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THE BEACON

The news of today reported by the journalists of tomorrow.



Public Safety holds active shooter simulation
page 3

The Beacon/Gabby Glinski

Above: An officer, using a simulation handgun and rounds, participates in the Advanced Law Enforcement Rapid Response Training (ALERRT) program. The training was coordinated by Wilkes University Public Safety and provided training from SWAT veterans.

News

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

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2015-16

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130 S. River St.
First Floor, Conyngham Hall
Wilkes University
Wilkes-Barre, PA 18766
Phone - (570) 408-5903
www.thewilkesbeacon.com

Beacon Briefs

Freedom Desserts 2016

Team Force is part of the Sidhu Business School working on a business project for BA152, and have started their own business called Freedom Desserts. They bake muffins fresh every day in Evans Hall which are on sale in Evans Hall, Marts Center, Henry Student Center and UCOM. Price is \$1 each or buy 3 and get 1 free. The muffins will also be on sale in the Henry Student Center on Feb. 2 from 12 -1 p.m. and at the next home basketball game on Feb. 10. Profits go to the Pennsylvania Wounded Warriors Project. The group can be reached at FreedomDesserts2016@gmail.com.

e-Mentor Applications Now Available

First-Year Student e-Mentor Applications are now available at the 1st Floor Information Desk of the Henry Student Center. The applications are due to the Office of Student Development by Feb. 12.

International Dessert Appreciation Coffee Hour

The Center for Global Education and Diversity is hosting an International Dessert Appreciation Coffee Hour on Feb. 3 from 2:30 -4 p.m. in the Henry Student Center Savitz Lounge.

Adventures in Reading

The Wilkes University School of Education is sponsoring Adventures in Reading, an after-school reading program for children in grades PreK through five. Teacher Education candidates will present innovative learning opportunities across the content areas with a focus on vocabulary and comprehension enrichment. The series of eight sessions, which is tuition-free, begins on Feb. 17 from 4-5 p.m. on the second floor of Breiseth Hall. Contact Dr. Diane Polachek at diane.polachek@wilkes.edu for more information and registration forms.

SG Notes: Club, guest reports; APhA fund request approved; Chemisty Club fund request

By Jen Baron
Staff Writer

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

Samantha Phillips, the new Title IX Coordinator at Wilkes, had the opportunity to introduce herself at the meeting. She is the first full time Title IX Coordinator the school has hired. Title IX is required to be put into place at all federally funded schools.

Title IX prohibits sex discrimination on campuses across all areas, such as academic, social and athletic parts of campus life. Phillips says that any recommendations people can give her are greatly appreciated because she really wants to work to reach out to the student body as a whole.

Nicole Kutos, president of the Studio 20 club, presented the club report. Studio 20 is a design club and they work with clients on and off campus. The club makes flyers for major events on campus, such as Casino Week. All students and organizations can make design requests through Studio 20. The club does not accept money for any of the projects they complete.

Catherine Sarver, Amber Dietrich, and Terra Landis from the American Pharmacy Association (APhA) made a fund request for the second week. They need funding for a conference that will take place from

March 4-7 in Baltimore. Students will attend professional, academic and leadership workshops and it will also be a great networking opportunity. APhA is requesting \$3204.32, which allows eight students to attend.

After a vote, APhA was allocated \$400.54 per person, up to eight people, with the stipulation that if they are given money from other organizations, the additional money will come back to Student Government.

The Chemistry Club came in for week one of two for a fund request. The club is requesting \$2,500 for the American Chemical Society (ACS) National Meeting in San Diego, California. They want to attend so they can experience the world of chemistry and how it exists outside of academics. There will be six students attending. They will be presenting about the chemistry club at Wilkes and will see how other schools operate their chemistry club. In addition, two students are presenting research at the conference. Members will vote next week.

The council reviewed the treasurer's report and there was no change from last week. The current budget is as follows: All College: \$47,578.58, General Funds: \$26,222.05, Conference: \$5,000.00, Spirit: \$2,000.00 for a Student Government total of \$80,800.65.


@wilkesbeacon
jennifer.baron1@wilkes.edu

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Wilkes Public Safety hosts ALERRT training

Local and university officers prepared for dangers of active shooters near campus



All photos The Beacon/Gabby Glinski

Wilkes Public Safety officers and local police officers join forces to complete the Advanced Law Enforcement Rapid Response Training (ALERRT) on January 18 and 20. Officers participated in classroom theory and then participated in simulation situations. Officers cleared rooms and checked the status of the other officers.

By Gabby Glinski
Asst. News Editor

In January, Wilkes Public Safety held two, two-day active shooter simulation courses with local law enforcement to further the education of dealing with an active shooter situation on campus and surrounding areas.

The program, Advanced Law Enforcement Rapid Response Training (ALERRT), has been provided to more than 80,000 law enforcement officers across the nation. The training is taught by veteran law enforcement SWAT specialists with experience in active shooter response. Sixty officers graduated from both of the two day programs.

All of the Wilkes Public Safety officers went through the training, which was held in 141 S. Main Street across from the Public Safety Department.

Officers participated in learning the techniques in the classroom then directly applied them through simulation situations.

The training took officers through building-clearing techniques and high-stress simulation situations regarding active

shooters. Simulation equipment was used which accurately represented equipment used in real situations. The program also provided skills for more common situations like how to clear buildings and how to handle suspicious persons.

"It's a great pro-active training," said Public Safety Lieutenant Phil Miller after completing the training. "We are seeing things and going through exercises that we haven't before. It is very hands on."

Wilkes Public Safety and King's College Security participated in the training along with police officers from the Wilkes-Barre, West Wyoming, Kingston, Hanover Township and Plains police departments.

Public Safety Chief Christopher Jagoe stated that working with local departments in the program helped introduce the campus department to local police officers. The opportunity helped the flow of information between the departments, which is what officers would benefit from in a real situation when campus and local facilities would be involved.

Public Safety will also be sending several

officers to participate in the Civilian Response to Active Shooter Events (CRASE) program in Gettysburg, to train officers to become trainers in conducting presentations to the Wilkes community about safety in active shooter events.

In the next few months, Public Safety will partner with the Wilkes University Office of Risk and Compliance Management to create training modules for the campus community.

The courses, Emergency Management 101 and Protective Measures for Critical Incidents will include information on how to respond and operate in various emergency situations; ranging from an active shooter to natural disasters. These programs will be open to all students, faculty and staff of Wilkes.

More information on these courses will be available later this month.



 @wilkesbeacon
gabrielle.glinski@wilkes.edu

Wilkes University President signs agreement with Vice President of Panama

Marketing Communications

Wilkes University President Patrick F. Leahy has signed an agreement with Isabel de Saint Malo de Alvarado, vice president and minister of foreign affairs for Panama. It paves the way for the University to offer English language training and other academic offerings to that country's diplomatic corps and other staff members of the Ministry of Foreign Affairs.

The agreement was signed on Jan. 14 in Atlanta, Ga., while de Saint Malo de Alvarado was in the United States for a diplomatic visit.

Under the agreement, Wilkes will design programs for promoting mastery and use of the English language and other academic programs for professionals from Panama's Ministry of Foreign Affairs. It also offers the potential to develop other areas of mutual interest between Panama and the University.

"Wilkes University welcomes the opportunity to provide English language training and other educational programs to members of the diplomatic corps in Panama," Leahy said. "Wilkes is excited to partner with our colleagues in Latin America in a relationship that promises to be a win-win for the University and for

Panama."

The agreement is part of a comprehensive partnership being developed by Wilkes with Panama. Panama's Minister of Education, Marcela Paredes de Vasquez, will visit Wilkes in February in conjunction with the launch this month of Wilkes' participation in the MEDUCA-Bilingual Panama Program, an initiative of the President of Panama, Juan Carlos Varela. Run under the auspices of Panama's Ministry of Education (Ministerio de Educacion), the program brings cohorts of teachers to Wilkes and other colleges and universities in the United States, Canada and the United Kingdom to study English and learn educational methods that are the best practices.

Wilkes' first cohort of teachers in the program came to Wilkes-Barre on Jan. 9 to begin eight weeks of study as part of the program. MEDUCA-Bilingual Panama is part of a national commitment to develop bilingualism in the country's public schools.

In addition to the MEDUCA initiative, Wilkes University Provost Anne Skleder has signed agreements of collaboration with four Panamanian universities: Universidad de Panama, Universidad Tecnologica de Panama and Universidad Especializada de las Americas y Universidad Latina.

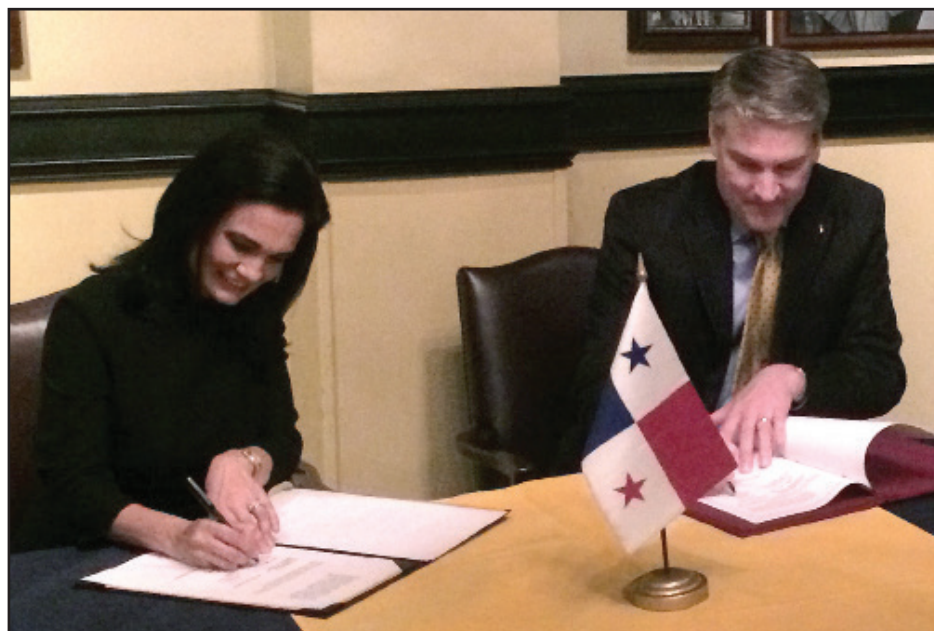


Photo courtesy Marketing Communications

Black History Month Events

Open Mic Night

Host: MSC

Date: Thursday, February 11

Time: 6 p.m.

Where: Henry Student Center Ballroom

What it is: Featuring Daniel B Summerhill, a nationally recognized, award winning poet and author from Oakland, California.

Race-Movie

Host: Office of Diversity Initiatives

Date: Tuesday, February 16

Time: TBA

Where: Movies 14, Wilkes-Barre

What it is: Based on the incredible true story of Jesse Owens, the legendary athletic superstar whose quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.

RSVP with Erica Acosta for ticket
erica.acosta@wilkes.edu

"I Am Almost Dead: The Worth of Black Lives from Africa to the Americas."

Host: Division of Global History & Languages

Date: Tuesday, February 23

Time: 4 p.m.

