

# THE BEACON

The news of today reported by the journalists of tomorrow.

## Public safety launches app

By Toni Pennello  
Editor-in-chief

Public safety officially launched an app called "Wilkes Shield," in the interest of streamlining emergency management and maximizing campus safety. It is available for Apple and Android.

The app includes a simple, centralized emergency call platform, a reporting component for non-emergency situations, a "Friend Watch" feature and more.

"It's simple, and this is the way it's designed. You don't want to cloud it up with too many things to have to be involved in," Jagoe said.

The app, a partnership between public safety and 911Cellular, uses a unique indoor positioning system to ensure accuracy while making emergency calls on campus, Director of Public Safety Chris Jagoe said.

Jagoe explained that while all smartphones have GPS positioning, they can only show a generalized location. Indoor positioning works with access points around campus to give emergency responders exact locations of callers within buildings, expediting the process of finding those callers.

"The sooner we can get to you (in an emergency), the better," said Justin Kraynack, chief risk and compliance officer.

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## Professors host panel, discuss monuments

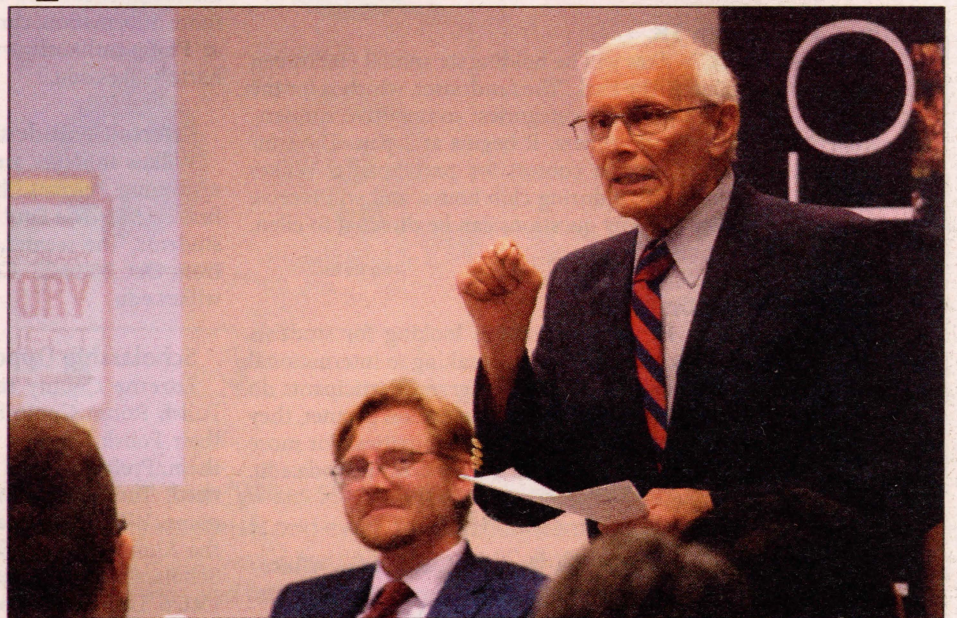
By Isaiah McGahee  
Asst. News Editor

"A house divided against itself cannot stand," said then senator at the time, Abraham Lincoln, on June 16, 1858. In light of the events in Charlottesville, the divisive issue of race and its historical significance are at the forefront discussion in American news and among citizens.

Across the country, citizens have moved on behalf of efficacy to see Confederate-honoring monuments removed from their communities, symbols they view as racially oppressive and offensive. Removal of confederate monuments has been seen in New Orleans, Baltimore, and cities in Kentucky.

With no definitive solution present, professors at Wilkes University participated in a panel entitled "Monumental Change: Confederate Statues, Political Divisions and the Future of History" on Sept. 19 in the Miller Room, to provide insight and clarity on the issue. Doctors John Hepp, Akira Shimizu, Thomas Baldino, Andreea Maiercan, and Jonathan Kuiken made up the panel.

Certainly a hot-button issue, the debate about the removal or lack thereof is largely split along racial and historical lines. Citizens in favor of removal argue that the monuments must be taken down to remove symbols of racism, hatred, and oppression, in addition to avoiding heightened racial tensions domestically, whereas citizens in



The Beacon/Steffen Horwath

Dr. Thomas Baldino speaks at a panel discussion exploring the removal of historic monuments.

favor of them remaining erect argue that the statues are historically significant, and must remain to preserve that status.

Kuiken, Assistant Professor of Global Studies, and host of the panel, started things off by saying: "Contrary to what many people think, history is not a fixed thing. It's a constant, ongoing interpretation of the past; what the past means, and how it relates to the present."

"There is not a one-size fits all answer to the issue regarding Confederate war memorials," said Hepp, professor of global studies. In his address, Hepp revealed that the largest concentration of Confederate monuments in Pennsylvania is at the Gettysburg National Historic site.

"Gettysburg seems to be an appropriate

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Wilkes to hold event for National Voter Registration Day, page 4



Design by Todd Espenshade

Downtown Wilkes-Barre Farmers' Market, page 7



College movies to get you through the semester, page 14



The Beacon/Nicole Gaetani

Meet this week's athletes of the week page 22/23



# News

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

## Beacon Briefs

Compiled by Cabrini Rudnicki  
News Editor

### Wilkes' Halloween 5K

On Saturday, Oct. 21, Wilkes will be holding its annual Halloween 5K along the levee trail in Kirby Park. The fundraiser, which is for the Geo-Explore Club, will have three categories: competitive runners, non-competitive runners and walkers. It begins at 2 p.m. The run/walk also will feature a costume contest for participants. Wilkes students can sign up in the SUB during club hours, and will receive a discount with a Wilkes ID. Any questions can be directed to [ellen.mook@wilkes.edu](mailto:ellen.mook@wilkes.edu)

### 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.edu](mailto:Kimberly.niezgoda.edu).

### Internship & Career Fair

On Oct. 19, from 11 a.m. to 3 p.m. in the UCOM, join Wilkes University at its Internship & Career Fair for the opportunity to network with potential employers, or to find the right internship.

### Bystander Intervention Program Looking for Volunteers

The Office of Student Affairs, in collaboration with the Victims Resource Center of Luzerne County, are looking for volunteers to join a group of peer trainers who will present and discuss skills to intervene effectively when put in dangerous sexual situations. For more information, contact Associate Dean Philip J. Ruthkosky, Ph.D. at [Philip.ruthkosky@wilkes.edu](mailto:Philip.ruthkosky@wilkes.edu) or Samantha Hart at [Samantha.hart@wilkes.edu](mailto:Samantha.hart@wilkes.edu).

### Interfaith Student Retreats

Wilkes students are invited to join the Interfaith Office in two upcoming retreats, hosted by the University of Scranton. The first retreat, The Soul Men's Retreat, is Sept. 29 to Oct. 1, for male students. The second, open to all students, is The Mystery Retreat from Oct. 20 to 22. Contact Kristin Osipower at [kristin.osipower@wilkes.edu](mailto:kristin.osipower@wilkes.edu).

### Scholarship Opportunity of Students of Polish Descent

Luzerne County residents of Polish descent can apply for The Polish Room Committee Scholarship by writing a brief history of their Polish heritage, and a description of what heritage means to them. Preference will be given to students who demonstrate financial need. The writings must be submitted along with the applicant's name, WIN and contact information, and given to Luciana Musto in the Alumni House. Email is also acceptable. Place "Polish Heritage Scholarships" in the subject line. The submission deadline is 4:30 p.m. Oct. 6. Late applications will not be accepted. For more information, visit [wilkes.edu/polishroom](http://wilkes.edu/polishroom).

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## Wilkes University Student Government notes

By Seth Platukis  
Staff Writer

This past Wednesday, Wilkes University Student Government held its weekly meeting.

Amidst the third week of classes, the main portion of the meeting was discussion of the upcoming events within the next few weeks.

On Oct. 21, the Geo-Explore Club will be hosting a Halloween 5K run/walk along the levee trail in Kirby Park. Presidents of the club, Mike and Ellen, requested \$1,250 which will be covered in the \$5 cost of the run per student, up to 250 students. After multiple remarks and suggestions were made to the club representatives, the members voted to allot the applicable funds.

Next on the agenda was the continuation of events regarding fall events. Homecoming 2017 ticket sales will

begin on Sept. 28 and will go on until the following week. Some minimal changes were discussed regarding the events, along with the major detail of ticket price.

The cap of each year's budget was discussed, leading the members to a decision of upping the price to \$10 for everyone, not expectations for couples. A total budget of \$26,285.56 was allocated.

Also happening on Oct. 21, in the greenway there will be Fall Events happening involving food and inflatables. A motion was made to allow \$6,900 toward these events, but after further discussion, a motion of \$1,000 less was approved, bringing the total amount allocated to \$5,900.

This year's Student Government retreat funds and activities were also brought to attention. This year it will occur at Kamp Kresge from 9 a.m. to 3 p.m. Sept. 30. A total budget of \$530 was proposed, and

will be discussed further at a later date.

All three upperclassmen groups thought highly of the idea. Some further comments were made about the Glassblowing Activity held on Friday in the Karambelas Media and Communication Center parking lot.

Some old business updates included the Alumni Homecoming Fund Request, Capital Projects Fund Request, SG Community Service, and The Colonel's March. Committee updates were also spoken of from the IT, Spirit and Operations Committees.

In the concluding discussion, comments were made regarding some of the past events, including the concert and club day, and upcoming events such as the blood drive, sports events, meetings for other clubs and councils, and further student government business.



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## APP, Continued from front page

Users can use the “emergency” function to call either public safety or 911 with the push of a button.

The iReport function allows users to submit a non-emergency report, with a photo or video if they wish. Users have the option to remain anonymous with this function, which allows the report of everything from stalking, sexual violence, drug and alcohol related issues, and suspicious persons, to general and safety maintenance.

Since the feature is text based, users may use this function in situations where they can’t speak freely. The anonymity adds the bonus of relieving bystander anxiety, Jagoe said.

“We understand that some people don’t want to be involved in things, but they want to let us know something is happening. This app works hand in glove with our bystander training, too,” he explained.

iReport also allows the option to include photo or video -- which Jagoe does not recommend in critical situations, but can be helpful in situations like a suspicious van, which can be better identified by responders when a photo is included.

Friend Watch allows users to send a notification to three contacts when walking somewhere. The user enters where they’re going and approximately how long it should take, and their friends can track them via GPS.

The function checks in with the user when they should be approaching their destination,

and the user has the option to extend the time. If the user does not “end” the walk on the app at the end of the allotted time, their friends are notified. Their friends can check in with the person or call public safety.

The app also includes links to all of the emergency management guides on the Wilkes website, so it is a one-stop-shop for all campus safety needs.

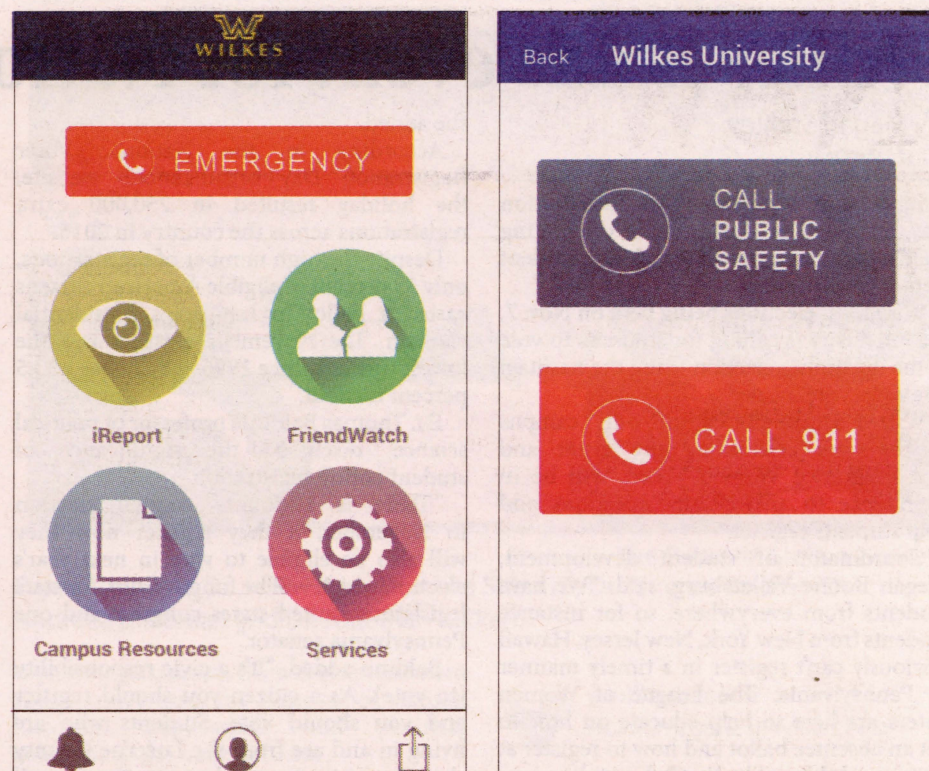
In addition to the safety features, Jagoe said he wanted to make the app useful in other ways to encourage engagement.

