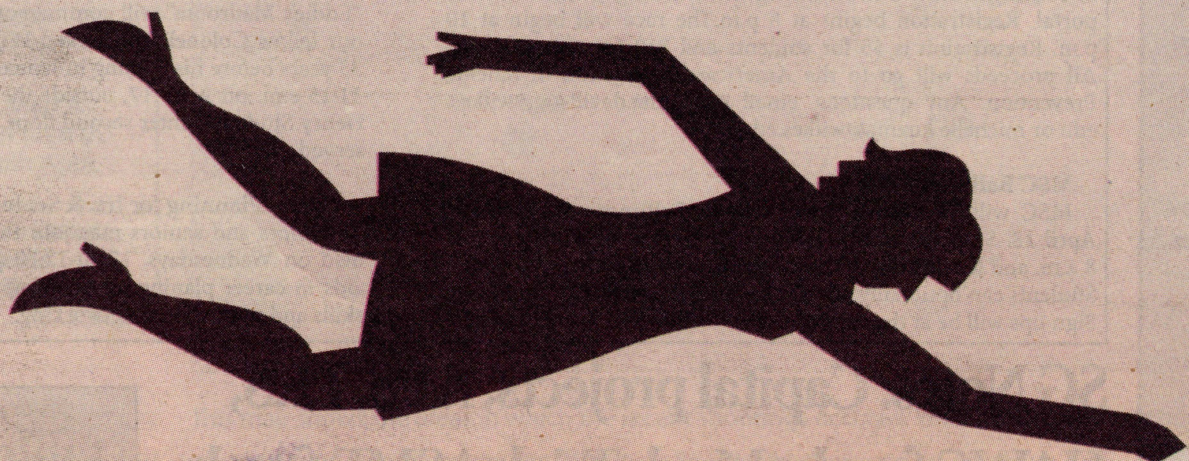


The Beacon - April 14, 2015

**W**  
Est. 1936  
Pa. Newspaper  
Association Member  
Volume 68 Issue 19

# THE BEACON

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



## A Helping Hand

Wilkes hosts 5K for suicide prevention  
pages 12-13



cover design by Steve Dziedzic



# News

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

## Editorial Staff 2014-15

### MANAGERIAL STAFF

Editor-in-Chief - James Jaskolka  
Managing Editor - Ashley Evert  
Adviser - Dr. Kalen Churcher  
Social Media Director - Shawn Carey  
Advertising Director - Rasha Shaker

### SECTION EDITORS

News - Sarah Bedford  
LA&E - Nicole Zukowski  
Opinion - Frank Passalacqua  
Sports - Brandon Gubitosa

### ASSISTANT EDITORS

News - Pat Walther  
LA&E - Justin Topa  
Opinion - Mandy Stickles,  
Sara Pisak

### DESIGN EDITORS

Dave Graff  
Chris Kennedy  
Moe Woodard  
Nicole Kutos  
Steve Dziedzic

Interested in joining the Beacon? To learn more about the positions we offer and what you can do, contact [james.jaskolkabutler@wilkes.edu](mailto:james.jaskolkabutler@wilkes.edu)

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

## Beacon Briefs

### Glow Run

The "Just Glow With It" Glow Run 5K will take place on April 17 starting at the UCOM building and finishing at the Riverfront portal. Registration begins at 8 p.m. The race will begin at 10 p.m. Registration is \$5 for students and \$10 for non-students. All proceeds will go to the American Foundation of Suicide Prevention. Any questions, email [samantha.davidson@wilkes.edu](mailto:samantha.davidson@wilkes.edu) or [michelle.kuzma@wilkes.edu](mailto:michelle.kuzma@wilkes.edu).

### MSC Baltimore Trip

MSC will be hosting a free trip to Baltimore on Saturday, April 18. Students will be leaving the Henry Student Center at 8 a.m. and leaving Baltimore to return to Wilkes-Barre at 6 p.m. Students can optionally pay \$10 to go to the National Aquarium. Sign ups will be at the Front Desk.

### Eddie Elgonitis to be Honored During Mailroom Dedication on April 17

The University community is invited to a ceremony to dedicate the mailroom in memory of Edward Elgonitis Sr. "Eddie's Mailroom" will commemorate the infectious spirit of our fellow Colonel who served Wilkes as a staff member for 33 years before his passing in January. The ceremony begins at 11:15 a.m. on April 17, outside the mailroom, located on the Henry Student Center second floor. Light refreshments will be served.

### Career Planning for Jrs. & Seniors Offered

Juniors and seniors may join this one credit elective class held on Wednesdays, 12:00-12:50 p.m., CRN 30906. Course aids in career planning, resumes, application letters, interview skills and professional networking.

## SG Notes: Capital projects, APS, LKS, HAWC funds; Mock Trial; ASME funds

By Taylor Ryan  
Staff Writer

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

To follow up on last week's meeting, Capital Projects has voted to fund the new Neuro-training facility that will be on campus starting this fall. This facility will be used to help students with stress management, improving grades, concentration and self-regulation. It will also give internship and work study opportunities. The total cost of this project is \$28,750, but with some funding from the university, they need about \$15,250. Student Government has voted to allocate \$15,000 toward this project.

Another follow up on last week's meeting, there was a request from APS, The American Psychological Society. The club has requested \$323.25 to cover one participant's registration fees as well as their round trip bus fare to attend the National Conference in New York City this May. Student Government voted to allocate the full amount to APS.

Next, Lambda Kappa Sigma (LKS) a pharmacy fraternity on campus has requested funding for an upcoming conference this summer. They have requested \$395 per person for 11 members. Student Government voted to allocate the total amount for up to 11 members.

Next, HAWC the health and wellness club on campus is putting on a late night lift at the YMCA. The event will be held April 27 from

6:30-8:30 p.m. The club has requested \$850 in order to pay the trainers, other supplies and for t-shirts. Student Government has voted to allocate the full \$850 to the club. The event will be open and free to all Wilkes Students.

The last follow up from last week, there is a new Mock Trial Club on campus that has requested for Student Government club recognition. This club already has many interested members and hopes to continue brining in new students. Student Government voted to grant the Mock Trial club recognition.

One new request in this week's meeting came from ASME. They are getting ready to put on their ninth annual car show next week. The show is open up to the university, as well as all community members. The event usually brings in about 100-200 participants. They have requested \$1,400 for T-shirts, \$250 for food and drinks for staff members, \$100-\$200 for the music entertainment and \$200 for the awards, for a total of \$2,100. Student Government will cast its final vote in next week's meeting.

The council reviewed the Treasurer's report. The current budget is as follows: All College: \$724.60; Conference: \$925.00; General Funds: \$7,227.14; for a Student Government total of \$10,126.74.



@wilkesbeacon  
[taylor.ryan@wilkes.edu](mailto:taylor.ryan@wilkes.edu)

## table of contents

news.....2

life, a&e.....7

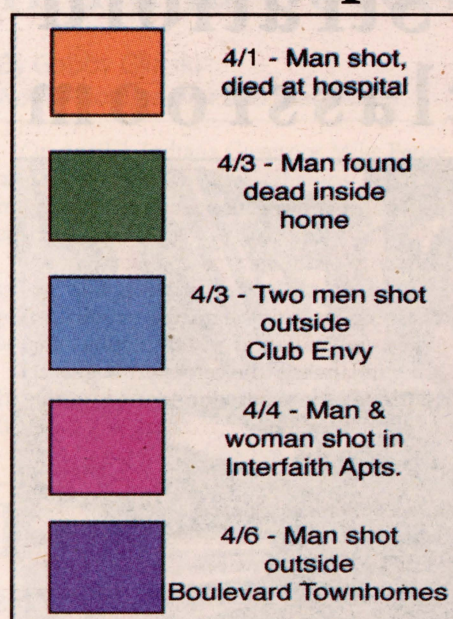
spread.....12

opinion.....14

sports.....19



## Violence erupts around Wilkes-Barre, seven shot over span of five days



By Pat Walther  
Asst. News Editor

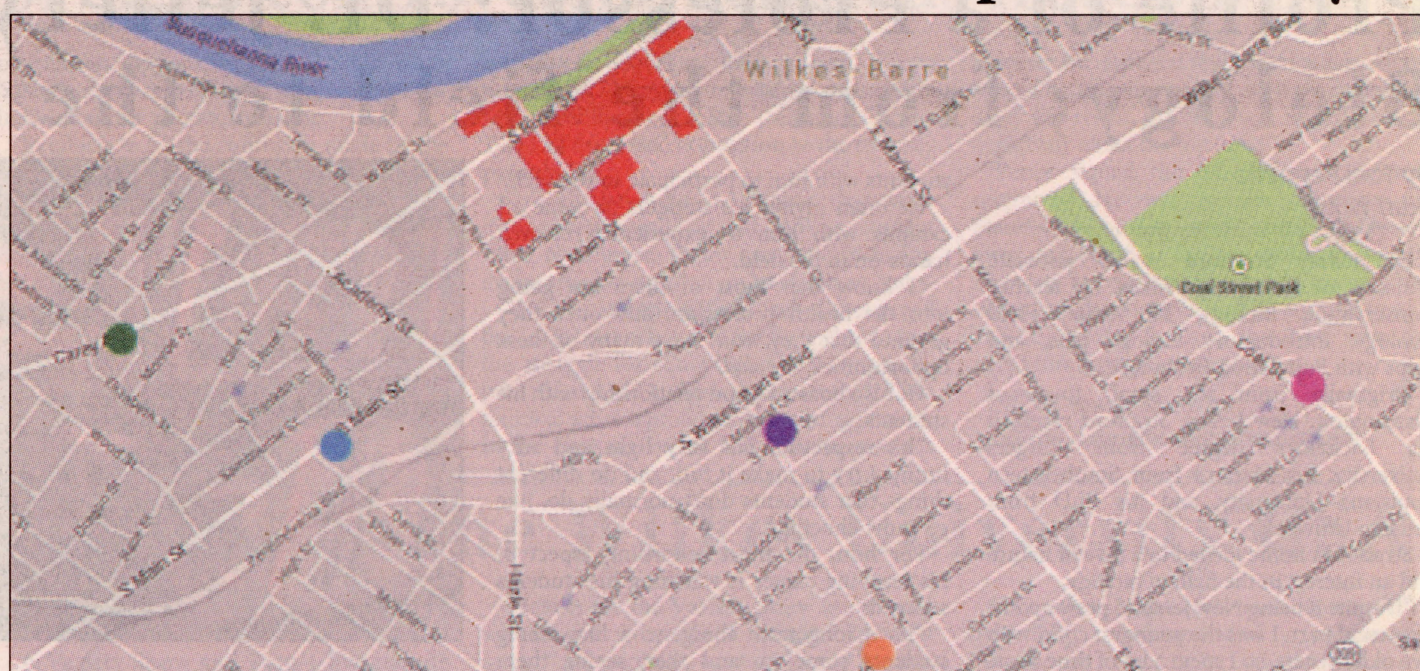


Illustration by Pat Walther

This map shows the areas in which the recent shootings occurred. Wilkes University's campus is highlighted in red.

2013 was a bad year for Wilkes-Barre.

According to FBI statistics and published reports, it was more likely for someone to be killed in the Diamond City than in New York City, Philadelphia, Chicago or Pittsburgh.

It was a startling fact for locals to share with others.

Fast forward to April 2015, and seven people were shot in a matter of five days.