Where: Henry Student Center Ballroom

What it is: Presented by Michael Dickinson. The talk follows the harrowing experiences of enslaved Africans through the processes of capture, forced migration and sale. In discussing the historic degradation of black bodies in the era of slavery, the presentation also contemplates the value ascribed to black lives in the present.

Graphic design by Israel Rodriguez

Isabel de Saint Malo de Alvarado, left, vice president and minister of foreign affairs for Panama, signs an agreement with Wilkes University President Patrick F. Leahy, right, for the university to provide educational programs for members of Panama's diplomatic corps. The agreement was signed Jan. 14 in Atlanta, Ga.

Open house welcomes potential Colonels to campus



The Beacon/Gabby Glinski



On January 30, Wilkes faculty, staff and students helped to welcome potential students to Wilkes campus. Potential Colonels met professors in mini classes to experience a college classroom setting. Many majors gathered in the Henry Student Center Ballroom to attract and answer the questions of potential students. Accepted students are invited to campus in March for VIP Day.

Above left, Dr. Yong Zhu of the mechanical engineering department explains courses and the possible career paths to a potential student. Above right, students Olivia Macdonald, Catie Conte, Troy Carey and professor Dr. Andrew Wilczak man the sociology, criminology and economics table, offering their experiences to potential Colonels. Left, incoming student Peter Saad poses with the Colonel after receiving his instant acceptance decision for Fall 2015.

Students host free income tax assistance for community

By Sarah Bedford
News Editor

Wilkes Accounting students are hosting a tax assistance event to the public on Feb. 6, 13, 20 and 27 by appointment.

As of January 29, 33 individual appointments have been made.

The student junior coordinators for the Volunteer Income Tax Assistance Program are Matthew Reese, Maura Anistranski, Gabrielle Baran and Lauren West.

The program will be run from 9 a.m. to 1 p.m. by appointment in room 134 of UCOM, 169 South Main St.

The event occurs through the Volunteer Income Tax Assistance Program, VITA.

The VITA offers free tax assistance to individuals with a household income of less than \$54,000 who file basic federal, state and local tax returns.

Those interested in the service need to

bring photo identification; valid social security cards for the tax payer, spouse and dependents; W-2 forms from all employers; Form 1099; if available, a copy of the previous year's federal and state returns; other information about income and expenses; bank routing numbers and account numbers for direct deposit; total paid for day care provider and provider's tax identifying number; and health care coverage, Form 1095 or health care exemption forms.

Married spouses must both be present at time of filing joint returns.

Appointments can be made by reaching 570-408-5614. For general information, call Ann Marie Feldmeth at 570-408-4710.

The student coordinators for the Volunteer Income Tax Assistance Program are, from left, Reese, Anistranski, Baran, and West.



Photo courtesy Marking Communications

Professors shed light on Punxsutawney Phil's shadow

By Meghan Burns
Staff Writer

With Valentine's Day being Feb. 14, most people forget about the first holiday of the month; Groundhog Day.

Groundhog Day began 129 years ago in 1887. Celebrated on Feb. 2 every year, Groundhog Day is a well-known United States holiday.

According to the Punxsutawney Groundhog Club, it is the day that Punxsutawney Phil, the groundhog, comes out of his hole after a long winter sleep to look for his shadow. If he sees it, he regards it as an omen of six more weeks of bad weather and returns to his hole. If the day is cloudy and, hence, shadowless, he takes it as a sign of spring and stays above ground.

This holiday has its roots in a Christian tradition called Candlemas Day. On this day in the past, clergy would distribute blessed candles to people of the town. If the day the candle was given was sunny, the people believed winter would continue. However, if the day was cloudy and raining, winter was almost over and spring was near.



Is there any truth behind this meteorological myth? Dr. Sid Halsor, chair of the environmental engineering and earth science department at Wilkes, has helped to clarify this.

"It's one of those stories, like Santa, that your heart wants to believe but your brain doesn't," Halsor said. "There is no correlation between what the groundhog observes and what the weather brings."

Dr. Prahlad Murthy also helps to clarify by stating, "I am no expert on groundhogs; I know that they are known for hibernating for extended periods of time. Their ability to forecast the end of a season or the beginning of a new season many weeks in advance is more of a folklore than science. My understanding is that Punxy Phil has a thirty percent prediction success rate, which is actually decent in meteorological terms."

When asked, Wilkes students said they hope the groundhog does not see his shadow and that winter will be over soon. However, most students do not believe there is much weight to this legend.



@wilkesbeacon

meghan.burns@wilkes.edu

Graphic by Israel Rodriguez

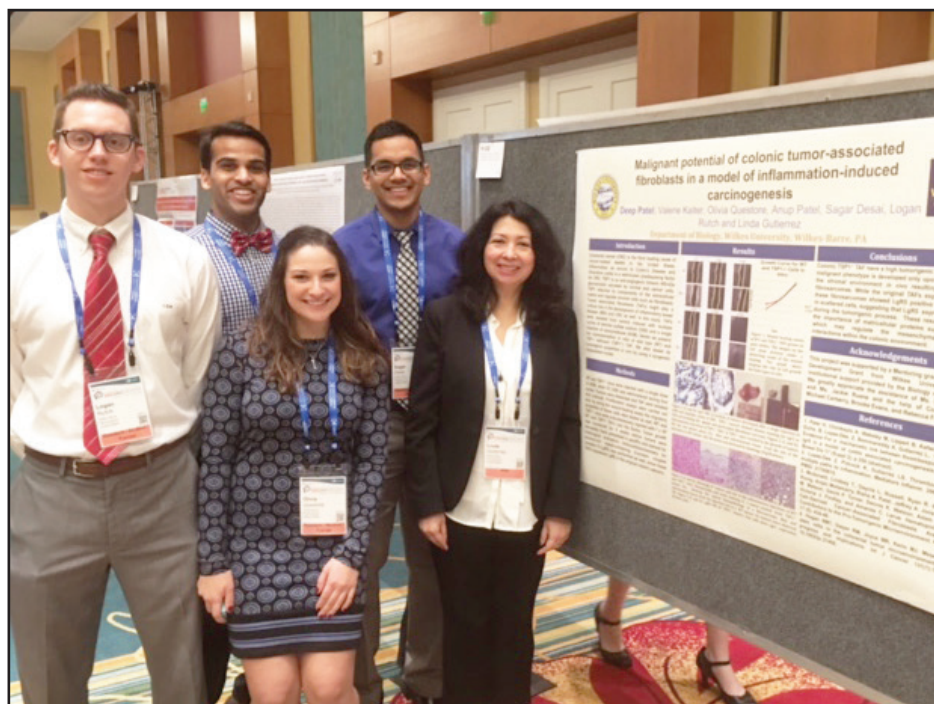


Photo Courtesy of Logan Rutch

From left to right, Logan Rutch, Deep Patel, and Sagar Desai. Front Row, Olivia Questore, Dr. Linda Gutierrez. The four students presented their research on "The Malignant Potential of Colonic Tumor associated fibroblasts in a mouse model of inflammation induced carcinogenesis," according to Rutch. "Our work helps open the door with looking at colorectal cancer from a new point of view and we hope to continue our research on it here at Wilkes." The students also had contributions from Dr. Valerie Kalter.



Photo Courtesy of Beth Gilbert

Senior political science major Beth Gilbert was sworn into her role as District C seat of Wilkes-Barre City Council on Jan. 4 along with two other first time council members. The meeting was held in the F.M. Kirby Center on Public Square. Gilbert's efforts can be followed on her Facebook page, Wilkes-Barre City Councilwoman Beth A. Gilbert.

Life, Arts & Entertainment

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

Wilkes University Introduces Spring Interns

By Justin Topa
Life, Arts and Entertainment Editor

More than 120 Wilkes University students have begun internships for the duration of the spring semester in order to gain the experience necessary to succeed in their respective fields.

At an inauguration ceremony on Jan. 28, students spanning across nearly every discipline of study met with Sharon Castano, director of internship and cooperative education. The internship meeting consisted of more than 120 prospective interns making this semester's group one of the largest in the program's history.

At this meeting, students were reminded of the value in an internship, as well as advice on how to succeed within their new and temporary positions. Students filled out all of the paperwork necessary to start in their new positions while Castano led a discussion on the best practices for gaining the most out of the ten-week experience.

Erica Acosta, associate director of diversity affairs, was also in attendance and presented to the group of students on the topic of unconscious bias within the workplace and workplace diversity.

Dr. Anne Batory, professor of marketing, advises a number of students throughout their internship experiences and finds that value in these experiences extends far

beyond simply building a student's resume.

"It is important for a student to complete at least one internship, in order to apply what they know in a concrete situation and receive feedback on their performances," Batory said. "It truly shows just how much they have learned."

The marketing professor also finds that students gain a more appreciative sense of themselves through their internship experiences.

"I don't think you really get a sense of how it all comes together and how valuable you are until you go out and contribute," continued Batory. "You can see students coming into their own and realizing that they really have learned a lot in their time

here at Wilkes University. They learn that they can seriously contribute something beyond their time in the classroom setting."

While Batory finds that it is common for internships to turn into jobs, she also credits the experience with providing a student a sense of what types of jobs they may actually enjoy, the values they hope to fulfill within a position, and a sense of where the student may belong, as a whole.

For more information on the internship process, please contact Sharon Castano, via e-mail, at Sharon.Castano@wilkes.edu.



@wilkesbeacon
Justin.topa@wilkes.edu



Photo Courtesy of Wilkes University Marketing and Communications



Photo Courtesy of Wilkes University Marketing and Communications

Programming Board Brings comedians to campus

Jenny Zigrino and Langston Kerman leave crowd in tears

By Austin Ely

Life, Arts & Entertainment Asst. Editor

The Henry Student Center ballroom was filled with chairs and event tables once again for Wilkes University's Programming Board's hosting of two comedians, both of which had a knack for being humorously vulgar yet relatable and tasteful.

Comedy Night, which happened on Thursday, January 28th, was Wilkes Programming Board's second event during this school year that was comedy themed.

The aftershocks of a successful Comedy Night in October resonated throughout the ballroom on Thursday, with students filling every seat.

This second Comedy Night featured not one but two comedians, both of which have been involved with Comedy Central, one who has written for Chris Rock and the other who is in the recent film, Fifty

Shades of Black.

The event kicked off with Langston Kerman as the opener for Jenny Zigrino.

Langston, who hails from Brooklyn and was a grade school teacher, immediately let his presence as a comedian who draws from his audience known. From engaging the front-row, to relating to the majority of the audience and even poking fun at himself at times, Langston was able to keep students laughing and participating.

The nature of his humor can be drawn from his jokes, most of which were crude yet hilarious and relatable.

"No one respects a full-grown virgin man!" Langston said with conviction as he acted out a scene between him and a past student who had asked him, of all questions the child could possibly ask, if Langston was a virgin.

Jenny Zigrino was the main act of the night and certainly packed a bold and

empowering punch-line to many of her jokes, touching on matters of women's empowerment while keeping the audience involved and lively.

Building off a similar crude, yet laughable and relatable style, Zigrino kept the liveliness of the predominantly male front-row engaged, while enticing and keeping the laughs coming from the whole audience.

At one point during the show, a student called from the audience, "That was good off-the-top," as if to compliment Zigrino's improvisations.

Zigrino's response was, "I'm a professional, what the f**k?" As if to question his motives in complimenting her, keeping the off-the-top nature of the joke nonetheless.


