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THE BEACON

The news of today reported by the journalists of tomorrow.



Catching up with Cadet Libby

Wilkes Air Force ROTC's "Canine Cadet" gets accustomed to campus - page 6

News

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2015-16

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Beacon Briefs

Women's and Gender Studies newsletter now available

The latest edition of the WGS newsletter is now available online. Information about the upcoming WGS conference, campus happenings and more can be found in this issue. Find the newsletter at: <http://www.wilkes.edu/academics/colleges/arts-humanities-social-sciences/behavioral-social-sciences/womens-and-gender-studies/newsletter/index.aspx>

Chemistry Club's FabuLASH Fundraiser

Wilkes University Chemistry Club is hosting a Lash Bash Fundraiser with Younique. Twenty percent of purchases will be donated directly to the club. Younique is an all natural company that focuses on the science behind cosmetics to give you the highest quality of products. Their "claim to fame" is the 3D Fiber Lash Mascara that gives you 400% more volume. Younique offers products that are gluten free, paraben free, vegan friendly, and cruelty free. Interested individuals can order online until March 3 and have shipped directly at: <https://www.youniqueproducts.com/jshortbeauty/party/3511371/view>.

Law Day

Wilkes University is hosting Law Day on March 29. The goal of this event is to educate students on careers in this dynamic field and provide guidelines on how to be successful in law school. Law Day will be held in the Miller Room in the Henry Student Center from 8:30 until 11:45 a.m. Three seminars are included, as well as breakfast and lunch. To register, visit the Wilkes University website under the "Pre Law" major. For more information, contact Dr. Kreider at kyle.kreider@wilkes.edu.

Career Day, Tuesday March 1, Ballroom

On March 1, from 11 a.m.-1 p.m. in the ballroom, students will have the opportunity to apply for a job, internship, volunteer or shadowing hours. Nearly 40 agencies and businesses will be present--federal agencies, hospitals, children's services, social services and corporations with a wide variety of options and information will be available.

SG Notes: Fund requests approved; LKS, Capital Projects, Casino Week, Block Party

Staff Report

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

Lambda Kappa Sigma (LKS), a professional pharmacy fraternity, came in to request funds for a conference they will host in Scranton from July 20-23. There will be 13 students attending the conference and they will go to leadership workshops and network with current and former LKS members. The board voted with a motion of 20-10-6 allocating \$325 per student for up to 13 students for \$4225, with a stipulation that if students drop out money is returned.

Residence Life representatives came in for week one of two for the 3rd annual Glow Run. The run will take place on April 1 at 9 p.m. with proceeds benefitting the American Foundation for Suicide Prevention. They are currently reaching out to other organizations for funding. The board will vote next week.

PBL also came to Student Government for week one of two for its fund request for the 45 annual state leadership conference where students will have networking opportunities, internship opportunities, understanding business practices and the

opportunity to advance to nationals in Atlanta, Georgia this summer. The group is requesting \$2,000 for the registration costs for 20 students. The board will vote next week.

Capital Projects came in for a third week to request additional funds of \$1,385 for 20 harnesses and five belay devices and five carabineers to go along with the other supplies they requested. The board voted with the motion passing 27-0-9.

Casino Week, which is April 5-8 came in for week two of two for its fund request. Prizes for Casino Night include ultimate selfie stick, Love Your Melon and outdoor bundle among others. The board voted passing the motion 28-3-5 for \$12,889.

Block Party was in for week two of two for the event on April 16 from 12-4. The theme, "Go Big or Go Home" is seen through the giant blow up games, food and more. The board voted passing the motion for \$12,450 with a vote of 21-8-7.

The council reviewed the Treasurer's report. The current budget is as follows: All College: \$30,420, General Funds: \$21,512.05, Conference: \$414.10, Spirit: \$1,440 for a Student Government total of \$53,786.15.

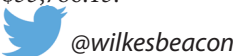


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Wilkes University joins national efforts to combat sexual assaults

“It’s on Us” video promotes awareness of sexual assault on college campuses

By Sarah Bedford
News Editor

Through collaboration with Wilkes University Student Government, Student Development and Fenner Productions, the family of Colonels has made a stance against sexual assaults on college campuses.

Joining the “It’s on Us” campaign as part of President Barack Obama’s September 2014 initiative, Wilkes has joined a list of universities nationwide working toward the cause.

“Being a part of the ‘It’s on Us’ video meant so much to me,” said junior marketing and management major Val Woods. “I’ve seen videos and movements like this at larger schools so seeing Wilkes join the efforts makes me very proud to be a student here. We’re a small school doing big things.”

Dr. Philip Ruthkosky, associate dean of student development, explained that Student Government President Anthony Fanucci reached out to him to take part in the movement.

“As an institution, Wilkes is committed to being proactive and engaging students on the topic of sexual misconduct,” Ruthkosky said. “So I was delighted when Anthony approached me and expressed an interest in getting Student Government involved.”

“I hope students will see exactly where we stand as Colonels, and I hope students will feel safe and protected at our university,” Fanucci said. “It truly is on us as students to take a stand because our generation is heavily affected by the crisis that exists. I hope that students will have a realization just like I did, one that makes them realize they aren’t doing enough, but it isn’t too late to take action.”

The video features approximately 40 Wilkes students reciting lines such as, “It’s on us to be more than a bystander, because when someone is sexually assaulted it’s not ‘that guy’ or ‘that girl’ it’s one of us. A Colonel.”

Fenner Production’s Ryan Wood and Todd Oravick, both Wilkes alumni and members of the class of 2013, explained that the idea for this video came from a bystander intervention training video created over a year ago. The award winning video was titled “Colonels Don’t Stand By.”

“The award we were given was in recognition of the university’s overall approach and training program on matters related to sexual misconduct,” Ruthkosky said. “The name of the award is the NASPA Grand Gold Excellence Award recognizing excellence and innovation in Student Affairs programs and initiatives. More specifically, we were presented with the Grand Gold Award, which is the top national honor.”

In regards to the “It’s on Us” video, Wood



The Beacon/ Sarah Bedford

From right Ryan Wood, Todd Oravick, and Jeremy Tomaine. Wood and Oravick prepare for the next scene of “It’s on Us” with a line reading by Tomaine, the freshman class president.