Despite the shootings, Wilkes University's Director of Public Safety, Chris Jaego, wants to reassure students of their safety.

"We work closely with the city police and feed them information about what we see and hear and they do the same with us," he said.

In a press conference, Wilkes-Barre Mayor Tom Leighton said saturation patrols

are continuing throughout the city. The city is also working closely with the Luzerne County District Attorney's Office.

Tony George, a former Wilkes-Barre police chief who is running this year for mayor of the city, described Wilkes-Barre as being in "a crisis of violence and lawlessness," according to press release published on his Facebook page. Leighton is not running again for mayor.

In a press conference, Wilkes-Barre Police Chief Robert Hughes was quick to argue against accusations that shoddy police work is to blame for the shooting.

"It's not a lack of law enforcement. We're out there; our officers and our detectives are out there," Hughes said.

"We're aggressively targeting crime.

Specifically drug crimes, which we know a lot of times lead to this type of violent crime."

Lt. Philip Miller of Wilkes' Public Safety explained the campus is a safe place.

"The downtown area where we're based out of is generally safe. It's populated by a lot of people outside of the area coming to shop, go to the movies, students frequent it," Miller stated.

According to police and published reports:

- The first bullet that hit was fired around 10 p.m. on April 1. Jason Khaleen-Rowe, 25, of Bronx, New York, died in the hospital the following Friday of a single gunshot wound to the pelvis, Wilkes-Barre

police said.

- Also on April 3, Peter Bielecki Jr., 49, was found dead inside his Carey Avenue home, reportedly shot.
- Earlier that day, two men were shot outside of Club Envy on South Main Street shortly after 4 a.m. Their names were not available as of Friday.
- A man and woman were shot inside of Interfaith Apartments off of Coal St. on April 4.
- Around 1:30 a.m. on April 6, police responded to a call of a man shot outside Boulevard Townhomes on South Welles Street.

@wilkesbeacon  
patrick.walther@wilkes.edu

## Students reflect on campus safety, proximity to recent crime

By Toni Pennello  
Staff Writer

In light of the recent shootings in Wilkes-Barre, Wilkes students are often forced to consider ways they might be affected.

Margaret Galatioto, a freshman pre-med student, voiced concern for the comfort of the Wilkes student body.

"I feel like it puts many people, especially parents, on edge when they hear about it on the news, and that it can definitely sway new students' opinions on coming to this school," she said. "Students should feel safe at the school they are attending, so I feel that new

safety measures or other solutions need to be made soon."

A few of these violent shootings, some fatal, have taken place near the Wilkes campus.

Junior biochemistry major, Sarah Hankey is well aware of the dangerous events.

"It is scary to hear about all of these shootings in such a short period of time. I live in a smaller town and you don't hear much about shootings in my area," she said. "It seems like in Wilkes-Barre it is becoming more common and it is hard to place blame about why it is happening."

Both Hankey and Galatioto share the belief that further safety measures must take place in order to end the violence.

"It might help if they had more police on duty. While walking around, I barely see them," Hankey said.

Casey Krause, a freshman biology major, knew of the shootings but was not aware of their multitude and proximity to the campus. Upon reading a list of the dates and locations of the shootings, however, he did not seem surprised.

"It seems like this is a usual thing to happen around here. I think the school is doing a

good job keeping us informed," he said

Students have been informed of the events via local news and campus chatter.

"I live off campus, so like it's all over the news," said Kasey Gandara, a freshman biology major.

"I think that it's just such a nice area but it's such a small town... shootings happen everywhere but it's a big deal here because of how close we all are," she explained. "It's just really scary to think that there's violence and what's going to happen next."

@wilkesbeacon  
toniann.pennello@wilkes.edu



# Profile of a Professor: Dr. Jeffery Stratford

## Biology; from the field to the classroom

By Toni Pennello  
Staff Writer

Dr. Jeffrey Stratford is an associate professor of biology at Wilkes. He teaches Conservation Biology, Bio Stats, Field Zoology, introductory Biology labs, and helps with Population Evolution.

Originally from the small town of Washington, New Jersey, Stratford received his Bachelor's degree from Rutgers University, his Master's from Southeastern Louisiana University, and his PhD from Auburn University.

Stratford's home life led to a love of nature and an interest in the field of biology.

"Despite it being New Jersey, I grew up in a very rural part. I was the youngest child with two older sisters, so I spent a lot of time alone walking through the woods," he explained.

Most of his research deals with birds, indicative of this interest in nature. He recently spent some time in the Tropics, and had two papers come out regarding his research. He hopes to go back, and take

students with him to participate in research. He often invites his students to come off campus with him to experience research hands-on in the field.

"I know that most of them are going into the health profession, and once they get into that they won't have many of these opportunities," he said.

He also boasts a good relationship with his students.

"It's respectful, but very light and very funny. I try to make it fun, and do different things that students don't normally do, like go snow-shoeing."

For him, the most rewarding aspect of his teaching career is watching his students succeed.

"It's a long term thing, so I like seeing students come in, and then seeing them become successful five, six, seven, or eight years later," he said.

Even in his free time, Stratford likes to do things that relate to his interest in biology, such as hiking, fishing, and mountain biking; he also likes reading science fiction.



The Beacon/Gabby Glinski

Stratford took his love of nature and made it into a career where he has connected with many students, enjoying the success they have achieved upon graduation.



@wilkesbeacon  
toniann.pennello@wilkes.edu

# Wilkes Honors Program to begin Fall 2015;

## Benefits to first year students: success, achievement

By Sarah Bedford  
News Editor

In the fall 2015 semester, 30 Wilkes University incoming freshman will begin the first year of the revived honors program as one had existed in prior years.

The program, which is centered on the university's values of mentorship, scholarship, diversity, innovation and community, also places high emphasis on leadership in personal and professional settings, integrity in demonstrating ethical and moral standards, self-awareness and academic distinction.

According to Dr. Mark Allen, Interim Director of the Honors Program, the program has been in the works as university President Patrick Leahy brought the idea back to the campus community.

"Dr. Leahy was a driving force in getting the university community thinking about resurrecting an honors program," explained Allen. "A taskforce spent over a year developing the program and then getting it approved by the faculty."

The program is oversaw by various

university faculty and staff.

"In addition to an Advisory Council of six faculty members, representing each of the six schools at the University, a Student Development staff member serves on the committee with a focus on developing experiential learning opportunities that will dovetail with classroom learning," explained Allen.

The program requires 22 honors credits, most of which are incorporated into the students regular course load.

Allen explained that the program is flexible to accommodate all majors.

In order to be selected for the program, students must fulfill certain academic requirements as well as submissions.

"All students had to complete an application which included an essay. Each app was scored, using a rubric, by two faculty members," said Allen. "Each interview also had two faculty members. The evaluators based decisions on a variety of factors including diversity of majors and backgrounds."

Students must also have an SAT score of 1,500 or higher or an ACT score of 23 or higher, or rank in the top 20 percent of their

high school graduating class.

While the program does require extra courses, it does reap benefits to enrolled students.

Along with access to field trips, dinners and notable speakers on campus, honors students will receive a housing scholarship valued at \$7800 along with any qualifying merit scholarships he or she receives; an enrichment grant to help cover academic costs such as study abroad and research. This is broken down to \$1000 for the first two years of study and \$2000 annually for their last two years.

Students who are residents will also be placed in a living-learning community with other first year students.

He or she will receive first priority access to course selection as well as additional support in career counseling and assistance in applying for graduate school or scholarships.

If the honors courses go over the course load credit limit, these courses will not be charged at an additional cost, as per academic advisors approval.

Participation in the honors program will also be noted on their transcripts as well as at

commencement.

While the monetary benefits act as incentive, Allen explains that the overall experience is what counts.

"The value of participation far exceeds monetary rewards by providing intellectual experiences that challenge the academic strengths of the students involved," said Allen. In order to remain enrolled in the program, students must maintain a 3.0 GPA at the end of the freshman year, a 3.2 after the sophomore year, and a 3.3 after the junior year.

To graduate with honors, students must end the senior year with a GPA of at least 3.4.

The student must also receive 3.0 or higher in all grades and will only be permitted one grade of a 2.5 in an honors course.

If a student wishes, he or she may leave the program however, the benefits will no longer be in place.

Currently, the program is only available to first-year students.



@wilkesbeacon  
sarah.bedford@wilkes.edu



## Indiana Governor signs controversial religious freedom bill

By Gabby Glinski  
News Photographer and Staff Writer

On April 2, Indiana Governor Mike Pence signed the controversial religious freedom bill into a law. The bill and signing of the law sparked controversy across the country.

The law prohibits state or local governments from substantially burdening a person's ability to exercise their religion. The law will take effect July 1.

The law was meant to protect religious freedom, which Pence claimed "our first freedom."

Although the bill does not mention sexual

orientation, opponents fear it could allow business owners to deny services to LGBTQA individuals for religious reasons.

In efforts to fix the confusion made by the signed bill, Pence clarified to Indianapolis reporters, "We'll fix this, and we'll move forward. I believe in my heart of hearts that no one should be harassed or mistreated because of who they are, who they love or what they believe."

However, Pence declined to support legislation explicitly banning discrimination against LGBTQA individuals in Indiana. "It's not on my agenda," said the Governor.

Among the opponents stand many


celebrities. Novelist John Green, Colts punter Pat McAfee, television personality Montel Williams, and Star Trek actor George Takei all expressed opposition to the recently passed law.

"It's all just bulls--t, I think that sums it up pretty well," stated Wilkes student Eliza Neidlinger, junior psychology major, expressing her opinion on the Indiana law.

"While sometimes we feel discouraged by local setbacks, I strongly believe that the struggle for equal rights will eventually prevail," stated Dr. Andrea Maieran, Wilkes political science professor, remaining positive in the outcome of the law. "The progress is

however incremental and patience is needed. Laws like the one passed in Indiana might delay the result, but they will hopefully not negatively affect the outcome."

Pence signed the bill during a private ceremony. He was in the company of Franciscan monks and nuns, orthodox Jews, and some of Indiana's most powerful lobbyists on conservative social issues. The event was closed to the public and the press. The law makes Indiana the 20th state to adopt this kind of legislation.

 @wilkesbeacon  
gabrielle.glinski@wilkes.edu

## Pride Fest to be held by the Wilkes University GSA

By Gabby Glinski  
News Photographer and Staff Writer

The Wilkes University Gay-Straight Alliance will host its first Pride Fest in several decades on April 21 and April 22. The Pride Fest will be held over two days and consist of three events.

The start of the Pride Fest will take place on the Greenway on April 21 from 11 a.m. to 1 p.m. There will be games, a bake sale, and a tie dye t-shirt event. Tables from local organizations such as The Rainbow Alliance, Wilkes University Health Services, Caring Communities, Equality PA, and the Wilkes GSA will be

represented and have information tables for students to explore local services.


A Variety Show and Rain-Glow parade will be held on April 22. The Variety Show will start at 7:30 p.m. and the Rain-Glow parade will follow immediately after. The Variety Show will host an array of performances including slam poetry, stand-up comedy, musical performances, and performances by professional and amateur drag queen and kings. Prizes and snacks will also be offered. Glow sticks will be given to participants and audience of the Variety Show for the Rain-Glow parade. The parade will stretch across campus in a demonstration of pride.

Tickets for the Variety Show are \$5 and will be sold in the SUB before Pride Fest or can be bought by contact Emily Zavada at emily.zavada@wilkes.edu. All proceeds will benefit The Rainbow Alliance, a NEPA organization that provides education, support, and advocacy for LGBTQA individuals and families.