“To keep people interested, we’re trying to load this app up with other things you would go to it (for),” Jagoe said.

“I kind of see this sort of thing when I saw pepper spray come out. People go out and they buy it, and for a while they have it very close by, maybe on a key ring. Then it gets a little bothersome, so it winds up in a pocket, and then it makes its way into the purse, and then it makes its way down into the bottom of the purse, or it’s in a desk somewhere. That’s because you don’t use it very often,” he illustrated.

To ensure that students keep the app on their phone, even after long periods of time with no incident, it will include campus resources, including on-campus dining menus, faculty and staff directories, shuttle times, maps, financial aid resources and more.

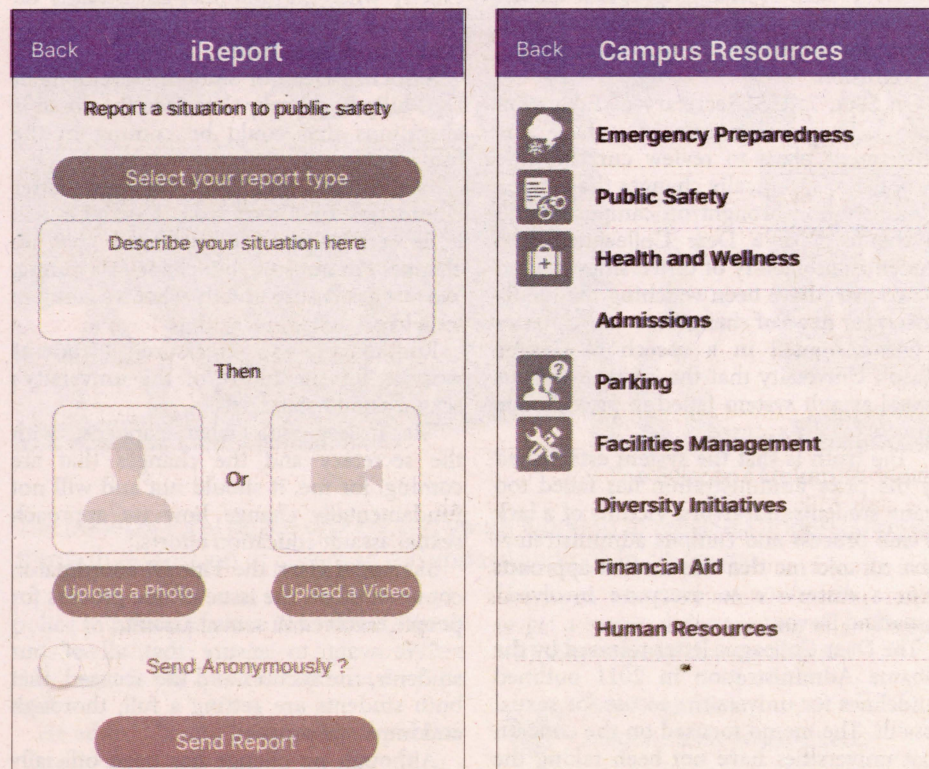
“It’s more of a lifestyle app that I envisioned, in addition to the fantastic safety function,” Jagoe said. “All departments on campus will have some residence on this app. We will continue this throughout the year and over the years to make this a more functional piece for the campus.”



Screenshots from “Wilkes Shield,” an app developed by public safety to make emergency response, and even general maintenance, a quicker process on campus. The app was developed with 911Cellular for indoor positioning that will make students and faculty easier to locate in emergencies.

### “Wilkes Shield” capabilities in brief:

- Emergency calls at the push of a button
- iReport for quick, non-emergency reports
- Indoor positioning for location accuracy
- Friend Watch, for added safety when walking
- Campus resources: financial aid, directories, maps, menus and more





# Wilkes holds event for National Voter Registration Day

By Megan Stanley  
Staff Writer

Sept. 26 is National Voter Registration Day, and Wilkes University is celebrating the day with an event in the Henry Student Center Concourse.

With local elections being held on Nov. 7, the university is calling for students to vote in the upcoming election using the hashtag: #BeVocalVoteLocal.

Wilkes University is the only campus in the area celebrating the event and The League of Women Voters will be in attendance to answer any questions and help students register.

Coordinator of student development, Megan Boone Valkenburg, said, "We have students from everywhere, so for instance students from New York, New Jersey, Hawaii obviously can't register in a timely manner in Pennsylvania. The League of Women voters are here to help educate on how to get an absentee ballot and how to register at home, and things like that," she said.

"For in-state students we will have registration forms. We will also have iPads set up so they can register directly online,"

she added.

According to the National Voter Registration Day organization's website, the holiday resulted in 750,000 extra registrations across the country in 2016.

Despite the high number of registrations, only 55 percent of eligible American citizens casted a ballot in last year's presidential election. The November election was the lowest turnout since 1996, which saw a 53.5 percent turnout.

Dr. Thomas Baldino, professor of political science, discussed the significance of student voting registration.

"There is a county council election in November, if they register now they will also be eligible to vote in next year's election which will be for governor, for state legislature, united states congress and one Pennsylvania senator."

Baldino added, "It's a civic responsibility [to vote]. As a citizen you should register and you should vote. Students who are living in and are from the Luzerne County should register to vote because the council sets policy for the county."

Boone Valkenburg echoed this.

"Local votes really count. When you vote

locally you can enact change in your home town. For instance, you can impact the non-profits and organizations that rely on the government and communities.

"It's really important to get to know the candidates and what platforms they stand for. If students are concerned with animal welfare, or children, or the elderly, you really have to look at what these candidates stand for and what they are willing to fund," she said.

In the 2014 elections, only 17 percent of 18 -24 year olds voted. This is despite the fact 42 percent were registered to vote, which is the lowest figure in 40 years.

Addressing the fact that 18-24 year olds have the lowest numbers in terms of voter turnout, Baldino said: "I hear from young people that candidates don't address the issues that are important to them. The candidates respond saying that they don't vote, so why should they address the issues?"

"If you want to have an impact, the younger age cohort needs to vote. When they vote in greater numbers the candidates will pay attention to the issues they care about."

Freshman criminology major Lindsay



Becker said, "I think it's so important that young people vote - we are the future of America."

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## Wilkes Admins. discuss Betsy DeVos's Title IX criticism

By Cabrini Rudnicki  
News Editor

Recent talks of changing sexual assault policies has been sparking reactions from both sides of the political spectrum, leading to confusion.

On Sept. 7, U.S. Secretary of Education Betsy DeVos announced that the department plans to review current Title IX policies, specifically changes the Obama administration brought on campus assault in the form of a Dear Colleague letter. Students and faculty of universities around the country have been watching the media closely for news of change.

DeVos argued in a speech at George Mason University that the current campus sexual assault system failed to provide due process for the accused.

"The truth is that the system established by the prior administration has failed too many students. Survivors, victims of a lack of due process and campus administrators have all told me that the current approach does a disservice to everyone involved," remarked DeVos.

The Dear Colleague letter released by the Obama Administration in 2011 outlined guidelines for universities to use for sexual assault. The memo focused on the concern that universities have not been taking the

issue seriously enough, and have not been properly investigating reports.

Although DeVos has not announced exactly what the administration plans on changing, it has not kept students and faculty from speculating.

Associate Dean of Student Development Dr. Philip Ruthkosky theorized the possible alterations that could be coming in the future.

"Will it be a total Dear Colleague letter elimination and start from fresh? Or will it be certain pieces of the letter that we change? I'm not sure, but change is coming. We just aren't sure exactly what it's going to look like."

Ruthkosky also reassured students worried for the future of the university's sexual assault standards.

"Regardless with what happens, with the secretary and the changes that are coming, for me, it should not and will not fundamentally change how we approach sexual assault education efforts."

Samantha Hart, the Title IX coordinator, commented on the issue of due process for people involved in sexual assault.

"We want to ensure that all of our students, the accuser and the accused, that both students are getting a full, thorough and impartial process."

Although no change has been officially

announced, those paying attention to social media might have noticed a reaction from people across the country.

On campus, Rahmire Jones, a freshman mechanical engineering major, strongly agreed with DeVos' opinion, relating the issues to something that happened to his high school.

"I don't think they [the accused] are treated fairly, because I had an incident in my school last year, where a student accused one of the teachers of raping her. And they just like fired him!"

Hart also spoke on the strong opinions from students, remarking that the outrage was understandable.

"I certainly understand the outrage, and I think there should be outrage, I think that's the way we get things get done. We've come a long way from 1972 when the law [Title IX] was put into effect, but we also have a long way to go."

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## PANEL, Continued from front page

place to memorialize the Civil War, so probably an appropriate place have war memorials for the people who fought there. But others, you really have to question why they were located there and especially when they were located there," said Hepp.

Following Hepp, Dr. Akira Shimizu discussed the relationship between American and Japanese monuments.

Dr. Andreea Maieran, Assistant Professor of Political Science spoke next about the removal of communist monuments in the satellite countries of Central and Eastern Europe, in what she labeled "an overnight historical change." Maieran discussed how in Budapest, communist monuments were moved into a park and, ironically, turned into a tourist attraction for profit.

Maieran also discussed how statues in Moldova, Romania, were melted down, sculpted, and molded into a horse, for a new monument depicting a Romanian King.

The final speaker of the panel, Professor of Political Science, Baldino took a holistic

route, and spoke about confederate monuments as symbols, referencing Murray Edelman's book: "The Symbolic Uses of Politics."

"The symbolic use of statues is a means of conveying information or persuading you or the citizens of a community to be supportive of a community ... And how powerful some symbols are ... So powerful, that they evoke emotions that at a particular point, they (citizens) are passionate about removing the symbol," said Baldino.

In relation to his topic, Baldino addressed the political ties surrounding the monuments. In doing so, Baldino defined politics as: "Politics or the study of politics, is influence." He defined influence as: "the ability of one person or persons to change the behavior of another person or persons."

"The statue is more than the figure you're seeing. The statue as a symbol, reflects values of some kind ... When you think of symbols and therefore statues, as reflective of values, then you begin to understand the power of the statue, if it is associated with a value that you either hold dear or have come to despise," said Baldino.

Finally, the floor was opened to questions from those in attendance. A broad range of



The Beacon/ Steffen Horwath  
Panel, from left: Dr. John Hepp, Dr. Akira Shimizu, Dr. Thomas Baldino, Dr. Andreea Maieran and Dr. Jonathan Kuiken.

topics was discussed, from first amendment rights concerning the removal of statues, historical implications and practical solutions to the issue at hand.

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# Teens & Police: 'Unity Through Understanding'

## Wilkes hosts county relationship building event for police, teenagers

By Megan Stanley  
Staff Writer

On Sept. 22, Wilkes University hosted Luzerne County Disproportionate Minority Contact event, called "Unity Through Understanding," which hopes to build trustful relationships between teenagers and police.

Starting in Philadelphia in 1989, the event held at Wilkes is a product of a grant from the Pennsylvania Commission on Crime and Delinquency, and has been running in the local area for two years.

The day included a panel focusing on stereotypes and the relationship between the youth and police. After lunch, the groups were educated on adolescent brain development and perspective. Concluding the event was a role play in which the teenagers got the opportunity to become police and the officers became the uncooperative kids.

A focus of the panel was respect between the two groups. The police involved in the panel highlighted the fact that attitude from a young person being questioned often makes the situation much worse.

One officer told the audience: "If you're doing something wrong, just say sorry and don't give attitude."