Above: Tomaine recites lines.



Left: Myles Webb lines up before the camera to deliver his lines as Oravick checks sound.

The Wilkes “It’s on Us” video will be available later this semester and will be shown at orientation sessions.

explains that the video was a simple way to share a bigger message and an important one.

“We’ve seen some other university’s videos of this.. It’s a very simple, direct way to get the message out there,” Wood explained.

Rachel Constant, a P2 student, agreed. “I love the way each one of us came together as a whole to speak up and promote awareness for such a huge topic in today’s society.”

“It’s an ongoing problem and it tends to be a quite problem, unfortunately,” said Oravick.

While participating in the video is one way students can be involved in the movement, there is also a pledge available online for students to sign.

The pledge states, “This pledge is a personal commitment to help keep women and men

safe from sexual assault. It is a promise not to be a bystander to the problem, but to be a part of the solution.”

Other resources exist with the movement like a tip page discussing consent and rape as well as other outreach videos large universities across the nation have created as well as celebrities.

While Wilkes is not the largest university to join the movement, the student body had a lot of enthusiasm.

“We have this small, tiny, little, private institution in Wilkes-Barre Pa. and a ton of students were on board and not just on board for it but pumped,” Wood said.


Ruthkosky explained that it gives him hope for students when such excitement is

shown to support a cause.

“It gives me great pride and optimism when I see students wanting to participate in initiatives such as this and the Bystander video,” Ruthkosky said. “Students have the opportunity to make a profound impact.”

The Wilkes University “It’s on Us” video will be available to view later in the semester and will likely be shared with the campus community on Wilkes Today.

To sign the pledge or find out more on “It’s on Us” visit itsonus.org. If you or someone you know has experienced sexual assault, visit www.notalone.gov.

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Apple v. FBI; First Amendment

By Gabby Glinski
Asst. News Editor

A tense struggle between Apple and the government brought up hot issues of security, privacy and encryption.

The U.S. Department of Justice recently asked Apple to write a code for the FBI that would allow the bypass of iPhone's lock-out function.

The phone in question is an iPhone that had belonged to one of two terrorists in the 2015 shooting in San Bernardino, California. The shooting left 14 dead and 24 injured.

The FBI states if Apple helps it unlock the recovered iPhone, the information could aid in helping prevent future attacks.

Apple argued that the court order violated their first and fifth amendment rights, and the action would endanger the safety of individual's information. The courts established code as protected speech in *Bernstein v. US Department of Justice* in 1999.


Apple representatives have stated the demands would make iPhones less safe; ultimately creating a "back door" for law enforcement.

"This is not a case about one isolated iPhone," stated Apple attorney Marc Zwillinger. "Rather, this case is about the Department of Justice and the FBI seeking through the courts a dangerous power that Congress and the American people have withheld: the ability to force companies like Apple to undermine the basic security and privacy interests of hundreds of millions of individuals around the globe."

"The government wants to compel Apple to create a crippled and insecure product," Apple said in court documents.

Apple revealed that it could meet the FBI's demands by assigning engineers to work from two to four weeks. In a written testimony, an Apple employee nicknamed the software "GovtOS."

The government will have the chance to respond to Apple on March 10, and Apple can offer a reply by March 15.

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Activist and Artist announced for Kirby Lecture

Courtesy of Marketing Communications

Mary Fisher, activist, author and artist, will speak on "Freeing the Entrepreneur for the Global Good" at the Allan P. Kirby Lecture in Free Enterprise and Entrepreneurship on March 16. The lecture will be in the Dorothy Dickson Darte Center for the Performing Arts at 7:30 p.m. The lecture is co-sponsored by the Wilkes University Family Business Alliance, and is free and open to the public.

Fisher is a global leader in the arena of social change. Diagnosed with HIV in 1991 and with breast cancer in 2012, Fisher is an outspoken advocate. She delivered a keynote address following her HIV diagnosis at the 1992 Republican National Convention that is ranked among "the best 100 American speeches of the 20th century" by Oxford University Press.

Her early experience was first in public and commercial broadcast media and then

in high-profile positions that included being the first female "advanceman" for a U.S. president, Gerald R. Ford. These experiences equipped her to urge transformation in health care, revise perceptions and responses to AIDS, and enable women's global empowerment.

Her sculpture, handmade papers, jewelry and fiber arts, have earned praise as she has refined a design aesthetic that is elegant and accessible. Her designs are commercially available in her named line within Lee Jofa's Groundworks collection. Fisher also has trained women world wide to use her original concepts to find pride and dignity in work. This work has included a line of bracelets produced by women in Africa.

Fisher is the author of six books, including her current best-selling memoir, *Messenger*, and is launching the latest expression of her creative philosophy, *The 100 Good Deeds Bracelet*, sold in partnership with Macy's.

Solitary confinement: Punishment or torture?



Inside the Louisiana State Penitentiary.

Photo Courtesy Kalen Churcher

By Toni Pennello
Staff Writer

Forty-three years, 23 hours a day spent in a room alone. Only a few books and magazines to pass the time, and only one hour a day spent out of the room, handcuffed and leg ironed in a small fenced off area outdoors, rain or shine.

This was the plight of Albert Woodfox, a former Black Panther held in a Louisiana prison, until he was released on Feb. 19.

According to CNN.com, Woodfox was accused, along with two other prisoners, of killing a prison guard in 1972. At the time he was serving a five year sentence for armed robbery.

He underwent three trials since then, and his case was overturned several times. After it was overturned in 2014 he spent more time in isolation because of a long appeal process.

Woodfox pleaded no contest to lesser charges on the day he was released, telling CNN "Although I was looking forward to proving my innocence at a new trial, concerns about my health and my age have caused me to resolve this case."

According to Dr. Craig Wiernik, assistant professor of sociology and anthropology, there are two different kinds of solitary confinement: protective custody and administrative segregation.

Protected custody is used in situations

where a prisoner needs to be protected from the general population, such as in the case of child molesters and people who have given information to the authorities, who are often attacked by other prisoners.

Administrative segregation is used in the case where prisoners are accused of breaking some kind of institutional rule, as in the case of Woodfox.

"Inmates in prison facilities have all sorts of rules to follow. From an inmate perspective some of those rules are arbitrary," Wiernik explained.