"Our main goal for the Pride Fest events are to spread awareness to the Wilkes community about LGBT issues and resources," said Emily Zavada, student and lead organizer of Pride Fest. She hopes to get local organizations involved so students can be informed about what services are available.

"We also want to have fun while spreading information," continued Zavada.

Any volunteers who would like to help with the supervising of Pride Fest activities are asked to contact either Dr. Helen Davis at helen.davis@wilkes.edu or Emily Zavada at emily.zavada@wilkes.edu. Variety Show participants and bake sale goods for the Greenway Pride Fest event are also needed.

 @wilkesbeacon  
gabrielle.glinski@wilkes.edu

## Wilkes hosts House Democratic Policy Committee Hearing

By Jennifer Baron  
Staff Writer

On April 5, Wilkes University hosted the House Democratic Policy Committee Hearing, which focused on the topic, "Education Funding."

Members of the panel included: David Volkman, the Executive Deputy Secretary of the Pennsylvania Department of Education, Dr. Bernard Prevuznak, Superintendent of Wilkes-Barre Area School District, Andrew Kuhl, Superintendent of Hanover Area School District, Dr. Anthony Grieco, Executive Director of the Luzerne Intermediate Unit 18, Susan Gobreski, Executive Director of the Education Voters of Pennsylvania, and Jeff Ney, Northeasters Region President of the Pennsylvania State Education Association.

David Volkman was the first to speak and provided a detailed overview of Governor Wolf's plan for education funding.

To begin, he discussed the negative aspects about funding that were brought about by the previous administration. Volkman said that the poverty level is on the rise and that the region is currently dealing with a poverty crisis, not an education crisis.

The problems with education are a direct result of the increasing poverty. Because of this increase, schools are receiving less money from property taxes, so the districts must depend on a majority of their funding to come from the state government.

Gov. Wolf is attempting to fix the damage that was done over the past four years, which was caused by one billion dollars worth of funding cuts in school districts

across Pennsylvania.

Despite the substantial cuts that have been made to education, Gov. Wolf has proposed a contract that will get education funding back to where it used to be.


The current funding in Pennsylvania is less than 30 percent, and compared to education funding across the country, that is the lower end of the spectrum. Because of this, property taxes are increased to make up for the lack of funding.

To counteract this, Gov. Wolf plans to spend \$1.15 billion of the states budget on education in general. To split it up, \$9 million will go toward dual enrollment courses, \$16 million for cyber schools, and \$140 million for colleges.

This funding will also allow for a 75 percent enrollment increase in pre-kindergarten (pre-k) programs. This means

an additional 14,000 students receiving education prior to starting kindergarten. The children who do not have the financial means to attend pre-k programs are 18 months behind their peers who could afford a pre-k education. Now, children will have the opportunity to be on the same level when they begin schooling.

The increased funding from the state will also cut property taxes by over 50 percent. Specifically in Luzerne County, residents will be able to save over 800 dollars in property taxes. This would make a huge difference since the median property tax in Luzerne County is \$1,152.

 @wilkesbeacon  
jennifer.baron@wilkes.edu



# Senior Week

Senior Meeting  
Thursday, April 9th 11:15 a.m.  
Henry Student Center Ballroom

Senior Salute  
Wednesday, April 15th 1 p.m. – 7 p.m.  
Thursday, April 16th 11 a.m. – 5 p.m.  
Henry Student Center Ballroom

Extracurricular/Leadership Awards Luncheon  
Thursday, April 23rd 11 a.m.  
Henry Student Center Ballroom

Senior Picnic  
Monday, May 11th 3 p.m. – 6 p.m.  
Fenner Quadrangle

Champagne Brunch  
Wednesday, May 13th 10:30 a.m. – 12:30 p.m..  
Henry Student Center Ballroom  
By ticket only.

Final Farewell  
Wednesday, May 13th – 6 p.m. to 8 p.m.  
TBA

15th Annual Pharmacy Dean's Golf Tournament  
Thursday, May 14th Mount Laurel Golf Club, White Haven, PA  
<http://www.mountainlaurelgolfclub.com> Includes lunch, dinner,  
prizes Registration- 11:30-1:00 Shot-gun Start 1:00 Current Wilkes  
Students \$90.00 All others \$110.00 Reservations Required Please  
email [theresa.rule@wilkes.edu](mailto:theresa.rule@wilkes.edu) Or Call 570 408-4270

President's Dinner Dance Honoring the Class of 2015  
Thursday, May 14th 6 p.m. – 11 p.m.  
Woodlands Inn and Resort  
Shuttle service available.

Commencement Rehearsal  
Friday, May 15th 11:00 a.m.  
Arnaud C. Marts Sports and Conference Center

Academic Awards Ceremony  
Friday, May 15th 3 p.m. – 4:30 p.m.  
Dorothy Dickson Darte Center for the Performing Arts

President's Reception Honoring the Class of 2015  
Friday, May 15th 4:30 p.m. – 6:30 p.m.  
Weckesser Hall

Baccalaureate Service  
Friday, May 15th 6:45 p.m.  
Dorothy Dickson Darte Center for the Performing Arts  
Pharmacy Professional Hooding Ceremony  
Friday, May 15th 7:30 p.m.  
Arnaud C. Marts Sports and Conference Center

Nursing Pinning Ceremony  
Friday, May 15th 1:00 p.m.  
Dorothy Dickson Darte Center for the Performing Arts

AFROTC Commissioning  
Saturday, May 16th 9:00 a.m.  
Dorothy Dickson Darte Center for the Performing Arts

68th Annual Spring Commencement  
Saturday, May 16th  
Arnaud C. Marts Sports and Conference Center  
Graduate Ceremony begins at 10 a.m. (doors open at  
9 a.m.)  
Bachelor's Degree Ceremony begins at 3 p.m. (doors  
open at 2 p.m.)

Graphics by Moe Woodard

## Weather Beat: April 14 - April 17

Tues.



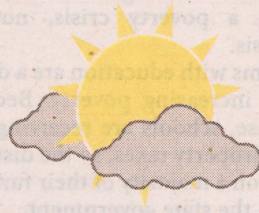
67°  
39°  
AM Showers

Wed.



68°  
41°  
Sunny

Thurs.



68°  
49°  
Partly Cloudy

Fri.



66°  
47°  
AM Showers

Forecast as of April 10 taken from [weather.com](http://weather.com)



# Life, Arts & Entertainment

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

## Eating more green leads to being less mean

By Austin Ely  
Staff Writer

A person's diet can contribute to his or her health physically, but recent studies and research are now showing it can also contribute to mental health as well.

Vitamins and their connections to mental health have been confirmed throughout the years. For example, a deficiency in certain B vitamins has been linked to depression. However, the connection between vitamins and mental health may be the key point in a much broader discussion about diet as a whole.

It is not just about the vitamins a person consumes through diet, but it is also about other things like omega-3 fatty acids which are a complementary treatment for mental illnesses like depression.

The discussion of how dietary patterns influence mental health has been aimed to change the way mental illnesses are diagnosed, treated and prevented. This research is being looked at as "the tipping point" of psychiatry.

The modern diet, while high in calories, does not contain enough things like Vitamin D, Omega-3s, B Vitamins, zinc,



The Beacon/Nicole Zukowski

Studies are showing that eating healthy foods helps with one's mental health. There are links between vitamin intake and depression.

iron and magnesium.

"Hiring a nutritionist would be a good idea if this person created programs to educate students," said Dr. Edward Schictano, aassociate professor of psychology.

Low levels of key B Vitamins for example have been linked to depression. Low levels of maternal Vitamin D may be connected to a child's risk of developing schizophrenia, one of the most debilitating

mental illnesses.

Although the cause of mental health issues may differ based on psychological, emotional, biological, dietary and environmental factors, looking at how to improve dietary patterns will change how traditional lines of treatment such as pharmaceuticals and various therapies are used. Experts would simply have another tool to aid patients.

Knowing this, the question of whether a

new dietary position should be created to provide students access to mental health and dietary resources could be raised.

"I'm not sure how many students would voluntarily go to see a nutritionist for this information," Schicatano said.

According to the Anxiety and Depression Association of America, anxiety disorders are often prominent issues among college campuses and its students.

Schicatano offered further comment on this.

"...there is a lot of research indicating that stress and negative emotions are a leading cause of many problems like physical illness, pain, and addiction."

He also stated that some mental illnesses like depression can cause "physical manifestations" which can hinder a person as well.

The reason to hire a full time nutritionist or find ways to educate students on the effects of their diets on their brains is present. It seems as if the term "brain food" is now a term with context.



@wilkesbeacon  
[austin.ely@wilkes.edu](mailto:austin.ely@wilkes.edu)

## Wilkes offers Mandarin; adds diversity to language offerings

By Josephine Latimer  
Staff Writer

Language is important.

From a professional standpoint, being able to communicate and connect with others who are not native English speakers is important as business becomes more globally-focused.

That global focus has created a demand for multilingual speakers and is one of the reasons Dr. John Hepp, history associate professor and co-chair of the Wilkes University's Global History and Languages Department, has wanted to expand the number of language offerings.

The newest language added to the

electives is Mandarin. Hepp sees this as an "important language" that will be beneficial to students.

"Learning Mandarin in a world where China is becoming increasingly important is going to be important no matter what your major is because you're going to eventually encounter someone who speaks Mandarin," he said.

Zhaoyang Wang, member of the Asian Culture Society, agrees that learning Mandarin is incredibly important and will be a very useful skill for those who want to further their careers.

"One-fifth of the world speaks Chinese and [Mandarin] is the mother tongue of over 853 million people, making it the

most widely spoken first language in the world," he said.

In addition Wang also states that, "China is the second largest economy in the world and is one of the United States' largest trading partners."

This brings the growing need for more Mandarin speakers to light.

"We talk at Wilkes all the time about global education. To me, the clearest commitment to this is teaching languages."

Learning Mandarin, among other languages, could provide what Wilkes aims to do, which is becoming more globalized and interactive in other cultures.

Anyone interested in learning more about Mandarin or offering other

languages should contact Hepp at [john.hepp@wilkes.edu](mailto:john.hepp@wilkes.edu)

What languages would you like to see offered at Wilkes?

Email

[nicole.zukowski@wilkes.edu](mailto:nicole.zukowski@wilkes.edu)  
with your suggestions.