Another officer added: "People think we go to work wanting to arrest and shoot somebody. That isn't the case, everything we do is paperwork - it's so much easier if we can just give you a warning."

Police officers on the panel identified the racial issues: "I get stopped in my vehicle all the time when I'm off duty because I'm black," Officer Taylor told the audience.

The session acknowledged the opportunities the kids in the room have.

"You all take risks with police, you have the risk-taking ability. This means that you have the ability to change the world. This is your opportunity, you've just been putting it into the wrong direction. You are building what you can do for the rest of your life."

County Liaison Probation Officer of the Luzerne County Probation Officer and chair of the event, Theresa Kline, acknowledged positive changes events like this are making.

"In the sessions barriers come down, they all leave shaking hands and some even high five," she said. "Kids now recognize officers from the event when they are out in public, and it creates more familiarity and less tension."

Officer Vanwhy from Hamburg township said: "I think it's a great way for youth and



The Beacon/ Makenna Walsh

The panel of local police officers and youth working to reach an understanding through discussion of common misunderstandings in city crime.

police to have a positive interaction. Youth only see police in a negative light, and here they can ask any question without fear," he said.

He added, "It also gives police the ability

to get a better understanding of youth and why they respond the way they do."

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## 'Celebrities are regular people too': students react to Emmys

By Isaiah McGahee  
Asst. News Editor

Sept. 16 marked the 69th Primetime Emmy Awards, honoring the best prime time television programming from June 1 to May 31.

A night of historic proportions, spectators saw a number of firsts for both minorities and women.

The night was certainly not without controversy. Politics and political sentiments were frequent topics of discussion throughout the night: former White House Press Secretary, Sean Spicer even made a surprise appearance, to much scrutiny. The 2017 Emmys followed a recent trend: an increase in the politicization of awards shows.

"And in 2017, we still refuse to be controlled by a sexist, egotistical, lying, hypocritical bigot," said Lily Tomlin.

"We did have a whole storyline about an impeachment but we abandoned that because we were worried that someone else might get to it first," said "Veep" star Julia Louis-Dreyfus.

Students at Wilkes expressed both admonition and agreement, with celebrities expressing political beliefs via an awards show platform.

"No, I do not have a problem with (celebrities sharing political beliefs).

That's their platform, I couldn't care less," said junior communications major, Clay Basalyga.

"People have issues, because they (actors) are role models... I would say what I believed if I had that platform" said Basalyga.

Daniel Yenca, a sophomore mechanical engineering major said, "I feel they shouldn't be bringing up their politics on a stage like that. They have plenty of other platforms to do so."

Sophomores Alex Abbatiello and Steven Williams agreed with Yenca.

"I don't think it's appropriate. There's a time and a place for everything. I don't think that's it," said Abbatiello, a mechanical engineering major and United States Marine.

Williams expressed the same sentiment, saying: "There's a time and place for everything, keep it relevant."

"Allowed? Yes, but they shouldn't. It's uncalled for, it's an awards show... It doesn't need to be politicized," said sophomore biochemistry major, Matt Amaral.

"Celebrities are regular people too. Any other time (is appropriate). Keep it relevant," said Amaral.

Ambiguity clouds the solution as to where and when are the appropriate times and places for anyone, to foray into the polarizing topic, known as politics.

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Graphic by Kendle Peters

## Profile of a new professor: Dr. Nicole Ryerson, psychology

By Savannah Pinnock  
Staff Writer

Dr. Nicole Ryerson is one of the newest additions to the Wilkes University community as well as its psychology department. Ryerson is an assistant professor who has earned a bachelor's degree in psychology from Penn State University as well as a doctorate and a masters from the University of Alabama in experimental psychology.

Ryerson said that she chose the field because in her senior year of high school she took an advanced psychology course that changed her life. From that moment forward, in that she found her passion.

"I always knew I wanted to teach. I got to teach as a graduate student and it was very rewarding ... I really loved being able to give back to the students the same way that my professors did for me when I was an undergrad."

She then stated that her experience with neuroscience methodologies in her cognitive psychology course was fundamental to her strong interest in

neuroscience and psychophysiology.

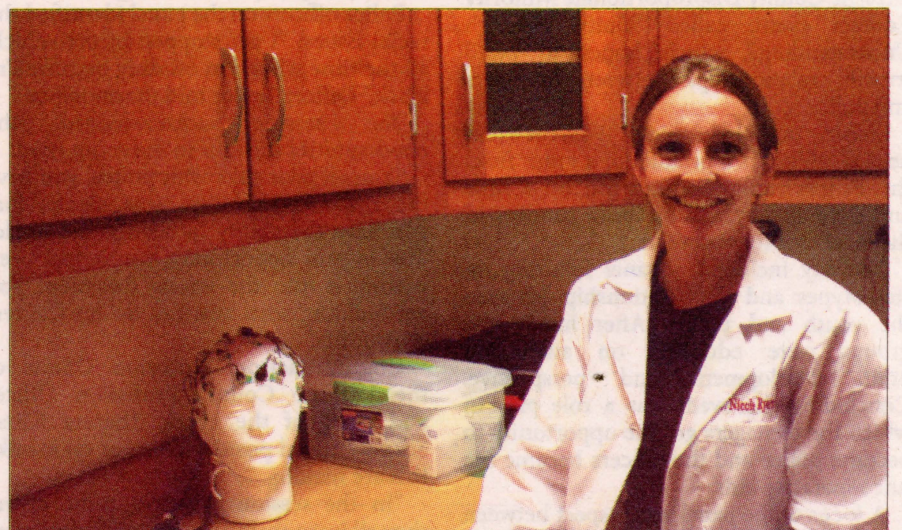
Dr. Ryerson's responses as well as the glow in her eyes while she spoke was evidence of her love for the field.

She went into further detail about her experience being an assistant professor and her contentment in her field.

With a glimmer of excitement and enthusiasm she said, "I always knew I wanted to be in a position like this one." She expanded in stating that she desired to interact with students in the same way that faculty members did with her.

She revealed advice for students who have been exposed to the misconception that psychology is a "dead end," as well as for psychology majors/minors in general. "Try to have a plan, and anything that you're doing will be useful towards reaching that goal."

She stated that psychology is sometimes perceived as a "soft science," but in fact, "we really are a scientific field of study and there are many many career opportunities for people who are pursuing psychology degrees."



The Beacon / Makenna Walsh  
Dr. Nicole Ryerson smiling with neuroscience equipment used for tracking neurons and other brain data.

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# Life, Arts & Entertainment

Have a story or want your event to be featured? Contact the Life, A&E Editor: [amanda.bialek@wilkes.edu](mailto:amanda.bialek@wilkes.edu)

## Wilkes-Barre Farmers' Market on the Public Square

By Allyson Sebolka  
Staff Writer

The city of Wilkes-Barre's Farmers Market has been a tradition for many years, with vendors selling everything from produce, to baked goods, food, clothing and crafts.

It is held every Thursday from 10 a.m. to 4 p.m. through Nov. 16.

New this year is "Mondays at the Market." Every Monday from now until Oct. 2, there will be cooking demonstrations and exercise classes in addition to the traditional stands by local farmers from 10:30 a.m. to 2 p.m.

Farmers markets have a long standing history in Pennsylvania, as agriculture is the number one industry in the state.

The United States Department of Agriculture states, "Farmers' markets are a critical ingredient to our nation's food system, and date back to 1730 in Lancaster,

Pennsylvania in the United States."

From fresh, locally grown produce to sweet homemade baked goods and enjoying community entertainment, the market has something for everyone to enjoy.

With a wide variety of vendors, the market draws a crowd of locals, those visiting Wilkes-Barre and students and professors from Wilkes University and King's College.

One of the weekly vendors is Larry O'Malia's Greenhouses. They are run by third generation farmers and greenhouse growers, and have a five star rating, according to their Facebook page.

Workers say that their sales at the market provide them with consistent income throughout the season.

"I do like a day away from the farm, getting to avoid the greenhouses is nice. It is a really popular market and it is the only one we go to," Brandon Strelecki, a farm worker at Larry O'Malia's said.

The Wilkes Barre Farmers Market is a popular one for many vendors in the community.

"For the hours, it is busy. We are only here for six hours from 10 a.m. to 4 p.m. while other markets we are there different times. It is a lot busier than some other markets we attend," said Paul Brace of Brace's Orchard.

Brace's Orchard is a family owned fruit farm in Dallas that has been in operation since 1828. They currently have over 6000 Facebook followers.

Owners still say one of their favorite things about the Market on the square is seeing old friends, and also meeting new people on a weekly basis.

"It is very nice to meet the people supporting the local farms," Brace said. "It is great for the community and we have been coming here for years."

Another individual who has been coming to the market on the square for decades is,

Norman Darling who is a local farmer.

"We have been coming to this market around 30 years and everything is about the same.

However, with all the farmers markets there is one in every town anymore. It is hard to get a huge crowd anywhere, there are just so many places people can get farmed goods, and people only eat so much," Norman Darling, local farmer said.

Wilkes-Barre locals say that they enjoy the variety and convenience of a market. Some pinned it as a favorite social activity for the week. People generally like the accessibility of the market and knowing that they are helping to support local business.



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Design by Todd Espenshade

**Mondays at the Market**  
**10:30 a.m. to 2 p.m.**  
**through Oct. 2**

**Farmers' Market Hours**  
**Thursdays 10 a.m. to 4 p.m.**  
**through Nov. 16**

**Eat Fresh Produce**  
**Buy Locally**  
**Support Local Businesses**



# RECIPE OF THE WEEK:

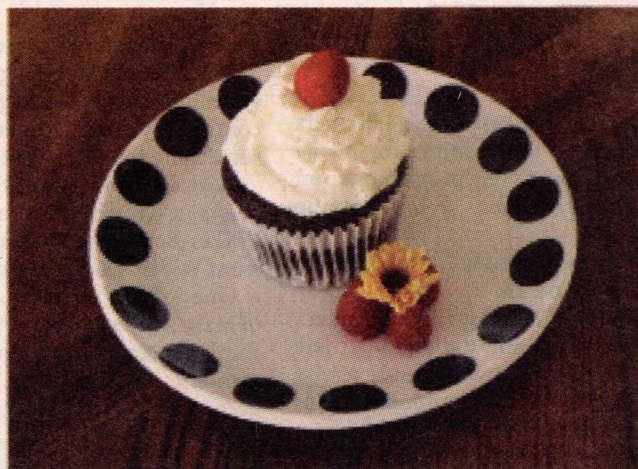
## Gluten-Free chocolate cupcake

### INGREDIENTS:

- 2 cups all-purpose gluten-free flour
- 3/4 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 cups granulated sugar
- 4 eggs
- 1 cup vegetable oil
- 2 1/2 teaspoons pure vanilla extract
- 1 1/4 cups water

### INSTRUCTIONS:

1. Preheat oven to 325 degrees and line a muffin pan with cupcake liners, set aside.
2. Mix together gluten-free flour, baking powder, baking soda, salt and sugar.
3. Add the eggs, vegetable oil, pure vanilla and water and mix until combined.
4. Fill cupcake liners 3/4 full with batter and bake 16 to 18 minutes and let cool.
5. Enjoy!!