David Hazlak, an adjunct professor of psychology who has 40 years of experience working as a psychiatrist in prison facilities, elaborated on Wiernik's point, drawing attention to mentally ill prisoners.

"Around 50 percent of our inmate population today have mental health issues, which is in striking contrast to thirty-five years ago, because prisons have become almost effective mental health facilities, which is a concern," Hazlak said.

Hazlak went on to explain that many of the regulations set forth in prisons are difficult for these mentally ill prisoners to follow, and that they are more likely to find themselves in solitary confinement. This is a serious issue according to Hazlak.

"If we just look at the research and what people talk about in terms of segregation [solitary confinement], it's pretty clear you talk about things like depression, anxiety, impulse control disorders, cognitive and

perceptual distortions, obsessive thoughts, paranoia and even psychosis," Hazlak said.

"That's true, but there's a caveat; we find those more frequently in individuals who are placed in those settings that had a previously existing mental health issue.

"Prisons are bad for individuals with mental illness, prisons are dumping grounds for these people sometimes. People with mental health issues already are stigmatized and discriminated against because of their mental health, and it doesn't get better when they go into prison.

"People can respond to effective treatment, but the question is: Do we have available resources and effective prison management that allows that to occur in our prison systems?"

Hazlak described the method of psychological treatment for individuals in solitary confinement as talk therapy while the prisoner is in a phone booth sized cage, hands and ankles shackled to the bottom of it. Hazlak argued that this method was not necessarily conducive to effective treatment.

Hazlak also brought attention to the high suicide rates in solitary confinement,

pointing out the irony that these are individuals under the most surveillance.

"Suicide rates in RHU [Resitricated Housing Units] are disproportionate to the rate in units outside of segregation," Hazlak said.

"What might account for that is the stress, the lack of any kind of meaningful relationship, lack of social contact... and the unstructured, limitless, timeless day that they have," he explained. "They have no control of when the meal comes, the temperature of the meal, what's on the tray... they have no sense of when they're going to be taken out of the cell for exercise."

According to Hazlak, while studies show that many prisoners leave solitary confinement showing amplified symptoms of mental illness, there is no proof of a direct causal link.

Hazlak also discussed the scenario of extremely dangerous prisoners who simply cannot be placed in general population for the safety of other prisoners and staff.

The use of long term solitary confinement is an issue that draws up a lot of controversy about the 8th Amendment, which prohibits cruel and unusual punishment.



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Solitary Confinement Facts

- Spend 22-24 hours behind the steel doors
- 80,000 people endure various forms of solitary confinement
- 40 states have super-maximum security facilities primarily designed to hold people in long-term isolation.
- Effects of Solitary confinement
 - Visual and auditory hallucinations
 - Hypersensitivity to noise and touch
 - Insomnia and paranoia
 - Uncontrollable feelings of rage and fear
 - Distortions of time and perception
 - Increased risk of suicide
 - Post-traumatic stress disorder (PTSD)

Catching up with Cadet Libby; more training, spreading love

By Gabby Glinski
Asst. News Editor

Cadet Libby, Wilkes University Air Force ROTC psychological service dog, has grown in size and students' hearts since her arrival in the fall.

The canine cadet was brought to campus in September to train and serve as a psychological service dog, helping to provide emotional support for the campus community and veterans as they adjust to college life. Eventually, Libby will also work off campus.

Libby, now 7 months old, has won over the hearts of the students, AFROTC Cadets and Cadre and Public Safety while continuing her socialization training.

"We're continuing to curb her manners," stated Lt. Col. John "Slick" Baum, Air Force ROTC detachment commander, on Libby's puppy mannerisms. Service dogs begin training when they are anywhere from one to two-years-old.

Baum continues Libby's training with an electronic clicker, which emits a sound on her collar via remote control when clicked. Baum uses positive reinforcement and

utilizes the clicker when Libby performs well. The clicker, with a long distance range, would also help Libby know if she wandered too far.


Libby is currently working with senior psychology major Kavan Rai on her psychology capstone project. Libby works with Rai three times a week and enjoys being put to work.

"We are proud of her for contributing in her second semester," Baum stated proudly.

Future plans include "getting through the growing pains" and continuing to integrate her into campus life by getting her involved with as many activities as possible.

"Everyone loves her," Baum shared on Libby's growing social life. AFROTC Cadets and students alike have jumped at the opportunity to take her on walks, which only helps Libby become a better service dog.

Libby maintains an instagram account: @cadetlibby.

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The Beacon/Gabby Glinski

Libby enjoys playing fetch and a "goalie" type game where she tries to keep two balls away from Baum.

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The Beacon/Gabby Glinski

Cadet Libby looks over the Sept. 29 issue of The Beacon featuring herself, and reflects on how far she has come.

Life, Arts & Entertainment

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

Civic Band set to perform at State Conference

By Nicole Zukowski

Life, Arts and Entertainment Editor

The Wilkes University Civic Band has been invited to perform for the Pennsylvania Music Educators Spring Inservice Conference.

Wilkes is one of three collegiate bands chosen to perform during the conference. The band was selected from a field of 130 auditioned groups to present a concert as the featured college/community ensemble.

"I submitted a recording to be eligible," Dr. Simon, Director of Bands, said. "It's an honor to be chosen."

This is the first time in the history of the Wilkes Music Program that an ensemble of Wilkes musicians has performed for a State conference.

Civic Band is preparing to perform two numbers at the conference that takes place in Hershey, Pa. on March 31.

The one performance will be under the direction of Professor Bruce Yurko. Yurko is an eminent American composer and experienced conductor. He is also a 1969 graduate of Wilkes.

When Simon reached out to Yurko with an invitation to guest conduct one of his pieces at the conference, Yurko excitedly accepted.

"I was really thrilled when he [Dr. Simon] called and asked me to come back," Yurko said.

The concert band will perform Yurko's 1994 *Night Dances Number II*, which is the sequel of his famous *Night Dances* composition.

"*Night Dances* is the piece that sells out over everything I wrote," Yurko explained. "The piece was tailor-made to the original high school band that performed it. It was centered around the band playing together then having each chorus play separately."

Planning to be published in the spring, *Night Dances Number II* as Yurko explains takes it up a notch.