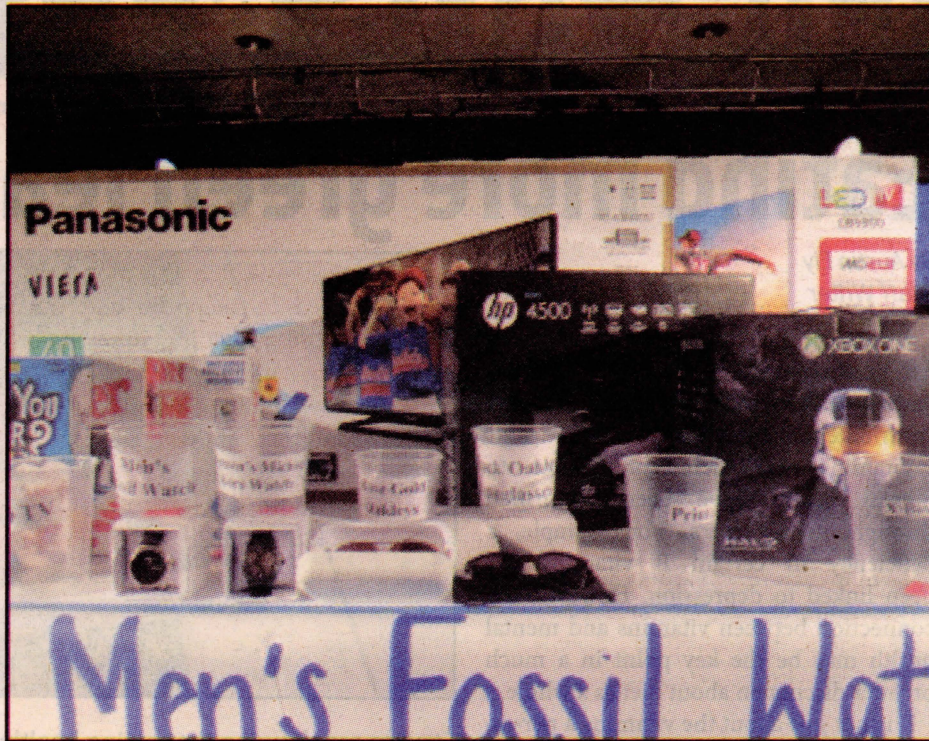
@wilkesbeacon  
[josephine.latimer@wilkes.edu](mailto:josephine.latimer@wilkes.edu)



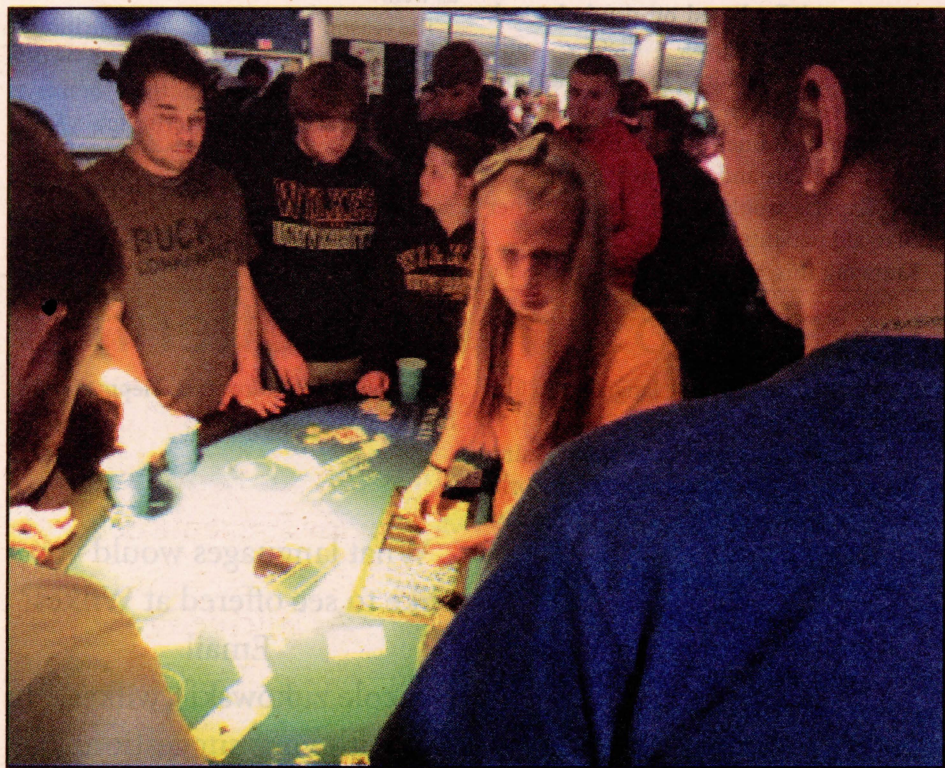
# Casino Night gave students chances to get lucky



The Beacon/ Rebecca Voorhees  
Students had the opportunity last Friday night to become pals with Lady Luck at Student Government's Casino Night.



The Beacon/ Rebecca Voorhees  
Student Government gave out prizes ranging from gift cards to expensive electronics, with everything from a mountain bike and a kayak in between.



The Beacon/ Rebecca Voorhees  
Students crowd the poker table in hopes of beating the student government dealers.



The Beacon/ Rebecca Voorhees  
Christian Giovannini spins the roulette wheel in hopes of helping fellow Colonels gain chips for a chance at the prizes.



# 6 Reasons why Suicide "Awareness" is not enough

By Emily DeAngelis  
Staff Writer

According to the American Foundation for Suicide Prevention (AFSP), since 2010, suicide rates have risen and stood constant despite increased efforts for raised awareness. We acknowledge the Day of Silence, World Suicide Prevention Day and Month, but as these days pass from our minds, suicide is still real and relevant in the minds of its potential victims.

While this article is not to speculate a solution, what can hopefully be uncovered are the reasons why society's increased efforts to help those suffering from mental illness are sometimes still in vein and the changes that can be made in the hopes of bringing light to those who struggle with mental health.

## 1. WE ARE NOT TARGETING ALL THE RIGHT AUDIENCES

The CDC and AFSP report that the highest suicide rate was among people 45-64 (19.1) years of age. The second highest rated occurred in those over 85 (18.6). However, typical suicide awareness programs are aimed at the lower percentiles. This is not without just cause. Teen Mental Health Organization cites suicide as one of the top three global causes of teen deaths. Although it can be helpful to promote prevention, the goal should be to promote self-help for everyone in every stage of life, not just the younger demographic. A suggested, but not proven technique, was that of sending postcards. It is suggested that at specific intervals post attempted suicide, the person be sent follow up post cards just to remind them that they are in the thoughts of someone else. Although the study was not conclusive, it did show some promising results. One thought is to send preventative post cards to those in nursing homes in the hopes of reaching out to them so they know that despite how they feel, they are in fact, never alone.

## 2. EVERYONE KNOWS SOMEONE

A common thought when the topic of mental health arises is that everyone is connected to someone who has struggled with their well-being. The problem, however, is that not everyone is prepared to help. Beyond offering support and providing information of the services offered by the University, many have trouble advocating to others in the manner that they need.

At Wilkes, there exists a prepared and compassionate faculty that will support anyone in this position. If you know someone struggling with mental health, do not hesitate to reach out to someone in the Wilkes University community, visit the first floor of Passan Hall, or call 570-408-4730 to schedule an appointment. All counseling services at Passan Hall are free and confidential.

## 3. PROGRAMS EXIST, BUT ARE NOT ALWAYS IMPLEMENTED

The AFSP has 12 different programs on its website for different target audiences: Programs for Teens and Young Adults, Programs for Communities and Programs for Professionals.

However, not everyone goes through a suicide awareness and/or prevention program in high school. Why, if these resources are readily available and successful, are they not used?

Testing may be one reason.

High stakes testing is currently taking priority in schools and programs that do not contribute to the school's score advancement are typically left on the back burner and are shown too late to work as prevention. While at the University level, the time exists to go through these programs. Suicide plagues people of all ages and these programs are best if utilized throughout the lifespan, starting at a young age.

## 4. SUICIDE IN THE MEDIA

Is covering a famous person's death, such as Robin Williams, really promoting their actions? More than 50 studies have found that the media coverage of suicide deaths can increase the likelihood of vulnerable individuals to commit suicide. The amount, prominence and duration of the coverage all contribute to the increase.

There are a plethora of media resources that provide additional places for those in a vulnerable state to get help. One that is readily available is suicide.org and its helpline, 1-800-suicide. This site also provides statements for the media to copy verbatim in the hopes of preventing contagion suicide attempts due to media coverage. When dealing with these topics in coverage and if unsure of how to utilize best practices, consult this or similar websites for helpful statements and figures to model after.

## 5. REACTIONS BY ORGANIZATIONS

When University of Pennsylvania Runner Madison Holleran took her life, it prompted backlash against the NCAA's failure to address the mental health of female athletes in particular.

A recent article appeared on the Student Athlete Journal has gone viral for speculations of the climate of many sports locker rooms and the organizations disregard to fix the negativity. Issues mentioned were, "eating disorders, anxiety, substance abuse, sleeping problems, depression and suicide, to name a few." The NCAA provided its guide to dealing with mental health and noted that, "they are not a medical institution."

The handling of Holleran's death could serve as an example for other organizations to follow, and the example should be a positive one. The most tangible solution offered was an increase in dialogue. Athletes can be

stubborn and foolishly driven thus avoiding intervention when help is readily available, coaches and players need to keep an open dialogue in order to stop these issues before they have the opportunity to fester.

## 6. "AWARENESS" HAS A FLEETING TONE

We raise awareness on given days, we wear specific colors for specific causes and maybe even donate a dollar or two. For suicide awareness, yellow is worn on Sept. 10 in acknowledgement of World Suicide Prevention Day. While these days are incredibly important, equally, if not more important, is continuing awareness beyond them.

@wilkesbeacon  
emilyrose.deangelis@wilkes.edu

### Here are some resources:

SAVE: Suicide Awareness and Voices of Education

American Foundation for Suicide Prevention

SPEA: Suicide Prevention and Education Alliance

WILKES U: Passan Hall, first floor or 570-408-4730



## She said, He said “You’re not listening to me!”; gender norms of arguing

By Nicole Zukowski  
Life, A&E Editor

When it comes to disagreeing, research shows that men and women take different tactics to get their point across.

Females are said to communicate to establish and maintain relationship in order to share and learn things with others. Talking is essential to how most females communicate with others. This interpretation of the female speech supports the notion that when in a disagreement, females will talk it out, leaving everything that supports their position on the table. They also want to hear the other's point of view.

This differs from the male speech because most men want to assertive their dominance and tend to give advice on what one should do. Males are more action prone than the female's ways or talking first.

Reflecting this personally on myself, I find my arguing styles to differ depending

on the medium of communication and situation. People usually come to me because I give good advice, but first I listen to them talk then give my opinions of what they should do.

Since we are living in the technology generation now, arguing electronically is common. I see this as the worst form of communication when you are trying to dissolve a disagreement. In this form, I find myself definitely writing novels to get my point across. In texting, myself and other females I've talked to about this all agree, that when having a disagreement that you end up writing lengthy messages, then the other person replies with a "K" or an one sentence message you become more agitate.

This example could help support the theory that women need to talk out arguments instead of trying to just fix the problem and forget about it.

@wilkesbeacon  
nicole.zukowski@wilkes.edu

By Justin Topa  
Asst. Life, A&E Editor

Even in the strongest of friendships, arguing seems to be inevitable and the ways in which these situations are handled can vary. One contributing factor to hacking out the hassle may lie in gendered norms.

Studies in gendered communication show that men typically resort to working on solving the problem at hand rather than simply discussing a problem and generally engage in conversation that allows them to assert dominance and show knowledge.

While it is reported commonly that men use talk to establish and defend personal beliefs and ideas, it is also reported that men tend to respect the independence of others and avoid condescending.

While I'm generally described as rather easy-going and open, there are gendered communication norms I find myself slipping into while in a quarrel with a friend. My main goal in an argument is

to solve a tangible problem. Demonstrated knowledge and an openness to others views are two tools that must often be used to solve the issue at hand. I do not attempt to control or dominate an argument, as I find the only way a heated discussion can be beneficial is through an open discussion and, more often than not, compromise.

In an ever-adapting world, these gendered communication tactics may seem outdated and there are always exceptions. The studies referred to above can be found within Julia T. Wood's textbook, *Gendered Lives*.

