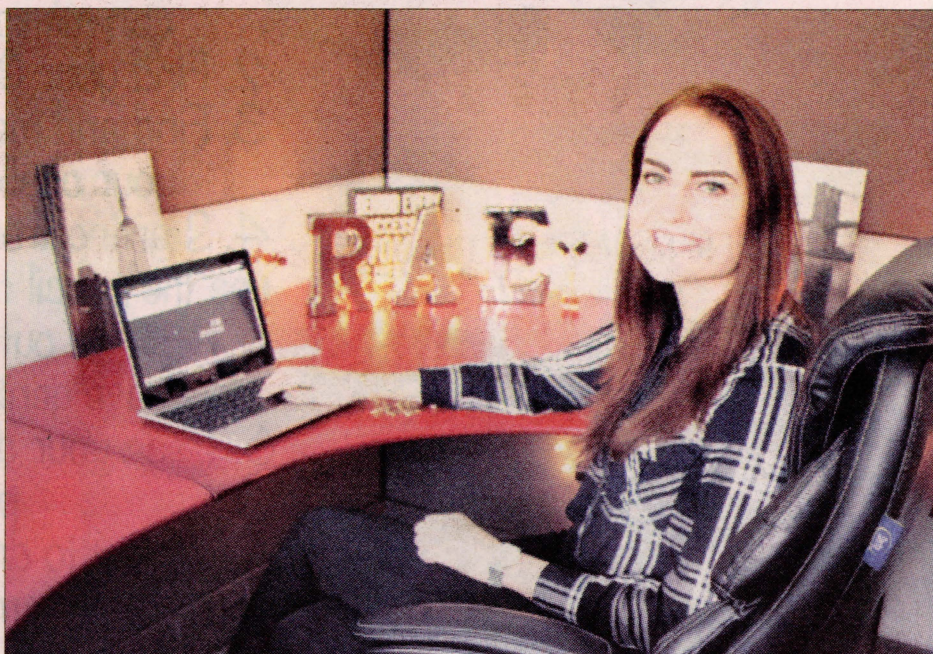
The center is a reflection of Wilkes University's commitment to support the community by attracting new businesses to the downtown area and retaining individuals to work locally. The Allan P. Kirby Enterprise Center will continue to provide many opportunities for Wilkes students, faculty and staff to create new businesses, work with the center to operational assistance and develop a strategy for commercializing their ideas to establish independent businesses.

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The Beacon/ Madison Kaminski

Rachel Hodgins, co-owner of Xenoil, is one of several students utilizing the new incubator space.

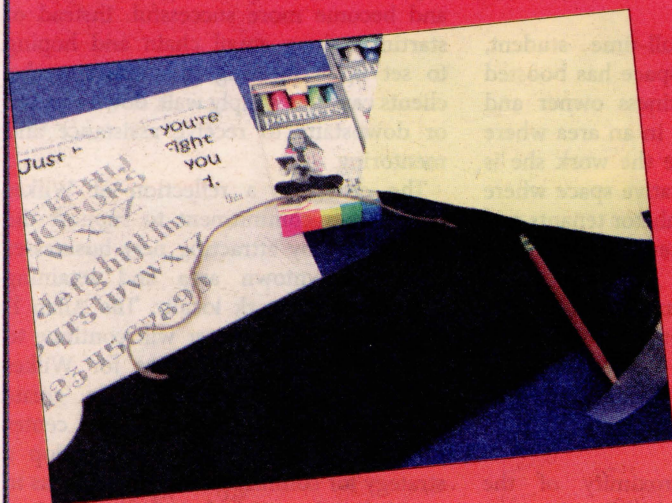


The Beacon/ Madison Kaminski

Michelle Lehman, owner of RAE Sleeves, works at her desk at the Allan P. Kirby Enterprise Center.

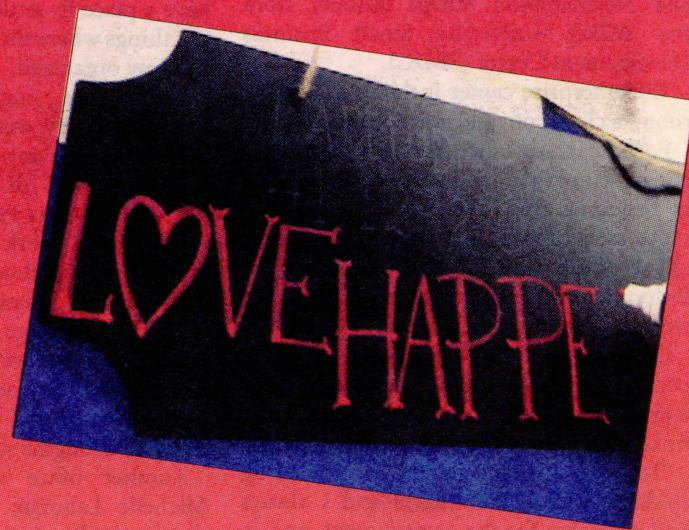
Crafting with MaryKate

•DIY GPS SIGN•



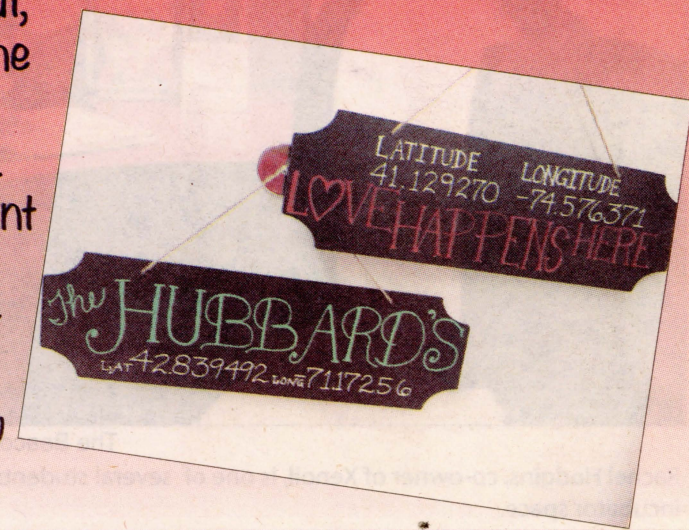
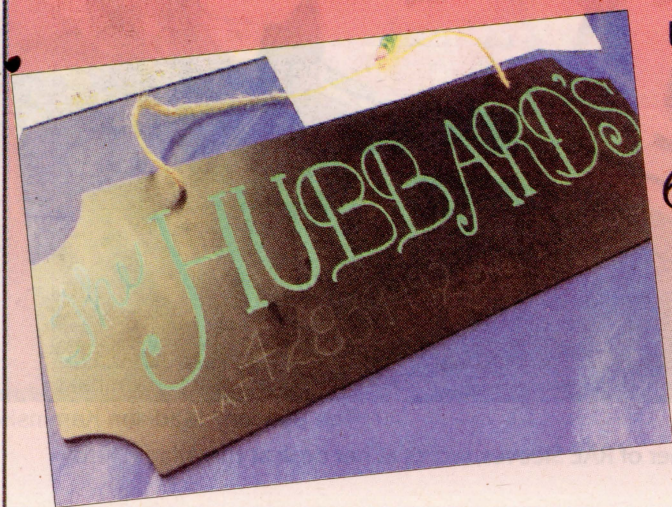
Supplies needed:

- Pencil
- Eraser
- Ruler
- Oil-based paint pen
- Chalkboard sign
- GPS coordinates
- Font to emulate



Instructions:

1. Print off a font you like, so you can mimic the letters.
2. Find your GPS coordinates.
3. Find and mark the middle of your chalkboard sign.
4. Starting from the middle out, use the pencil to lightly draw the outlines.
5. Erase gently if necessary.
6. Trace your design in the paint pen.
7. Allow to dry, so it doesn't smear.
8. Hang and enjoy your new GPS sign.