"*Night Dances Number II* is more difficult than the original *Night Dances*," Yurko said.

Yurko isn't the only person excited about the conference.

"When playing a piece of music, it's one thing for the band director to interpret what the composer would have wanted to express through his or her composition, but because Mr. Yurko will be joining us and conducting his piece, we will be getting first-hand experience as to what the piece really means and exactly what he had in mind while writing it," said Marina Barnes, Wilkes senior and Civic Band member.

The fact that Yurko is a Wilkes alumnus is proving to contribute to the excitement.

"It's always a great opportunity to meet and work with a composer. Especially with Mr. Yurko being a Wilkes alum, it will give off such a great sense of pride," Barnes said. "I have no doubt that it will be an incredible experience for all of us."

Simon added, "Bruce is considered one of the nation's most respected composers."

The other performance planned for the conference is three parts of a five-movement suite of dances arranged by Eugene Magalif called *Dances of the Royal Court*.

"Eugene is a good friend to us," Simon said. "He has already composed one piece for us that we premiered at Wilkes last year, now this suite will be played at the conference."

Barnes will be singing a solo at the Conference.

"The piece that I am singing in is titled 'Four Maryland Songs' by Jack Stamp. The piece is composed of four poems written by Maryland poets that are set to music. The soprano soloist sings those poems while the band brings them to life with music," Barnes said.

The two performances weren't chosen at random from the Civic Band. They chose a theme of performing pieces from composers who were born in Pennsylvania

or have ties to the area. This theme is the same for the Civic Band's Wilkes spring concert.


"The reason that this piece was chosen to be performed at the Pennsylvania Music Educator's Association conference is that although Jack Stamp was born in Maryland, he received his undergraduate degree in music from Indiana University of Pennsylvania and was the Director of Band Studies there for 25 years," Barnes explained.

She added, "I am so honored to have been asked to sing the soprano solo for the performance and I am excited to work with the Civic Band to help make this piece

something really special."

The other collegiate bands to perform at the conference at the University level are the Duquesne University Wind Ensemble and the Mansfield University Wind Symphony.

Currently the Civic Band is fundraising for their trip to Hershey. The purpose of the Instrumental Music Ensembles is to provide an opportunity for student and community band and orchestral ensemble musicians to perform the artistically significant literature for their respective ensembles.

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The Beacon/Nicole Zukowski

On March 31, Dr. Phil Simon will conduct the Civic Band in a special invitation performance at the PA Music Educators Association Spring Conference. This will be the seventh world premier performance given by Simon and the Civic Band.

Nursing students celebrate heart health at Boscov's



The Beacon/Justin Topa

Students from the Passan School of Nursing conducted a flash mob performance of "Stayin' Alive" in order to promote Healthy Heart month.



The Beacon/Justin Topa

On Feb. 26, the group of nursing students participated in Boscov's Heart Health event, in which they taught shoppers how to conduct hands-only CPR.



The Beacon/Justin Topa

The Wilkes University Colonel joins in on the flash mob after learning how to conduct hands-only CPR under the instruction of the Wilkes nursing students.



The Beacon/Justin Topa

The song "Stayin' Alive" by the Bee Gees was chosen by the group because the beat of the song is the same rhythm in which one should administer CPR.

Spring Break Survival Tips: Water safety

By Christopher Bright
Contributing Writer

Let's talk about how to stay safe in the water.

If you are going out in a boat or may be spending time near deeper water, be sure to bring a life vest. Just because you may know how to swim doesn't mean that accidents can't and won't happen. Always plan and pack safely so you don't need to be sorry later.

If you will be drinking any amount of alcohol you should always be with at least one friend you trust at all times. This is definitely important when you're at the beach and in the water even if you are not drinking.

According to the CDC, there were more than 3,500 unintentional deaths recorded from 2005 to 2009. Swimming after drinking alcohol can significantly increase your risk of have an accident. Even if you are in shallow water, it can be easy to be knocked down and sustain an injury to an arm or leg or to hit your head.

Almost any beach that you visit will have some sort of flag warning system that is meant to alert visitors of the condition of the water.

Generally, a black or red flag is flown to show that the water is dangerous and should not be entered due to the presence of severe undertow and rip currents. An orange flag is flown to tell swimmers that extreme caution should be exercised while in the water due to the chance of experiencing undertow and rip currents. Finally, a green flag is flown to show the water has been calm and should be safe to enter.

Even if the signal is green, danger may still be present so it is important to know what to do if you should find yourself in trouble with the unfavorable water conditions.

The undertow is the water under the waves that pushes back into the ocean while the waves on top crash in towards the beach. If you find yourself being influenced by the undertow and cannot keep your footing, do not panic. The undertow is a fluctuating occurrence and will die down as the waves crash. Simply let your body be taken with the current until the wave passes then move towards shore when the undertow is at it's weakest.

Unlike undertows, a rip current normally doesn't cause a person to go under water.

Rip currents can occur in many different situations but can are more often seen and can be worse when there are strong winds and strong waves. If you are caught in a rip current, the flow of the water will begin taking you away from the shore. Instincts will normally make a swimmer try to swim in a direct line back the way they came from.

However, this is the worst thing you can do as the strength of the current can hold back even the strongest swimmers. If you find yourself caught in a rip current, do not panic. Instead of swimming directly towards shore, swim sideways, parallel to the beach. Eventually you will get outside the rip current and the normal flow of the water will begin to move you back towards land.

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Have any article topics you would like The Beacon to cover?
Let us know on Twitter!

@WilkesBeacon

HUMANS OF WILKES UNIVERSITY



The Beacon/Alexandra Devarie

“When I was in the fourth grade I was diagnosed with epilepsy. It was hard to deal with it at first and, being that I was so young, it really made a huge impact on my life. Having epilepsy made me want to know more about it; it pushed me to learn more and constantly increased my curiosities about this thing that was happening to me. When I went to high school I took the technical health route because it was still something important to me. Now that I am in college, I am taking the pre-med route because I have known for a long time that I wanted to become a doctor.”

-Justin Larsen

AFROTC on 'Wingmanship'

By Cadet Rey-Anthony LaRuy
Contributing Writer

AFROTC Detachment 752 has a long history of serving the Wilkes-Barre community and constantly strives to improve and expand its abilities to benefit both the city and the university.