To learn more about these rules and gendered communication, students may take Gender and Communication, a course taught by Dr. Mia Briceño, or Interpersonal Communication taught by Dr. Jane Elmes-Crahall.

If you have any opinions about how gender affects having disagreement please email at the address below.

@wilkesbeacon  
justin.topa@wilkes.edu

## 15th annual Tom Bigler Journalism Conference brings local students to Wilkes



The Beacon/ Nicole Zukowski

Dottie Martin, Community News Group Editor of The Times Leader and editor for a number of local newspapers, moderates a workshop for the high school students inside the Beacon office on the first floor of Conyngham Hall.



The Beacon/ Gabby Glinski

The keynote speech was given by Jim Gavenus, photojournalist, who describes his job as one of a "storyteller" and a "messenger".



# Ski and Snowboard Club wraps up snowy season

By William Deemer  
Contributing Writer

When the winter months come most people stay inside, but member of the Wilkes University Ski and Snowboard Club can often be found on the mountain riding and enjoying the winter.

The club is very active on campus, and it continues to grow as current members seek out new snow lovers.

The club is rumored to have started in the 60s by a few men who wanted to ride with their friends and enjoy the sport.

"That's what it's all about... riding with friends and meeting new people," said Michael Grobinski, club president. "It's always fun to ride and also a good way to meet new people and bond over a great sport."

The Ski and Snowboard Club has roughly between 150-200 members that are active with club riding and involved in events both on and off campus. The club does everything from designing new shirts and snowboards to club trips to Montage

Mountain, Big Boulder Mountain, and the annual Killington, VT trip over winter break.

Grobinski has been organizing the Vermont trip for the last two years.

"It has been the best part of my winter break since I started college. I don't know what I'm going to do after I graduate," he said of the trip.

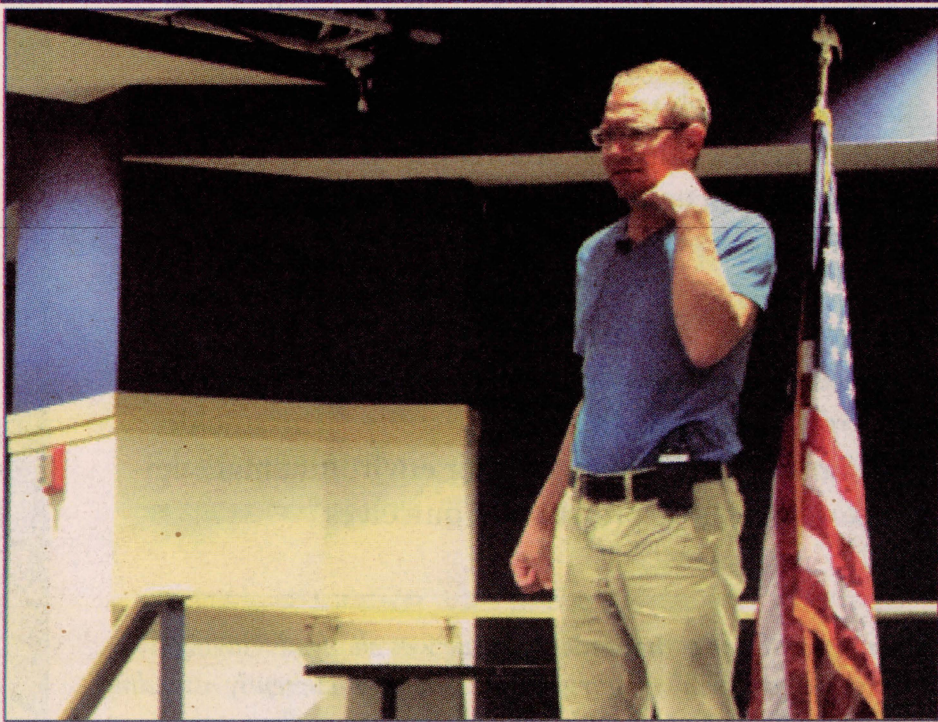
Grobinski and a few of the Ski and Snowboard Club members rode at the CollegeRailJam recently at Montage Mountain. He and other students promoted the club at the contest and met people from different colleges.

The club takes care of its members utilizing all ways and places to ride accommodating skiers, snowboarders and snow tubers so everyone enjoys the mountains.

If you are looking for a club or just something new to do, the Ski and Snowboard Club is accepting all new potential members for next winter.



@wilkesbeacon  
William.Deemer@Wilkes.edu



The Beacon/Rebecca Voorhees

Wilkes University Programming Board hosted transformational comedian Kyle Cease on April 9. He spoke on self-worth and love.

## HUMANS OF WILKES UNIVERSITY



The Beacon/Danny Lykens

What inspired you to open the photo studio?

"We wanted to open the studio as a destination for our clients. Now you can check into our studio online. It's crazy!"

-Steve and Bridget Husted



# OUT OF THE DARK

## A 5K FOR SUICIDE PREVENTION

When she was 16, Sophia\* made a promise to herself: if she couldn't meet the expectations her family and peers had set for her by the time she was 21, she would take her own life. Since 13, she said she lacked an environment that was supportive or helpful. Pressure from school and extracurriculars coupled with a chaotic home life led her to start self-harming. "Cutting was my way of coping with overwhelming anxiety," Sophia said. "In order to shut it out and see it in form."

This cycle continued for years. By the time she turned 21 her junior year at Wilkes, her family life "had gotten out of control," and everything started becoming increasingly overwhelming for her. When the semester ended and summer came, the chaos was left without a structure, and it became too much to handle.

She decided it was time to make good on her promise.

Sophia was ready to take an entire bottle of heart medication when a well-timed phone call from her boyfriend intercepted her plan. While that was enough to make her change her mind, Sophia said she still struggles with depressive and suicidal thoughts, as well as self-harm.

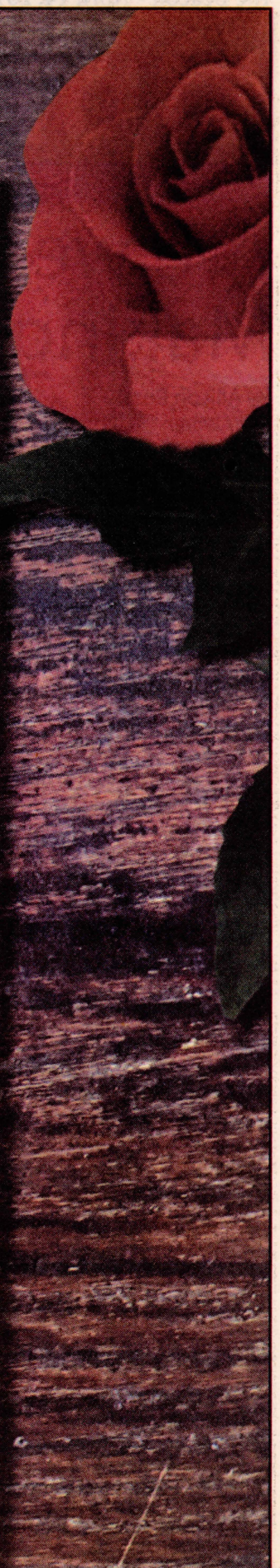
It hasn't been an easy road to recovery, although she said that talking has made it easier. "It was really hard until I started opening up to more people," she said. "Growing and letting myself talk about it has let me step away from it."

Sophia's story is one that rings true for many others. According to a study done by Berkeley.edu, one out of ten college students contemplated suicide. Suicide is also the second leading cause of death for college-aged people, according to the same study. "The suicide rates for college students are astounding," Samantha Davidson, senior environmental engineering major, noted. "As college students, we put more pressure on ourselves."

---

*\*Editor's Note: In the interest of protecting her identity and story, the student's name was changed. Having known her for an extended period of time, the editor can confirm her story as true. Sophia is currently attending regular counseling sessions through the university and advises anyone with a similar story to do the same.*





Davidson is part of a team that helped to organize this year's Glow Run 5K, the proceeds from which will go to the American Foundation for Suicide Prevention. The foundation's message, as well as the aim of the 5K, is to bring the conversation about suicide "out of the dark," something Davidson said is important.

"[Suicide] is a topic that people don't like to talk about," Davidson said. "People affected by suicidal thoughts...it's not as open as some of the others causes [breast cancer, etc.] so it's something that really needs the awareness. People need to realize that they aren't the only one who has thought about it."

Sophia agrees that suicide has a stigma surrounding it. She attributes this to it being sensationalized in mass media, making some people believe that having suicidal or depressive thoughts is "over-dramatized." "I think that view of it makes it jarring to people, makes it a big deal and hard to talk about," she said. "You're never sure what the other person is going to think. There are too many ways for people to respond to it to feel comfortable saying something without the fear of what will happen."

While she acknowledges that it can be difficult, Sophia recommends talking to someone if suicidal or depressive thoughts cross one's mind, despite how harmless they may seem. "Don't think it has to be some ideal to be the pinnacle of problem," she said. "If you're concerned with your well-being, even if you aren't self harming....don't write it off as nothing. Talk to someone sooner rather than later."

This year's Glow Run 5K will take place on Friday, April 17, with registration starting at 8 p.m. at the UCOM. Registration is \$5 for students and \$10 for non-students, with all proceeds benefiting the American Foundation for Suicide Prevention. For more information, readers can contact Davidson at [samantha.davidson@wilkes.edu](mailto:samantha.davidson@wilkes.edu).

Anyone struggling with depressive or suicidal thoughts is encouraged to reach out to the national suicide prevention hotline at 1 (800) 273-8255.

Story by James Jaskolka

Design by Steve Dziedziak



# Opinion

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

## Are we living to work or working to live?: Making 'cents' of what's important to society

By **Allison Rossi**  
Staff Writer

In life, many strive to become rich and/or increase their riches. When asked "Would you rather be rich or loved?" 14 out of 24 people chose that they would rather become rich than be loved, according to the [experienceproject.com](http://experienceproject.com).

Money makes the world go round and is necessary in everyday life. Money and the desire for money has shaped the world around us. A majority of individuals work and choose their careers solely based on what their salary is going to entail.

People look up to and inspire to be like famous people not only due to their popularity, but because of their market value and their materialistic expensive items.

Everything in this world costs something, whether the payment is coming directly

from the citizens, or if it is coming from the government.

In order to survive properly and live comfortably, one needs to have a steady salary and or save up enough money to live off of. If that individual has a family, they need to support them as well this is one of the main factors why people are so desperate and strive to attain money. Money is not a cure for all in life, but it does influence the factors mentioned above.

Benjamin Franklin stated, "In this world nothing can be said to be certain, except death and taxes." There is no escaping money whether it be payment, property, inheritance and most importantly, taxes to the government. Having wealth is extremely powerful and can drastically change ones life in positive and negative ways.

An individual's wealth or salary determines many aspects in that persons

life. Commerce reflects their health benefits and coverage, what they consume to eat, their clothing, their education, their connections, job opportunities, their status and power in society etc.

Money can lead to many positives and luxury items, but there is also a dark side to money as well. With wealth comes power; both wealth and power can corrupt society as a whole. The desire for money, can lead to various dangers. The strong pull and desperate longing for wealth can change an individual. There are various crimes in the United States that are correlated to wealth.