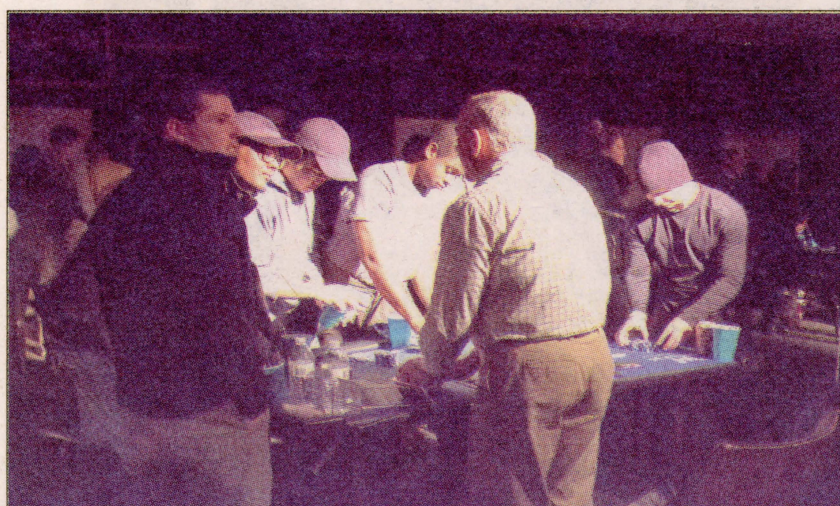
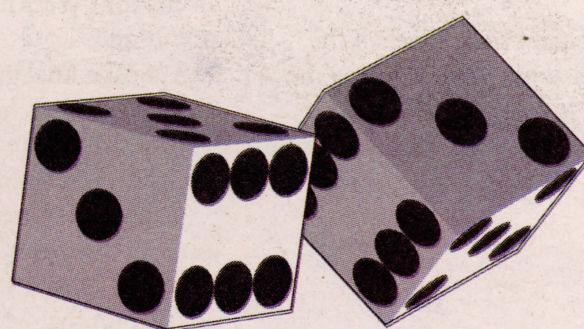
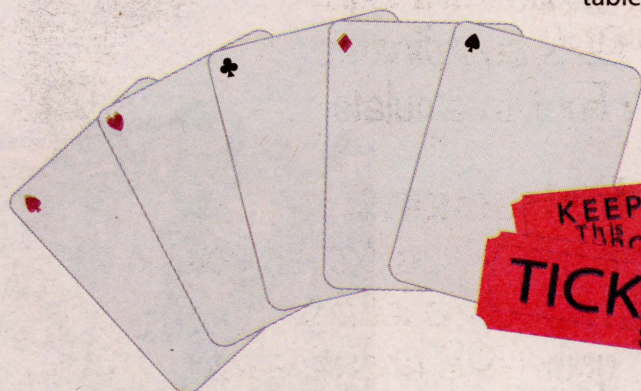
WILKES UNIVERSITY'S CASINO NIGHT 2017



Wilkes University students line up as they get ready to gamble the night away at Casino Night.



Players put their chips down before another spin at the roulette table.



A group of students line up at one of the blackjack tables and place their bets.



The Beacon/Madison Kaminski
Students were able to have the chance to win a wide variety of different prizes at Casino Night on Friday.

Graphics by Todd Espenshade

Wilkes drops Mayor's Cup, 40-26

By Danny Van Brunt
Managing Editor

Ejections, penalties and turnovers fueled the rivalry in the Mayor's Cup game. The Colonels were out for vengeance, looking to reclaim the cup from last year and tally at least one win on the winless season.

In an attempt to overcome a 20-point deficit, Wilkes University capitalized on a series of turnovers, scoring three touchdowns in the third quarter to tie the game. King's bounced back to score two more unanswered touchdowns to win, 40-26.

Jeff Steeber put Wilkes on the board with a 12-yard run in the first, while King's mounted a lead before halftime.

The Monarchs also opened the third with a touchdown, lifting the deficit to 26-6.

At 9:45 in the third, Devon Fink ran a pick-six back from the 5-yard line.

Shortly after, Wilkes recovered a fumble and on Waleen Huffin's first play at quarterback, he tossed a 22-yard touchdown to Steeber on first down at 5:55.

Gabe Allyger then intercepted another Monarch pass leading to a 41-yard, five-play drive capped off by a 12-yard reception from Huffin to Garrett Armstrong for the score with 3:12 remaining, 26-26.

"Obviously it was a rough season, but these guys fight," senior offensive lineman Ryan Bowman said. "They're fighters. We had a lot of injuries, but what can you do? We had a lot of guys step up, even though it wasn't good enough in the end. I wouldn't trade this season or my four years here at Wilkes for anything."

After the final game for the Colonel seniors, head coach Trey Brown decided to thank them for their time and effort.

"The seniors are awesome," Brown said. "I couldn't be more proud of them all. I think what happens a lot is attrition that occurs at all schools. I told these 14 guys that what I'll miss the most is not having a chance for them to have that great feeling after a great winning performance."

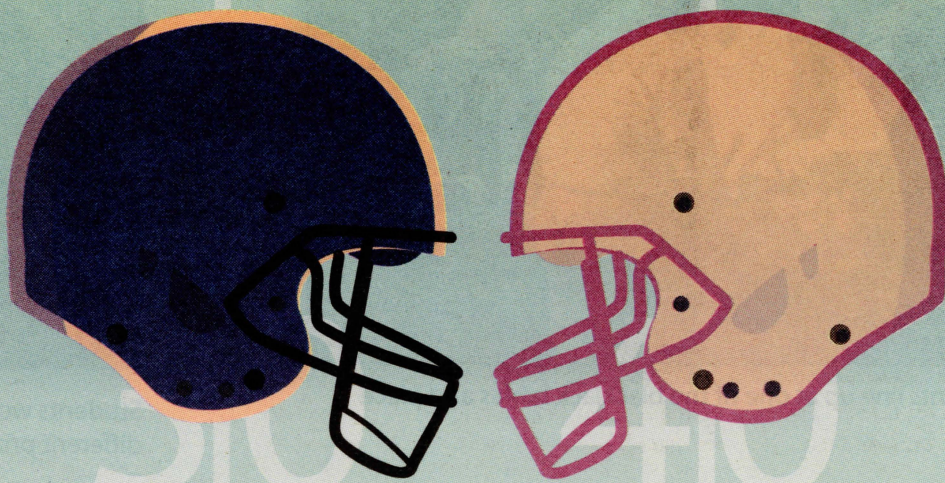


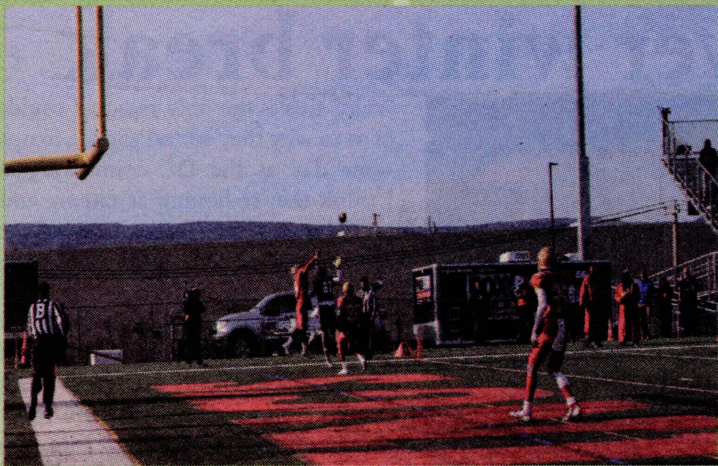
The Beacon/Danny Van Brunt

First-year defensive back Amari Peterson (#11) signals the first Colonel touchdown of the game.

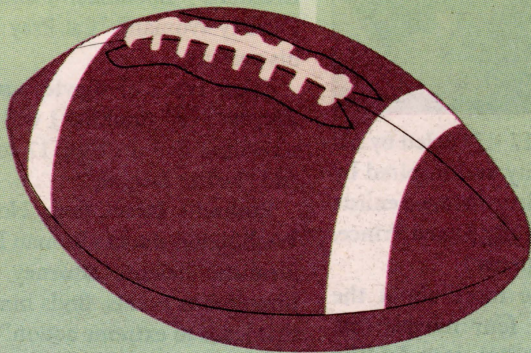


Devon Fink (#26) and company celebrate his defensive interception returned for a five-yard touchdown.

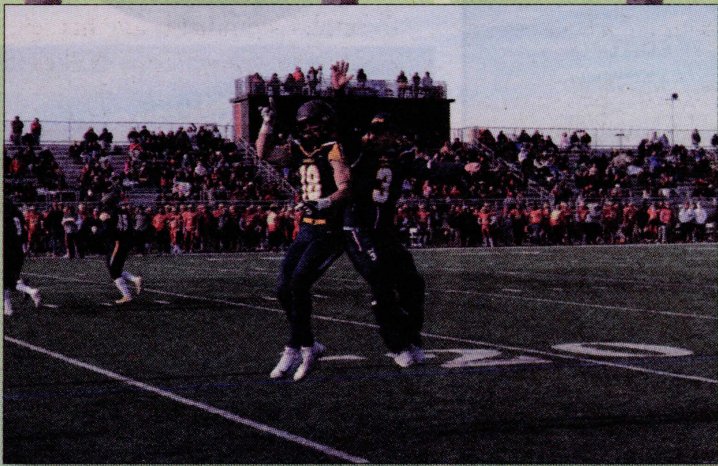




Garrett Armstrong (#87) caught a 12-yard pass to tie the game in the third quarter.



The Colonels found success sending Jeff Steeber (#18) on jet sweeps to the outside throughout the game.