The Detachment has always attempted to contribute as much as possible to the public and, whether its efforts take the form of Honor Guard appearances in local sporting events or acts of community service, all members of Det. 752, including their psychological service dog, Libby, strive to exemplify the Air Force core value of "Service Before Self" every day.

Wilkes University has been training Airmen to fly, fight and win since 1973 and has taught and prepared hundreds of young men and women to serve as officers in the world's greatest Air Force ever since.

One notable success story is Detachment 752 graduate, Captain Candice Adams Ismirle, who, in spite of her battle with cancer, was not only a shining example of an outstanding Air Force Officer, but was also a distinct display of the strength and honor that each and every Airman exemplifies.

The Detachment continues to grow in number, strength and spirit. In fact, some recent groundbreaking improvements can be seen in its move to the University Center on Main and its instillation of the Cadre Office and Cadet Lounge.

In the past, Det. 752 moved around the Wilkes University campus in search of a new home at an average of every two years. It has since seen a serious upgrade and now experiences a more effective work environment than ever before. As a result,

the cadets are not only more productive than ever but have also grown stronger as a team and a family.

While the Detachment's mission is to develop leaders for the Air Force with discipline and integrity, dedicated to serving the nation, one of the most important lessons that graduates come away with is that of wingmanship.

A term that is not often heard outside of the Air Force, wingmanship means looking out for and taking care of one another and at all times, even when it may not be convenient. It means mutual support, situational awareness, and individual reliability. It is a concept as old as the Air Force itself, and the Cadre does everything in their power to instill this in cadets as they guide them towards the end goal of commissioning as an officer in the Air Force.

During their time in the program, cadets are strongly encouraged to practice comradery. Det. 752 looks toward Air Force Chief of Staff, Gen. Mark A. Welsh III, as a model for showing their care for others.

"Caring for each other is one of the Air Force's three keys to success, along with common sense and communication," said Welsh during a visit to South Korea, according to a press release by the United States Air Force. "I know that all of you care a lot. You care about each other, your professions and your families. Think about the people you work with, that you're sitting beside, think about your family and theirs. We'll never care enough about them. We have to care more."

Detachment 752 has always cared for all of its members and for those in the Wilkes community and will continue to do so in the years to come.



Courtesy of Jolene Domyan

Libby, the AFROTC psychological service dog, visits with Jolene Domyan and Makia Stocker in the Neuroscience Center located in Breiseth Hall.

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Courtesy of AFROTC Det. 752

Love Your Career Month helps future employees

By Austin Ely
Asst. Life, Arts & Entertainment Editor

The beginning steps to applying for a job and the preceding interview are possibly the most difficult steps to getting hired.

On Feb. 17, as part of "Love Your Career Month," Wilkes University's career planning department held a seminar titled "Would you love to get hired?" in the Miller Room of the Henry Student Union Building.

Jackie Kendzor, human resource manager for Berkshire Hathaway Guard Insurance company, and Guard recruiter, Krissy Byrk, presented at the seminar.

The topics ranged from resumé tips, dress tips and interview tips, all in which are from the perspective of human resource professionals for a company that hires people for many positions and with various majors.

"Sometimes less is more," explained

Kendzor. "Your resumé should be short, sweet and simple."

Kendzor and Byrk also advise to remove the objective part of the resumé saying, "It gets people in trouble. The objective is to get a job or career."

They advised students on how to answer common questions that are asked by employers like, "what are your weaknesses?" and "why should the company hire you?"

To "what are your weaknesses?" Kendzor advised students to: "highlight a strength and possible solutions to weakness."

To "why should the company hire you?"

Kendzor answered: "That is a chance to summarize your experience and what makes you different."

"Sometimes, less is more. Your resume should be short, sweet and simple."

-Jackie Kendzor, human resources manager

There were about 35 students in attendance and although the seminar targeted juniors and seniors, specifically, the seminar could apply to all students.

Alex Premici, a sophomore finance major at Wilkes University and an attendee


of the seminar, said, "the seminar was beneficial and very helpful to me because it put into perspective what interviewers expect from you."

Premici encourages students of any major to attend a seminar like this, citing the inevitable interview process that comes with job searching.

Though many are far from graduating college, those who come closer to it this May will need to be relatively up to date on how to navigate the critical time of job searching and develop relative interpersonal skills which will aid them in the interviewing process.

Knowing what the employer is looking for beforehand will give anyone the upper hand.

For more information on ways to prepare for your future after graduation, students are asked to contact Career Services or visit the office located in Conyngham Hall.

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Make Family Fur-Ever



Some families are made through blood and some through close friendship, but many would argue the best family members usually walk on all fours and love us 'fur-ever'. Those interested in adopting a furry, new family member are encouraged to consider adoption through the Society for the Prevention of Cruelty to Animals.

The SPCA of Luzerne County is an open admission shelter that takes in between 240 and 270 surrendered, stray, abused, neglected or abandoned animals at a time. Being an "open" shelter means that no dog is discriminated against because of breed, age or condition.

Kennels fill up with about 5,000 animals per year, consisting mostly of dogs. This nonprofit organization aims to connect abandoned or surrendered dogs with a "forever family" that can provide them with the love and basic attention a healthy dog needs and desires.

Throughout the United States, approximately 3.9 million dogs enter animal shelters per year. Since there is no set time constraint, some dogs might stay in the shelter for years before being adopted.

Peggy Nork, development director of the SPCA of Luzerne County, commented that a huge contributor to the rise of these numbers is overpopulation.

"The issue is that there are too many dogs and too few homes for all of them," said Nork. "Many puppies are born in unwanted litters, whether it be from an unneutered or spayed dog roaming the streets, a breeder that finds flaws with the puppy and deems it unsellable or from a family who is unable to financially support them."

The main goal of the SPCA is to rehabilitate abandoned and abused dogs and find loving homes that each pooch deserves.

"If everyone adopted animals that already exist instead of going through breeders and puppy mills, places like us would go out of business," said Nork. "Believe it or not, that's our goal!"