Design by Nicole Kutos

Recipe from stuckonsweet.com


*Do you have a favorite dorm room recipe that's convenient for college students always on the go?*

- *Submit it to Amanda Bialek, Life, Arts and Entertainment Editor*

*[amanda.bialek@wilkes.edu](mailto:amanda.bialek@wilkes.edu)*

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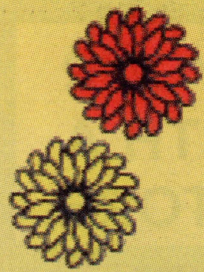
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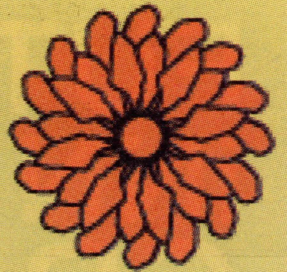
3 large 1- topping  
pizzas



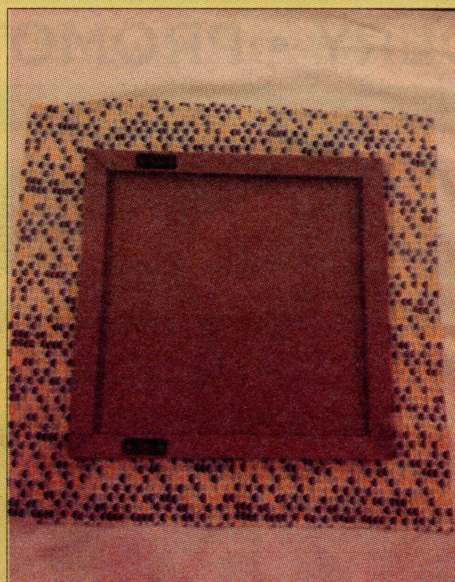
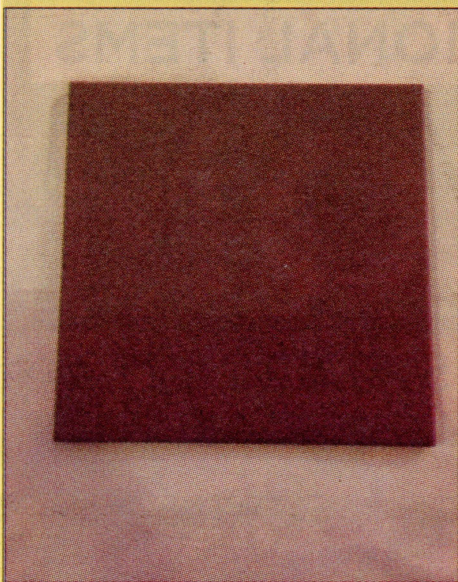


Crafting with

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## Bulletin Board Makeover DIY

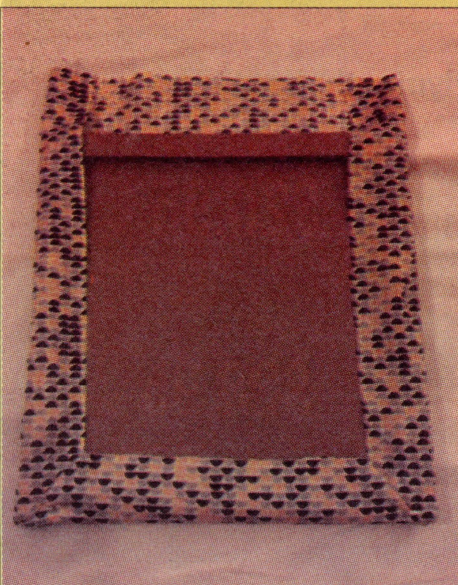


### Supplies needed:

- ♦ Cork Board
- ♦ Patterned Fabric
- ♦ Scissors
- ♦ Staple Gun & Staples or glue
- ♦ Ribbon

### Instructions:

1. Place the cork board face down on the back of the fabric.
2. Cut out about an inch extra of the fabric on each side.
3. Fold the extra fabric on one side over the back and staple or glue the fabric in place.
4. Repeat on the opposite side.
5. For the next two sides, fold the corners like that of a present so the corners are flat.
6. Staple or glue ribbon on
7. Hang and enjoy your new bulletin board!

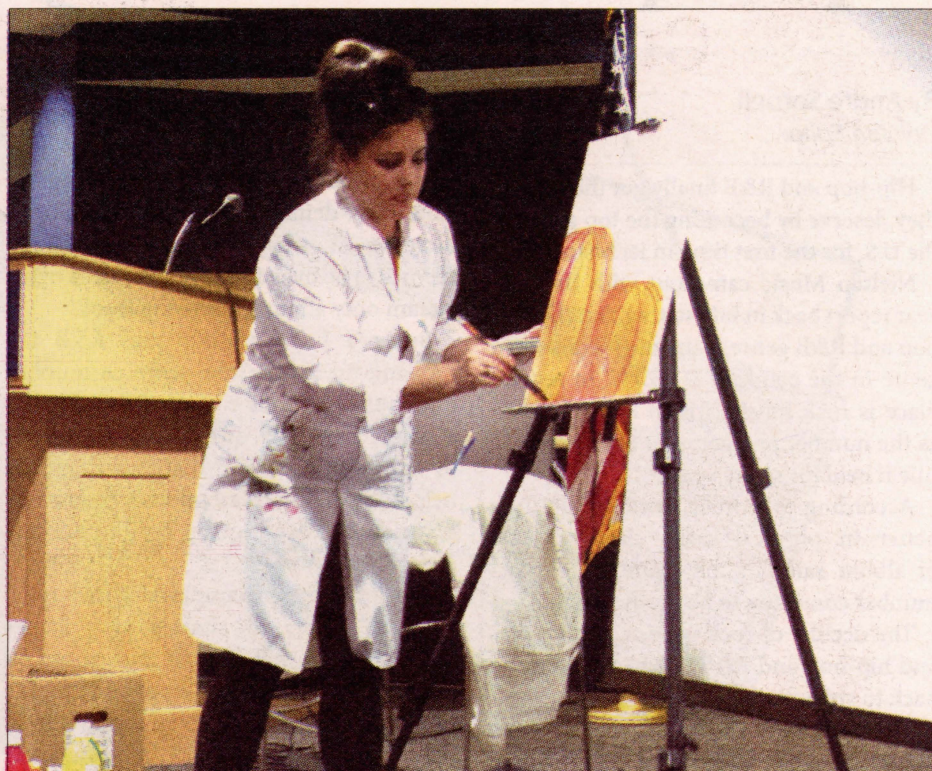




# Nursing Student Organization Paint Party



Michelle Feather and Megan Kramer working on their pumpkin paintings. Each painting of the night took on its own individual style.



Pamela Staff demonstrates how to paint the night's masterpiece. Each person was able to add their own personal touch.



Staff walks around during the event to help those with their paintings. People of all ages attended the event to paint their own masterpiece.



The finished painting of the NSO Paint Party. The perfect decoration to welcome the fall season.



# Hip-Hop and R&B take over as #1 genre in the U.S.

By Andre Spruell  
Opinion Editor

Hip-hop and R&B finally got the respect they deserve by becoming the top genre in the U.S. for the first time in its history.

Nielsen Music came out with its mid-year report back in July stating that the hip-hop and R&B genre is the most consumed genre in the country, at 25.1%. In second place is rock music, which lost its crown as the number one genre in the country, a title it held for many years.

According to Forbes, rock music does better in physical sales, claiming 40% of album sales in the country, but that number continues to be on the decline.

The decline of rock music's album sales and hip-hop and R&B's rise can be traced back to streaming.

The evolution of streaming has changed the music game, and has allowed hip-hop and R&B to catapult itself to the number one spot, according to Forbes and popular music site Pigeons and Planes.

It is hard to argue when rappers like

Kendrick Lamar and Drake each sell 1.77 million units and 1.69 million units, respectively, and Grammy award winning rapper Chance the Rapper leading all album on-demand streams with a unit increase of what Pigeons and Planes reports to be over 15 million streams of his stream only album. "Coloring Book."

Being a huge hip-hop and R&B fan growing up, seeing the genre as number one in the nation is cool, and the genre as a whole definitely owes a big thank you to streaming. I believe that streaming has helped the genre tremendously because as a society, we are moving into an entirely electronic way of life.

Music is a great example because buying physical copies of albums and singles is something that just is not common anymore because it is cheaper and quicker to obtain music for free through illegal downloading or through the completely legal and popular way, streaming.

The successes of popular streaming service Spotify led to the waterfall effect of other streaming services like Apple Music,

Tidal, SoundCloud and many more.

What has attributed to their success is that millennials and young adults are the ones using these streaming services. That same age group are the ones that are also the most technically savvy and is the age group that has always been associated with listening to hip-hop and R&B.

That combination of "young people" having these streaming services and also consuming most of the hip-hop and R&B market is what has put the genre in the limelight.

I am a big contributor to this crowd because I am subscribed to both Spotify and Apple Music which, enables me to consume hip-hop every day.

I have the free version of Spotify, but pay the student price for Apple Music at \$4.99 a month because I have always used iTunes to listen to my music since I was in high school. With Apple Music, I can get songs and albums within seconds, which is another reason why streaming is so popular; how quickly and easily accessible it is.

Although streaming has helped hip-hop tremendously, its success must also be attributed to the artists that have helped pave the way.

There are lots of people that should get recognition, but there are only a few I will touch on.

The first being The Sugarhill Gang, who arguably came out with the first hip-hop hit in 1979 with the iconic "Rapper's Delight."

Despite that being the first hip-hop hit, according to Provenance Magazine, the person widely credited as the father of the movement, DJ Kool Herc, based hip-hop on musical Jamaican traditions of impromptu bragging poetry and speech over music.

Along with DJ Kool Herc, DJ Grandmaster Flash was an early innovator by inventing the popular DJ technique of cutting and scratching. The influence of Grandmaster Flash is so big that Netflix made a series called "The Get Down," which covers the underground New York hip-hop scene in the 70s, highlighting the





early influences like Grandmaster Flash and many more.

Thanks to those in the 70's, the 80's helped propel the genre even further. The 80's is considered the "Golden Age" of the genre because it was the first time it ventured out of New York and began to reach other parts of the country. Also during this time, hip-hop began merging with other sounds like Afrika Bambaataa, merging hip-hop with electro (Provenance) and Run DMC collaborating with Aerosmith to merge hip-hop with rock.


The 90's was when hip-hop really took off because it was when the genre became mainstream. There was a lot of controversy during this era because of the west coast based group N.W.A.'s graphic lyrics and how outspoken they were about their dislike for the police, as well as the whole east coast vs. west coast beef. The most influential artists from this era were Dr. Dre, Tupac, Snoop Dogg, Wu-Tang Clan, Nas and the Notorious B.I.G.

The early 2000's was when artists like Eminem and 50 Cent, both who were signed by Dr. Dre, dominated the decade. This decade also helped pave the way for female hip-hop artists due to artists like Missy Elliot.

This current decade of hip-hop gets a lot of slack because the "mumble rap" that is popular now is not well received by the previous generation of hip-hop listeners, but artists like Kendrick Lamar and A\$AP Rocky are still holding down the lyrical importance of the genre, while the artist Drake holds down both the hip-hop and R&B side of things.

Not only has hip-hop influenced other genres, it has greatly influenced fashion among teens and young adults. The fashion influence of the genre started in the 90s, and the genre still continues to influence fashion today.

It is safe for me to say that hip hop has influenced how I listen to music, as well as how I dress. So I love that hip hop is getting the recognition that it deserves at number one.

 @wilkesbeacon  
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Graphic by Todd Espenshade



# Opinion

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

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## College movies to help you through the semester

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](mailto:nicholas.filipek@wilkes.edu).*

Fall semester 2017 is in full swing and the excitement of back to school is quickly turning into anxiety about deadlines. It is around this time where the reality of what college life is actually all about starts to settle in.

Sometimes you just need to reenergize that drive of "giving it the old college try," and what better way of doing so than from the comfort of your couch? Here are a few movies I selected that will get you in the mood to continue to buckle down during the semester, while giving you something to grin about.

*Good Will Hunting* (1997)- Written by and starring Matt Damon and Ben Affleck, "Good Will Hunting" won the

pair an Oscar for best screenplay and Robin Williams an Oscar for best actor in a supporting role.

The movie follows Matt Damon's (*The Bourne Identity*, *Ocean's 11*) character Will Hunting, a custodian at M.I.T. Will's friends played by Ben Affleck (*Argo*, *Gone Girl*), Casey Affleck (*Manchester by the Sea*, *Gone Baby Gone*) and Cole Hauser (*Dazed and Confused*, *2 Fast 2 Furious*) are the only family he knows and he is fiercely loyal to them, and they him in return.

Upon his latest arrest for hitting a police officer after his scrap with an old bully, Will is placed into the care of Professor Gerald Lambeau, brilliantly played by Stellan Skarsgard (*Deep Blue Sea*, *The Avengers*) to help solve complex math equations all while making the Fields Medal Winner look like a kid with crayons. There is another stipulation to Will being pardoned by the Boston police; he has to see a counselor.

The counselor in question ends up being an old friend of Professor Lambeau, Sean Maguire, who was played by Robin Williams. Robin Williams bring this role to life in a way other actors dream to do. The line between the actor and the character gets so thin you cant tell the difference. Towards the end, one of the last scenes Sean and Will (*Williams and Damon*) have is one of the most touching ever to be captured on film.