Programming Board President Valerie Woods was happy with the turnout, commenting that the performance was

"unrefined but tasteful." Woods also highlighted the purpose of Programming Board in bringing comedians such as Langston, Zigrino and Cease in October, saying, "We want to bring different people and different events that appeal to the students."

Freshman Jacee Yorks commented on the event, saying, "It was great and really funny. It was relatable and tailored to our age group."

Comedy Night was a success and simply a place to let loose, get out and enjoy tasteful and progressive styled humor.

Wilkes University Programming Board will surely continue the bi-annual tradition and continue to keep students, professors and faculty involved.

 @wilkesbeacon
Austin.Ely@wilkes.edu



Courtesy of Marissa Spryn/The Beacon

Langston Kerman warms up the packed ballroom for WUPB's event on Thursday night. The former teacher speaks on life experiences.



Courtesy of Marissa Spryn/The Beacon

Jenny Zigrino has been making a name for herself on television and on the big screen. The comedian left the audience in stitches.

Get Fit. Eat Healthy. Be Happy.

By Amanda Bialek
Staff Writer

A new year means a new you. Why not start 2016 by making your health and physical fitness a priority?

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of a dynamic and creative intellectual activity," John F. Kennedy, the 35th president of the United States, once said.

A strong mind and strong body is key to a happy and healthy life.

"I think in today's society the United States is becoming more and more an obese population," Linda Reilly, community health director of the Wilkes-Barre Family YMCA said. "People need to be healthier, and fitness is a big part of it."

She believes the best and most beneficial workout is centered on what the individual likes to do. It is necessary that someone enjoys what they're doing so they stay motivated.

"It all depends on the person," Reilly said. "But I think each workout is of equal value as long as you're doing something."

With various workouts to choose from, there is something that is suitable for every individual. Aerobic exercise, strength training, flexibility, core exercise and balance training are some ways to spice up your workout routine, according to Healthline.com.

Reilly stresses the importance of using good body mechanics and good form while working out. She believes that people get more out of a workout when they are doing

things correctly and using the appropriate weight for their size.

Reilly is also a strong believer in proper nutrition and eating correctly. She feels that pairing both components of nutrition and physical fitness make for great results.

"Being fit is fun," Tyler Stoltzfus, a freshman pharmacy major said.

Stoltzfus works out at the YMCA gym three days a week and two days at the Marts Gym. As a competitive powerlifter, he focuses on bench and dead lift weight training.

He believes that even if people don't want to take their fitness abilities to a competitive stage, it still is important to exercise on a regular basis.

Stoltzfus thinks it is necessary for people to practice good fitness in order for them to live longer, be healthier and not risk the chance of missing out on activities later in life.

Whether you enjoy running on the treadmill, bicycling or weight lifting, any kind of physical fitness can spark a positive change in your life.

Good nutrition and fitness "can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases and promote your overall health," according to fitness.gov.

American columnist, Franklin Pierce Adams said, "Health is the thing that makes you feel that now is the best time of the year."



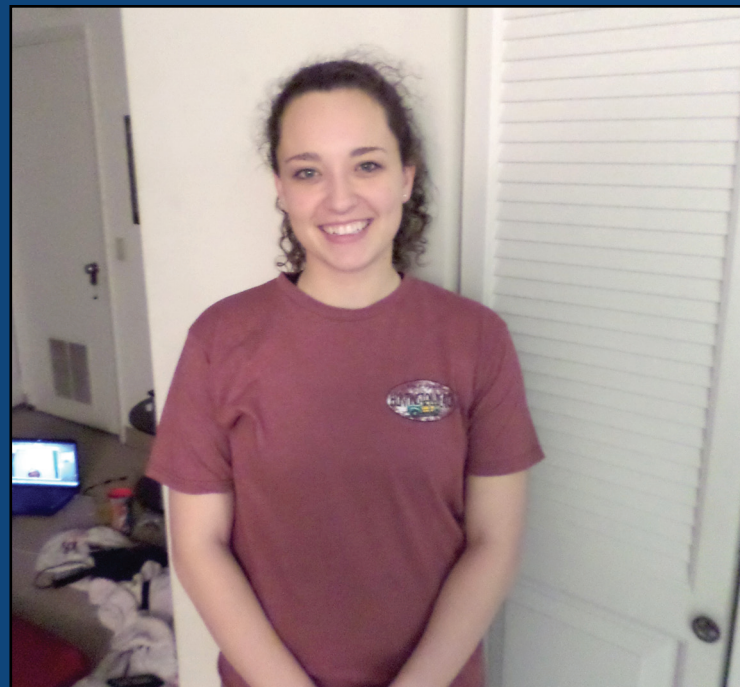
@wilkesbeacon
Amanda.Bialek@wilkes.edu

**Have any tips on staying healthy?
Let us know on Twitter!**



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HUMANS OF WILKES UNIVERSITY



The Beacon/Alexandra Devarie

"In the next five years I would like to be a successful officer in the air force. What I would like to be is a rescue combat systems officer. I would love to do search and rescue because you can help people and actively see results. I knew my junior year of high school that I wanted to be in the air force. I had a mentor in high school that was a lieutenant colonel in the force and mother of one of my friends. You know when your parents tell you things you are always like "yeah sure" but never get to it? She would make me read articles, books and meet with me every week to ask me questions and talk to me more about the air force. I saw her and thought she is an awesome woman, she's doing something great she is serving her country. That's where it all started, and even though my dad was in the air force for about 12 to 15 years he never really talked about it."

-Torrey Shimp

This Week in History: Greensboro Lunch Counter Sit-Ins

By Justin Topa

Life, Arts and Entertainment Editor

Feb. 1, 1960, started out much like any other day in Greensboro, North Carolina.

Around 4:30 p.m., the temperature had just risen above 53 degrees when four freshmen students from North Carolina A&T sat down at a lunch counter within the local Woolworth's department store and effectively sparked a revolution.

Ezell Blair Jr., Franklin McCain, Joseph McNeil and David Richmond sat down at the store's lunch counter and ordered coffee. The F.W. Woolworth lunch counter, like many other businesses within Greensboro and nationwide, was segregated. This particular lunch counter was designated as a "whites only" counter.

Workers denied the students service and asked them to leave—a request that the students weren't willing to grant. Having each experienced the frustrations of racial segregation and discrimination, The Greensboro Four were willing to face the consequences of disobedience in order to promote change. They remained seated for half of an hour before the store closed early for the night, presumably having little insight into the inspiration they would provide for nationwide

reform.

The Greensboro Four returned the next day with 25 more students and faced the heckling of white patrons and employees while they staged a sit-in lasting from 11 a.m. until 3 p.m. By Wednesday, their numbers grew above 60, with other colleges and high school students joining in to protest in shifts. By Thursday, the number of protesters grew to more than 300, occupying every seat and open space they could find, peacefully doing homework and studying while a storm of counter-protesters and national media entities flooded the town of Greensboro, North Carolina.

By the end of February, the sit-in had grown to more than 30 cities in 8 states and, by March, sit-ins spread to 55 cities in 13 states. By the summer of 1960, much of the country had been desegregated. February 1, 1960, had indeed started much like the days before it, but when four freshmen students sat down at a lunch counter in Greensboro, North Carolina, they changed the world.



@wilkesbeacon
Justin.topa@wilkes.edu



The Beacon/Justin Topa

The Greensboro lunch counter from the F.W. Woolworth store in Greensboro, North Carolina, can be seen on display within the Smithsonian in Washington, D.C. It's display serves as a reminder of the tremendous impact that four college students had on the nation.

New 'superfoods' taking over for the health conscious

By Emily DeAngelis
Staff Writer

A health craze is on the rise, and this time, these food freaks are on to something. While blueberries and salmon still hold their respective benefits, new superfoods are taking over with their incredible benefits and astonishing levels of vitamins and minerals.

Acai

A berry from the rainforest of South America is the key to antioxidants galore. Antioxidants?

They help fight cancer and heart disease. "It's also one of the few fruits with oleic acid—the same hearthealthy fat in olive oil," says Andy Bellatti, a Las Vegas based registered dietitian.

Easiest way to find it: Acai berry tea, but consider adding a natural sweetener like

honey instead of sugar.

Coconut Oil

Claimed as "magical" on some labels of this mysterious superfood, coconut oil is perhaps one of the most multipurpose foods available. While you can add it to your tea in the morning for added energy or to help curb a cold, coconut oil can also be used in many nonfood products. It can be used as a natural moisturizer, hair conditioner, deodorant or topical solution to help reduce skin infection. Its high Lauric acid and MCFA content help boost metabolism to aid weight loss efforts. With all these possibilities, this item used to be very pricy. However added demand has made coconut oil more available, and it can be found at Walmart for \$10.

***Tip:** condition hair overnight and rinse out in the morning to promote hair growth and shine.

Greens

Ok, green drinks may not look delicious, but one scoop of greens into your daily smoothie or fruit blend will create a concoction with too many benefits to ignore. Drinking greens in the morning can replace both breakfast and coffee because greens provide morning carbs which boost metabolism and brain function, according to Energy First (energyfirst.com). Adding greens to a busy lifestyle may sound difficult, but they come in individual packets which make them more conducive to take on the go.

***Tip:** Consider using orange or apple juice to cut the taste, and adding a banana to a green smoothie to even out the texture.

Protein

Growing interest in growing muscle has led to an almost obsession with protein. While many choose to consume protein

via powders, there are easy, everyday foods that are high in protein and low in maintenance. First, a superfood in their own respect, eggs. According to Men's Fitness, The cholesterol found in egg yolks serves at the scaffolding for steroid hormones, and the 1/2 a gram of leucine in each egg is like throwing gasoline on your musclebuilding fire. Other viable options include nuts, cheeses, chickpeas and lean meats.

***Tip:** If considering powers, be sure to research thoroughly to avoid investing in a power with too many unnecessary ingredients.

Let's be real: College does not always provide the best abilities to eat healthy and very few of us crave kale. Why not try something new?



@wilkesbeacon
emily.deangelis@wilkes.edu

Going green in 2016; The importance of being Earth-friendly

By Nicole Zukowski

Life, Arts and Entertainment Editor

Landfills are overflowing, forests are disappearing, climates are changing and habitats for animals are being destroyed.

Yet people still ask themselves "Why should I recycle?"

"People should care because our resources are not unlimited," Hayley Bundz, environmental engineering major and Students for Environmental Sustainability member, said. "Using energy uses our resources and eventually our resources will run out."

There are millions of products that should be recycled, from that empty shampoo bottle to the empty tub of butter. Plastic in particular, according to Environment Health News, "currently accounts for approximately 10 percent of generated waste."

Waste that could be avoided by reusing and recycling.

"It takes energy to produce new products especially if they are being created from scratch. If we conserve by reducing and reusing things, we will not use as much energy and therefore our resources will not

be depleted as quickly," Bundz explained.

There are many different ways to reduce, reuse and recycle.

Bundz said, "simple things like not leaving the water running while you are brushing your teeth and turning off the light when you leave a room are easy ways to help the environment."

The United States Department of Energy states that the type of lightbulb used matters a great deal in relation to the energy consumptions of it.

The importance of recycling and the effects of not recycling are important to know. For the month of February, Wilkes Residence Life teams up with the resident assistants on campus to make sure every bulletin board contains some element of recycling.