Evan Willey, senior within the department of communication studies, talked about her experience adopting her dog, King. She had received King as a Christmas present from her boyfriend back in 2014. When asked about the benefits of adopting a dog, she mentioned that it was a give-and-take



King poses for a picture with his adoptive parent, Evan Willey, who is a senior communication studies student at Wilkes University. King was adopted during the 2014 Christmas season. Since his adoption, Evan 'can't imagine life without him'.

cycle. King had been given a forever family, but she had also found her greatest companion.

"The best part is that we were able to give him a better life," said Willey. "Now, King is my best friend and I can't imagine my life without him. We're a family."

Local radio station 97.9X workers are proud supporters of the SPCA of Luzerne County and are currently holding a fundraiser to help pay for animal food and supplies.

Their goal is to raise at least \$3,000 to help support the SPCA and if they meet that goal, the entire staff has pledged to walk in the St. Patrick's Day parade on March 13th – completely naked. Those who donate to the cause also have a chance to win autographed merchandise and concert tickets.

If you don't plan on adoption, please consider throwing them a bone by making a small donation on the SPCA website.



Elanor
Terrier and Pitbull Mix

Snickers
Bulldog Mix

Rusty
Terrier and Pitbull Mix

Unknown
Labrador

Unknown
Labrador and Hound Mix

FOOD

Marissa Spryn
Staff Writer and Photographer

Opinion

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

Prepping for success: Meal prep saves the day

Local fitness coach offers tips to prepare healthy meals each day

By Maria Currie
Guest Writer

Maria Currie is a Independent Team Beachbody Coach.

We all know the dreaded scenario. Walk in from a busy day at school or work.

What to eat?

When it comes to your fitness and nutrition it is best to have a game plan. You don't want to walk into a gym and wander aimlessly around or workout at home without a game plan on what to do to achieve your goals. The same rules apply in the kitchen. Luckily, planning and preparing your meals ahead of time will make healthy choices a no-brainer.

Instead of running out for fast food, you'll have a home cooked feast on hand. Plus, this leaves you with more time to squeeze in your daily workout and you'll save money while you're at it.

If you fail to plan, you plan to fail. A study published in the American Journal of Preventative Medicine suggests that spending time on preparing and cooking meals at home is linked with better dietary habits. In this study, 1,319 adults were asked about the amount of time they spent preparing, cooking and cleaning up after meals. Of the respondents, 16 percent said that they spent less than one hour on food prep; 43 percent said they prepped for one to two hours; and 41 percent said that they prepped for two hours a day or more.

Bottom line, the more you prep the less

likely you are to go off track. Below are tricks to hack meal prep and to help make assembling delicious meals a breeze.

1. Season meat three ways using just one pan. If you're sticking to lean meats like chicken, spice up your meals. Save time without boring your taste buds by preparing two or three variations of chicken at once, using aluminum foil dividers in your pan.

2. Freeze blended smoothies in muffin tins. Save time by buying the ingredients in bulk, blending, and then freezing the mixture in muffin tins. Next time you need a shake or smoothie toss two or three "smoothie cups" in a blender for a quick and easy breakfast. You can also separate your frozen berries, ice, spinach, etc into plastic baggies and freeze.

3. Chop raw vegetables in advance. Cutting up your carrots, celery, peppers and cucumbers (to name a few) in advance will save time during the week and you can easily throw them on your salad or in a baggie as a snack. This is a great time to also boil and cook your quinoa, rice and other grains.

4. Use muffin tins for eggs on the go. You could enjoy a frittata every morning of the week by making Egg muffins. Make with any ingredients you desire and they can be stored in the fridge for up to five days. All you have to do is wrap them in a paper towel to microwave them so they won't dry out. Another egg-cellent idea is hard boiling a dozen eggs to have on hand throughout the week.

5. Make your own protein-rich snacks. Protein is essential for muscle recovery after a tough workout and it also



Courtesy of Maria Currie

Maria Currie, local fitness coach, offers tips to a healthy lifestyle.

keeps hunger at bay — making it a great snack. Grabbing for a convince store bar could leave you consuming more calories and sugar than is required for a day, let alone a meal. Making your own energy balls and protein bars is easier than you think. Make it a part of your meal prep process.

Meal prep can mean different things to each person, so it is important you find a routine that works for you. Whether it is snacks, breakfast or a bigger meal, planning is key.

Get yourself into the actions and the proper daily habits for success. Go and invest in some good quality containers and write out the meals you want to tackle first.

Having recipes on hand for the meals you want to make will help you avoid the grocery store drama.



Graphic Courtesy of Ashley Evert

Moby Dick in Pictures: One Drawing For Every Page

By Sara Pisak
Opinion Editor

Moby Dick in Pictures: One Drawing For Every Page is the amazing work by artist Matt Kish. The title describes what a reader will find when viewing this work.

Kish selects a poignant quote from each page of *Moby Dick*, the classic work originally composed by Herman Melville in 1851. Kish then creates his own interpretive drawing based on the quote. Kish uses varying mediums to create his work, ranging from pencil, pen, marker and colored pencil. Kish normally composes his work on found paper, which can showcase his drawings on bills, menus, grocery lists, receipts, etc. It is through this artistic layering technique that he is able to add to the layers of *Moby Dick's* original story.

Kish is unique because he is a self-taught artist and not a literary critic or professor. He is simply a lover of *Moby Dick* and its complicated, layered message. Kish has an eye for uniquely powerful passages in the text as well as a gift for translating these messages into visual art.

In the forward of the text, Kish describes his reasons for creating a combined art and written text of *Moby Dick*.

"Really, I just wanted to make a version of *Moby Dick* that looks like how I see it [...] *Moby Dick* is a book about everything. God. Love. Hate. Identity. Race. Sex. Humor. Obsession. History. Work. Capitalism. I could go on and on. I see every aspect of life reflected in the bizarre mosaic of this book."

Kish is more than correct stating within *Moby Dick* and its characters a reader can find allusions to every theme. What Kish succeeds in is bringing these themes to life both through the quotations he selects and the way in which he represents these quotes through his art. Kish's works often have a mosaic quality, which is particularly important since he describes *Moby Dick* and the book's interwoven themes and characters in the same manner.

As one might imagine, Kish's description of the whale is of extreme importance. As a reader peruses the 552 page work, they will notice Kish works diligently to portray the themes of God, love, hate, obsession and capitalism solely in the whale's depiction. The whale's portrayal ranges from menacing and terrifying to peaceful and

heavenly with the single turn of a page. In one drawing the whale with fangs terrorizes the occupants of the Pequod, while another shows the whale as being inspired by Van Gough's *Starry Night*.