During all this upheaval in his life, Will also manages to fall in love with Skylar, played by Minnie Driver (*Grosse Pointe Blank*, *Speechless*) to further complicate his situation. This new romance drives Will to take a long look in the mirror to discover who he is and what he wants to do with this extraordinary mathematical gift.

The movie is one of my all time favorites. All the performances seem real and Gus Van Sant does a brilliant job as director.





## COLLEGE MOVIES

### Continued

**Legally Blonde** (2001)- Even though this movie has one of the most undeniably horrible sequels in existence, the original *Legally Blonde* is an awesome college flick that leaves you feeling inspired to kick some butt during a hard semester.

Elle Woods, who is brought to life perfectly by Reese Witherspoon (*Walk the Line*, *This Means War*) starts the movie off as a stereotypical blonde sorority bimbo who is hoping for her boyfriend Warner, played by Matthew Davis (*The Vampire Diaries*, *Pearl Harbor*), proposes to her. Instead of asking her to spend his life with him, he dumps her and says she's just not the marrying type.

This leads Elle to want prove to him that she can be just like one of those "smart college types" and it ends up being the one thing she wants to prove to herself most of all by the end. Luke Wilson (*Old School*, *Idiocracy*), Selma Blair (*Hellboy*, *Cruel Intentions*) Victor Garber (*Titanic*, *Argo*) and Jennifer Coolidge (*American Pie*, *A Cinderella Story*) deserve shout outs for their awesome supporting roles. It is often the supporting roles that make the movie seem "real" and this is no exception.

The movie is very "bubblegum" and you can see every choice director Robert Leketic takes before he takes it, but that doesn't mean it is bad. Sometimes we need a familiar story with a fun twist to make us smile and remind ourselves that there is nothing outside our own capabilities if you just set your mind to it.

**Drumline** (2002)- This movie sticks out on the list because it has nothing to do with collegiate academics as much as extracurricular activities. This helps it stand out while still remaining familiar and is masterfully shot by Charles Stone III.

Nick Cannon (*Love Don't Cost a Thing*, *The Killing Room*), Zoe Saldana (*Guardians of the Galaxy*, *Star Trek*), Orlando Jones (*Evolution*, *The Time Machine*) and Leonard Roberts (*Savages*, *American Sniper*) all crush their roles and make this a highly entertaining movie to watch.

Devon Miles (*Cannon*) is new to Atlanta A&T University (a fictitious college, based on the real North Carolina A&T) after being asked to attend personally by music director Dr. Lee (Jones). Devon knows he is one of the best and this causes him to clash with his section leader Sean Taylor (Roberts) until they both learn what Dr. Lee has been trying to teach them all along, "one band, one sound".

Unfortunately Zoe Saldanna only has

the role of the beautiful dancer girl in the background, but her smile and overall likeability make you like her character more than what you should based on how little they gave her to do.

The movie has an overarching theme of unity and strength in teamwork, which are both important lessons to the over all success of any college career.

This movie is a fantastic watch and has a great soundtrack that keeps it fun and interesting the whole time. Even if you're not into the movie, just skip to the finale where the two best drumlines in the country go toe to toe for the top spot and give this flick its name.

**Accepted** (2006)- Probably the most fun movie on the list, I can still remember the day I went to see "Accepted" in theaters at the Roselle Park, NJ movie theater. This particular movie centers on a part of college that no one wants to think about, rejection.

Bartleby Gaines has been rejected from every college he applied to, and in an act of desperation, makes up his own college to give the false illusion of acceptance to his parents. He must take his charade another step further and renovate an old building and hire a Dean, played by Lewis Black (*Inside Out*, *Famous Comedian*) when his parents plan to drop him off on his first day.

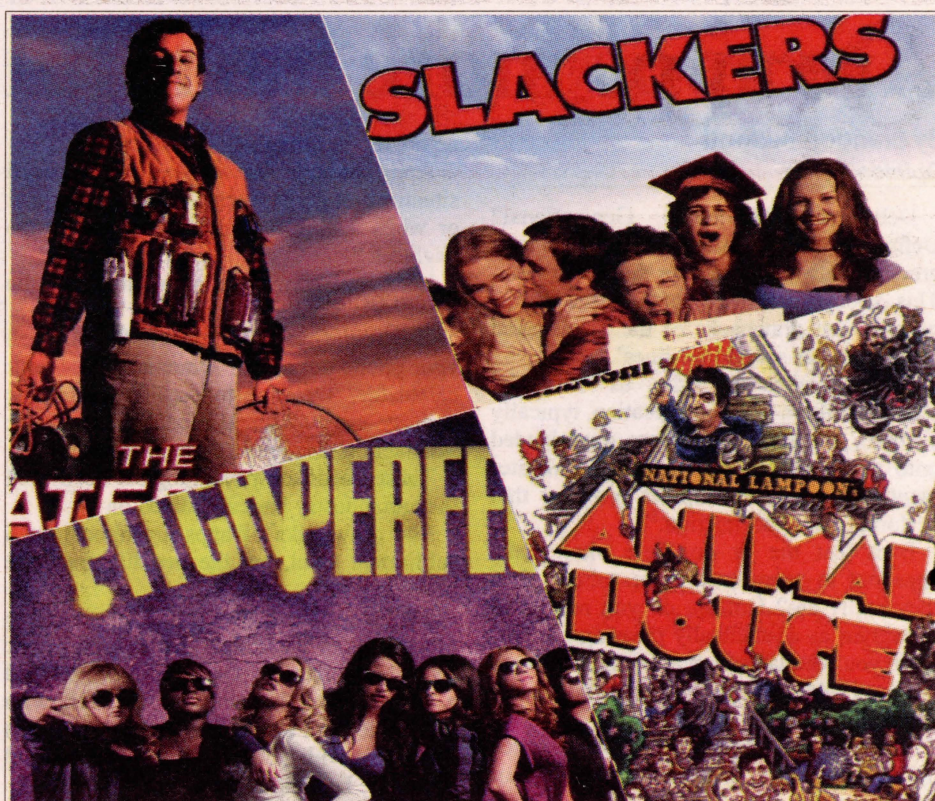
Luckily, he is not alone and has a group of friends, who have also had their college dreams smashed, to help him out. Jonah Hill (*21 Jump Street*, *Superbad*) Columbus Short (*Stomp the Yard*, *The Losers*), Adam Herschman (*Harold and Kumar Escape from Guantanamo Bay*, *Soul Men*) and Maria Thayer (*Forgetting Sarah Marshall*, *Hitch*) all bring a great chemistry to the screen and make it seem like these five unlikely screw ups could really be friends.

The movie goes on to champion the message of "don't give up on your dreams" which is perfect for anyone in college currently struggling and asking themselves "why am I even here?"

**The Social Network** (2010)- If you are unfamiliar with Zuckerberg, or how he came to be one of the youngest billionaire on the planet, this movie has what is described as an accurate portrayal of real life events.

Mark Zuckerberg, portrayed by Jesse Eisenberg (*Zombieland*, *Now You See Me*) is a Harvard Student who creates a website (that later becomes know as Facebook) and has to fight for his intellectual property against the jealous Winlevoss twins, both portrayed by Armie Hammer (*The Lone Ranger*, *The Man from U.N.C.L.E.*) and the business partner he burned Edwardo Saverin, portrayed by Andrew Garfield (*The Amazing Spider-Man*, *Never Let Me Go*).

The story itself is not too old and had many people going "Do we really need



a Facebook movie?" when it was first released but *The Social Network* is much more than that. It is a great movie to watch for an overall inspiration boost and leaves you feeling like you can accomplish anything.

Unlike some of the previous movies on the list, this movie takes itself seriously and that helps cement the feeling of, "if

this happened to him, why not me?" David Fincher is one of my favorite directors and this film certainly boosts that credibility.

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

andre.spruell@wilkes.edu



# Are apps more harmful than beneficial to us?

By Brandon Belfonti  
Opinion Writer

Debatable? Of course. Generational? Definitely. Let me first state that this is not a grading scale of any sort for the Apple store. This discussion will be solely based on the benefits and drawbacks of the finger-sized squares on our social 'life-lines'.

Dictionary.com provides us with the broad definition of "an application, typically a small, specialized program downloaded onto a mobile device." Merriam Webster mentions it as "a computer program that performs a special function."

Is it just me or do these sites make apps out to seem way more robotic than they really are? I mean, do you really see Instagram as aesthetically pleasing pictures or do you see that little number marked with the word 'likes' that provide some odd social standard?

When browsing twitter, is it to catch up on the news or is it an infinite scroll of entertainment?

Apps are not programs or downloads. Of course by literal standards they are. But oh

no no, the meaning lies way deeper.

Apps provide an escape in awkward situations. A go-to when a date gets too quiet or when a class lacks your interest in the slightest.

Let's be honest, phones are not the distraction, apps are.

The majority of the time, do you pull your phone out to call someone or use your calculator? Or is it to scroll through the endless array of social media or to get the satisfaction through streaks on snapchat?

These needs are psychological needs and the app industry has capitalized on it.

The drawbacks of apps are almost on a subliminal level, but the benefits are quite obvious.

They range from instant communication to ordering your pizza with the tap of a finger. More importantly, apps have developed a new way of learning for children with disabilities or a way of tracking medical data for people with a chronic disease that would otherwise be tedious work.

In this light, apps provide clarity and order. Every app was created with a purpose

and all that becomes worth something one way or another.


So. Are apps good or bad?

I think they cause more harm than good. Although there are apps out there that are extremely helpful, apps have gotten a reputation as a great time waster and distraction.

At the end of the day, social media apps, mobile game apps, and other apps of that nature are the common apps that the majority of mobile users go on as opposed to beneficial or educational apps.

Countless citizens get into a car everyday knowing that too many lives have been lost in that exact vehicle. How many minutes, hours and days of lives are lost to this hand held vehicle of the mind?

Once people learn how get distracted by other things besides by the apps on their phone, then apps can be viewed as more beneficial than harmful. Until then, apps are more harmful than beneficial.

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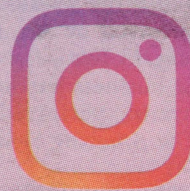
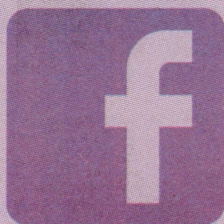
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# Meet the Majors

## This week's major: History

Interviews and photos

by

Abigail Tareay

Opinion Writer

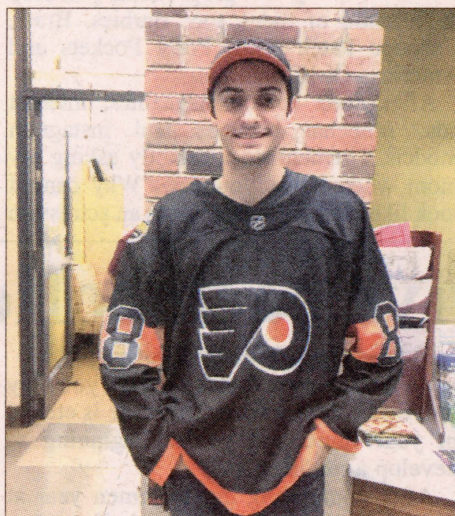
Every week, The Beacon will offer a chance for majors to be placed in the spotlight. Each student that gets chosen will have a few words to express why they chose the major and how they feel it will benefit them in the future.

Nicholas Whitney

Junior

When Nicholas started college he decided to major in biology. Not too long after, Nicholas figured out that biology was not for him and gave history a chance, making it his major.

According to Nicholas, the reason he is so intrigued with history is that history is broader than people tend to realize.



Sarah O'Hara

Senior

Sarah started with a major in psychology, but switched to history after talking to her high school teacher one summer, who brought up how good she was at history, which made her switch.

The advice from her teacher worked out well, because Sarah does not regret changing her major to history.



Nicole Kolessar

Junior

"I decided to specialize in history because I believe that learning about the past can help you shape the future."

"This will aid me in the future because I hope to use my History major to get into graduate school and receive a Ph.D in History. I also hope to become a college professor."



Courtney McMonagle

Senior

"I chose to major in history because of my dad's love for it. He is a huge history buff and I could never outsmart him when it came to trivia."

"Being a History Major made me a better writer and provided me the skills to perform excellent research, which will be especially useful when I become a lawyer."