Jeff Steeber (#18) scored another touchdown and was greeted in the air by Greg Albertson (#3).



Opinion

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

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Movies to see over winter break

By Nicholas Filipek
Asst. Opinion Editor



Nick Filipek, The Beacon's resident movie buff and assistant opinion editor, will review movies each week. Want to hear about one in particular? Email Nick at: nicholas.filipek@wilkes.edu.

Another semester down. Time flies when you are having fun and I have got to say it has been a blast talking about all these movies all semester. Thank you to anyone who read "Nick's Flick Picks" all semester long, and be assured I'll be back next semester, excited to talk about some more movies.

Between the time you are reading this, and the time the next issue of The Beacon comes out, a lot of good moves will be hitting theaters. Here is a short list with the flicks I know I will for sure be seeing.

Just note that since I have not seen these movies, I can not say for sure what they are about, so I have added the IMDB (Internet Movie Database) synopsis for each movie to give you all a better idea what they are about.



Justice League- Nov. 17 - "Fueled by his restored faith in humanity and inspired by Superman's selfless act, Bruce Wayne enlists the help of his newfound ally, Diana Prince, to face an even greater enemy."

If you want to know more about the Justice League and the four movies that have led them to this point, stop by The Beacon office in the Karambelas Media and Communication Center, room 118, and pick up the October 3rd edition where I go into full detail.

I have my tickets reserved and will be at the 6 p.m. showing on Nov. 16.

Wonder- Nov. 17- "Based on the New York Times bestseller, WONDER, tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time."

It takes a lot of guts to open up on the same day as a blockbuster event like "Justice League," but I think it will turn out to be a smart move. Not to try to stereotype, but generally speaking, action movies are for boys while heartwarming comedies are for women.

Though there are many exceptions to this

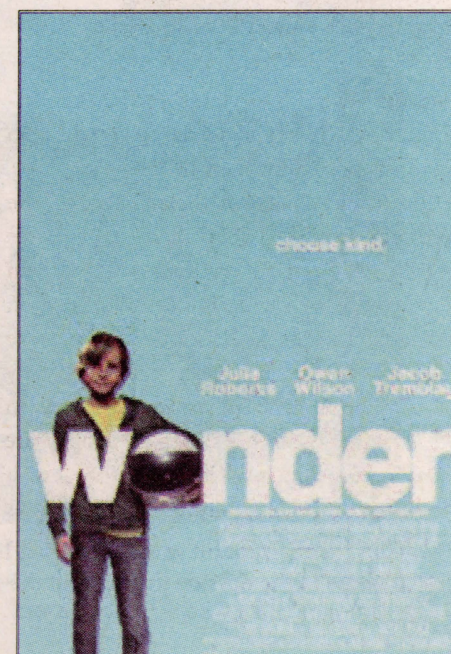
"rule," this is the only reason I could think of as to why they would choose to open the same day as the DC comics juggernaut. I think they're hoping as fathers and sons hit the theatre for "Justice League," mothers and daughters will split ways to go see "Wonder."

Stephen Chobsky is directing. He also did "The Perks of Being a Wallflower," so that makes me really excited to go see it. I think Chobsky did a beautiful job taking that book and translating it into film, so I am sure he will do the same with this book-turned-motion-picture.

The movie will star Jacob Tremblay ("The Book of Henry," "Room") as August Pullman with Owen Wilson ("Wedding Crashers," "Zoolander") and Julia Roberts ("Pretty Woman," "Eat Pray Love") playing his parents.

These types of movies are right up my alley so I am thinking I will have a double screening day on Nov. 17 to see both this and "Justice League."

Roman J. Israel, Esq.- Nov. 21- "Denzel Washington stars as Roman Israel, a driven, idealistic defense attorney who, through tumultuous events, finds himself in a crisis that leads to extreme action."



Break Movies cont.

Next to the Beacon's assistant news editor, Isaiah McGahee, I am the biggest Denzel Washington fan. I think he is a truly incredible actor, but more importantly, he seems like just an incredible human being.

Hollywood has a subculture of loving to tear down its idols, to watch them fall, so they do digging and research to find the dirt on celebrities to print in their tabloids and play on the news. Washington has never been involved with any of that. In fact, when his name is in the news it is because he voiced an opinion that has people talking and agreeing with him.

This role as Roman Israel seems to be a good fit for Washington and I wait anxiously for more info about the movie.



Star Wars: The Last Jedi- Dec. 14- This movie is super secretive and has no synopsis posted for it on IMDB.

The trailers make it look like it will be a direct sequel to "Star Wars: The Force Awakens." From everything I have seen Rey, played by Daisy Ridley ("Murder on the Orient Express," "Lifesaver"), and Luke Skywalker, played by the one and only Mark Hamill who portrayed the role in the original "Star Wars: A New Hope," are working together to protect the Jedi way. It seems during their training, Luke becomes worried about the raw emotional power his new padawan has, and says it is reminiscent of his last apprentice who went to the dark

side.

That character in question, Kylo Ren, played by Adam Driver ("Silence," "Paterson") has a very unclear role in the trailers. At one point they make it seem like he is now after the destruction of his mother, Leia, played by the original actress, and now late, Carrie Fisher.

Whatever comes out of this I know I will be front row center on Thursday, Dec.13, at 10 p.m.



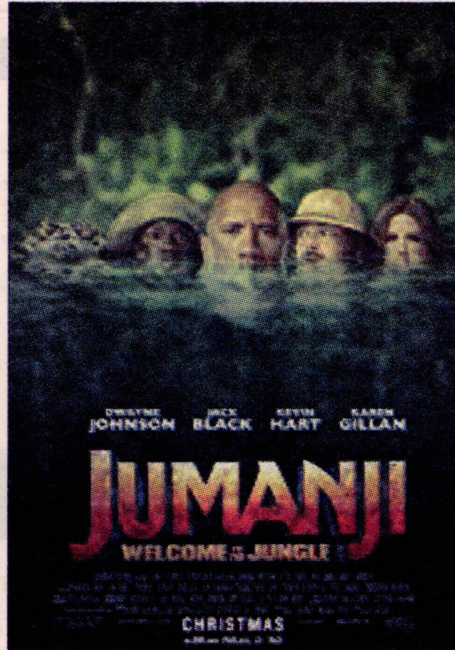
Jumanji: Welcome to the Jungle- Dec. 25 - "Four teenagers discover an old video game console and are literally drawn into the game's jungle setting becoming the adult avatars they chose."

Unlike everyone else, I am actually excited for this movie. I love the first "Jumanji" with such a passion that I am just happy this is a somewhat sequel and not an overall reboot.

It has some of my favorite actors and actresses, like, Jack Black ("Tropic Thunder," "The School of Rock"), Dwayne "The Rock" Johnson ("Fast & Furious 6," "The Scorpion King"), Kevin Hart ("Central Intelligence," "The Wedding Ringer") and Karen Gillan ("Guardians of the Galaxy," "Oculus") so I can not see how the general public is not more amped for this movie.

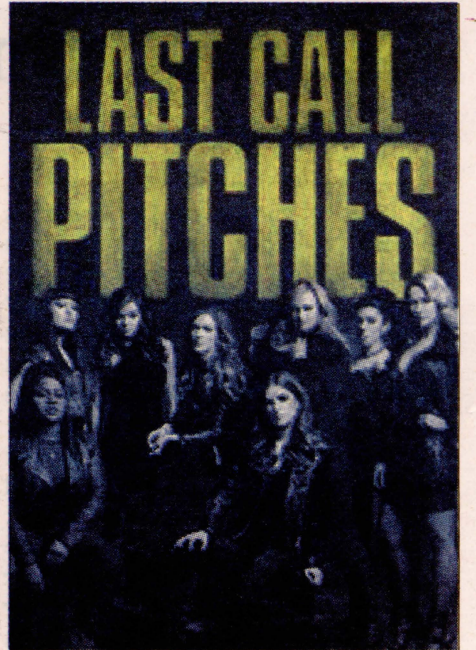
Possible spoiler! Read the rest at your own risk. It has been said that that while the four new characters are stuck in the game world of Jumanji, they happen upon an old tree house that belong to Alan Parish.

Alan Parish was the main character from the first movie played by Robin Williams ("Good Will Hunting," "Patch Adams") and helps tie the two films together, while not having to make it a direct sequel.



Pitch Perfect 3 - Dec. 22 - "Following their win at the world championship, the now separated Bellas reunite for one last singing competition at an overseas USO tour, but face a group who uses both instruments and voices."

Probably not the movie that I am looking forward to the most over the break, but I think



I will still go see it. I like the characters and am excited to see how they have developed since the last sequel.

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Do you have opinions? Do you wish you had a platform to share them? Contact Andre Spruell to write about them and get them off your chest.

andre.spruell@wilkes.edu

Thanksgiving vs. Christmas: Which one is better?