Alex Harrington, resident assistant for UT12 said, "I feel like recycling is important because living in the twenty first century and especially being educated young adults in school, it's our responsibility to make sure the Earth is kept clean for the next generation. It's a duty for everyone to do their part to make sure that the future is a bright one."



The Beacon/Nicole Zukowski

The bulletin board found on the ninth floor of University Towers provides a creative and informative graphic regarding the importance of recycling.

Pantone Announces Colors of the Year, Trends to Follow

By Ashley Evert
Managing Editor

Pantone has announced that its Colors of the Year are Rose Quartz and Serenity. Many readers may not be familiar with Pantone colors, but this announcement affects many industries across the globe each year.

According to their website, Pantone is "the world-renowned authority on color and provider of color systems and leading technology for the selection and accurate communication of color across a variety of industries."

So what does it mean to be an authority on color? It means that when someone is

in a wedding and sees a bridesmaid dress that is a particular shade of yellow and they want their stationary to match that color yellow, their designer finds the Pantone color so it matches perfectly.

Wilkes University branding, for example, has a very particular blue. In keeping with the branding of Wilkes, designers can't pick just any blue to represent the brand; they must use Pantone color #295.

Wilkes gold is Pantone color #116. Every color imaginable is given a Pantone number. This number is catalogued in the Pantone Matching System. Rose Quartz, for example, is really Pantone color #13-1520 and Serenity is #15-3919.

Each year, Pantone chooses a Color or Colors of the Year. The design, fashion, hair and makeup industries all take cues from this announcement each year to create their respective work.

For example, Sephora always creates or features products that are the Color of the Year. This year, they released two lipsticks, a watercolor lipgloss set, and an eyeshadow palette that coincides with Serenity and

Rose Quartz.

Those looking to follow the unnatural colored hair trends need not to look farther than Instagram, where colorists are using Rose Quartz and Serenity as hair colors.

Searching #PantoneColorOfTheYear on Instagram will yield more than nine thousand results of people expressing one form of art or another through those colors.

From watercolor painting and nail polish to flower arrangements and jewelry design, it seems like people can't jump on the bandwagon soon enough.

Why is it important then, to have a Color of the Year? Perhaps because it forms a sense of community.

Designers, colorists, makeup artists, and many other professionals in other industries can all connect in a different way. Color, and all of these industries, shape peoples' lives.

The scene in *The Devil Wears Prada* comes to mind when Miranda is tearing apart Andy in her office for mistaking two seemingly "blue" belts as the same color.

Miranda notes Andy's sweater, which is a different shade of blue than the belts.




Serenity 15-3919

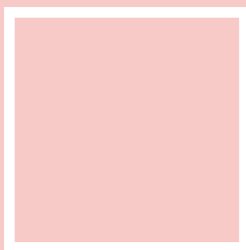
She explains that it is not just blue, it's not turquoise. It's not lapis. It's actually cerulean. She details a timeline in which Oscar de la Renta showcased cerulean gowns and how other top fashion designers had cerulean pop up in their collections.

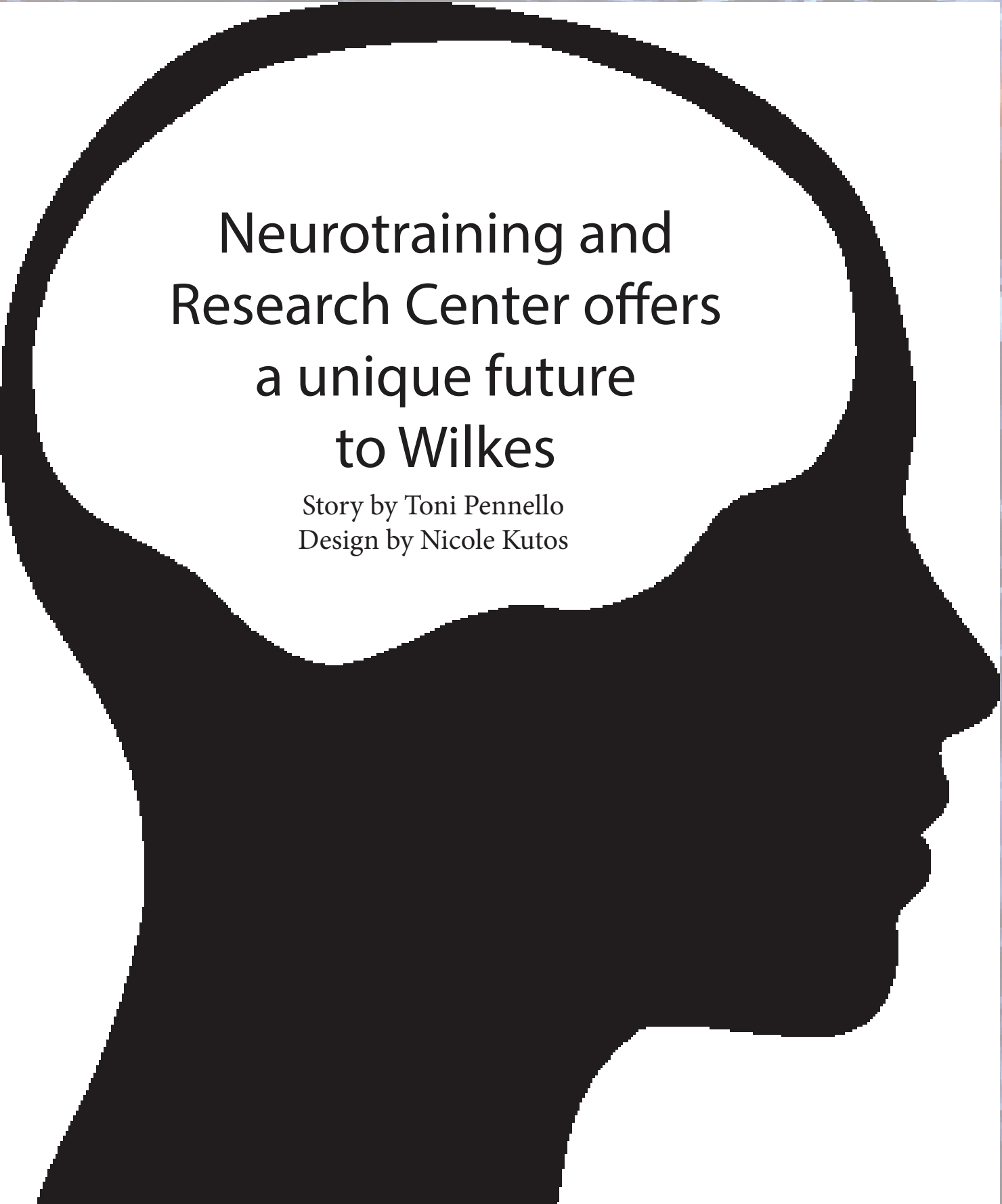
Cerulean then trickled down into mass production and into bargain stores, where Andy more than likely bought the sweater Miranda dissected.

Many have not heard of the Pantone Colors of the Year for 2016, but they'll be wearing them in one form or another, simply because Pantone decided it.

 @wilkesbeacon
ashley.evert@wilkes.edu

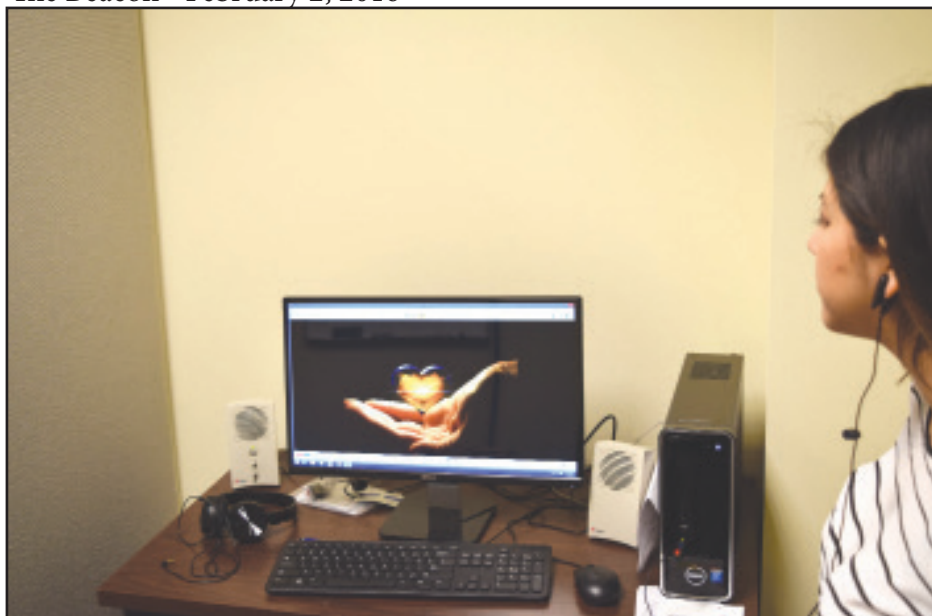
Rose Quartz 13-1520





Neurotraining and Research Center offers a unique future to Wilkes

Story by Toni Pennello
Design by Nicole Kutos



Cabrera uses the program Heartmath by connecting a wire to her ear. This program monitors your heart and produces calming images to increase coherence and reduce stress.

Neuroscientific technology may seem like the stuff of science fiction, but as of Jan. 28, much of the most advanced techniques and equipment of the field can be found right on Wilkes campus - in a new facility which is unlike any of its kind in the region.

The Neurotraining and Research Center, co-directed by Dr. Edward Schicatano and Dr. Robert Bohlander, is located on the second floor of Breiseth Hall.

The center employs techniques such as neurofeedback, which involves training a participant to alter their brainwaves, biofeedback, which can be used to learn how to control heart rate and blood pressure, and AVI (Audio Visual Entrainment), which can drive one's brain to produce certain brainwaves.

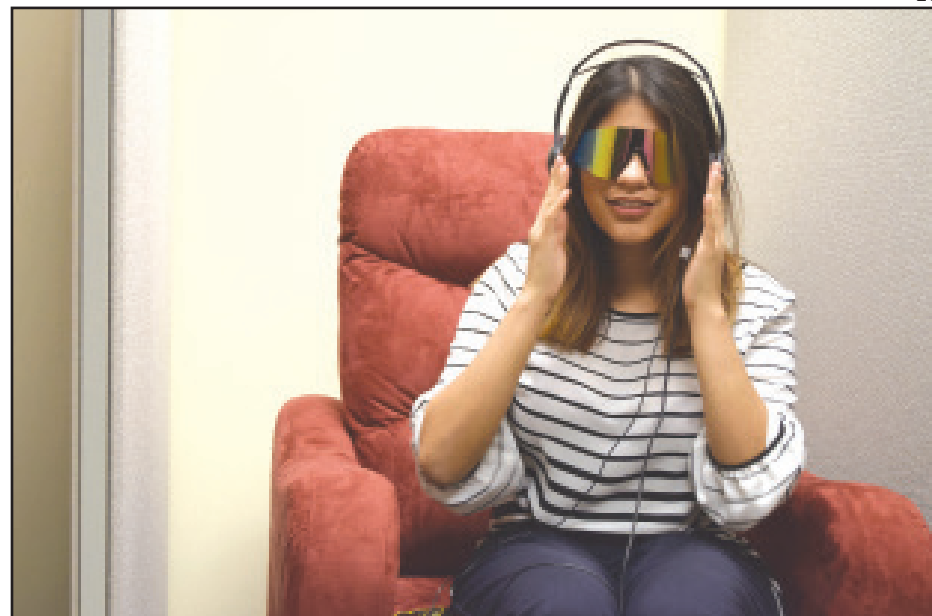
These techniques will be used to help students, staff and faculty to achieve things like stress reduction, better concentration and peak

performance for athletes and those involved in any performance art.