# But you're "B-E-A-U-T-I-F-U-L," just the way you are

By MaKenna Walsh  
Staff Writer

Well, as long as you dye your hair, plump your lips, paint your nails and lose the hips. Maybe pierce your ears, tweeze the brows; have you ever tried whitening strips?

Your boobs are too small, your stomach is huge... Pimples? Disgusting! And don't even get me started on that cellulite.

But, you're "beautiful," they say, just the way you are.

How can anyone feel beautiful when they don't have anything in common with the people who represent 'beauty' today? It is so easy to lose sight of what beautiful means.

Sometimes, we should all take a step back and remember, it's just a word.

B-E-A-U-T-I-F-U-L: nine letters that the world has given the power to control the way we dress, the things we eat, the makeup we wear -- the list goes on.

Humans have given an insanely impossible meaning and mind-boggling amount of power to a bunch of letters.

I cannot stress enough how important it is to understand that one person's definition of beauty will not be the same as the person sitting next to them.

Bradley University's "The Body Project" states that, "it is easy to forget that standards of beauty are arbitrary!" My idea of beautiful hair is guaranteed to be different from other people.

The words "body image" and "self-esteem" are being talked about a lot. It's an epidemic. People undoubtedly care more now than ever about the way that they look.

In Joan Esherrick's "Emotions and Eating," she discusses a study done in the past which revealed that over half of the girls surveyed, ages 18 to 25, responded that they'd rather be "run over by a truck than be fat."

Fat is another one of those words that will immediately provoke a negative response.

According to the Institute for the Psychology of Eating, "Adolescent girls are more afraid of gaining weight than getting cancer, losing their parents or nuclear war."

It is absolutely horrifying that this is how young minds think! How can physical

appearance come before one's own life or the lives of their loved ones?

Poor body image can easily spiral out of control and lead to serious life-altering eating disorders. Some eating disorders can even turn fatal. It's impossible to determine exactly how many people suffer from an eating disorder, due to people not necessarily understanding their own symptoms.

**"B-E-A-U-T-I-F-U-L: nine letters that the world has given the power to control the way we dress, the things we eat, the makeup we wear, the list goes on."**

Most young girls are exposed to such unrealistic standards of beauty before they even understand what they are looking at!

For birthdays and holidays young girls often received creepy little dolls depicting creatures with strange proportions, you may

have heard of them, too: Barbies, Bratz, Cabbage Patch Kids, Polly Pockets and American Girl Dolls.

After dolls comes magazines, internet ads, snapchat beauties and instagram models. I remember constantly asking my mom when I was younger, "Why can't I look like her?" Whether it was an actress on

TV or a girl -- who is more photoshop than human -- in a clothing ad.

I hear girls on a regular basis saying they wish they had curly hair because straight hair is so boring, or vice versa because curly hair is so much work.

Unfortunately, the grass is always greener on the other side, at least it feels that way.

To accept the body we were given and loving the skin we're in is hard. It should not be swept under the rug. I don't necessarily believe that we were raised to hate ourselves as much as we've been raised to love others more.

We grow up hearing that we're all 'unique' and 'special' and to love our differences, but when did we stop? Why did we stop? What made us want to look like the person sitting next to us?

"I found I was more confident when I stopped trying to be someone else's definition of beautiful and started being my own," said Remington Miller.

Practicing self love is important. Sharing it is just as impactful. Compliment someone today!

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## Top five tips on how to survive each college semester

By Savannah Pinnock  
Staff Writer

### 1) Stay Well Rested

Throughout one's formative and academic years, getting eight hours of sleep has come to be a trite but true concept.

Obtaining enough sleep is essential to academic success and will provide one with the sufficient amount of energy needed to handle life as a Wilkes student.

For freshmen as well as upperclassmen, attaining less than eight hours of sleep in high school was likely feasible, though in college, it is quite the contrary.

According to an article from Science Daily, it is said that "students with more regular sleeping patterns had better school grades on average."

This finding may appear to be common knowledge, but the science is much deeper.

It is suggested that the circadian rhythm of students with irregular sleep schedules, as compared to students who had consistent sleeping schedules, displayed a shift of approximately three hours.

Subsequently, melatonin is distributed approximately 2.6 hours later in students who sustain irregular sleeping patterns.

With that being said, why not try going to sleep earlier this semester because, well -- science.

### 2) Stay Organized

Wilkes University is home to a broad range of clubs, organizations, and a rigorous academic curriculum that is sure to simultaneously challenge and entertain you.

If you attended the Wilkes University Club Day event, you were informed via email about the local happenings on campus and it may be overwhelming, especially your freshman year.

In order to combat this, make sure to get a physical and/or digital agenda. This will give you the ability to quickly note all of your activities as well as academic assignments. It is important to look at your class syllabus, and plan ahead.

Making a "mental note" is a tried and true pitfall that will eventually lead to forgetting about assignments, as well as attending your favorite campus activities.

So clear your mind and leave the hard work to your agenda, it's similar to having a portable secretary.

### 3) Develop a Healthy Routine

As the semester draws forward you may find that your academic schedule is etched in your mind and you're beginning to develop a routine.

After completing my freshmen year at Wilkes University, I'd like to offer a few tips to add to your already established queue.

For one, it is vital to nourish your body as well as your mind. In other words, take advantage of the local YMCA, which offers a free membership to students, as well as the healthy selections of food at Henry's Food Court. The freshman fifteen is very real and with this tip, I avoided it, and so can you.

Also, live by the platitude that "the early bird gets the worm." No matter what, make a concerted effort to be as early as possible to any class you have, as it is advantageous to you academically.

And last but not least, make sure to review everything you learn in your lectures on a daily basis so that cramming is unnecessary. You'll thank me later.

### 4) Read for Pleasure

One of the most pleasurable pastimes is reading for leisure. Engaging in a thought

provoking, enjoyable novel is a great way to keep your mind fresh and ready to take on your assignments.

Whether you're an English, sports management, engineering, sociology or biology major; reading will always pose a benefit to you on an intellectual level.

### 5) Be Yourself

And last but not least, in college your top priority should be to ensure that you excel within your academic endeavors. College is also a time to develop and fine tune your sense of self.

Therefore, avoid conformity at all costs as it is another pitfall many young adults find themselves in. In order to evade conformity, attempt to pursue your goals and dreams.

"Understand that the right to choose your own path is a sacred privilege. Use it. Dwell in possibility". -Oprah Winfrey

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# Sports

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

## Lady Colonel's soccer (5-1-1) shoots one game at a time

By Ashton Gyenizs  
Asst. Sports Editor

Seven games into the season, with a record of 5-1-1, things are looking good for the Wilkes Lady Colonels soccer team.

After game one against Penn State Berks ended in a tie, the team went on a four game win streak, defeating Muhlenberg College, Marywood University, William Paterson University and Penn Tech. Both Muhlenberg and William Paterson gave Wilkes losses in the previous season.

The team's most recent game against Arcadia University on Saturday gave the women's soccer team their fifth win of the season. Arcadia is yet another team that delivered a loss to the record of the 2016 Lady Colonels.

Senior Micaela Oliverio said, "Our goals are surrounded around winning the MAC championship. We take each game one at a time so we don't get caught up in the bigger picture. Every game is important to us and whether we win or lose, we learn from it."

The team's goals of winning the MAC look promising after as good of a start as they have had. However, they have yet to see any competition within the MAC Freedom conference.

As Oliverio mentioned, it is important that they take each game as they come. A key for the team to continue with their success this season is to not look ahead to the future, and focus only on their next opponent.

Their next game is home against the University of Scranton. The result of this game should really give a good idea of how much the Lady Colonels soccer team has improved since last season because Scranton had beaten them 4-0 in the 2016 soccer season.

"I can't really pinpoint exactly what is different this year than previous years," said Oliverio. "I think our bond is stronger as a team and, as a whole, we have developed mentally and physically stronger. Our coaches have changed up people's positions and brought in new formations."

A huge contributing factor to the improvement of the team could very well be the strong bond between all of the teammates that Oliverio discussed.

"We are all very close, we spend everyday together," senior Dianna Connor said. "We are a family, a close group of girls. It's

awesome to watch each other grow over the years. We have each other's backs no matter, we stick together."

A team is supposed to be one cohesive group that works fluently together. Without this strong personal bond and connection that it appears the women's soccer team at Wilkes has developed with each other, there would be no groundwork laid down for the team to be successful.

"Our culture as a Wilkes women's soccer player revolves around our five core values: fitness, ambition,

competition, the Lady Colonels soccer team has a vivid image that they want their whole team to stand for and represent.

Those values are a good way for the team's players to keep themselves in check and allow its members to make sure that their actions align with their values.

Having those set values for all to know will help allow each member to focus on the same things while at the same time hold each other accountable to support and represent those shared values.

"I think the team chemistry is different, our coach's attitude along with everyone's attitude is very



The Beacon/Nicole Gaetani

Dianna Connor was featured in last week's issue of the Beacon as the Athlete of the Week, because she scored three goals for the win against Marywood.

***"Our culture as a Wilkes women's soccer player revolves around our five core values: fitness, ambition, integrity, teamwork, and effort. We go to every practice and game with these values in mind. In fact, they are even prominent off of the field." -Micaela Oliverio***

integrity, teamwork, and effort. We go to every practice and game with these values in mind. In fact, they are even prominent off of the field," said Oliverio.

In addition to the team's bond, it seems that a clear set of values for the team has also helped direct the team in a strong and positive direction this season.

As Oliverio said, they take these values into consideration both on and off the field. Whether it is in a classroom or in

positive. Having Elliot [the women's soccer graduate assistant] help coach is great. We are approaching things differently with our formation and our style of play. The atmosphere is completely different in the best way," said Connor.

From the physical aspects of soccer to the mental, it seems like the team has made immense changes throughout. All changes have been positive and seem to have been beneficial to the players and coaches.

The 2017 Lady Colonels seems to have taken a fresh and new outlook on their approach to the game and it has worked very well for them so far this season.

"The goal is to win," said Connor. "We all have winning the MAC to be our biggest goal. In order to achieve this, the team must be working as a unit, we take one game at a time, and keep working hard and pushing each other during practice because that's where it starts."

Winning the MAC is quite obviously an overarching goal that the entire team has, but in order to get on top, they need to overcome a few tough obstacles in teams like Desales, Fairleigh Dickinson and Misericordia.

Their first MAC opponent is Delaware Valley, but as the players said, they should not let themselves look too far ahead and focus only on whoever their very next opponent is.

As the year progresses and they inch closer and closer toward the MAC Freedom tournament, it will be very interesting to see how they do against the tougher competition in the MAC. Each day brings them closer to their overall team goal of taking the title of 2017 MAC Freedom Champions.

Sept. 20

Wilkes 1, Arcadia 0

Arcadia 0'0'0

Wilkes 0'1'1

First half — None. Second half — 1. WIL Delfina Bracchi (Dianna Connor), 67:01.

Shots — ARC 15, WIL 6. Saves — ARC 3 (Brianna Williams); WIL 4 (Courtney Stanley). Corner kicks — ARC 9, WIL 5.

Sept. 23

Susquehanna 1, Wilkes 0

Wilkes 0'0'0

Susquehanna 1'0'1

First half — 1. SUS Alyssa Bolger (Kate Cantrell), 5:12. Second half — None.

Shots — WIL 6, SUS 6. Saves — WIL 3 (Courtney Stanley); SUS 1 (Julia Tolin). Corner kicks — WIL 6, SUS 0.



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# Fall sports emphasize pre-game preparation & traditions

By Kirsten Peters  
Staff Writer

No matter if an individual is playing sports in Little League or at the collegiate level, there are specific drills, rituals, superstitions, tokens and music that players swear by in order to be successful. Depending on the sport, these pre-game preparations may vary, but one thing the athletes agree on is that there are certain things that have to be done before a game.

Whether it be football, soccer, field hockey, tennis, cross country or volleyball, there are traditions that these teams are bound to follow.

When it comes to football, head coach Trey Brown explained that the team has a very methodical and strategic schedule for the whole week before a game. Each day of the week is designated to a different aspect of the game: staff planning, an inside run, 7-on-7s, team periods, kick game, situational calls, substitutions, highlight videos, lifting and mental prep.

Numerous players on the football team have adopted these rituals and continue to practice some of their own.