By Savannah Pinnock
Staff Writer

Within the context of the Gregorian calendar, countries across the globe celebrate a plethora of holidays that are fundamental to their central traditions and/or belief systems. America is no different in that as a nation, the roots of our most popular and fundamental traditions are based within a pseudo-religious context.

In fact, two of the most popular American holidays are Thanksgiving and Christmas, which have religious origins. This is quite fascinating in that, since the establishment of these traditions, our nation has successfully managed to honor the true meanings of these holidays without becoming theocratic.

As it pertains to Christmas, the holiday is the celebration of the birth of Jesus Christ within a Judeo-Christian context. Likely due to the first amendment, which established the separation of church and state, one can objectively see that the holiday is dually compartmentalized in an effort to provide a great extent of room to honor the Christian tradition for its true meaning as well as the somewhat secular

Santa Claus tale.

The peace found within such a dichotomy lies on a fine balance that is unquestionably secure. Americans who celebrate the holiday out of reverence for the birth of

celebrating the holiday can dovetail seamlessly, and that is often the case.

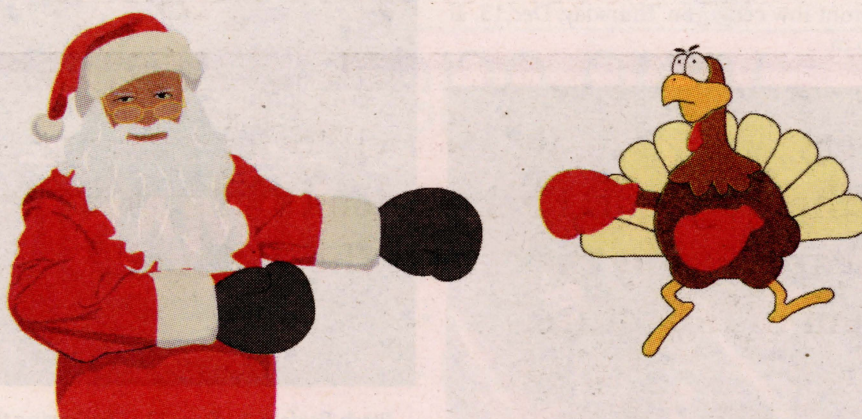
Within the context of Thanksgiving, there also appears to be a dualistic nature present. After the "First Thanksgiving" of

In another sense, the holiday has grown to be a \$2.9 billion dollar familial event in which families often celebrate each other. In a more superficial sense, it has evolved into national feast and its historical ties are alluded to, though the focus has somewhat shifted. Thanksgiving and Christmas are both beautiful holidays in that they are domesticated and comforting.

They mark a time of hope, love, white landscapes, warm cocoa, carolling, and sheer happiness for many. These holidays can also be extremely saddening for those who don't have strong ties with family members, are victims of poverty, or perceive the holidays as cases of European reign over indigenous land.

There are a multiplicity of pros and cons to each holiday but I find the holidays to be a time of joy and bliss.

Of the two holidays, I definitely prefer Christmas as it is a time of soft blanketed snow, warm beverages, winter fashion, Christmas carols, family, and Christmas cheer.




Graphic by Todd Espenshade

Christ are greatly satisfied, and those who celebrate the holiday due to non religious notions of Santa Claus and providing gifts for loved ones can find comfort in knowing that their means of celebrating the holiday is also respected.

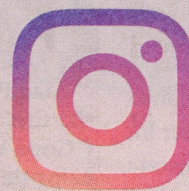
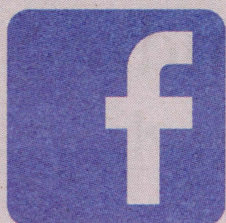
One of the most beautiful qualities of Christmas is that the two means of

October 1961, the nature of the holiday has witnessed a significant shift in having a strict, singular meaning to having a dualistic meaning. In a singular sense, the holiday marks a tradition of giving thanks to the indigenous American natives who displayed hospitality and warmth to the Pilgrims.

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Meet the Majors

This week's major: English

Interviews and photos by
Abigail Tarway
Staff Writer

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

Ashley Bringmann
Senior

"I've always loved writing and reading so it seemed like a natural fit for me.

I plan to take up a job in technical writing after graduation so everything I've learned to improve my writing will be extremely helpful."

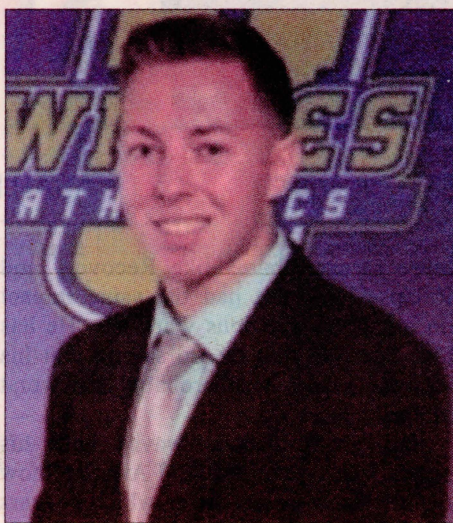


The Beacon/ Abigail Tarway

Jennifer Baron
Senior

"The English and Education Departments at Wilkes are absolutely amazing and I am so glad that I am pursuing this career path.

Wilkes has prepared me so well in both the areas of English and Education that I feel completely confident in my ability to teach in my own classroom."



Courtesy of Wilkes Athletics

Michael Wozniak
Senior

"My future plans include attending law school upon graduation from Wilkes, and ultimately, becoming a lawyer so I will be presented with no shortage of research, writing, and analytical opportunities.

Furthermore, in being an English major, I have developed confidence in my writing as far as crafting and presenting logical arguments as an invaluable skill for attorneys."

Do you want your major featured? Contact opinion editor Andre Spruell at andre.spruell@wilkes.edu

Top 5 hip-hop albums to look out for before the end of 2017

By Andre Spruell
Opinion Editor

2017 has been the year of hip-hop and from the looks of it, the same will hold true up until the end of the year.

It can be claimed that this is the year of hip-hop because back in March, it overtook rock music as the number one genre in the U.S., according to NY Daily News.

Streaming has played a large part in the genre finally being able to claim the number one spot for the first time in its history, but so has the work of the artists themselves.

Albums that have dropped this year from hip-hop heavyweights like Culture by Migos, Future's *HNDRXX* album, Drake's *More Life*, and Kendrick Lamar's record breaking album *Damn* have helped make the genre successful, as well as the work of less mainstream artists like Joey Badass, Mike Will Made-It and Run the Jewels to name a few.

With that being said, here are some artists to look out for who are scheduled to drop albums by the end of the year.

1) **ASAP Rocky:** I have been a huge fan of this artist since he was put into the limelight back in 2011 due to his wildly successful mixtape *Live. Love. ASAP*. Rocky's poetic flow along with his unique sense of style has propelled him beyond the realm of hip-hop.

All of the work that ASAP is involved in is most likely why it has been two years since he has released a solo album. He has put out two albums this year and last year with his group ASAP Mob which although has been excellent, fans are still waiting for his solo project to drop, which is rumored to drop by the end of the year based on some of his recent interviews.

If this proves to be true, many fans, including myself, will be extremely happy as his album is the one I am looking most forward too.

2) **Eminem:** This name rings bells for music fans in general, not just for hip-hop. The run that Eminem had completely dominating the late-90s to early 2000s is something that is truly remarkable and is what has helped him become the icon that he is today.

One of his early projects, *The Marshall Mathers LP*, has been regarded as an all-time project, which I agree with, but his



Flickr/ Chad Cooper

ASAP Rocky

more recent albums like *Recovery* and *Relapse* have not had the same impact on me as his previous work has. He has also been on that record saying that his *Relapse* album was probably his worst album.

Eminem has made waves with his recent freestyle on the BET Awards Show cypher freestyle session in which he tears apart Donald Trump for four minutes. He has also made splashes by saying he plans to drop another album soon. For the sake of his fans, we hope it drops by the end of the year as it has been seven years since he has dropped an album.

I have a feeling that his new project will be reminiscent of vintage Eminem.

3) **GOOD Music:** Kanye West's label, which is an assortment of stars in the music game, are dropping *Cruel Winter*, which is a follow up to the label's album *Cruel Summer*, which dropped five years ago.

The long layoff between albums can be solely credited to the fact that each individual artist, including Kanye, have been working on solo albums and touring that they simply just have not had the time to meet up and drop another collaborative

album.

Although it has been five years since the last album, the quality of the work was outstanding and is one of my favorite albums of all-time. If this upcoming album is anything like *Cruel Summer*, it is sure to be a major success.