According to the Bureau of Justice Statistics' National Crime Victimization Survey (NCSV) in 2013, United States residents ages twelve or older experienced an estimated 6.1 million violent victimizations and 16.8 million property victimizations. In 2013 there were approximately 645,650

robberies, approximately 3,286,210 burglaries, 661,250 motor vehicle thefts, and approximately 12,826,60 thefts.

Some of these crimes are not all caused by a lack of money but they are correlated or connected to a lack of money. People revolve their lives around making money.

Take college for example, students enroll in college to not only create a career of their choosing but to make more money as well. Money is the ultimate goal of all jobs in fact after college students graduate from college they will begin to pay off their student loans.

In our society there is an ongoing cycle and it is all revolved around wealth. Overall the relationship our society has with money is a very interesting one.

How far will you go for money? Is money more important to you then love, happiness, or your health?

## Should Autism Speak(s) for everyone?

By **Elyse Guzewicz**  
Staff Writer

As many of you may know, April is Autism Awareness Month.

Autism Speaks, possibly the most well-known "advocacy" organization geared toward autism, promotes many events during this time, including the popular "Light It Up Blue" campaign to raise awareness by changing white lights to blue lights, putting blue filters over bulbs, or wearing the color blue.

Autism Speaks, though being the first narrative on autism many people hear, has been criticized for its approaches as to how it addresses autism. For example, Autism Speaks' cure narrative only supplements its mismanagement of funds and lack of autistic voices.

To begin, it is important that I explain what the cure narrative is. The cure narrative propagates the idea that autism is inherently bad and requires a cure or test (likely done prenatally, similar to Down's Syndrome) to prevent or remove it and turn autistics into allistics.

This idea has proven to be very harmful to autistic people, including promoting or implicitly endorsing the murder of "low-functioning" autistic individuals.

Autism Speaks is well known for spreading the cure narrative. The majority of the money they make goes to research, most of which supports the idea that autistic individuals either need or want a cure.

In 2006, Autism Speaks created a short film called "Autism Every Day," which includes a number of parents of autistic children complaining about how difficult their lives are and how autism is bad and scary and has ruined their lives.

In the video, the parents also complain about how their nonverbal children are impossible to communicate with – despite the fact that most of them are clearly trying to communicate in the video, with one boy even using sign language that the parent clearly didn't understand.

Most shockingly, one mother admits that she wanted to commit a murder/suicide by driving herself and her daughter off a bridge, which she found preferable to her daughter

"not making any progress." She states the only reason she didn't go through with it is for the benefit of her allistic daughter.

As if their short films couldn't get any worse, the 2009 video "I Am Autism" features an ominous, trailer-like voice explaining that autism is a horrifying monster just waiting to ruin your life by burdening you with an autistic child. The shock! The horror! Your kid might be neurodivergent – and you won't know until it's too late!

Only about 4% of Autism Speaks' funds go toward what they call "Family and Support Services" – the only part of their organization that actually helps autistic people and their families/caretakers.

The rest goes to propagating the cure mythos or advertisements that paint autistic individuals as a burden to society and their families.

To top it all off, Autism Speaks doesn't have one – not one – autistic person on their board of directors. That's like a feminist organization run entirely by men, or the NAACP being somehow overtaken by white

leadership. How can you claim to "speak" for a condition when you aren't actually being influenced by individuals with that condition?

Our university has the misfortune, in my opinion, of hosting a chapter of Autism Speaks on campus.

If the information shared about Autism Speaks has got you down, don't worry. There's a better option: ASAN, or the Autism Self Advocacy Network. ASAN is run by and for autistic people. Their motto is "Nothing About Us Without Us."

Sound familiar? That's right – it's the same sentiment that started the formation of the British colonies into the United States: "no taxation without representation."

Want to share your opinion about Autism Speaks or another group? Email editor-in-chief James Jaskolka at [jaskolkabutler@wilkes.edu](mailto:jaskolkabutler@wilkes.edu)



# Place Your Ad Here

---

Do you own a business?  
Have an upcoming event?  
Advertise with The Beacon and reach  
6,000 potential clients per week

---

For more information contact:

[rasha.shaker@wilkes.edu](mailto:rasha.shaker@wilkes.edu)

or

[kalen.churcher@wilkes.edu](mailto:kalen.churcher@wilkes.edu)

Sizes range from 1/8 to full pages.  
Full color, Discounts on bulk orders.





# From Philly to Wilkes-Barre: Liz de Lise on the road

By Eric Casey  
Staff Writer

When someone says local music, I instantly think of some punk rock band that plays basement shows with their cult following...of like 26 sweaty friends. Sometimes I think of classic rock cover band called 40 lb Head. Also, I think of an oldies band called The Starfires who were popular in this area in the 1960's but still perform. Anyway, there are many local bands in NEPA. However, in recent years I think of the words "local music" in a new light.

To me local music doesn't just have to be from NEPA. It can be from as far away as Philadelphia. That's where folk singer/songwriter Liz de Lise resides. Around last October our campus station 90.7 WCLH started playing two songs from Liz's debut EP titled To & Fro. Those songs are called "Ode" and "Strangers." Over Christmas break, according to our station manager Kristen Rock, some callers were wondering who sang those

songs and where to find the album.

As soon as the semester began Rebecca Filipski, our Alternative Director, and I got an email forwarded to us from Liz de Lise. She had asked what show on our station would be best fit for her to come in for an interview and perform a small acoustic set. Naturally, my "Indie Flavour" show on Wednesdays 3-5 pm was the best fit as I often play folk music along with indie rock.

We had quickly agreed to April Fool's Day being the day she would come in. Unfortunately, some things fell through on her end, but miraculously she was able to come up the next day since she was playing a show that night in Clarks Summit. It was last minute, but everything turned out fantastic.

She's a young musician with a lot of talent thanks to a family of musical background. Not only does she play guitar, but she can play violin as she told me during the live on air interview. "Ode" is the first song on the EP and also one of my favorite songs of 2014

without a doubt. "And I dream of pirates and hippies galore!" It has a very unique "gypsy-folk" vibe to it. I get images of sailing on the open seas with my best friends.


"Home/less" is a very pleasant slow ballad featuring Liz's vocals at the forefront with a violin. At times it has a very "live" sound to it and might give you the feeling like she's singing it at the top of a hill at someone's outside casual dinner party. It also reminds me a little of Fiona Apple and Christina Perri. "Pan" is the sort of song that sounds great around the campfire. It has that tribal element to it. The backup vocals shine wonderfully. The lack of instruments isn't an issue, and in fact makes it very interesting with the minimalistic approach. Vocals are the most powerful instrument here.

"Strangers" is another favorite with listeners. It evokes dreams of joining in with a band that is walking through the streets of a foreign country like Italy or France trying to have random locals join in with them. "Star Fire" is a really cool track. Just like some

of her other songs, this too features an accordion. The lyrics tell a neat story. "Ain't it strange, either way we live we're always beggin' for change."

In the song she also names the city of Portland, which is where most of her songs were inspired from since staying there one summer as an undergraduate at Connecticut College to observe and interview the street kids. Lastly, "The End" provides for a relaxing end to a very well produced debut album from Liz de Lise.

She was the first singer I had on my show for an interview and performance. Liz is a very genuine person with a story to tell. We were only her second radio station that she has appeared live on as she begins what I hope is a long and successful journey. Did I mention she just came back from an overseas trip in Armenia?! Anyway, check her music out on Spotify, Bandcamp, SoundCloud, iTunes, and her own website. You won't be disappointed. I give To & Fro 4 out of 5 stars.

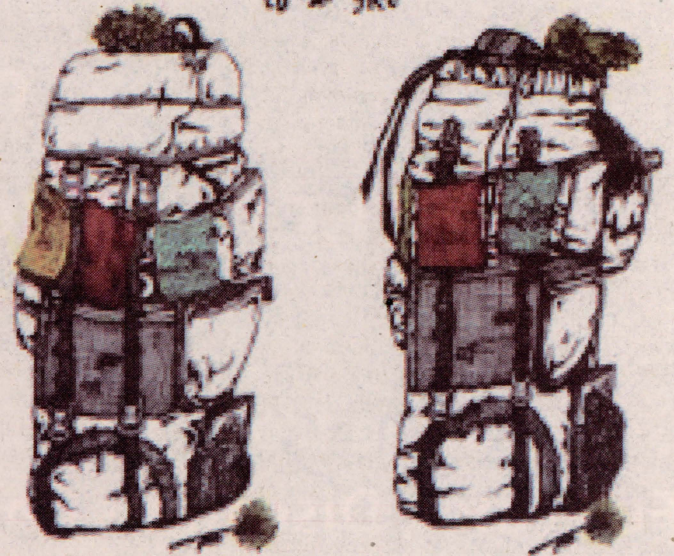
 @wilkesbeacon  
Eric.casey@wilkes.edu

## Eric's Score:



Liz de Lise

to & fro





# Rediscovering a classic: Murder in the Cathedral

By Sara Pisak

Asst. Opinion Editor

One of the aspects I enjoy most about writing this column each week is rediscovering a classic text. The classic being revived this week is T.S. Eliot's dramatic work *Murder in the Cathedral*.

Eliot, known as a world renowned poet and playwright, takes his talent to a new level in this work. *Murder in the Cathedral* is often categorized as dramatic verse, a unique combination of a poem and a dramatic play. Authors will attest that it is difficult to write a full length dramatic work. They will continue to testify to the difficulty of forming poetic lines into a dramatic format, creating a continuous poem and a continuous play. A reader and an author can then appreciate the work and skill level of Eliot, who successfully combined both styles of writing.

The result is a continuous 88 page poem broken down into dramatic acts and scenes found in Eliot's *Murder in the Cathedral*. This combined form allows Eliot to create a fact based character of mythical proportions.

*Murder in the Cathedral* tells the story of Archbishop Thomas Becket who preaches a sermon declaring/predicting his own murder and martyrdom. Eliot based the character Becket on the authentic Archbishop of Canterbury, also named Thomas Becket, who was murdered in 1170. The setting of the play takes place between Dec. 2 and Dec. 29 1170, when Thomas Becket returns after seeking refuge in France for seven years.

When Becket returns, the reader realizes Becket has not escaped the dangers he hoped to leave behind. Becket is then tempted by four differing "Tempters." The four Tempters promise Becket forgiveness of past transgressions and removal of dangerous threats. Becket turns down their temptations of physical safety, of fame, of friendship and of glory.

Then on Christmas Day, Becket delivers a sermon defining peace and commemorating saints who have been martyred. The sermon serves as a prediction of Becket's own death to come.

Soon "Knights" enter town demanding Becket pledge his allegiance to the King and not to God and the Church. Becket refuses. The Knights allege Becket has committed treason against England while in exile in France, which Becket denies to no avail leading the Knights to murder him.

The Knights' murder of Becket fulfills his Christmas day prophecy. Becket's

congregation mourns his death while others question his intentions based on the idea he predicted his death. However, people take solace in the fact faith will prevail because of Becket's example of strong conviction.

In literary circles, it is often discussed that Becket's character is a symbolic Christ figure resisting the temptations of the devil. As is also the case with Christ, Becket is killed for his faith and unwavering devotion. Others have viewed Eliot's work from a political perspective centered on the resistance to the Fascist movement in 1935.

Considering the multiple commentaries on Eliot's work, how can modern readers relate to *Murder in the Cathedral* in new and inventive ways?

Personally, the idea I take away each time I read or discuss this work can be located deep within the text. A few pages before Becket is murdered, he employs the use of soliloquy to present the reader with a profound message regarding humanity. Becket asserts during the closing of his soliloquy, "Humankind cannot bear very much reality."