A reader of Melville's original work will notice Melville often describes the whale in contradictory terms based on specific moments within the text or a specific character's relationship to the whale.


Trying to narrow down some of my favorite art works within this book was difficult. There are several amazing works which blend and translate Melville's words into artistic masterpieces.

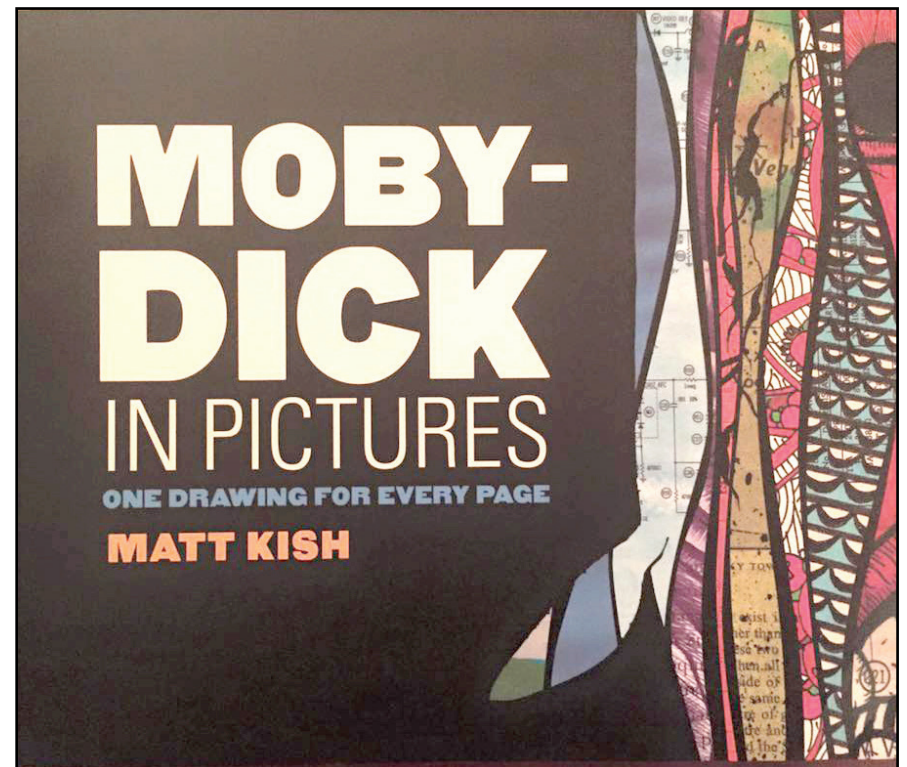
Although there are several hundred amazing works within this text, if I had to select two that stood out and completely brought Melville's words graphically to life, I would choose the two pieces which Kish created to represent the whale in its fullest symbolic potential.

The first pictures employees the quote: "declaring Moby Dick not only ubiquitous, but immortal (for immortality is but ubiquity in time)...". For this quote Kish, draws a picture of a green whale breaching the water. The green whale serves as a representation of the tree life as a large sunflower reaches into a halo of yellow light from above.

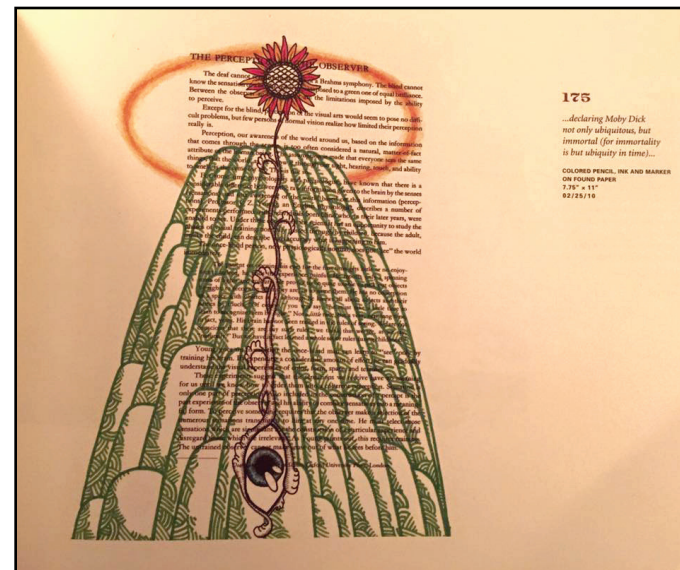
My second favorite picture utilizes the quote: "It was the whiteness of the whale that above all things appalled me." In this particular picture, Kish draws the whale as a white balloon hovering above a diminutive small city hosting a carnival. In comparison to the other balloons and figures, the whale and its whiteness overtakes the picture. A reader of *Moby Dick* will notice this is a representation of the affect the whale has over Ahab.

This book is perfect for the art lover as well as the lover of Melville's classic transcendental text. If a reader is appreciative of both art and the original written text, Kish's work will unlock a special meaning. *Moby Dick in Pictures One Drawing For Every Page* is the perfect synergy of written classic and visual artistry.

 @wilkesbeacon
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Courtesy of Sara Pisak



Courtesy of Sara Pisak

Sara's Score:



Love your Melon offers a way to give back

By Allison Rossi
Staff Writer

There are many slogans that support types of cancer. Some slogans are “Fight Like A Girl,” “Cancer Sucks,” “Choose Hope,” “No One Fights Alone,” “I’m Stronger Than You Think” and “Together We Will Win.”

One cancer slogan that has become a social media phenomenon is called “Love Your Melon.” Love Your Melon is an organization that has spread to various college campuses and is trending across the nation.

According to Love Your Melon, the organization was founded in an entrepreneurship class at the University of St. Thomas in St. Paul, Minn., by two friends, Zach and Brian. On a mission to improve the lives of children battling cancer since October 22, 2012, Zach and Brian began with the simple idea of putting a hat on every child battling cancer in America.

The organization, which can be found at www.loveyourmelon.com, stated “Love Your Melon” embarked on two nationwide tours in 2014 to spread its mission from coast to coast. It has since worked to establish a network of



Part of the Wilkes installment of Love Your Melon.