4) **Travis Scott:** There a few artists hotter in the genre right now than this man. His upcoming album, *AstroWorld*, is set to drop by the end of year and my excitement for this album is on the same level as my excitement for ASAP Rocky's album.

Travis has been extremely busy dropping singles and being featured on numerous tracks over the past two years due to the success of his first album, *Rodeo*, which dropped in 2015, and with his 2016 album *Birds in the Trap Sing McKnight*, which I put up there with one of the best hip-hop albums of all-time.

Many fans believed that the Houston native was going to drop *AstroWorld* after his hometown Astros won the World Series, but to the disappointment of many fans, it was just rumor.

It is a safe bet though that his upcoming album will not disappoint.

5) **YG:** The west coast native is one of the few rappers that is still keeping gangsta rap alive, which originated from the notorious Compton hip-hop group NWA, the same town that YG is from.

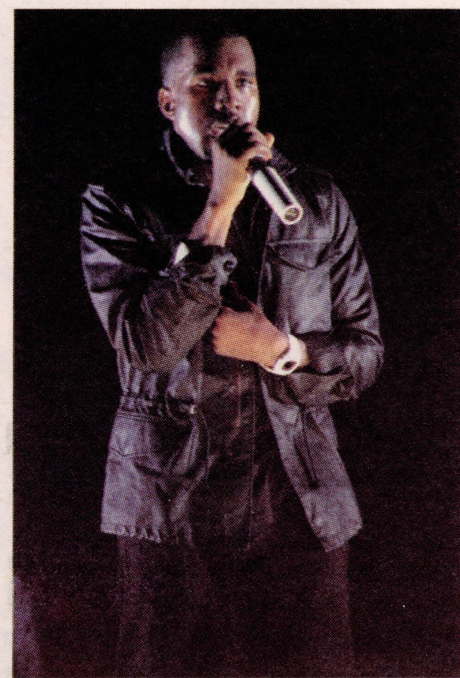
Although his name does not ring bells with the average music consumer, YG has stayed relevant in the hip-hop game dropping successful single after successful single.

I expect his upcoming album to be extremely solid as he will stay true to his gangsta rap roots and is guaranteed to have a few successful singles off the album.

The list is not in any particular order. There are certainly other artists that I did not touch that will also be dropping albums soon but the artists I mentioned are the ones that I am looking the most forward to.

If I had to pick which one I am looking most forward to, that would have to be ASAP Rocky's project, especially because every artist in his group, ASAP Mob, have dropped solo albums, except for him.

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andre.spruell@wilkes.edu



Flickr/Daniele Dalledonne

Kanye West

Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the sports editor: Luke.Modrovsky@wilkes.edu

WREST: Dealing with weight loss, strategies for in-season dieting

By Amber Grohowski
Staff Writer

"Dieting is a huge part of the sport of wrestling," said Wilkes Wrestling starter Jake Dimarsico.

"A lot of the time, wrestlers struggle with their 'gas tank,' which is a term wrestlers use to describe their endurance in matches," he said. "This is because they cut a lot of weight very close to a match."

"You can make your life and season a lot easier if you diet the right way and allow your body to remain hydrated," Dimarsico said.

Although dieting is a main focal point during the season, Dimarsico and many other wrestlers don't normally watch what they eat all year round.

Dimarsico said, "a lot of the players wait until the first day of the season to turn their diets around." Dimarsico was cutting a lot of weight for his senior season, therefore he started June 1, nearly a month after the spring semester ended, so he could be ready for Oct. 10, the start of the 2017-2018 season.

Senior Nicholas Racanelli said, "I keep track of my diet all year but it is definitely more strict in season than out of season." He mentioned that six months of holding weight off and eating light is strenuous and he feels it is definitely okay to treat yourself in the off season to foods you normally wouldn't consume in season.

"Individuals who plan on losing weight need to do it in a healthy manner which excludes meals high in fat," said Racanelli.

Dimarsico described their in-season diet as very strict, sticking to mostly fruits, vegetables, a few carbs for energy, grilled chicken and plenty of bananas.

Sometimes, wrestlers take an unhealthy route of dropping a few pounds, too.

"I track everything I eat," says the senior starter, Dimarsico, using the app called "MyFitnessPal".

Dimarsico was able to drop 27 pounds, starting at 160 and currently weighing in at 133 lbs. "I feel amazing," he said.

The beginning of maintaining a strict diet was difficult for Dimarsico, as it is for most people. "You have to remain disciplined and it will soon become a habit," he said.


"As long as one is committed to their plan, they can lose weight safely and healthily," Racanelli added in.

"It is definitely hard to stick to a strict diet as temptations are all around. Friends are always asking to go and eat out at delicious places, especially with holidays in the months of November and December," said Racanelli, which is prime time wrestling season.

"Wrestling is a sport of sacrifices. Wrestlers have to give up things in order to succeed," said Racanelli.

Considering dieting plays a gigantic role in a wrestler's performance, Dimarsico still believes nothing is harder than preparing to step onto a mat to wrestle another human in a seven minute match.

Racanelli believes that the right work ethic alongside the right diet regime are necessary to make weight, but from his perspective, dieting may indeed be harder than actually physically working out simply because it directly correlates to how you will perform. A poor diet will result in feeling bad while working out.

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WSOC: Lady Colonels fall in NCAA Second Round

After 45 minutes of play, Wilkes and John Hopkins were tied at zero, but Johns Hopkins outshot Wilkes 9-0.

Johns Hopkins continued their relentless attack during the second half, tallying a total of 19 shots.

The Blue Jays used two second half goals from Kyla Persky and Michelle Santangelo to power their way to the Sweet Sixteen round of the NCAA Division III Women's Soccer Tournament.

Wilkes' lone shot of the contest during the

early portion of the second half. The shot from Micaela Oliverio sailed wide of the net.

Johns Hopkins 2, Wilkes 0

Wilkes' 0'0 -- '0

Johns Hopkins' 0'0 -- 'X

Second half -- 1. JH, Kyla Persky, 49:33.

2. JH, Michelle Santangelo (Carly Lupton-Smith), 58:52.

Shots -- WIL 1; JH 19. **Saves --** WIL 7 (Courtney Stanley); JH 0 (Robyn Lipschultz).

Corners -- WIL 0; JH 10.

-Compiled by Luke Modrovsky, Sports Editor

WSOC: Women's soccer victorious on Oliverio's impressive bicycle kick goal

By Alex Kiarlar
Staff Writer

The Wilkes Women's soccer team was able to come up their first NCAA tournament victory

in program history in their first round matchup defeating Connecticut College, 1-0, on Saturday afternoon at Johns Hopkins University.

For much of the 1st half, and into the beginning of the 2nd half, the Lady Camels of Connecticut College seemed to have the advantage over the Lady Colonels of Wilkes, as they dominated their offensive side of the field for most of that time.

Towards the end of the first half, the intensity on the Lady Colonel's side seemed to pick up slightly. Elena

Denger and Elise Brubaker were able to get off a couple of shots in the final minutes. Denger's shot went high and Brubaker's shot was saved by the Camel's goalkeeper Bryanna Montalvo in the final seconds.

Even throughout the whole game, Connecticut had more touches on the ball and seemed to have the upper hand for much of the action. They were just unable to capitalize on the chances they had.

Going into the 2nd half, the Lady Colonels started to see momentum shift their way. It didn't take long for them to capitalize on that, as Catherine Gregoire played a ball into the box in the 57th minute. Oliverio finished on a very impressive bicycle kick goal that sent the team going crazy.

"I honestly thought it was gonna go over [the net], but I said 'I'm just gonna go for it,' and it happened to go in, and I was pretty surprised," Oliverio said. "But I'm glad it went in."

Head Coach John Sumoski was also impressed by Oliverio's goal in the victory.

"It's hard to put it into words," Sumoski said. "The goal was absolutely phenomenal. That's the best goal I've seen here in 16 years."

The Lady Colonels survived a few scares during the game that could have changed the

whole perplexion of the Saturday afternoon affair. In the 22nd minute, the Lady Camels came sprinting down the field on a transition and had a great opportunity to try to find the back of the net. The whole Lady Colonel

sideline took a deep breath as the Camels' Michelle Medina's shot attempt appeared to be heading towards the back of the net, but ended up banging off the left post.

Another scare happened in the 53rd minute when Gregoire appeared to kick the ball into her own net, but it was determined that it hit above the net off the football post first.

Later in the contest, Gregoire was involved in another huge play, as she was given a red card in the 69th minute for a hand-ball. Alex Bukovac took the penalty kick but Courtney Stanley was able to come up with the

save to pick up her teammate.

"I honestly didn't really see what happened... my heart kinda sunk, because there were moments in the game where we had a little pressure... I was getting nervous at that point when that happened," Sumoski said about both the near own-goal and the penalty.