Schicatano, who is the head of the neuroscience program and an associate professor of psychology, detailed the purpose of the center. "Its goals are to help the Wilkes community as a whole," he said.

Aside from its purpose of helping students and faculty reduce stress and become more focused, it also aids the neuroscience and psychology students themselves. "It was designed to give students internship opportunities, hands-on experience working with clients, and research opportunities," Schicatano stated.

Schicatano also explained that the facility will be run mostly by those students who are participating in internships. One intern, Evelyn Cabrera, a senior psychology major, is thankful for the opportunities she has received as an intern.



Photos by The Beacon/James Jaskolka

Cabrera uses a headset and goggles to engage in Audio-Visual Entertainment, which uses flashing lights and tones to lead the brain to a desired brainwave activity.

"It helped me apply everything I've learned as a psychology major and in Dr. Schicatano's neuroscience classes in a clinical setting," Cabrera said. "It was really great interacting with everyone there."

Cabrera also feels that the center is incredibly beneficial to its clients. "The best thing about the training center is that, after a few sessions, what you take out of there can be applied in different settings."


Since its introduction as a major last semester, the neuroscience program is growing, and is only augmented further by the addition of The Neurotraining and Research Center.

"We currently have 15 neuroscience majors, and we have a lot of applicants for next year. It's definitely a growing program," Schicatano stated. "We are hiring two new neuroscience faculty members, so we are going to see a tremendous amount of growth over the next few years."

The official opening and ribbon-cutting ceremony took place on Jan. 28, which President Patrick F. Leahy described as "yet another historic day" for Wilkes. Leahy feels that the center is consistent with the University's goal of becoming a premier small university in the country.

"We are committed to offering the resources of a large University in the setting of a small liberal arts college. This center embodies that ideal," Leahy explained.

The center does not offer treatment for diagnosed conditions, but any student can participate in the cutting-edge techniques that are offered for free, by either filling out a form online or picking up a form at the center. Schicatano and Bohlander will receive the form and decide on which treatments are best for you, and sessions will be reserved.

 @wilkesbeacon
toniann.pennello@wilkes.edu

Opinion

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

Cardboard to the Rift: The rise of virtual reality

Exploring the varying worlds of virtual reality offered in 2016



Photo Courtesy of Greg Stauffer.

By Greg Stauffer
Guest Writer

Greg Stauffer is the lead graphic artist at NetDriven in Scranton.

For years now, we have been promised that virtual reality would change our world in the fields of gaming, medicine and television, but that dream has yet to be realized.

The technology has finally caught up with the hype, and our reality is about to change. 2016 will be the year virtual reality starts to kick into high gear. A recent report authored by Heather Bellini from Goldman Sachs indicates that by the year 2025 the market for virtual reality will be valued at \$80 to \$180 billion. With those kinds of numbers, the potential is real, but we need to define some terms to help understand what all the excitement is about.

Virtual Reality vs. Augmented Reality:

Virtual reality (known as VR) comes in two basic versions: virtual and augmented.

Virtual reality is a total immersion in an artificial space where the outside world disappears and the virtual world takes over. With virtual reality, the imagination is the limit of what can be created and experienced.

Augmented reality allows the real world to be seen through the headset while a virtual reality is imposed on top of it. Think of augmented reality as the graphics Tony Stark sees in his face mask in the Ironman movies. So how do these technologies translate into the real world?

GOOGLE CARDBOARD:

Google Cardboard was originally released in 2014, but became a popular trend in late 2015. Cardboard uses a headset made from ordinary cardboard, to hold your smartphone.

The genius behind this idea is that you can make the headset yourself and eliminate any expensive hardware. After you download the Cardboard software to your phone, you can go to YouTube and download 360 degree video to immerse yourself in a virtual reality experience. With this approach, Google has made VR accessible to anyone with a smart phone and has a continual growing choice of content.

OCULUS RIFT:

Oculus Rift is the flip side of the virtual reality coin. Oculus, a subsidiary of Facebook, introduced the Rift in January at the Consumer Electronics Show in Las Vegas. Rift is a high end virtual reality system that comes with a headset, touch hand controllers, tracking sensors, Xbox one controller and two games: "Eve: Valkyrie," and "Lucky's Tale." It also comes with the high end price tag of \$599.99.

Overall, Rift will not be cheap. In addition to an expensive system, you will need an Oculus-ready PC computer with a high end graphics card, capable of handling the Rift experience. Rift, however, promises to be the newest generation of virtual reality in both experience and technology. In addition to standard virtual reality fare, there is a social aspect to Rift as well. Using the built in Oculus Community you can play VR games and interact with others who are using the system. Oculus Rift can be ordered now and will start shipping March 28, 2016.

Cardboard and Rift are just two VR options for you explore this year, with many more options from competing companies on the horizon. The future of VR is being cracked wide open, with gaming and video experiences being the current offerings.

Add to the virtual reality experience companies that offer virtual shopping for their products (known as V-commerce) and medical and military applications, this year promises big things for VR in the real world.

What do you think?


What type of virtual reality would you like try?

What kind of dangers might this pose?

Tell us on Twitter
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The Mockingbird Next Door: Life With Harper Lee

By Sara Pisak
Opinion Editor

I began the fall semester by publishing two articles for *The Beacon* discussing the work of Harper Lee. In the articles, I have covered the controversy surrounding Lee's newly published text as well as my own review of her new work, *Go Set A Watchman*. In the interest of bringing my book review column full circle, I would like to review the recently published text, *The Mockingbird Next Door: Life With Harper Lee*, composed by Marja Mills. *The Mockingbird Next Door* tells the story of the notoriously private Harper Lee and her sister Alice.

Mills, a Pulitzer Prize winning journalist working with *The Chicago Tribune*, spent 18 months between the Fall of 2004 and the Spring of 2005 renting a "modest" home next to Nelle Harper Lee and her sister Alice Lee in their hometown of Monroeville, Alabama. In 2004, Mills finds herself in Monroeville on assignment from *The Chicago Tribune*, when *To Kill A Mockingbird* was named the inaugural book for "The One Book, One Chicago" campaign. The campaign originated as a pathway to encouraging younger readers to discover classic works as well as having everyone in the Chicago metropolitan area discussing the same text.

Mills herself had no idea where "The One Book, One Chicago" campaign would lead. Sent on assignment to talk to those who lived in Monroeville regarding the impact of Lee's text and to photographically document the town's homage to *To Kill A Mockingbird*, Mills never could have imagined she would be drawn into the Lee sisters' confidence.

When reading *The Mockingbird Next Door*, a reader finds stories of small town southern charm and characters as lively as any fictional representation that have previously sprung off the page. The small town charisma oozes from each page as most of the stories recorded take place over coffee in Lees' or Mills' kitchens or while traveling the backwoods of picturesque Alabama.

Similarly to other works regarding Harper Lee, controversy behind the text's publication was soon to follow. Mills claims she gained the Lee sisters' confidence and interviewed their close family friends. Mills also maintains any story which was deemed off the record stayed off the record. For Mills, the

text was more about preserving the oral traditions of the south as told through Harper and Alice.

Further, when the idea for *The Mockingbird Next Door* was conceptualized, Mills states Harper Lee was supportive. However, soon after the book's publication Harper Lee released the following statement: "Rest assured, as long as I am alive any book purporting to be with my cooperation is a falsehood." Mills maintains she had both sisters' cooperation and Harper's statement was written shortly after she suffered a stroke which left her confused.


I choose to believe Mills' version of events for several reasons. First, I find other text written about Harper to be sensationalized. Mills also inquires as to Harper's disappearance from the public eye. Mills is perfectly happy to simply transcribe Harper Lee's answers rather than fabricate answers that would gain more press.

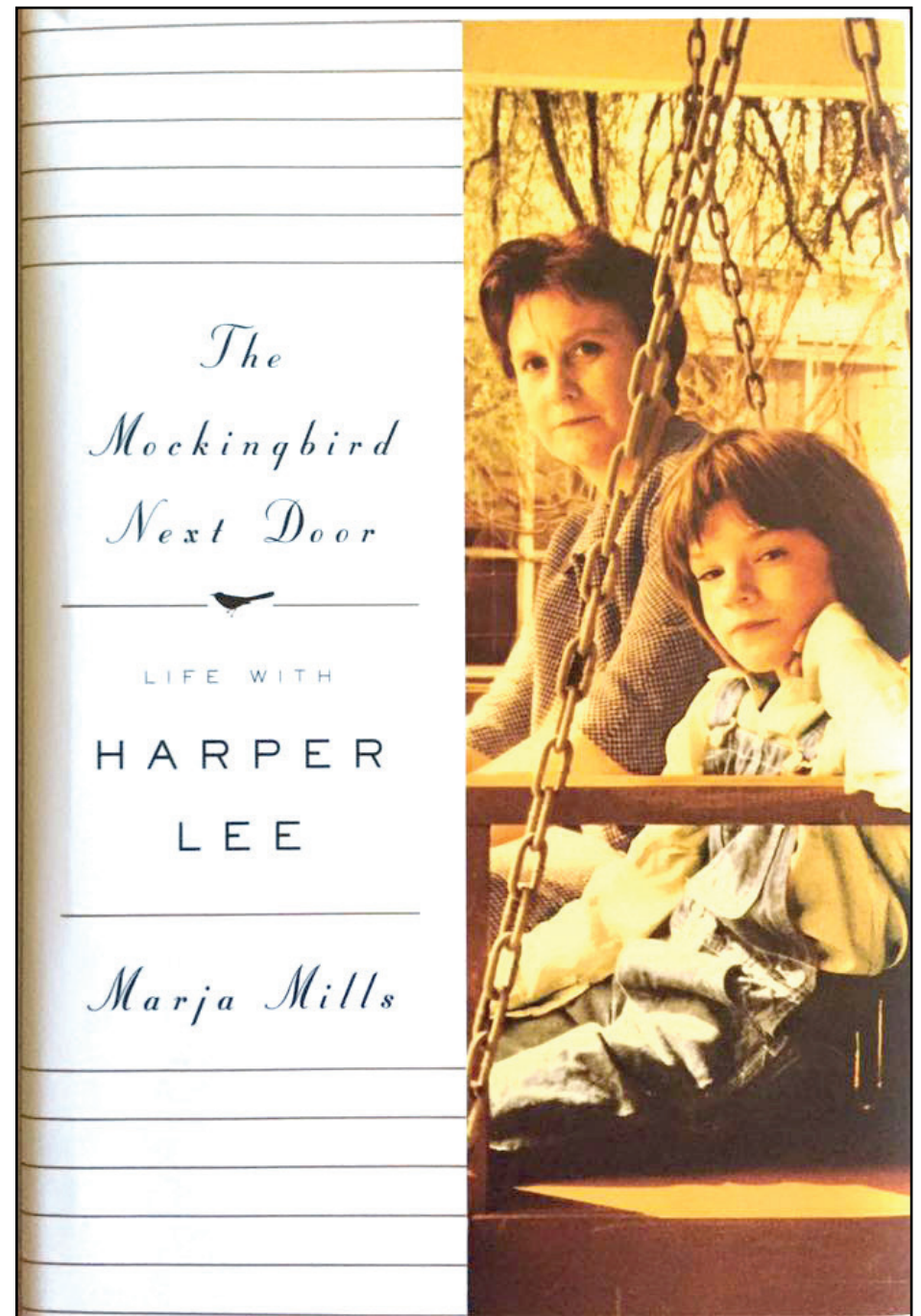
Mills writes Lee's non-outlandish responses to the inquiries. Mills writes, Lee never published a second work and disappeared from the public eye because of the overbearing media. Lee disliked the sexist criticism of her work. Mills easily could have exaggerated Lee's responses but instead Mills is content to speculate no further than Lee would allow.