According to freshman linebacker for the

football team Aidan Sinisgalli, "On game day, I like to look over the plays real quick before I put on the pads. Before we go out to the field, I have to listen to 'Dreams and Nightmares' by Meek Mill; it's been a ritual for me since high school."

Compared to football's weekly routine, men's soccer follows a similar approach.

"We have structured a schedule so that we are physically prepared for our game, home or away, in 35 minutes," said head coach Michael Piranian.

In addition to the structured routine of stretching, ball touches and increasing the tempo, coach Piranian notes that he was a superstitious player himself and that these tendencies have carried over into coaching for him.

"Some variables I take into consideration are: my clothing (comfort versus class), what I need to say to the team in regards to preparation for our opponents, motivational statements/stories/clips and how they are talked about and displayed, watching how individuals act/prepare during warm-ups and how it translates into our performance," elaborated coach Piranian.

Following the same mind-track as coach Piranian, senior soccer player

Tyler Kukosky reiterated the importance of fulfilling one's rituals before a game. Kukosky noted that he always watches the movie "300" as game time approaches, stating, "King Leonidas and the brave three hundred always get me motivated for the upcoming competition."

Besides his personal ritual, Kukosky noted that the team likes to have a "loose and energetic atmosphere in the locker room," which is why they play the song "It's a Great Day to be Alive" by Travis Tritt before warm-ups.

Lastly, head coach John Sumoski confirmed that the women's soccer team succumbs to these pre-game rituals as well.

The team's weekly preparation focuses on nutrition, myofascial rolling, stretching, active recovery and sleep, as well as following their own set of rituals by handing out five culture coins to the teammates who embody those characteristics the most that week. In doing so, the women's soccer team emphasizes the importance of fitness, effort, ambition, integrity and teamwork while preparing for upcoming games.

No matter the sport, whether it be the three detailed in this article, or the numerous other fall, winter and spring sports on

campus, sporting teams tend to follow structured routines of weekly preparation with glimmers of personal touches, such as certain songs or movies in order to feel prepared for their upcoming games.

**Love sports?  
Always wanted to  
be a sports writer  
or photographer?  
Join the Beacon.**

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## Wilkes Fall Sports Schedules

### Field Hockey

x-9/2 vs. Susquehanna, L 3-4 (OT)  
x-9/3 vs. Ithaca, L 1-2  
9/6 vs. Marywood, W 4-3 (OT)  
9/9 @ Arcadia, L 2-5  
9/13 vs. Keystone, W 4-0  
9/16 vs. Alvernia, L 1-4  
9/19 vs. Moravian, W 4-3  
\*9/23 @ Eastern, L 0-5  
9/26 @ U. of Scranton, 7:00 P.M.  
\*9/30 @ FDU-Florham, 11:00 A.M.  
10/4 vs. Elizabethtown, 7:00 P.M.  
\*10/7 vs. Desales, 5:00 P.M.  
10/11 @ Widener, 7:00 P.M.  
\*10/14 vs. Manhattanville, 12:00 P.M.  
\*10/18 @ King's, 7:00 P.M.  
\*10/21 vs. Del. Valley, 11:30 A.M.  
\*10/26 vs. Misericordia, 7:00 P.M.  
\*MAC Freedom  
x-Connie Harnum Classic (4th place)  
**Record: 3-5 (MAC-F 0-1)**  
Home games @ Schmidt Stadium

### 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, 1:00 P.M.  
\*x-10/7 vs. Widener, 1:00 P.M.  
\*10/21 @ FDU-Florham, 1:00 P.M.  
\*10/28 @ Albright, 1:00 P.M.  
\*11/4 vs. Stevenson, 12:00 P.M.  
\*y-11/11 @ King's, 12:00 P.M.  
\*MAC  
x-Homecoming  
y-Mayor's Cup  
**Record: 0-4 (MAC 0-3)**  
Home games @ Schmidt Stadium

### Men's Soccer

9/1 vs. PSU-Berks, W 3-2 (OT)  
9/3 vs. Marywood, L 0-1  
9/5 @ Valley Forge, W 5-0  
9/9 @ Moravian, L 0-1  
9/14 @ Summit, L 0-2  
9/16 @ Lebanon Valley, L 0-4  
9/20 vs. Susquehanna, W 1-0 (OT)  
9/23 vs. Stevenson, W 3-0  
9/27 @ U. of Scranton, 7:00 P.M.  
\*9/30 @ Delaware Valley, 2:30 P.M.  
10/4 vs. Lancaster Bible, 4:00 P.M.  
\*10/7 vs. FDU-Florham, 7:00 P.M.  
\*10/11 vs. King's, 7:00 P.M.  
\*10/14 @ Desales, 3:00 P.M.  
\*10/17 @ Misericordia, 7:00 P.M.  
\*10/21 vs. Eastern, 2:00 P.M.  
10/25 vs. Penn College, 7:00 P.M.  
\*10/28 @ Manhattanville, 3:30 P.M.  
\*MAC Freedom  
**Record: 4-4 (MAC-Free. 0-0)**  
Home matches @ Schmidt Stadium

### 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, 4:30 P.M.  
\*9/29 @ Delaware Valley, 7:00 P.M.  
10/3 @ Stockton, 5:00 P.M.  
\*10/6 vs. FDU-Florham, 7:00 P.M.  
\*10/10 vs. King's, 4:30 P.M.  
\*10/14 @ Desales, 1:00 P.M.  
\*10/18 @ Misericordia, 6:30 P.M.  
\*10/21 vs. Eastern, 4:30 P.M.  
10/24 @ SUNY-Cortland, 7:00 P.M.  
\*10/28 @ Manhattanville, 1:00 P.M.  
\*MAC Freedom  
**Record: 5-1-1 (MAC-Free. 0-0)**  
Home matches @ Schmidt Stadium





## Colonel football leads, but falls in rout to Misericordia

By Luke Modrovsky  
Sports Editor

Colonel Football put together a 14-6 lead early in the second quarter at Misericordia. 37 unanswered points later, it would be the Cougars who would have the last laugh on Saturday afternoon.

The Wilkes offense moved the football early and often in the first quarter. In the games first drive, sophomore Shane Deemer had three touches for 20 yards, along with junior Jeff Steeber getting a touch of his own. Backup freshman quarterback Wade Rippeon found Steeber twice for completions during the first scoring drive.

Rippeon completed a second down pass to senior preseason All-American Garrett Armstrong. A Misericordia facemask penalty tacked on a half-the-distance yardage of six yards. With first and goal, Rippeon found Armstrong for the game's first score at 12:03 in the first quarter. After a Mike Hauck extra point, Wilkes had completed a strong first drive, now leading the game 7-0.

A senior Isaiah Robinson interception would give the Colonels the football back at 9:02, but after gaining 32 yards in 2:37, the drive stalled, forcing a senior Bobby Nye punt. From there, the Cougars then put together their own first scoring drive on a nine yard passing touchdown, but would miss the PAT.

Wilkes regained possession after the Misericordia kickoff but would see the ensuing drive stall after two gains were negated by a false start penalty.

Robinson would get the best of another Cougar pass by scoring on a 40-yard interception return. Hauck drilled another extra point and things seemed like they had returned to normal for the Colonels.

Except, Misericordia would posted 37 points the Colonels would never be able to answer. After being shutout numerous other times, Rippeon's season-high four interceptions would allow the Cougars to find their rhythm in Middle Atlantic Conference action.

Rippeon would finished 32-51 passing for 269 yards and one touchdown. Senior Aaron Coyne finished as Rippeon's top target securing ten completions for 76 yards.

The Colonels will continue their MAC schedule when they travel to Williamsport to take on Lycoming College. Kickoff is slated for 1:00 p.m.

**Misericordia 43, Wilkes 14**

Wilkes '7'7'0'0 — '14

Misericordia '6'13'10'14 — '43

Dallas, Pa. — Mangelsdorf Field

Wilkes 0-4 (0-3), Misericordia 1-3 (1-2)

() denotes MAC Freedom

## Colonel athletics in brief

By Alex Kielar  
Staff Writer

**Sept. 17**

**MTEN:** In day two action at the Bloomsburg Invitational, junior Courtney Murphy, sophomore Chris Maderitz, junior Braddock Chow and freshman Ryan Simon all won their singles matches in straight sets for the Colonels. Courtney Murphy and Tawhid Choudhury dropped the only doubles match for the Colonels of the day, 8-4.

**Sept. 19**

**FH:** Junior Megan Kane and freshman Ali Dunn led the Lady Colonels to a wild 4-3 victory over Moravian with two goals each. Kane took a Marissa Surdy pass and shot it to an empty net for the game winner.

**WVB:** The Colonels dropped a heartbreaker to host Manhattanville (19-25, 25-20, 23-25, 30-28 and 13-15). Sophomore Jamey Mikovich tied her career mark with 19 kills and posted a career-best with 25 digs.

**Sept. 20**

**MSOC:** Junior Camry Huff took a throw-in pass from senior Tyler Kukosky in the 93rd minute with the score notched at 0 a piece. Huff was able to squirt the ball past the goalkeeper to send the Colonels to a wild 1-0 overtime victory over Susquehanna. Junior goalie Tim Gallagher also came up big with five saves.

**WSOC:** The Lady Colonels failed to find the back of the net in suffering their first loss of the season, 1-0 at Susquehanna. Alyssa Bolger scored the only goal of the contest at 5:12 with a header.

**Sept. 21**

**WVB:** The Lady Colonels fell to Moravian in a non-conference matchup 3-0, with set scores, 13-25, 22-25, and 23-35.

**Sept. 23**

**FH:** Eastern scores five unanswered goals for a 5-0 shutout to open MAC Freedom play for the Lady Colonels. The Eagles found the back of the net in the 12th, 16th, 34th, 37th, and 70th minutes.

**WSOC:** Delfina Bracchi, assisted by Dianna Connor, found the back of the net in the 67th minute to give the Lady Colonels the only goal they needed, as they held on for a 1-0 victory against Arcadia.

**FB:** Wilkes was unable to find the win column in a 43-14 MAC contest against host Misericordia. The Colonels score first, but it would be the Cougars doing most of the scoring for the remainder of the afternoon.

**WVB:** The Lady Colonels dropped a pair of matches against Wesley (26-28, 22-25 and 22-25) and Rutgers-Camden (25-14, 25-18, 23-25, 22-25 and 13-15).

**MSOC:** Huff had another fine day on the pitch with two goals and one assist in a 3-0 victory over Stevenson. Senior Casey Ritsick also scored.

**MXC:** Sophomore Franco Balbuena posted another leading time (29:39.9) for the Colonels in the Aggies Open.

**WXC:** Senior Moriah Teed led the way for Wilkes in a time of 27:11.7.

**MGOLF:** The Colonels posted their first victory in their season opener against Misericordia. Senior Alex Anderson took medalist honors with a 76.

## Wilkes Fall Sports Schedules

### Men's Tennis

9/16 vs. Keystone, W 9-0  
vs. Messiah, W 9-0  
9/16 & 9/17 @ Bloomsburg Tourney  
9/29-10/2 @ ITA Regionals  
9/30 vs. Albright, 11:00 A.M.  
vs. Penn College, 4:00 P.M.  
10/21 & 10/22 @ MAC  
Individual Tournament  
(@ Ralston Athletic Complex)  
Record: 2-0

### Women's Tennis

9/16 vs. Messiah, W 9-0  
9/22-9/25 @ ITA Regionals  
9/23 & 9/24 @ Bloomsburg Tourney  
9/30 vs. Albright, 11:00 A.M.  
vs. Penn College, 4:00 P.M.  
10/3 @ U. of Scranton, 4:00 P.M.  
10/14 & 10/15 @ MAC  
Individual Tournament  
(@ Ralston Athletic Complex)  
Home matches @ Ralston Athletic Complex  
Record: 1-0

### Cross Country (Men and Women)

9/1 @ Misericordia Invite (7th place)  
9/9 @ Dutch. Invite (8th place)  
9/23 @ Aggie Open  
9/30 @ Dickinson Short-Long Invite  
10/7 @ Desales Invitational  
10/14 @ Gettysburg Invitational  
10/28 @ MAC Championships  
(Delaware Valley)  
11/11 @ NCAA Mideast Regional,  
(Newville, PA)

Results as of 9/17

### Women's Volleyball

x-9/2 vs. Widener, L 0-3  
vs. Bridgewater, L 0-3  
x-9/3 vs. Wesley, L 1-3  
vs. Simpson, L 0-3  
9/7 vs. Summit, W 3-1  
9/9 vs. Haverford, L 0-3  
vs. PSU-Berks, W 3-0  
\*9/13 vs. Eastern, L 1-3  
9/16 vs. Immaculata, W 3-0  
vs. PSU-Harrisburg, W 3-2  
\*9/19 @ Manhattanville, 7:00 P.M.  
9/21 @ Moravian, 7:00 P.M.  
9/23 vs. Wesley, 1:00 P.M.  
@ Rutgers-Camden, 3:00 P.M.  
\*9/27 vs. FDU-Florham, 7:00 P.M.  
9/30 vs. PSU-Brandywine, 3:00 P.M.  
@ PSU-Altoona, 5:00 P.M.  
\*10/3 @ King's, 7:00 P.M.  
10/5 vs. Lancaster Bible, 7:00 P.M.