The Lady Camels saw themselves with another great opportunity in the 72nd minute as they had back-to-back shots, with the second one going off the crossbar, this time off the opposite right crossbar.

Stanley made two saves in the 78th minute to hold the 1-0 lead. She finished the day with five saves making some impressive diving and grinding stops to record her 11th shutout overall on the season.

Connecticut College, seemingly outplaying Wilkes, outshot the Lady Colonels, 15-5.

Wilkes 1, Connecticut 0

Wilkes' 0'1 -- '1

Connecticut' 0'0 -- '0

Second half -- WIL, Micaela Oliverio (Catherine Gregoire), 52:10.

Shots -- WIL 5; CON 15. **Saves --** WIL 5 (Courtney Stanley); CON 2 (Bryanna Montalvo). **Corners --** WIL 2; CON 8.



Courtesy of Wilkes Athletics/
Adam Planamento

Micaela Oliverio looks to the ball during Saturday's 1-0 win.

'Marts Madness' works to bring athletes, non-athletes together

By Ashton Gyenizs
Asst. Sports Editor

The Marts Madness pep rally for the men's and women's basketball teams was an exciting preparatory event to help build excitement in wake of the start of the 2017-2018 season.

Players on both teams displayed excitement as they were introduced to the crowd. They each ran out as their names were called, high-fiving fans and teammates alike. This display of Wilkes patriotism was a microcosm for the



The Beacon/Ashton Gyenizs

Marts Madness featured a game of knockout with student-athletes and non-athlete students.

breaking of barriers between Wilkes student-athletes and non-athlete students. Overall, the event helped serve its purpose to bring together and unite the students of Wilkes University.

"It's just great for our students that like sports and want to get engaged in different activities and be able to come out and become a part of something like this," said head coach of the men's basketball team, Coach Metz.

This was the first time that the Wilkes basketball teams have coordinated an event of this kind, but they could not do it alone. With help of members of student-athlete and non-athlete student committees, the vision of the first ever Marts Madness became a reality.

"Coach Metz actually reached out to us originally about this, so it automatically brought me back to high school pep rally cheerleader days," said Shyanne Barrett, chair of spirit committee. "That is pretty much what this was, just that pep rally to get the teams going. It was a lot of contribution from myself, my spirit committee and SAAC."

Barrett said this event was inspired by what essentially are pep rallies. The

environment of the Arnaud C. Marts center felt energetic from the second the teams ran in. There were exciting minute-to-win



Senior John Goffredo (#13) takes a crack at a dunk during Marts Madness warm-ups.

-it games and a knock out game with non-athletes versus the athletes. The energy was kept at a high level with the loud and exciting announcers, juniors Romeo Rosario and Kyle Gattuso.

With the help of their top notch commentary of the minute-to-win-it challenges and knock out contest, the students in the stands and the students participating all kept a positive morale that was felt throughout the entire gymnasium.

"It's just a way to kind of have fun and make a fool of yourself a little bit

and participants will get a chance to win prizes," said Barrett. "We have a good combination of students participating and student-athletes to show that we are all one team, we're all one family of Colonels and we all work together."

As the night went on, and more Colonels, both athletes and non-athletes got involved, it was clear that the lines between the two were beginning to blur.

"It's great for our guys to feel that big time college basketball atmosphere to kick off their season," said Coach Metz. "At the end of the day, this is Division III collegiate athletics and we are student-athletes first. So the fact that our guys play intercollegiate sports is great, but they go to school just like everyone else and they are a part of the campus community, so the beautiful thing is our players are not just friends with guys on the team, they are friends with people in the campus community as well."

Metz and Barrett both said this kind of event is highly beneficial to the teams, students and campus as a whole. It was not only helpful to connect all of the members of the Wilkes University community, but it also helped elevate the overall morale and excitement for athletic events like the men's and women's basketball games.



Wilkes Fall Sports Schedules

Wrestling

11/3 vs. Millersville L 24-25
11/4 @ King's, 10th place
11/11 vs. SUNY Cortland, L 20-23
vs. NYU, L 6-34
vs. Hunter College, W 38-6
11/18 vs. Heidelberg, 10:00 a.m.
@ Mount Union, 12:00 p.m.
vs. Alma, 2:00 p.m.
vs. Baldwin Wallace, 4:00 p.m.
vs. Greensboro, 6:00 p.m.
12/2 McDaniel Duals, 12:00 p.m.
12/8 vs. Elizabethtown, 7:00 p.m.
12/10 @ Stevens Institute, 12:00 p.m.
12/22 Wilkes Open, 9:00 a.m.
1/4, 1/5 NWCA National Duals, TBA
1/11 vs. Centenary, 5:30 p.m.
vs. Penn Tech, 8:30 p.m.
1/20 MAC Champ. @ King's, 10:30 a.m.
1/28 John Reese Duals, 11:00 a.m.
2/2 @ College of NJ, 7:30 p.m.
2/3 Messiah Open, 10:00 a.m.
2/9 vs. Ithaca, 7:00 p.m.
2/11 vs. King's, 12:00 p.m.
2/16 vs. Scranton @ King's, 7:00 p.m.
2/17 vs. Keystone @ Scranton, 12:00 p.m.
Record: 1-3

Football

9/2 @ Muhlenberg, L 19-62
*9/9 vs. Lebanon Valley, L 0-36
*9/15 vs. Delaware Valley, L 14-34
*9/23 @ Misericordia, L 14-43
*9/30 @ Lycoming, L 7-34
*x-10/7 vs. Widener, L 7-30
*10/21 @ FDU-Florham, L 31-49
*10/28 @ Albright, L 23-26
*y-11/4 vs. Stevenson, L 12-44
*z-11/11 @ King's, L 26-40
*MAC
x-Homecoming
y-Friends and Family Day & Senior Day
z-Mayor's Cup
Record: 0-10 (MAC 0-9)
Home games @ Schmidt Stadium
Results as of Nov. 11

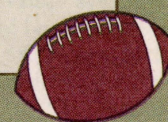
Women's Soccer

9/1 vs. PSU-Berks, T 1-1 (2OT)
9/4 vs. Muhlenberg, W 2-1
9/9 @ Marywood, W 5-3
9/13 vs. William Patterson, W 1-0
9/16 vs. Penn College, W 3-0
9/20 @ Susquehanna, L 0-1
9/23 vs. Arcadia, W 1-0
9/26 @ U. of Scranton, T 0-0 (2OT)
*9/29 @ Delaware Valley, W 2-0
10/3 @ Stockton, W 2-0
*10/6 vs. FDU-Florham, W 3-1
*10/10 vs. King's, W 1-0
*10/14 @ Desales, L 0-2
*10/18 @ Misericordia, W 1-0

Women's Soccer (cont'd)

*10/21 vs. Eastern, T 0-0 (2OT)
10/24 @ SUNY-Cortland, W 1-0
*10/28 @ Manhattanville, W 2-1

Postseason:
x-*10/31 vs. Eastern, W 1-0 (2OT)
y-*11/4 vs. Misericordia, L 1-0 (2OT)
z-11/11 vs. Connecticut Col., W 1-0
n-11/12 vs. Johns Hopkins,
*MAC Freedom
x-MAC Freedom Semi-Final
y-MAC Freedom Final
z-NCAA Tournament First Round
n-NCAA Tournament Second Round
Record: 14-3-3 (MAC-Free 5-1-1)
Home matches @ Schmidt Stadium



XC: Regionals

By Kirsten Peters
Staff Writer

On Nov. 11, the men's and women's cross country teams competed in the NCAA Mid-east Regional Championships hosted by Dickinson College at Big Spring High School.

The men's team finished 37th out of 51, earning a total of 1,094 points.

Out of the 365 participants in the 8k, Sophomore Franco Balbuena, who holds eight of the top nine times in school history, finished in 27:33.5, placing 126th for the event.

Freshman Noah Molina ran a 28:02.3, a personal-best to finish 163rd. Sophomore Kevin Singhel ran a 29:58.6, a season-best to finish 270th.

Freshman Kevin Long, sophomores Alan Sebastianelli and Ryan Weber and senior Kendrick Schell were the other runners for the men's team.

The women's team placed 41st out of 49, earning a total of 1,205 team points.

Out of the 351 participants in the 6k, senior Moriah Teed finished 221st with a 26:40.8, the top finisher for the women's team. Freshman Autumn Pedron finished 233rd in 26:53.3.

Sophomores Caroline Rickard and Kaitlin Sutton and senior Carmen Hillman rounded out the scorers for Wilkes.

Seniors Kaitlin Sitch and Michelle Brenneman rounded out the Wilkes participants. Brenneman had a season-best of 29:33.8.

"Being a part of the cross country team definitely made this year one I couldn't forget," freshman Autumn Pedron said, reflecting on her season. "I couldn't have asked for better teammates to experience the season with. The race today was a great way to finish the season; I think we were all happy with how we did."