Furthermore, the family friends of the Lee sisters have not withdrawn their statements/stories and have spoken words of praise for Mills. Mills allows *The Mockingbird Next Door* to be just as much about Harper Lee as it is about Alice Lee. Readers discover long awaited truths surrounding Harper Lee. However, the reader is privileged to learn about Alice Lee, who Harper calls, "Atticus in a skirt."

Readers discover Alice practiced law at her law firm until the age of 100; she died recently on November 17, 2014 at the age of 103. Alice is often thought of as the inspiration for the beloved Atticus Finch character. Alice was often the first women to hold a leadership position on many activist and professional boards.

Personally, I hope *The Mockingbird Next Door* is a true account of Harper and Alice Lee since it showcases two historically significant women without sensationalized exaggeration while being blanketed in southern charm and immersed in a world forgotten.

 @wilkesbeacon
sara.pisak@wilkes.edu



Sara's Score:

Courtesy of Sara Pisak



Major water crisis in Michigan leaves many residents sick

By Allison Rossi
Staff Writer

Residents from all different states always argue that something from their state is better than another's: food, driving abilities, clothing stores and countless others are often the subject of debate.

Most residents from different states tend to be very proud and show that they are proud of where they were born and raised. However, residents from Flint Michigan aren't likely to be bragging about their hometown anytime soon.

There is a great amount of controversy regarding the water contamination in Flint, Michigan.

Over this past week, multiple news reports have discussed this issue and the story has spread all over the media. Pollution is a major topic that is talked about all over the world. I could only imagine what residents

of Flint, Michigan are feeling.

According to CNN, around two years ago, the state decided to save money. As a result the state switched Flint, Michigan's water supply from Lake Huron (which they were paying the city of Detroit for), to the Flint River. Apparently the water supply switch was supposed to be temporary; however, it has been announced that the water is still unable to drink.

Time.com explained further, "The river itself was also found to contain eight times more chloride than Detroit's water, a chemical that is highly corrosive to metals. Most residents in Flint have decades-old lead service lines that connect their homes to the city's main water pipes.

"When water from the river flowed through those pipes, it ate away at their insides, allowing lead to enter the supply".

The water in Flint River contained high levels of lead which unfortunately impacted

the residents of Flint Michigan negatively.

As a result of the high concentration of lead, the lead caused serious health issues of residents. Lead can cause negative impacts on an individual's brain as well.

Now there are multiple law suits and a series of ongoing investigations regarding this topic. The water supply has impacted the residents of Flint, Michigan, horribly.

One does not think about how much they use water daily until something happens to the water. An individual uses water to brush their teeth, to shower, to cook, etc. According to the United States Geological Survey on average each person uses about 80 to 100 hundred gallons of water per day.

Imagine how greatly this water impacted these residents if this enormous amount of lead contaminated water was being consumed and used for over two years.


USA Today explained, "The president's actions authorize the Federal Emergency

Management Agency (FEMA) to coordinate responses and cover 75% of the costs for much-needed water, filters, filter cartridges and other items for residents, capped initially at \$5 million.

"Typically, federal aid for an emergency is capped at \$5 million, though the president can commit more if he goes through Congress."

There is still an ongoing investigation and a lot more can be done to solve and provide help to this issue and the people affected. There are many inquiries about lead poisoning as well.

Hopefully there will be a positive result to this investigation and the residents of Flint Michigan receive support and services.

 @wilkesbeacon
allison.rossi@wilkes.edu

"The Stars Look Very Different Today:" David Bowie's death

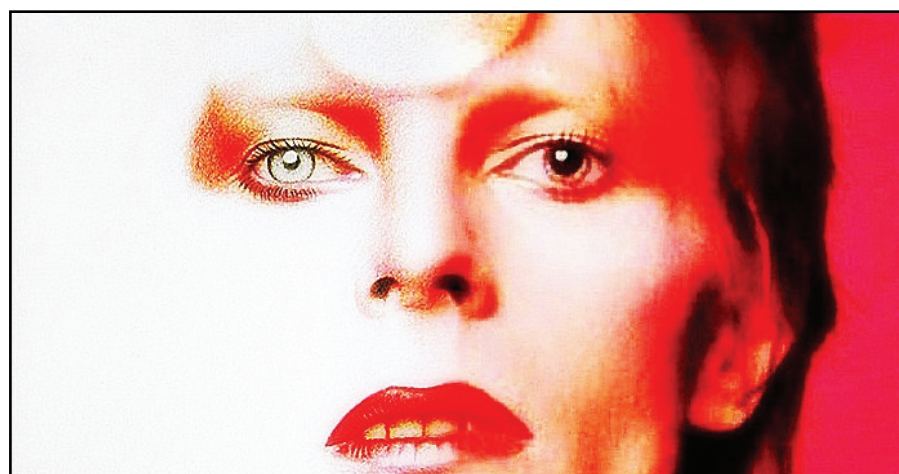
By Gabriella Romanelli
Guest Writer

On Jan. 11, Bowie fans all around the world woke up to discover the cosmic loss of their beloved Starman. I was enjoying my last week of real sleep before the spring semester when my 15-year-old sister shook me awake whispering, "David Bowie died yesterday," and left the room.

Trying to figure out how to handle my emotions, I stayed in bed until my 12-year-old brother came in and said "Hey..." "I know," I cut him off before having to hear the devastating news again. He bowed his head in respect and left me to mourn.

I heard hits that used to be spun on 45s being played softly from the speakers of my siblings' smartphones as they got ready for another Monday in sixth and 10th grade. As 10 seconds of "Space Oddity" interrupted my thought process while my sister walked across the hallway, I couldn't help but finish the verse in my head, letting my mind take me to my very first Bowie memory.

The 1969 single hummed in the background of our 1998 kitchen conversation while my proud father prompted his brother to look at his 4-year-old daughter- "she knows every word." I focused hard on my pink Sketchers swinging from the kitchen table and tried not to think about the fact that all eyes were on me as I belted out my favorite song.



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I was three minutes in and past 100,000 miles, captivated by the Starman's journey, when tears started streaming down my face. My spaceship had no idea where to go and I couldn't sing another line through my 4-year-old sobs. The only explanation I could give my concerned father and uncle was that, "Major Tom is never going to see his wife again."

That young and emotional reaction became something I've been reminded of at numerous family gatherings and will probably never live down. On Jan. 11, however, I knew that I was finally not alone in my sensitive and passionate response to Bowie's work. We, the admiring and

mourning fans, all felt the need to do something.

Many people rushed to buy his latest album, "Blackstar," in their grief. Billboard reported that the album "debuts at No. 1 on the Billboard 200 chart, giving the late music legend his first No. 1 album." With the album coming out on David Bowie's birthday, Jan. 8, and two days before his death on Jan. 10, dedicated and grieving fans contributed to the 181,000 album sales reported by Billboard in that week alone.

Other fans took a different approach in expressing their emotions, such as Andrea Natella from Rome, who began the

petition on change.org, addressing "God or whomever it may concern" to "Say no to David Bowie dead." As of Jan. 24, the petition had 11,440 signatures.

Bill de Blasio, mayor of New York City, spoke for the city in his Proclamation making Jan. 20, "David Bowie Day" in NYC, as announced on the mayor's Twitter account, where a picture of the official proclamation was posted. The mayor mentioned Blackstar and the play "Lazarus," written by Bowie. He declared that "David Bowie is among the most influential and talented artists of our time," finding an appropriate home with New Yorkers and their "aversion to the status quo."

My house, like many others, celebrated Bowie by repeating his music all day and holding a special viewing of "Labyrinth," an event in which my 18-year-old sister dressed as the Goblin King with hair extensions and tight black pants, including a strategically placed sock.

I'd like to think this silly and provocative act in honor of the androgynous artist is one that he would have appreciated and endorsed.

 @wilkesbeacon
gabriella.romanelli@wilkes.edu

Colonels Talk Back

We asked: "How did you spend your winter break?"

Interviews by
Luke Modrovsky

Photos by
Jesse Chalnack

Winter break can be spent keeping busy working, spending time with family and friends, or just relaxing and catching up with a few TV shows and movies on Netflix.

The Beacon asked members of the Wilkes Community how they spent their winter break.

Want to be in the next Colonels Talk Back? Email luke.modrovsky@wilkes.edu

Maddie Dolinsky
Freshman
Biology

"I really enjoyed my break. I played with my puppy, spent quality time with my boyfriend, spent time with family, and went shopping with my best friend Casey. I feel like I am mentally prepared to take on this semester."



Jesse Kita
Graduate Student
P3-Pharmacy

"I worked a lot at CVS making some extra money. I went out a lot and saw the new Star Wars movie. I caught up with some of my friends that graduated who live back at home who I normally don't get to see."



Jeremy Yzeik
Freshman
Criminology

"I relaxed and worked with my friends to make some extra money. I used the time to unwind to relax so I'm not so stressed going into the spring semester."



Lauren Brunner
Junior
Sports Management/Marketing

"I worked at the Woodbury Commons in New York to make money over break. I started watching One Tree Hill. I went to my family's house in New Jersey to catch up with them."



Tawnee Hopper
Freshman
Undeclared (Nursing)

"I spent my winter break with my family, friends and my boyfriend. I also worked, went hiking, and went to one of the beaches in California."



Zach Metz
Freshman
Mechanical Engineering

"I went up to my grandparent's the day after Christmas. I watched a lot of South Park and Archer during the winter break. I am really excited for the baseball team to finally start playing games."



How commuters should prepare for winter travel

By Rebecca Voorhees
Staff Writer

Winter is here. While we've had mostly mild weather so far, the snow is inevitable. For those who live on campus, it can be inconvenient. For the commuters, however, it can be downright dangerous. If you have ever watched *That 70s Show*, you know the wise Red Forman once said, "Preparation makes all the difference." It is important to take extensive measures to guarantee the safety of yourself and others. Here are some things you can do to prevent accidents this season.

1. Keep your car in check.

Cars require a lot of care and attention, especially in harsh weather. Get your battery checked and charged if needed, and service your car. Fluids are crucial, so keep back-up containers of antifreeze and windshield wiper fluid handy.

Please do not skip cleaning the snow off of your car. Limiting your visibility is probably the most irresponsible thing you could do.