### Women's Volleyball

(cont'd)

10/7 vs. Lebanon Valley, 10:00 A.M.  
vs. Centenary, 2:00 P.M.  
10/9 vs. Marywood, 7:00 P.M.  
\*10/11 vs. Desales, 7:00 P.M.  
\*10/17 @ Delaware Valley, 7:00 P.M.  
y-10/20 vs. Morrisville State., 4:00 P.M.  
y-vs. Catholic Uni. of America, 6:00 P.M.  
y-10/21 vs. Kean, 10:00 A.M.  
y-vs. Moravian, 2:00 P.M.  
\*10/25 vs. Misericordia., 7:00 P.M.  
10/28 vs. Rutgers-Camden 11:00 A.M.  
vs. Utica, 3:00 P.M.  
\*MAC Freedom  
x- Puerto Rico Clasico  
y-Colonel Clash Tournament  
Home matches @ Marts Center  
Record: 4-6 (MAC-F 0-1)



Getting to know...

# Micaela Oliverio

## Senior Soccer Player

### The Beacon: Female Athlete of the Week 9/11-9/17

**Why Micaela Oliverio was selected:** Oliverio scored the lone goal in a 1-0 win over William Patterson on Sept. 13. Her team continues to roll as they approach MAC Freedom play.

**Name:** Micaela Oliverio

**Year:** Senior

**Major:** Communication Studies and Musical Theatre

**Hometown:** Carlisle, Pa.

**High School:** Trinity HS

**Position:** Attacking Center Midfielder

#### Driving force for your decision to come to Wilkes?

I'd never heard about Wilkes until Coach Sumoski contacted me. I came for an overnight and loved the team so I decided to come here because Wilkes had my majors and I wanted to play. Best of both worlds, I guess.

#### Post graduation plans in terms of a career?

I'm not really sure yet. I have a couple auditions coming up so hopefully I book a job. If not, I'll move to New York City and keep auditioning until I find something, or maybe go to graduate school. Right now it's a waiting game.

**Favorite building on campus?** Definitely the new Karambelas Media and Communication Center!

**How many jolly ranchers do you think you can lift at one time?** I'm not positive how many I can lift but I think I can fit about 12 in my mouth.

**What came first, the chicken or the egg?** Two chickens.

**Hopes for this season as a Colonel?** To win the MAC for sure! We are so close every year but I feel like this is the year for WWS.

**When/Why did you first begin playing?** I was probably three or four years old and would hang at my older sister's soccer practices. I wish someone would have told me how much running there actually is in soccer because I really hate running. But

then again, I'm glad they didn't because I love the sport so much and I'm really sad it's my last year playing.

**If you had to choose one thing about your program that you could improve, what would it be?** Nothing! I love everything about it.

#### Other interests or hobbies off of the field?

Riding my electric scooter, singing, eating, finger dabbing, playing with puppies, playing practical jokes on people, and watching The Office and Parks and Recreation.

**Most influential person in your life?** Michael Klump.

#### A quote you live your life by?

"I stand behind my decision to avoid salad and other disgusting things." - Leslie Knope

#### What does "Be Colonel" mean to you?

Representing myself and the school in a respected manner. I want to be someone that other people can look up to.

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

Amy Poehler or Tina Fey...I can't decide because they're both brilliant.

**Coke or Pepsi?** Coke.

**Favorite meal to eat on campus?** Starbucks.

**Favorite professor?** Señor García.

**Anyone to give a shout-out too?** All my bbys on the soccer team.

The Beacon/Luke Modrovsky



Getting to know...

# Luke Wood

## Junior Football Player

### The Beacon: Male Athlete of the Week 9/11-9/17

**Why Luke Wood was selected:** Wood made a team high of 17 defensive tackles during the game on Sept. 15. As one of the leaders of the defense, Wood looks to help his team get ready for future weeks.

**Name:** Luke Wood

**Year:** Junior

**Major:** Mechanical Engineering

**Hometown:** Quakertown, Pa.

**High School:** Quakertown HS

**Position:** Inside Linebacker

#### Driving force for your decision to come to Wilkes?

The desire to further pursue my goal of becoming an engineer at a good school.

#### Post graduation plans in terms of a Career?

End up with a company that I enjoy working for.

#### Favorite building on campus?

Stark. It's the building I spend the most time in. The renovations look pretty nice so far. Hopefully, they will be finished by the time I leave here so I get to see them.

#### What came first? The chicken or the egg?

The chicken. I just think that's what makes the most sense to me.

#### Hopes for this season as a Colonel?

Help the team win as many games as possible. I want to leave the program better than I found it when I arrived here.

#### When/Why did you first begin playing?

I started to play football as a kid because my Dad is not a soccer fan. I was about 10 years old when I first started playing. Thinking back, it was the sport I really enjoyed.

#### A quote you live your life by?

Perfection is not attainable, but if we chase perfection we can catch excellence. - Vince Lombardi

#### Other interests or hobbies off of the field?

I'm on the water a lot. Boating in general is fun to me. We go to Maryland a lot. Maybe when I get older, I'll get my own boat.

#### Most influential person in your life?

My family. Everything they have done for me has been awesome. Watching them deal with tough situations is interesting. The way they carry themselves through tough times is what I look up to.

#### What does "Be Colonel" mean to you?

Never quitting and always pursuing your goals.

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

Muhammad Ali. He was extremely influential and very successful at his profession. He was very straightlined toward greatness and that's very neat to me.

#### Coke or Pepsi?

Coke. It tends to run in my family with what everyone else likes.

#### Favorite meal to eat on campus?

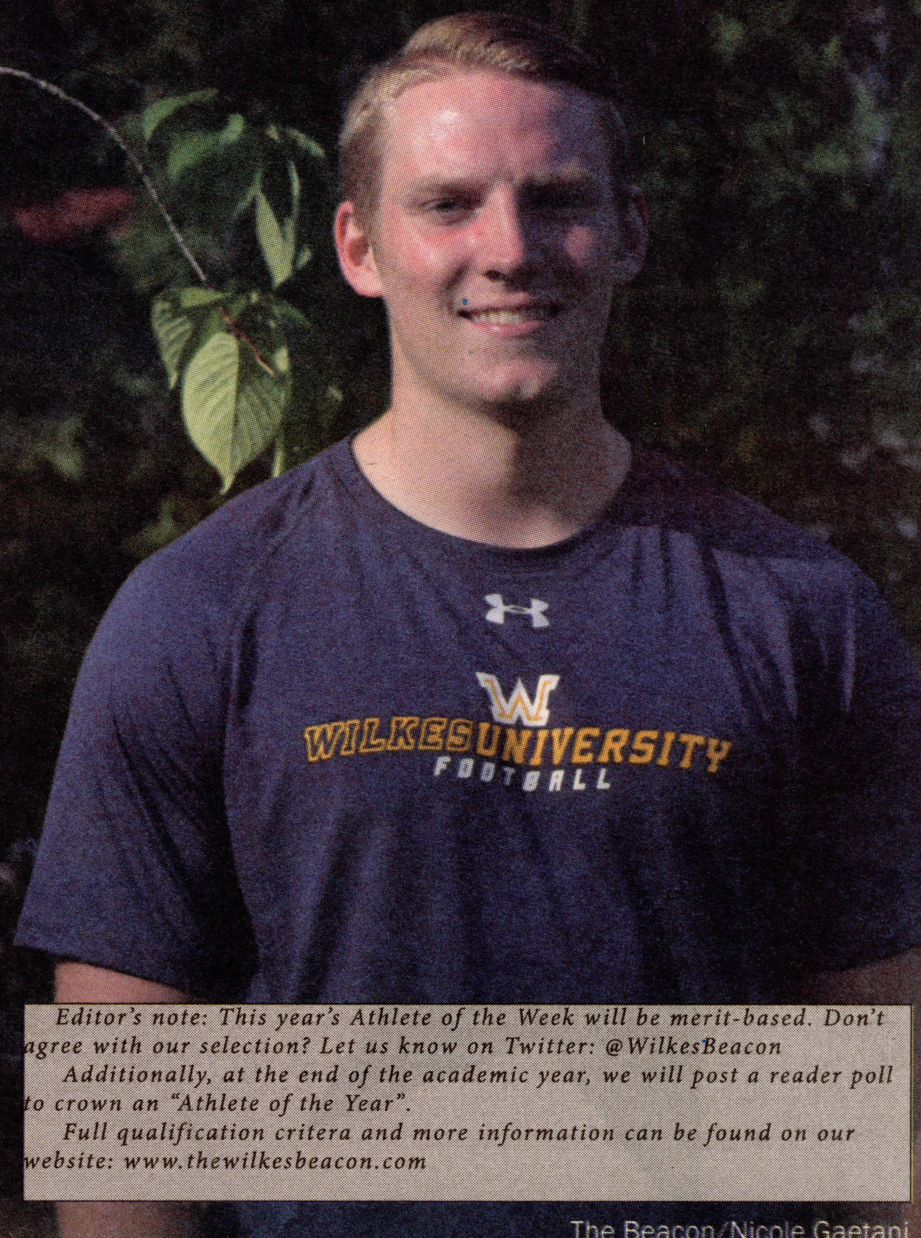
Grillworks. It's the place I go to most often. It has the most consistent food, in my opinion.

#### Favorite professor?

Dr. Bednarz. He is my adviser and I've had him for a few classes. I enjoy his teaching and how he is engaged with students. He definitely goes above and beyond.

#### Anyone to give a shout-out to?

My teammates and coaches.



*Editor's note: This year's Athlete of the Week will be 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](http://www.thewilkesbeacon.com)*





# THE BEACON

The news of today reported by the journalists of tomorrow.

## BEACON HIRES: WRITERS, PHOTOGRAPHERS, EDITORS

By:  
Staff Writer

**This could be you!**

**If you have a passion for writing,  
design, or photography, join us!**

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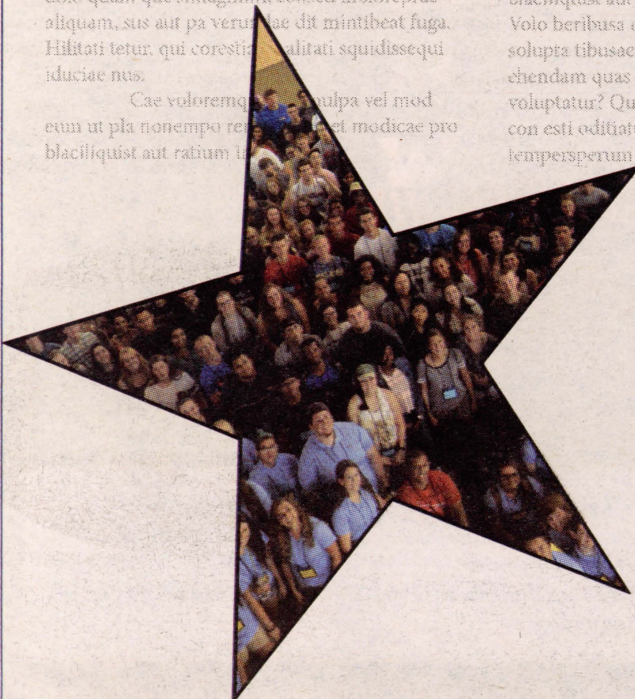
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**toniann.pennello@wilkes.edu**



**Freshmen and all majors  
welcome!**