Fall Awards

Women's Soccer:
2017 All-MAC Freedom Coach of the Year: John Sumoski

First Team All-MAC Freedom:
Junior Nicolette Towlen
Senior Elena Denger
Freshman Niamh Harkins
Second Team All-MAC Freedom:
Freshman Elise Brubaker
Freshman Catherine Gregoire
Junior Courtney Stanley

Women's Volleyball
Second Team All-MAC Freedom:
Sophomore Jamey Mikovich

Field Hockey
2017 All-MAC Field Hockey Team:
Defensive Player of the Year:
Junior Haley Gayoski
Coach of the Year:
Head Coach Sara Myers
First Team All-MAC Freedom:
Senior Marissa Surdy
Junior Haley Gayoski
Second Team All-MAC Freedom:
Junior Megan Kane

Men's Soccer
Second Team All-MAC Freedom:
Sophomore Camry Huff
Junior Casey Ritsick

-Compiled by Alex Kielar, Staff Writer

2017-18 Basketball Rosters

Men's Basketball Roster:

No., Name, Year, Position, Ht., Wt.
1 Andre Spruell Sr. G 5-11 175
2 Landon Henry Fr. G 5-9 160
3 Connor Evans Jr. G 5-9 165
4 Tommy Bowen Jr. F 6-5 210
10 Marcus Robinson Jr. G 6-1 180
11 Rob Pecorelli So. G 6-3 185
12 Mark Mullins So. G 6-4 180
13 John Goffredo Sr. G 6-0 190
15 Jack Bova Fr. G 6-2 170
21 Johnny Bamford So. G 6-2 170
22 Clay Basalyga Jr. G 6-3 200
23 Noah Jackson Fr. F 6-5 200
24 Cooper Chaffee Fr. F 6-6 200
32 Zach Walser Jr. F 6-6 225
33 Zach Brunner Sr. F 6-4 225
34 Derek Heiserman Fr. F 6-6 210
35 Mason Gross Sr. F 6-5 245

Coaching Staff:

Izzi Metz Head Coach
Nick Doyle Assistant Coach
Owen Wignot Assistant Coach

2017-18 MAC Freedom Men's Basketball Coaches' Preseason Poll:

1. Misericordia, 49 points (7)
2. Eastern, 36 points
3. Desales, 34 points
4. Delaware Valley, 33 points
5. **Wilkes, 31 points**
t6. FDU-Florham, 15 points
t6. Manhattanville, 15 points
8. King's, 11 points
First place votes in ()

Women's Basketball Roster:

No., Name, Year, Position, Ht., Wt.
0 Maddie Kelley Fr. G 5-6
1 Emily Sofranko Sr. G 5-4
2 Alyssa Alfano So. G 5-3
3 Amber Grohowski So. G 5-6
5 Kelsey Yustat So. G 5-2
13 Gabby Smicherko Fr. F 5-9
15 Chelsea Erkes So. G 5-3
20 Jamie Campbell Sr. G 5-7
21 Sarah O'Hara Sr. G 5-7
22 Jordyn Garcia Fr. F 5-9
23 Sierra Smith So. G 5-7
24 Nicole Farrell Sr. F 5-10
25 Ashley Caster Jr. F 5-11
30 Catey McFadden Sr. F 5-11
43 Gianna Roberts So. F 5-10

Coaching Staff:

Chris Heery Head Coach
Justine Seely Graduate Coach
Mark Maholick Assistant Coach
Bill Watkins Assistant Coach

2017-18 MAC Freedom Women's Basketball Coaches' Preseason Poll:

1. FDU-Florham, 48 points (6)
2. DeSales, 42 points (1)
3. Eastern, 34 points (1)
4. Misericordia, 32 points
5. King's, 23 points
6. Delaware Valley, 22 points
7. Manhattanville, 16 points
8. **Wilkes, 7 points**
First place votes in ()

Wilkes Winter Sports Schedules

Men's Swimming

10/7 vs. William Patterson, L 98-108
10/14 Colonel Sprint Invite, 1st place
*10/20 @ Arcadia, L 44-142
10/21 vs. Mount Saint Mary W 152-97
*10/28 vs. Stevenson, W 117-20
*11/5 @ Lebanon Valley, W 128-61
11/5 @ Dickinson, L 88-106
*11/11 vs FDU-Florham, W 126-72
11/18 Diamond Invite@King's
11/19 Diamond Invite@King's
*12/3 @ Lycoming, 2:00 p.m.
12/8 vs. PSU-Altoona, 7:00 p.m.
*1/13 @ Misericordia, 1:00 p.m.
*1/20 @ Messiah, 1:00 p.m.
1/27 vs. SUNY-Cobleskill, 1:00 p.m.
*2/3 vs. King's, 1:00 p.m.
*-MAC Freedom
Home meets @ Wilkes-Barre
Catholic Youth Center
Record: 4-3 (MAC Freedom: 3-1)

Women's Swimming

10/14 Colonel Sprint Invite, 3rd place
*10/20 @ Arcadia, L 42-136
10/21 vs. Mount Saint Mary, L 79-151
*10/28 vs. Stevenson, L 61-104
*11/5 @ Lebanon Valley, L 57-136
11/5 @ Dickinson, L 57-111
*11/11 FDU-Florham, L 77-90
11/18 Diamond Invite @ King's
11/19 Diamond Invite @ King's
*12/3 @ Lycoming, 2:00 p.m.
12/8 vs. PSU-Altoona, 7:00 p.m.
*1/13 @ Misericordia, 1:00 p.m.
*1/20 @ Messiah, 1:00 p.m.
1/27 vs. SUNY-Cobleskill, 1:00 p.m.
*2/3 vs. King's, 1:00 p.m.
*-MAC
Home meets @ Wilkes-Barre
Catholic Youth Center
Record: 0-6 (MAC: 0-4)
Results as of Nov. 4

Women's Basketball

11/15 @ Rutgers-Camden, 7:00 P.M.
11/17 vs. Marywood, 8:00 P.M.
11/18 vs. U. of Scranton, 4:00 P.M.
11/21 vs. PSU Wilkes-Barre, 5:00 P.M.
11/30 @ Moravian, 7:00 p.m.
12/4 @ Rutgers-Newark, 7:00 p.m.
12/5 vs. Valley Forge, 6:00 p.m.
12/7 vs. PSU-Schuylkill, 7:00 p.m.
12/9 vs. Juniata, 1:00 p.m.
*1/3 @ FDU-Florham, 8:00 p.m.
*1/6 vs. Manhattanville, 1:00 p.m.
1/8 @ PSU-Hazleton, 6:00 p.m.
*1/10 @ Delaware Valley, 8:00 p.m.
*1/13 @ Eastern, 1:00 p.m.
*1/17 vs. DeSales, 8:00 p.m.
*1/20 vs. King's, 12:00 p.m.
1/22 @Alvernia, 6:00 p.m.
*1/24 @ Misericordia, 8:00 p.m.
*1/27 vs. Delaware Valley, 1:00 p.m.
*1/31 vs. FDU-Florham, 6:00 p.m.
*2/3 @Manhattanville, 1:00 p.m.
*2/7 @ DeSales, 6:00 p.m.
*2/10 vs. Misericordia, 1:00 p.m.
*2/13 @King's, 6:00 p.m.
*2/17 vs. Eastern, 1:00 p.m.
*-MAC Freedom
Home games @ Marts Center
Record: 0-0 (MAC-Freedom: 0-0)

Men's Basketball

11/15 vs. PSU-Hazleton, 7:00 p.m.
11/18 @ Elizabethtown, 3:00 p.m.
11/21 vs. PSU-WB, p.m.
11/25 @ Marywood, 1:00 p.m.
11/26 @ U. of Scranton, 3:00 p.m.
11/29 @ Drew, 7:00 p.m.
12/2 vs. Messiah, 3:00 p.m.
12/5 vs. Clarks Summit, 8:00 p.m.
12/19 @ Albright, 7:00 p.m.
12/28 @ Hiram, 7:00 p.m.
12/29 @ Norwich, 3:00 p.m.
*1/3 @ FDU-Florham, 6:00 p.m.
*1/6 vs. Mahattanville, 3:00 p.m.
*1/10 @ Delaware Valley, 6:00 p.m.
*1/13 @ Eastern, 3:00 p.m.
*1/17 vs. Desales, 6:00 p.m.
*1/20 vs. King's, 2:00 p.m.
*1/24 @ Misericordia, 6:00 p.m.
*1/27 vs. Delaware Valley, 3:00 p.m.
*1/31 vs. FDU-Florham, 8:00 p.m.
*2/3 @ Manhattanville, 3:00 p.m.
*2/7 @ Desales, 8:00 p.m.
*2/10 vs. Misericordia, 3:00 p.m.
*2/13 @ King's, 8:00 p.m.
*2/17 @ Eastern, 3:00 p.m.
*-MAC Freedom
Home games @ Marts Center
Record: 0-0 (MAC-Freedom: 0-0)

Getting to know...