2. Look at your tires.

As the temperature drops, so will the

inflation. Tire pressure is extremely important when having sufficient control of the car, particularly turning. Have a travel sized air compressor in your car if you cannot wait to put air in at a gas station.

Also, if you do not already have snow tires, they are a great investment and are your safest bet when driving in the winter.

3. What happens if you spin out, and get stuck in the snow?

Red Forman created the niftiest emergency roadside kit for sticky situations. In the kit you should have: a bag of cat litter, a coffee can, a candle and matches.

The candle should be placed in the can, and lit to heat up the metal. This will help melt the snow evenly away from the tire. The cat litter can be poured underneath the tires to create traction. Then you should carefully attempt to move the car again.

It is also good to have a flashlight, first aid kit and a spare cell phone charger on hand.

4. Have an overnight bag ready at all times.

NEPA is well-known for its unpredictable

weather and we have all been a witness to it. There will more than likely be a night that some students cannot leave campus because of the dangerous snowy and icy conditions. The bag should have a change of clothes, blankets, hygienic supplies, toiletries or anything you might need. Board games and music are fun additions to the bag. It might be safest (and fun) to stay a night with a few friends in the residence halls.

5. Have good judgement.

Check the weather reports, and look outside. Stay in contact with your professors and friends living on campus. Ask yourself, "Should I drive in the snow today?" "Is this reasonable?" If there is a serious storm and you do not feel comfortable driving, do not do it. Nothing is worth risking your life, and your parents will definitely thank you. Catch up on work and study in the comfort of your home.

Now that you have got the survival list of the winter, it is time to put it to use. Procrastination is your worst enemy and it is best to prepare all of these things before you think it is needed. Do your best to be safe and attentive drivers this season.



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[@wilkesbeacon](https://twitter.com/wilkesbeacon)
rebecca.voorhees@wilkes.edu

Even if you're feeling the blues, vote blue, too

By Ian Valles
Staff Writer

I'll make it no secret, I am a liberal. To break it down: Socially I'm very left wing progressive, fiscally I'm a bit more middle ground.

I'll also make it abundantly clear that I am deeply rooted in the Hillary Clinton camp. She's my number one choice in the race for president in 2016.

My support for Hillary is not built on the idea that I don't like Bernie Sanders, or Martin O'Malley - they both have my respect and admiration. It's not that Hillary Clinton is a woman. It's not even the past Clinton Presidency that pulls my support for the former Secretary of State.

My reasons for supporting her are that she aligns quite well with my political leanings, makes compassionate pleas for action, is able to compromise with the GOP when acceptable and that she has proven

that she can weather the storm, even when the waters gets choppy (Anyone remember Benghazi?).

She has proven to be the stable and experienced candidate in a race where the other side has the bigoted businessman, Donald Trump as their frontrunner and Ted Cruz vying for second place, a man whose only accomplishment is shutting down the entire government because he didn't get his way.

Yet, despite my adoration and commitment to Hillary, I'd proudly vote for Bernie Sanders or Martin O'Malley any day over what the Republicans are offering us. I'm here to make the case for you to do the same.

Recently I have seen a growing number of very fervent Bernie Sanders' supporters boldly state that they will not vote at all, or will cast their vote in favor of a Republican candidate in the general election, if Sanders does not win the nomination from the

Democratic Party.

This is an unacceptable tone from an American citizen, and sadly it is most vocal from college aged voters, people just like us.

This is something that I don't believe I have ever seen from the Democratic Party, and while it shows a strong interest from youth voters, it also exposes signs of weakness and petty behavior in the Democratic Party, and in the Millennial Generation.

This election is not a joke, or a way to voice your anger that you didn't get what you want. Your responsibility as an American citizen is to cast a vote for the candidate that you truly support, as this person will carry the country for at least the next four years.

If you're a young voter and you are reading this, I implore that you vote for a candidate that, if not your first choice, at least stands behind the core values you hold

close to your heart.

If you don't, you are wasting a chance to share the future for the better. Don't take this election for granted. Make a difference and vote for the greater good.

Do you have an opposing viewpoint?

Do you plan on voting Republican this year?

We want to hear from you.

Contact the editor:

sara.pisak@wilkes.edu

[@wilkesbeacon](https://twitter.com/wilkesbeacon)
ian.valles@wilkes.edu

Sports

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

A grand performance

Senior Alec Wizar scores 1,000th point for Wilkes

By Rachel Leandri
Sports Editor

Numbers can spark important memories just as they inevitably mark milestones. For Alec Wizar, the number “1,000” will

forever make him smile as a reminder of his monumental basketball career at Wilkes University.

On Jan. 22, Wizar, a senior communication studies major, scored his 1,000 point early within the first half of the men's home

basketball game against Fairleigh Dickinson University.

Wilkes won the game in double overtime.

Wizar, of Annville, Pa., began playing basketball through his local elementary school in a Sunday afternoon recreation league. He was 8 years old at the time. Wizar went on to play shooting guard at Annville-Cleona High School, which led him to play the same position at Wilkes.

“At first I didn’t take basketball very seriously, until I was persuaded to tryout for a travel team in the fourth grade,” Wizar shared. “I only made the B team as where all my friends made the A team. From then on, I started working hard on my game so I could improve and play on the A team the following year.”

As a freshman in college, reaching this milestone was a very far-fetched dream for Wizar, but he never lacked confidence in his ability to achieve it.

Headed into the FDU game, Wizar knew he was only four points away from reaching 1000. He hit a three pointer within the first five minutes of the game, bringing him to within one point. A few minutes later, Wizar hit a fadeaway midrange jumpshot off a baseline out-of-bounds play for his 1,001 point.

“Being that I was in the flow of the game, I felt no different after reaching the plateau because all I was concerned about was getting a stop on defense,” Wizar explained. “However, shortly after when I was removed from the game, I received congratulations from my coaches and teammates on the bench, and it was at this moment that it really sunk in.”

Head coach Izzi Metz feels team goals should be the priority, but it’s also important to recognize dedication.

“To reach this milestone is a testament to Alec’s hard work, durability and coachability,” Metz said. “His teammates and coaches were thrilled for him. He will represent Wilkes University very well in the ‘real world’ when he graduates this spring.”

Wizar is only the 30th player in Wilkes history to surpass 1,000 points. He claims this never would have been possible without the constant support from family and teammates.

“My mother and my father have been at every game since the start of my freshman year, and whether the result was good or bad, they supported me wholeheartedly,” Wizar said.

Senior small forward Devin Dunn gave praise to his teammate.

“Alec truly earned every one of his 1,000 points,” Dunn shared. “He’s one of the best players I’ve ever had the opportunity to play with because he makes everyone around him better.”

Wizar is most thankful to his family, friends, fellow seniors with whom he has spent four years on the court, and his professors who have been very understanding of his busy schedule as a student-athlete.

“Making the decision to come to Wilkes to study and play was an extremely difficult decision, but it’s clear to me after four years that I made the right choice.”

At a glance...

Name: Alec Wizar

Major: Communication
Studies

Year: Senior

Position: Shooting guard



Courtesy of GoWilkesU

 @wilkesbeacon
rachel.leandri@wilkes.edu

Super Bowl 50: The 2016 showdown by the bay

By Mark Makowski
Sports Writer

On Feb. 7, the (12-4) AFC Champion Denver Broncos will meet the (15-1) NFC Champion Carolina Panthers in Super Bowl 50 at Levi's Stadium in Santa Clara California. This will be the first time that the Panthers and the Broncos have played each other in the Super Bowl. This is the Broncos NFL-record-tying eighth Super Bowl appearance (2-5), while the Panthers are making their second Super Bowl appearance (0-1).

When the Broncos started their 2015 campaign, they seemed like the contender that they had been since Peyton Manning joined the team back in the 2012 season. However, they had several roadblocks before the season started.

The Broncos fired their Head Coach, John Fox, after the 2014 campaign and replaced him with former Houston Texans Head Coach Gary Kubiak. Kubiak was the Offensive Coordinator for the Broncos when they won back to back Super Bowls in 1997 and 1998, with Quarterback John Elway who is now the General Manager of the team.

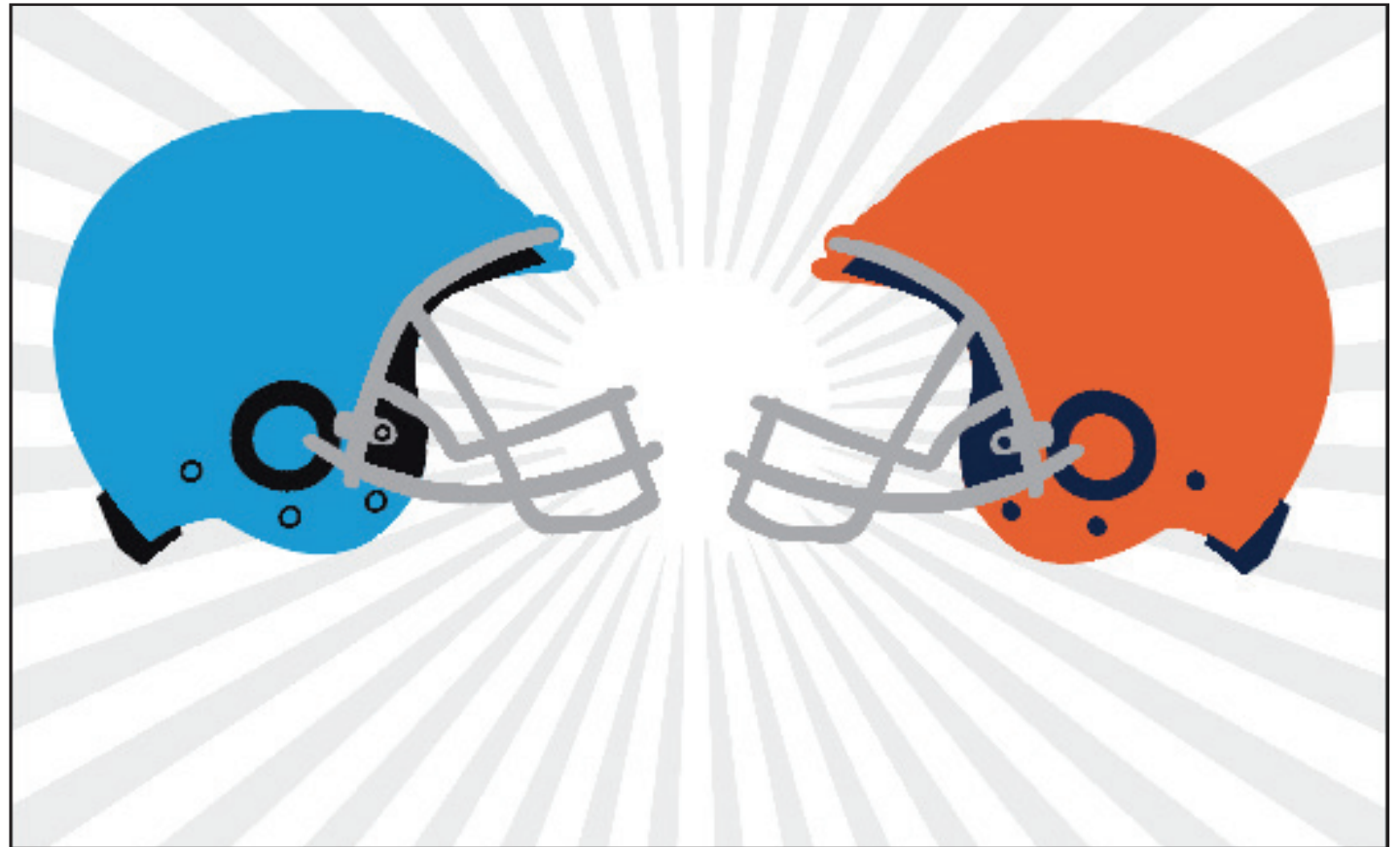
The other roadblock involved quarterback Peyton Manning, who entered the season at the age of 39 with many believing that this would be his last season. Manning started off hot in the 2014 season only to finish cold as he would battle injuries; it seemed like age had finally caught up to him. When the 2015 NFL season kicked off, Manning would try to shake the ghosts from the end of last season and prove that at age 39 he could still perform at an elite level.