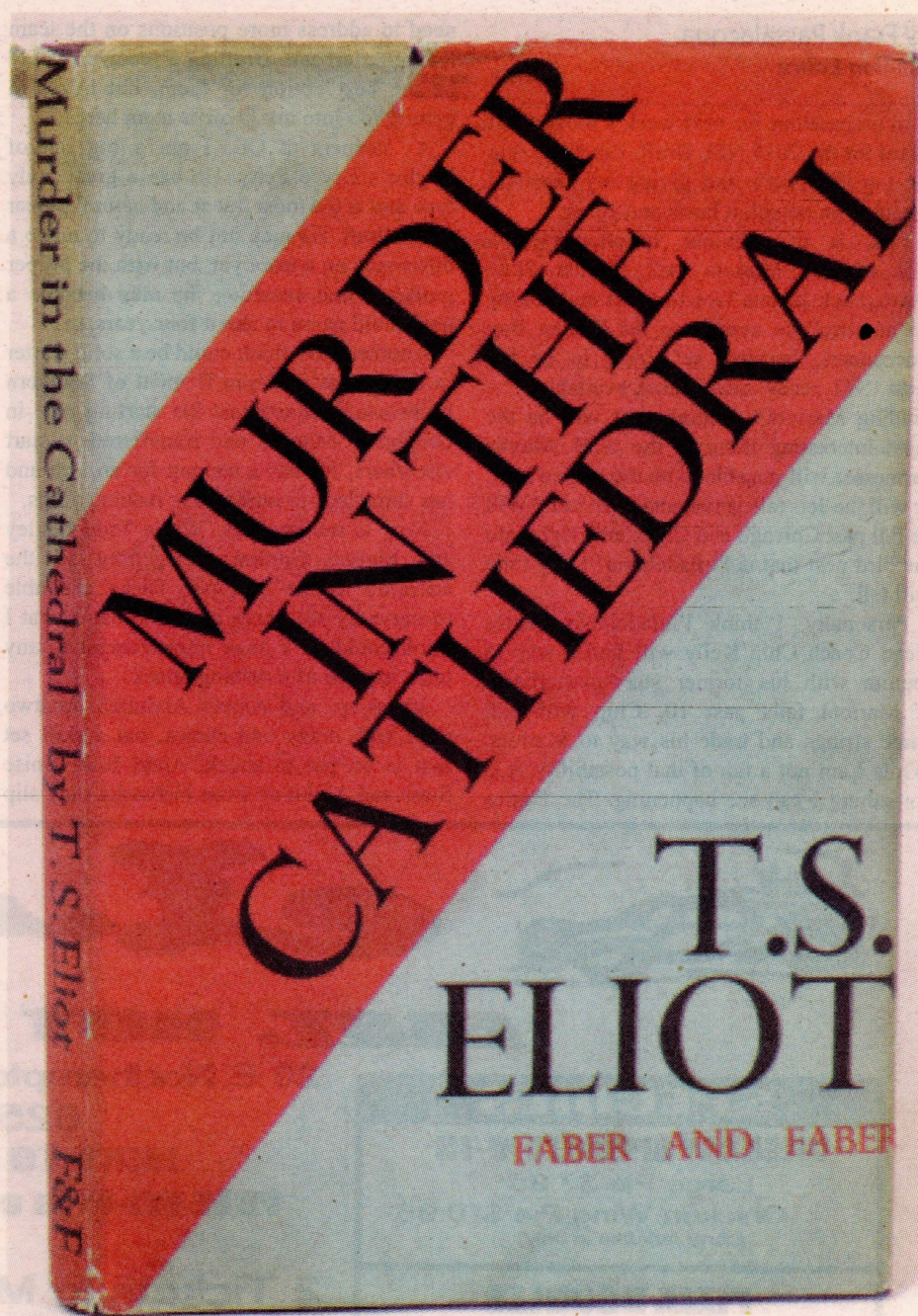
Blink while reading *Murder in the Cathedral* and you might miss this quote altogether. In my opinion this quote is the theme of Eliot's story, the moral of Becket's existence and universally the idea behind life in general. Becket is correct; humanity cannot handle much reality. As human beings, we are influenced by many internal and external factors to define reality accurately.

Internally, reality is construed by our perception and memory and imagination allows humanity to cloud events creating and changing reality. Externally, humans allow affiliations within their families, friends, religious groups and other associations to affect how they view reality.

Further, often to maintain a content equilibrium, man blocks out reality which is capable of causing a great deal of sorrow. Even in Thomas Becket's life, reality is transformed as his motives and death are questioned, while those who maintain a strong sense of faith and conviction continue to uphold Becket and their beliefs.

For a 21st century reader, who is constantly dealing with internal and external influences, if truth is reality and reality is a true representation then Eliot's dialogue created for Becket continues to still be precise: "Humankind cannot bear very much reality!"

@wilkesbeacon  
Sara.Pisak@wilkes.edu



Courtesy of Creative Commons

## Sara's Score:





# NFL Draft Discussion: Thoughts on 2015 prospects

By Frank Passalacqua  
Opinion Editor

In preparation for next week's mock draft board for the 2015 NFL Draft, I'm analyzing the top prospect's and giving my personal thoughts on potential busts and gems.

First is the obvious question: where will Marcus Mariota go? Florida State quarterback Jameis Winston will most likely go number one overall to the Tampa Bay Buccaneers, because he seems to be the most 'NFL ready' quarterback available. Finding Mariota's landing spot will be the most interesting thing in the draft. Maybe Tennessee will snag him with the second pick, or will the Jets take a risk and draft him? Will he fall past Chicago and Cleveland, right into the bird nest that is Philadelphia? Only time will tell.

Personally, I think Philadelphia Eagles Head Coach Chip Kelly will find a way to reunite with his former star quarterback. If Mariota falls past 10, Chip will pull some strings and trade his way to Mariota. While I am not a fan of that possibility, it is something I can see happening. The Eagles

need to address more positions on the team than quarterback. Drafting a receiver would be the best option for them, but hey, I'm getting too into my favorite team here.

At sleepers at QB, I am a big fan of Baylor's Bryce Petty. He has a great body type and is the most fluent and natural passer in the draft. He may not be ready to make a difference on a team yet, but with the proper guidance and coaching, he may become a household name in about four years.

Another QB I think could be a solid starter in the league is Bryan Bennett of Southern Louisiana. Bennett lost his starting role in Oregon to Mariota and transferred to start elsewhere. He has a cannon for an arm and has some legs to rack up the rushing yards.

Next is runningback. While Todd Gurley and Melvin Gordon are getting all the attention as the best two backs available (deservedly so), there are other backs that I think could be a huge improvement to any team in need of a rushing attack.

Jay Ajayi and Ameer Abdullah are two guys with crazy odd names, but a skill set that is on par to shock. Ajayi from Boise State and Abdullah from Nebraska may slip

to the second round, but don't be surprised if they have better seasons than Gurley or Gordon.

Going down the depth chart brings us to wide receivers, my personal favorite position to analyze. Everyone knows Amari Cooper is hands down the best receiver in the draft. While personally, I think Kevin White is better, it doesn't need to be said that they will be the first two receivers taken.

However, there are three guys who I would settle happily on. Jaelen Strong, Breshard Perriman and Nelson Agholor are three receivers who have high playmaker ability and could pass 1,000 yards receiving in their rookie year. That is a big statement, I know, but their presence combined with skillset could prove to have a huge outcome.

Devin Funchess and Dorial Green-Beckham are two receivers highly rated in their position. However, I think they will be a bust. Funchess lacks speed and the ability to separate from the defense while Green-Beckham is the next Josh Gordon. He may rival Calvin Johnson in body and have some talent, but it is his issues off the field that will keep him off the field.

Skipping a few positions to wrap this up, Eric Kendricks, linebacker from UCLA is one guy not getting enough time and recognition he deserves. There are about five players rated ahead of him at the position, but I predict he will have the most impact on his team and will probably have the most tackles out of any of them.

Kendrick's natural instinct and quick speed is what won him the award for best linebacker in the NCAA, and it's obvious to me that his drafting team will be highly rewarded.

Lastly, defensive backs are a hard area for rookies to have an immediate impact on. We have seen numerous times in the past a highly rated rookie come to the NFL and fail quickly. However, that will not be the case for Michigan State's Trae Waynes.

Waynes shocked the world at the NFL Combine by putting on a show to remember. I doubt he will make it out of the top 10 and wherever he starts will be instantly upgraded. Landon Collins and Bryce Jones are two other DB's who can make an immediate impact as well. I look for them all to go in the first round.



## JANUZZI'S

**FAST. HOT DELIVERY**

20 E Northampton St. Wilkes Barre

825-5166

**NEXT TO MOVIES 14**

**FREE Wi-Fi in our Dining Room**

**Try Our New  
Boneless Buffalo  
Chicken Bites  
10oz ONLY \$5.95**

### SPECIALS

#### WEEKDAY SPECIALS M-TH

Large Pie \$7.95  
Chicken Wing Pie \$10.95  
(carry out/dine in only)

#### PIZZA DOUBLES

2 Medium Pizzas \$13.95  
2 Large Pizzas \$16.95

#### MIX & MATCH

Any 3 Subs or Wings  
\$15.95

**WE CATER LARGE GROUP EVENTS  
PLEASE CALL BEFORE YOUR NEXT  
MEETING!**

**2 Tickets to Movies 14 WB  
1 Medium Pizza - 1 Topping  
2 Drinks**

**\$22.95**

**We Cater Parties At Movies 14**

#### Hours:

Mon.-Thurs. 11am-11pm

Fri.-Sat. 11am-12am

Sun. 12pm-11pm

**We're more than just great pizza...  
see our entire menu at**

**www.januzzispizza.com**



# Sports

Want your sport covered? Contact the sports editor: [Brandon.Gubitosa@wilkes.edu](mailto:Brandon.Gubitosa@wilkes.edu)

## Women's tennis team looks to finish season strong

By Grant Rogers  
Sports Writer

The Wilkes women's tennis team looked to continue its eight-match winning streak as team members prepared for Freedom Conference foe Misericordia University at the Ralston Athletic Complex on April 12. Results of the match were not available at press time.

In the team's last meeting, the Lady Colonels put on a show posting an 8-1 victory over the Lady Cougars, with the Lady Colonels only loss coming in a doubles match.

"The women have been working very hard in practice, as we are getting ready for all of our upcoming conference matches," said Head Coach Chris Leicht on preparing for Misericordia. "Misericordia is always a very deep team, so everyone on our team has to be ready. Specifically, we have been working a lot on doubles strategy."

The women's tennis team has seen much success over the years. In the last three seasons, the Lady Colonels have had 57

wins, averaging 19 wins a season. The Lady Colonels are also going for their 9th straight Freedom Conference title.

"We are very focused on the present – just taking one match at a time. I am lucky to have such strong upper-class leaders, who are excellent role models," Leicht said. "Also, we are very experienced as our team is filled with players who have already won titles and won matches in the NCAA National Tourney."

Even though the Lady Colonels are on a hot streak they still feel there is room for improvement.

"We try to work with each player individually on things they need to keep improving. As a team, I think we need to improve our aggressiveness in doubles," Leicht added.

"The team and I are looking forward to the second match of conference play," said sophomore Kendra Croker. I think it will be a more competitive match for every player."