Matt Grossmann

Senior Wrestler

The Beacon: Male Athlete of the Week 10/30-11/6

Why Matt Grossmann was selected: Senior Matt Grossmann made quick work of his Division II Millersville opponent in the season opener on Nov. 3. He secured the pin in the first period in 1:35. His fall put the Colonels in position to secure the victory, but they would fall just short, losing 25-24.

What head coach Jonathan Laudenslager said: "Matt, has worked very hard in the pre-season and is ready for his senior campaign. The second great thing besides taking care of his own wrestling, is the leadership he has provided for the team. I think when you match Matt's skill level with the hard work he is putting in, it's a great recipe for success."

Name: Matt Grossmann
Year: Senior
Major: Business Management
Hometown: Lancaster, Pa.
High School: Manheim Township HS
Weight Class: 141 lbs.

Driving force for your decision to come to Wilkes?
From an academic standpoint, I really liked the small size and the fact that I could get a great education from a strong business program. Athletically I liked that Wilkes has such a great tradition in wrestling and that Wilkes is a national power house every year.

Favorite building on campus?
Marts Center.

If we put jolly ranchers into a container, how many do you think you could lift?
More than one but less than one billion.

What came first? The chicken or the egg?
The Egg.

Hopes for this season as a Colonel?
I have very high hopes for this season. I think that our team can have a lot of success and have a bunch of All-Americans. Personally, my goal is to win a second NCAA championship and be an academic All-American.

When/Why did you first begin playing?
I began wrestling when I was in first grade but wrestling has been a part of my life since I was born since my father was a high school wrestling coach for 20 years.

If you had to choose one thing about your program that you could improve, what would it be?
Getting more fans to the matches.

Other interests or hobbies off of the field?
I enjoy playing Xbox. My games of choice are Madden and NBA2K.

Most influential person in your life?
My parents, they have always pushed me to accomplish my goals and have always been extremely supportive.

A quote you live your life by?
"Step up or step out" - Mitch Marcks

What does "Be Colonel" mean to you?
Working hard, being there for your teammates, and having pride in your work.

If you could have dinner with a famous person from the past, who would it be?
Steve Jobs.

Coke or Pepsi?
Coke.

Favorite professor?
Dr. Lee

-Complied by Luke Modrovsky, Sports Editor



Editor's note: This year's Athlete of the Week is merit-based. Don't agree with our selection? Let us know on Twitter: @WilkesBeacon

Additionally, at the end of the academic year, we will post a reader poll to crown an "Athlete of the Year".

Full qualification criteria and more information can be found on our website: www.thewilkesbeacon.com

The Beacon/Luke Modrovsky

Getting to know...

Nicolette Towlen

Junior Soccer Player

The Beacon: Female Athlete of the Week 10/30-11/6

Why Nicolette Towlen was selected: Junior Nicolette Towlen played a huge role in the double overtime Middle Atlantic Conference Freedom semi-final. She scored the game-winning goal, breaking a combined time of over 200 minutes of scoreless soccer between Wilkes and Eastern, dating back to their 2016 match-up.

What head coach John Sumoski said: "Nikki stays on the field for us because she makes something out of nothing, all the time. She's our engine and one of our hardest workers."

Name: Nicolette Towlen
Year: Junior
Major: Psychology
Hometown: Ewing, Nj.
High School: Ewing HS
Position: Forward

Driving force for your decision to come to Wilkes?

I really liked the team chemistry and the team culture.

Post graduation plans in terms of a career?

I hope to go to graduate school in hopes to work as a sports psychologist.

Favorite building on campus?

I like the atmosphere in UCOM, whether you need a quiet study room or a busy coffee shop UCOM has it all.

If we put jolly ranchers into a container, how many do you think you could lift?

103.

What came first? The chicken or the egg?

The egg.

Hopes for this season as a Colonel?

Well I hoped we would win the MAC but since we are past that I hope to make an impact in the NCAA tournament and show everyone that we deserve to be there and we worked hard to get there.

When/Why did you first begin playing?

The first time I played I was four in an indoor league and I scored my first goal on my own team.

If you had to choose one thing about your program that you could improve, what would it be?

Our program itself I am very happy with I think one thing that could be improved is student participation, we could really (use) more fans out there.

A quote you live your life by?

"Though she be but little she is fierce."
-Shakespeare

What does "Be Colonel" mean to you?

It means being apart of an entire organization, representing not only yourself but every other colonel as well.

Favorite professor?

Dr. Bohlander and Dr. Lee, they have been big supporters this season.

Anyone to give a shout-out to?

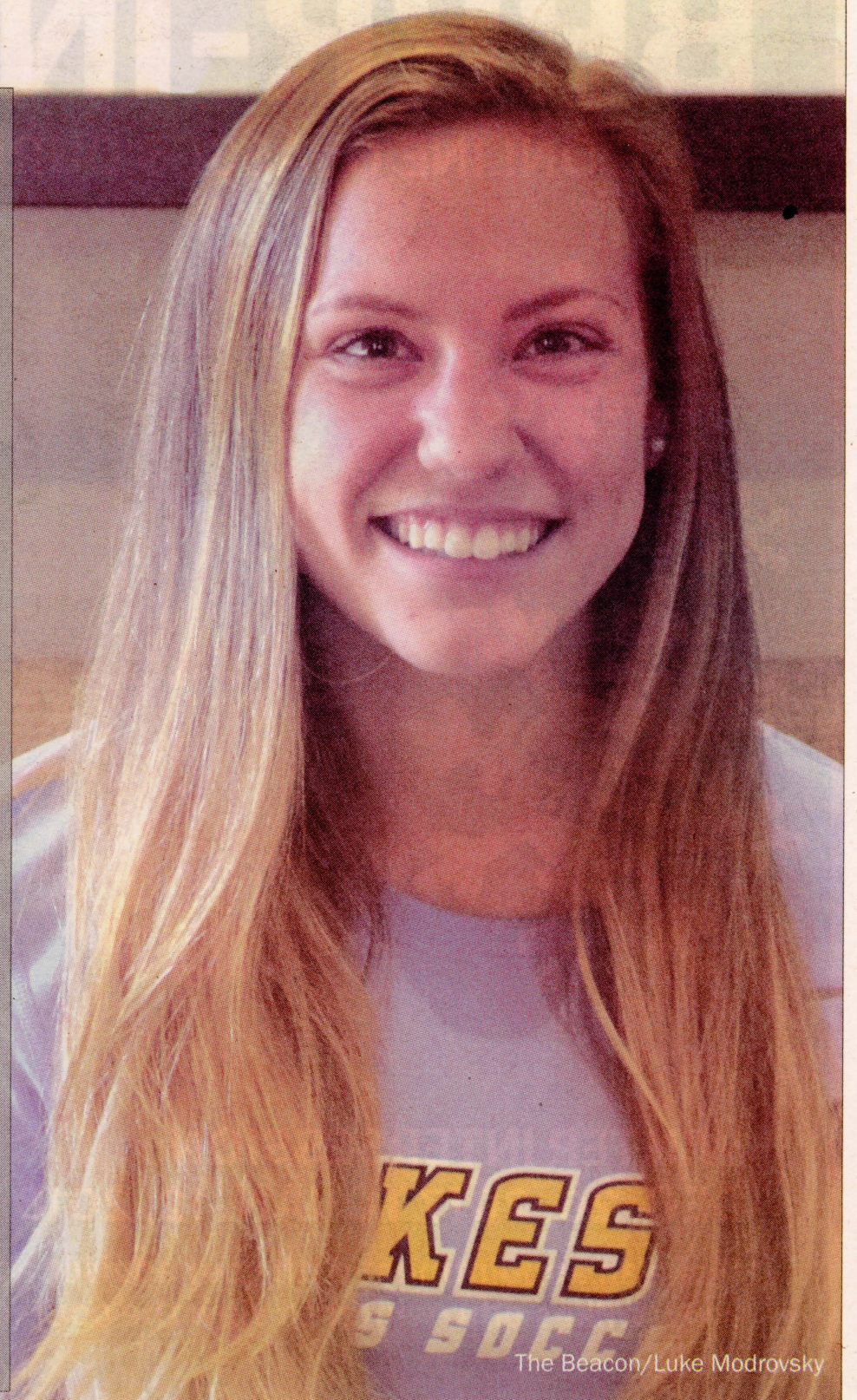
Tony the sandwich guy, thanks for supporting us every year!

-Compiled by Luke Modrovsky, Sports Editor

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The Beacon/Luke Modrovsky

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