The Broncos would start the season with a 7-0 record. Peyton Manning was running the offense, but it was not a pretty sight. Passes were not accurate and he was turning the ball over faster than any other time in his career.

Manning would throw four interceptions against the Chiefs and be benched, later revealing that he was fighting a foot injury. The Broncos would then rely on their number one ranked defense and backup quarterback Brock Osweiler to man the ship.

Manning would return in the regular season finale to help the Broncos clinch the number one seed in the AFC and have home field advantage throughout the playoffs.

The Broncos would meet the Pittsburgh Steelers in the divisional round and would win the game 23-16. Denver would rely on their defense and Peyton Manning not making any mistakes while also guiding the



Graphic by Ashley Evert

offense towards the end zone.

The AFC Championship game would be highly publicized, as the New England Patriots would be coming to town. Peyton Manning and Tom Brady would probably be meeting for the seventeenth and last time.

The Broncos defense would knock Brady in to the ground 14 times. Fans watching the game would see a confident Manning throw two touchdowns. After clinching the AFC Championship game by a close score of 20-18, Peyton Manning would be one game closer to destiny.

The Carolina Panthers started the season looking to get further than they did in their last two seasons, which ended in the divisional round both years. Quarterback Cam Newton was looking to use this season to prove that he can be an elite quarterback in the NFL. Head Coach Ron Rivera entered his fifth year with a 31-31-1 record. The Panthers were ready to prove that they were the top dogs of the NFC and they took the league by storm.

The Panthers would experience their greatest season in franchise history. They would start the season 14-0 and finish 15-1, with their only loss being to the Atlanta Falcons in week 16.

The Seattle Seahawks would travel to Charlotte to try and advance to their third straight Super Bowl. The Panthers would have a 31-0 lead and halftime and would hold off the Seahawks 31-24 to advance to play the Arizona Cardinals for the NFC Championship.

The NFC Championship Game would start off ugly and only get worse from there. The Panthers defense would force Carson Palmer to turn the ball over 6 times, and the Panthers would roll the Cardinals 49-15. Cam Newton would pass for two touchdowns and run for two more.

The Panthers are listed as a 3-5 point favorite over the Broncos. Students across the Wilkes campus are trying to guess who will come away as the winner of the game.

Sophomore accounting major Joe Dietz is excited to watch the game for several reasons.

"I am happy to see the Broncos get back to the game and try to redeem themselves after they got blown out by the Seahawks two years ago," Dietz said. "I would like to see Peyton Manning possibly end his career with his second Super Bowl ring to shake off all the playoff losses. But I think the Panthers are the team of destiny right now: it's their

time."

Sophomore nursing major Matt Dellario also believes in the Panthers bringing home the title.

"They're the hot team right now and I don't see them being slowed down," Dellario said. "But if the Broncos defense slows down Newton then I think it will be a really close and exciting game."

Senior criminology major Mike Jorda also believes that the Panthers will win the game.

"It's the Panthers time to step up and become the champion," Jorda said. "Manning has had his chances in the Super Bowl and he has got his ring. He had two other chances to win. It's Cam Newton's time to shine."

As the game quickly approaches, fans and people who just watch the Super Bowl should be excited for this year's game, because it seems like it is going to be an instant classic.



@wilkesbeacon
mark.mahowski@wilkes.edu

Colonels step up game in rival conference play

By Danny Van Brunt
Asst. Sports Editor

Both of the Colonel basketball teams performed well in their games played away against King's College, even considering a loss by the women.

The men's team won 80-70, and the women's team lost 77-47.

The women's team may have lost, but played an outstanding first half, the point margin kept very close throughout.

The first quarter was run well and finished with a three from the corner by Jamie Campbell. The Colonels were in the lead with a score of 17-14.

The second quarter was also held close. However, King's managed to score four points before the half ended and left the Colonels trailing 32-28.

After halftime, King's came out and scored 22 unanswered points. The large deficit was too much for the Colonels to overcome for the rest of the game, which ended 77-47.

Catey McFadden scored five three-pointers and led the team in scoring with 15 points. Cara Basile scored eight points and had three rebounds also.

The women's team (3-15) played well in the first half against this team that is now 11-7. The Colonels are 0-7 in conference play



The Beacon/Jesse Chalnack

Senior Guard Missy Oertner looking to explode past the defender with the dribble at this past Wednesday's game.



The Beacon/Purvit Patel

Freshman guard Clay Basalyga locking up against King's disrupting their offense.

and King's is 4-3. The Colonels' season has not turned out so great, so a win against the tough rivals would have been spectacular.

The large crowds and big head cut-outs then entered in time for the men's game. The men's game appeared to be a very equally matched game. Wilkes entered the game with a record of 7-10 and King's record was 8-9.

The teams were both 2-4 in the conference. Wilkes came off of a thrilling OT win against FDU, and King's came off a tough loss against Manhattanville.

The Colonels pushed the pace from the start. They jumped out to a 12-3 lead with three pointers from Alec Wizar and Marcus Robinson. The Colonels kept the lead and left for halftime at 37-28.

The entire second half was dominated

by the Colonels. King's started scoring more points towards the end, but the Colonels kept their lead until the end.

Wizar led the team scoring and recently reached 1,000 career points in the previous game. He had a season-high score of 27 points followed by Zachary Brunner who tied his own season record of 17 points.

Wizar had four three-pointers, scored all 11 free throws, seven rebounds and three assists.

Brunner made eight of nine shots and had nine rebounds. Robinson also contributed 13 points and three assists.



@wilkesbeacon
danny.vanbrunt@wilkes.edu

Getting to know...

Nicole Cumbo

Sophomore Softball Pitcher

By Purvit Patel
Sports Writer

Nicole Cumbo is a sophomore at Wilkes University with a Biology major and Chemistry minor. From West Wyoming, Nicole pitches for women's softball.

Q. What was the driving force for your decision to come to Wilkes?

A. My acceptance into the Penn State Pre-Medical Scholars Program.

Q. Post Graduation Plans in terms of a Career?

A. I am going to pursue a career in medicine. I would like to be a pediatrician or family doctor.

Q. What are your hopes for your sophomore season as a Colonel?

A. To have a winning record and improve on last year.

Q. When/Why did you first begin playing softball?

A. I began playing tee ball when I was about 4 years old. I started softball when I was 8 and immediately wanted to be a pitcher.

Q. If you had to choose one thing about Wilkes' Softball Program that you could improve, what would it be?

A. Free food for all athletes.

Q. Do you have other sports/interest/hobbies off of the field?

A. I am a part of the Wilkes Dance Team and I enjoy reading the Harry Potter series.

Q. Who would you say, is the most influential person in your life?

A. My parents, they support me so much in everything I do. They're at every game whether I am pitching or dancing. My mother works in the medical field and has strongly influenced my career choice. My father is a Wilkes alumnus himself.

Q. A quote you live your life by?

A. "Happiness can be found even in the darkest of times, if one only remembers to turn on the light" –JK Rowling

Q. What does "Be Colonel" mean to you?

A. To "Be Colonel" is to achieve your goals and to strive to be better than the person you were yesterday.

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

A. Amy Winehouse.



@wilkesbeacon
purvit.patel@wilkes.edu

Getting to know...

Alex Kramer

Junior Baseball Player

By Purvit Patel
Sports Writer

Q. What was the driving force for your decision to come to Wilkes?

A. I knew that I wanted to go to a smaller school. I had heard of King's College originally from a high school football teammate, and learned about Wilkes shortly after I researched King's. Wilkes seemed to have everything that I was looking for academically, as well athletically. I also love the location of the campus right on the river, surrounded by the mountains.

Q. Post Graduation Plans in terms of a Career?

A. Ideally, I would like to work in the front office of a professional sports team as a marketing director.

Q. What are your hopes for your 2016 season as a Colonel?

A. On a personal level, I want to see the hard work I have been putting in for the past few years pay off on the field. I want to really feel like I played a significant role on a successful team.

Q. When/Why did you first begin playing baseball?

A. I began playing baseball when I was 5 years old, and it has remained my favorite sport ever since the first time I stepped on the field. Many of my Little League years, I was lucky enough to have my Dad be my coach.

Q. If you had to choose one thing about Wilkes' Baseball Program that you could improve, what would it be?

A. In a perfect world with an unlimited budget, I think that team apparel would be what I would improve. When college kids return home during intersession, 90% of the clothes they wear are their school/ school teams' apparel. I think that if it were possible that we could get more items, it would go a long way in terms of advertising Wilkes

University and Wilkes Baseball when we are visiting our home towns.

Q. Do you have other sports/interest/hobbies off of the field?

A. During the summer, or anytime it is warm, I like to go fishing with some of my friends at home.

Q. Who would you say, is the most influential person in your life?

A. I would say my Dad is the most influential person in my life. I have not just learned lessons from him regarding how to take care of one's family, but I've also learned from him things in the business world as well. I would say that one of my Dad's greatest attributes is his ability to connect with people. He has shown me that it is important to connect with those around you in the workplace, because everyone remembers the guy that always had a good conversation up his sleeve.

Q. A quote you live your life by?

A. A quote that I live my life by is "What is the face of a coward? The back of his head as he runs from battle", said by Frank Underwood in an episode of House of Cards.

Q. What does "Be Colonel" mean to you?

A. The term "Be Colonel", to me, means exactly what it says. Be Colonel. Be THE Colonel. Wherever you go, be it inside your residence hall or in your basement at home, you are the representation of the entire campus, staff, and student body of Wilkes University.

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

A. I would love to have dinner with Henry Ford or John D. Rockefeller, pretty much any one of the giant business moguls from early American history. As an aspiring businessman, I would love the opportunity to speak with them about the processes they used in the rise of their power, and how I could simplify those large scale plans down into more manageable, practical uses in my own endeavors.



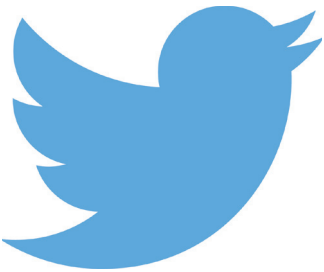
@wilkesbeacon
purvit.patel@wilkes.edu



The Beacon/Purvit Patel

Dr. Edward Schicatano, co-director of the new Neurotraining and Research Center, speaks at the opening last Thursday as Dr. Robert Bohlander, professor of psychology, and Katharine Marianacci, a psychology student, look on.

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