After the Misericordia match the women's tennis team takes on Marywood University at 2 p.m. at the Ralston Athletic Complex. The Lady Colonels come back to Freedom



Courtesy of [gowilkesu.com](http://gowilkesu.com)

The Lady Colonels are looking to finish this season strong. Check out their next match on April 14.

Conference play on April 14 against Delaware Valley College, then Arcadia University and King's College to round

out the regular season before the Freedom Conference tournament.

## Softball players taking it one game at a time

By Andre Spruell  
Sports Writer

After coming off a strong showing over spring break and facing some stiff competition while in Myrtle Beach, S.C., the Lady Colonels are looking forward to the rest of the season.

While in South Carolina, the team went 4-4, capturing wins against schools like John Jay College, Grove City College, Rosemont College, and Anna Maria College.

"Most of the competition was on par with us, so most of the games were evenly contested," said 15-year head man Coach Frank Matthews.

The Lady Colonels are poised to have a solid season this year based on their successes over spring break.

To start the season off, the Lady Colonels traveled up to Annville, Pa., where they faced Lebanon Valley College in doubleheader and



Freshman Nicole Cumbo pitching in a recent game

suffered losses in both games at the hands of the Dutchmen. Their next contests took

place at home against rivals Misericordia University and Delaware Valley College.

In the home opener against Misericordia, the Lady Colonels suffered tough 4-5, 3-4 losses and split the series between Delaware Valley with a 7-2 win and a 3-7 loss.

"After we had a pretty good start in Myrtle Beach, I thought we would play a little better. Right now we're not and we're making a lot of mental errors and those errors have to be corrected one at a time."

Despite the rough start, the Lady Colonels look to capitalize off their mistakes and finish the season on a strong note behind their leaders, seniors Alex Hoops, Mandy Seccia, and Emily McGrath. It will be tough as they will face some pretty stiff competition down the stretch.

Matthews also added, "They show up to practice, they practice hard, their hearts are in it, their minds are in it, and we're just going to play it one day at a time...we have to come from behind and win a game and change things a little for us and that's what we hope to accomplish."



## Wilkes University baseball's midseason battle continues

By Cara Basile  
Sports Writer

The men's baseball team is off to a strong start as the team gained important wins in the Freedom Conference. At this point in the season it is crucial to maintain momentum in order to earn a spot in playoffs.

The Colonels have held onto big wins including shut-outs against both King's and Delaware Valley College. The men will face the local rivals again later in the season and still have conference games approaching, so there is always room for improvement.

"The season has been going pretty well for us," senior Bobby Schappell said. "We have progressively been getting better and coming together as a team. We are improving each day and are working hard to achieve our goals."

The team has a diverse mix of freshmen, sophomores, juniors, and seniors all with special roles to bring to the competition. Success comes from working together during the positive and negative aspects of the game. Schappell said motivation and team chemistry are huge elements of the game that

are just as important as skill or athleticism.

"I want to do the best I can to help my team achieve our goals," Schappell said.

"As for my teammates, we have a few guys on the team that are pretty good motivators. Marcus Leaf has really taken a big role with the motivational stuff for our team."

Leaf, a dominant player for the Colonels says conference games are especially important to not play lightly.

"So far #13 Misericordia has been our most difficult match up, however every team in the Freedom Conference has a quality ball team, each team in conference comes ready to play, there really are no cake walks," Leaf said.

The Colonels will take on Eastern University on April 14, King's College on April 15, and Fairleigh Dickinson-College at Florham on April 17 and 18.

"Our team has come a long way, from becoming teammates to a band of brothers striving for one common goal, a MAC title," Leaf said.

@wilkesbeacon  
cara.basile@wilkes.edu



## Off Campus

Premium Student Housing

Now.... LEASING FOR MAY

[www.znproperties.com](http://www.znproperties.com)

570-592-3113

## Football team spring practices showing major team results

By Danny van Brunt  
Sports Writer

The Wilkes football team is keeping its athletes in shape during the off-season involving them in spring ball.

The football players are assigned workouts three days a week with team practices on off-days. The players also lift weights in the gym and practice on the field without gear.

Sophomore quarterback Ryan Dailey explained its importance.

"We're just trying to get our chemistry better with all the people returning from last year," he said. "We also want to be better than last year and that starts in the spring."

"We have no pads on. We have meetings before practices, get all of the formations and plays, and then we take them to practice," he continued. "We do drills, position drills, and then we do seven-on-seven drills. At the end, we take our six teams and do competitive activities."

In the weight room, the football team has made progress.

"I'm getting stronger," freshman Michael Melgrano said. "My max has gone up at least 50 pounds over the course of six months. So whatever they are doing here, they are doing it well."

Keith Klahold, the strength and conditioning coach/fitness coordinator, was

assigned to design work outs for the team.

"The football team gives me more leeway than other coaches as far as creating their work outs. So, they pretty much tell me they need their players bigger, faster, stronger, and etc. From then, they give me free reign to do whatever I feel is best, and get them the results, which is actually kind of nice."

"They trust me for the fact that I am going to do what is best for the team, and if I don't get them the results they need to win, that's my fault."

When asked about results, Coach Klahold had only positive feedback.

"Results are obviously number-driven. We will strength test once more before the end of the semester, and before they leave for the summer. We've already tested twice so far this semester, and the results have been very good. We've improved each time."

Klahold considers the improvements made between January and February remarkable.

"The willingness to push each other and get on each other if they don't feel the other person is pushing as hard as they can is what makes them successful," Klahold continued. "That's something we haven't seen on this team in quite a while."

@wilkesbeacon  
daniel.vanbrunt@wilkes.edu

# FOR RENT

## APARTMENTS

Studio, 1, 2, & 3 bedrooms  
Available June 1, 2015

[www.DreamRentals.net](http://www.DreamRentals.net)

Call Jim (570) 288-3375



## Lady Monarchs soar to overtime win against Colonels



Wilkes University junior Tori Kerr prepares for the faceoff against a King's player. The Lady Colonels fell to the Monarchs in overtime.



Senior Carley Smith works her way up field in a game against King's College. The Lady Monarchs proved too powerful in overtime, winning 17-16



Junior Madeleine Brownsey runs by the defenders to score one of her nine goals against King's College.



Senior Carley Smith attempts to catch the ball after a faceoff.

All photos: The Beacon/Purvit Patel



Getting to know...

# Katherine Block

Junior Lacrosse player

By J.T. Keer  
Sports Writer

Q. Where are you from?  
A. Camp Hill, Pennsylvania

Q. What high school did you go to?  
A. East Pennsboro

Q. What do you do for fun at home?  
A. Drive around Harrisburg, have bonfires, tan and shop with friends

Q. What made you want to come to Wilkes?  
A. I loved the small campus feel, in the city.

Q. What is your favorite part about Wilkes?  
A. I love the variety of freelance lectures that students can attend.

Q. What is your major?  
A. History

Q. What are you planning on doing with your degree?  
A. I initially just wanted to write books and study for the rest of my life; but since that's such a hard business to profit off of, I'm going into the Navy after I graduate. I plan to apply my degree by studying the places the Navy sends me.

Q. What inspired you to do that?

A. One of my good friends is in the Navy, they send him to the coolest places. I figured that would be such a worldly experience, vital to my major.

Q. When did you start playing Lacrosse?

A. I started playing lacrosse in the fall of 2013.

Q. How has your experience gone here at Wilkes?

A. My overall experience has been awesome!

Q. Did you play any other sports in high school?

A. Nope, I was more into music and theater

Q. What is your favorite professional sports team?

A. The Philadelphia Eagles

Q. Favorite athlete?

A. Cristiano Ronaldo



@wilkesbeacon  
johnathan.keer@wilkes.edu



The Beacon/Purvit Patel



Getting to know...

# Zak Berg

Junior Baseball Player

By Evan Willey  
Sports Writer

Zachary Berg is the senior catcher for Wilkes' men's baseball team. He is local and was born and raised in Mountain Top, Pa. He is majoring in Integrative Media and minoring in Computer Science.

Q: Why did you start playing baseball or who inspired you to play?

A: I started playing baseball at a very young age and just excelled from the start. Watching Derek Jeter play on TV was probably the biggest inspiration as well as my Uncle who bought me my first set of catchers' gear and bat to follow in his footsteps.

Q: What makes you a solid attribute to the Wilkes baseball team?

A: I spent my last three years behind a great catcher in Tyler Moreno, and I think I have earned my starting spot after lots of hard work and dedication, considering I wasn't chosen to start at the beginning of the fall season.

Q: What is your favorite memory playing baseball throughout your life?

A: My favorite baseball memory is winning the district title in Little League. It drove my ambition to play in college and to compete on a winning team. That was the last time I was apart of a winning program but have always played my heart out.

Q: If you were able to meet one MLB player from the past or present who would it be and why?

A: Derek Jeter would easily be the player

I would like to meet. He is the player I developed the way I played the game, and respected it. No one has ever heard about a Derek Jeter scandal, and the way he upholds his status and played every second of every game as if it could be his last just showed me the way I wanted to be.

Q: Do you have any pregame rituals and if so what are they?

A: The only pregame ritual I have is to clean up, as in shave before every game, because the saying "Look good, Feel good, Playgood", has always stuck with me.

Q: What was the best game you have ever played in and why?

A: The best game I have ever played in was just the other day defeating Misericordia for the first time in my four years here. They have always been a powerhouse in our conference, and they were highly ranked in the nation. What really makes it a special game was how much of a team win it was. I had started game one and only played three outs of this game. We had a comeback win in the 7th; we used three catchers and didn't have a pitcher from our starting rotation in the game. Four pitchers in seven innings and tons of strategic substitutions to exploit everyone's strengths, getting a huge team win.

It even brought out our coaches emotional side and he showed us that he truly cared about how hard we are working to achieve the skill levels we have developed.

@wilkesbeacon  
evan.willey@wilkes.edu

The Beacon/Brandon Gubitosa



The Beacon - April 14, 2015

## THE FROG POND PUB & PIZZERIA

Butch & Mary Jo  
131 Coal Street  
Wilkes-Barre, PA 18702 (570) 824-2222

Visit us @menusnepa.com for daily specials and business hours!

## PIERCING PERFECTION.

MARCSTATTOOING.COM

**MARC'S** Wilkes-Barre  
**TATTOOING** Hazleton  
**MARC'S** Dickson City  
**TATTOOING**

## FUTURISTIC INNOVATIVE GRAPHICS

INCORPORATED  
SCREEN PRINTING • EMBROIDERY • PROMOTIONAL ITEMS

4T-SHIRTS.COM



MORE THAN JUST SCREEN PRINTING!  
WE HAVE THOUSANDS OF PROMO ITEMS TO CHOOSE FROM!!

VISIT US AT OUR NEW LOCATION NEXTDOOR TO DOMINO'S PIZZA!

156 SOUTH PENNSYLVANIA • WILKES-BARRE • 570.823.9272

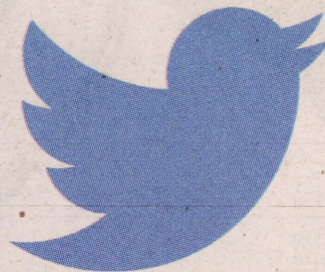
# The Beacon

wants members to join for the Fall!

Writers / designers / photographers  
copyeditors / advertising reps

No experience needed. Payment available for long-term work.

Contact ashley.evert@wilkes.edu



@wilkesbeacon



Find us on Facebook!