The Beacon/Jesse Chalnack

college students called Love Your Melon Ambassadors who are responsible for spreading the mission of the organization in their own city. To date, more than 9,000 college students at over 575 different schools nationally have signed on as ambassadors to sell and donate hats.

As a part of the new partnership with Cure Search and The Pinky Swear Foundation, “ambassadors will work directly with both organizations in the fight against cancer.”

For those who do not already know, “Love Your Melon” has come

to Wilkes. “Love Your Melon” has beanies in multiple colors and styles. The organization also has baseball caps. Many people have been wearing them on and off campus and the best part is that when you see one person wearing a hat that means a child that is suffering from cancer is wearing theirs as well.

The Wilkes club consists of 21 members who are all trying to spread the word to support cancer research and support those who are struggling. If an individual cannot afford a hat, then simply spreading the word helps the message get across as


well.

Awareness is essential. “Love Your Melon” Wilkes University club member Ashley Weber had a lot to say about this great cause.

“Twenty-five percent of the proceeds goes to Pinky Swear, a foundation that provides financial support to families for medical bills, transportation costs to and from treatment, etc,” Weber explained. “The other 75 percent of the proceeds goes to Cure Search, which is pediatric cancer research. Love Your Melon is such an important organization, as no child should have to battle cancer alone.”

The mission for “Love Your Melon” is to provide a beanie to every child in America who is battling cancer. When a child gets a beanie, Wilkes University campus club members go to a home, hospital and or treatment center and provide an “adventure” for that child.

If you or someone you know would like to purchase a hat online please go to www.loveyourmelon.com and select Wilkes at checkout. You can follow LYM on Facebook, Twitter, and Instagram for more details.

 @wilkesbeacon
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Adventures on a budget for college students

By Emily DeAngelis
Staff Writer

Let’s face it: college creates a big dilemma. College is expensive, but college students also love different options to distract them from the inevitable pile of homework that awaits them.

I admit, I am no expert. I often fill spare time creating an Amazon cart full of dreams, only to head to check out and laugh/cry at the balance of over \$300. I close the tab and move on.

This semester, I have been trying to find more practical options that students can enjoy without feeling like they are on a budget. There are several options on and around campus that allow for quality time without spending too much, here’s some that I’ve found:

1. Boscov’s

Wilkes-Barre Public Square is home to a super Boscov’s. Whether you are looking to kill an hour or a day, Boscov’s is the answer to the crisis. With four floors and a cafe, Boscov’s allows one to spend hours shopping while enjoying coveted discounts. P1 Pharmacy student Haley Mesaros says, “Boscov’s is a great place to find bargains—especially the basement! The people who work there are genuinely nice and I always have a great experience!”

2. Little Theatre of Wilkes-Barre

Located at 537 North Main Street, only a mile off campus, this is a local venue with big reviews. Trip Advisor rates The Little Theatre five stars in all areas. Filled with talented performers and a variety of shows, The Little Theatre is a cost efficient choice for a night out on the town. Many events are

free to Wilkes students with a Wilkes ID.

3. Wilkes Thursdays

Looking for a night of free fun on campus? Take advantage of Programming Board’s Thursday night events. Follow Wilkes University Programming Board on Facebook, Instagram or Twitter for more information and updates. They also recently announced Lupe Fiasco will be performing at the Spring Concert.

4. Sky Zone

Text anxiety making you jumpy? Sky Zone is a great way to get out some energy for half an hour or an hour increments. An hour of jumping is only \$17 with socks included.


5. The YMCA

The new fitness craze has several students

looking for bigger name gym options. However, at no cost to Wilkes students, the YMCA is a comprehensive choice for beginner and advanced gym-goers. With several cardio choices, two weight lifting areas, a room full of machines, a pool and several classes available to students, the Y has everything you need to get into shape.

Where or how
do you like to spend time?

Tell us on Twitter
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Colonels Talk Back

We asked: “What’s your favorite off-campus restaurant?”

Interviews by
Luke Modrovsky
luke.modrovsky@wilkes.edu

Photos by
Jesse Chalnack
jesse.chalnack@wilkes.edu

Downtown Wilkes-Barre has a variety of places to eat. After a long day of classes, students will usually go out on the weekend to one of the local eateries with friends as a way to enjoy themselves during the time away from the classroom.

The Beacon asked members of the Wilkes Community to share what their favorite restaurant is and what their favorite order is when they get there.

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

Yousif Al Momen
Graduate Student
Mechanical Engineering

“On Fridays, I usually go to the Jerusalem Market on George Street. It’s a bunch of different styles of food. I prefer the rice and grilled chicken because it tastes really good to me.”



Kaitlynn Young
Junior
Accounting

“One of my favorite places to go eat is Applebee’s. I loved getting their loaded mac’ and cheese. It’s loaded with four different cheeses, bacon, and I usually ask them to keep the onions to the side because I don’t really like onions that much.”

Grace Cadigan
Junior
Biology

“I love going to Gerry’s Pizzeria. I like getting their thick crust, extra sweet sauce pizza. It’s the best. I like to drink purple Gatorade with my sweet sauce pizza.”



Ethan Longstein
Junior
Management

“I love going out to eat with my parents at the Ruth’s Chris Steakhouse at the Mohegan Sun Casino. I usually get a nice steak topped off with garlic and onions. Ever since my 21st birthday, I’ve really enjoyed their mixed cocktails.”

Madalyn Pfaff
Freshman
Nursing

“I love heading out to Mirakuya. My usual Hibachi order is the lunch version of chicken and shrimp. My favorite trick that the chef does is when he puts the egg into his hat. My favorite drink at Mirakuya is Dr. Pepper because it tastes really good.”



Skyee Edwards
Freshman
Pharmacy

“I love going with Madalyn to Mirakuya. Hibachi food is definitely one of my favorites. I love getting the Hibachi chicken. My favorite trick that the chef does is when he builds the volcano out of vegetabales and lights it on fire. I usually drink Diet Pepsi when I’m there as my go to beverage.”

Gun control is not the answer to the problem

By Bernard Socha
Guest Writer

Bernard Socha is senior mechanical and electrical engineering double major with a minor in physics. He is the president of the IEEE and amateur radio club and treasurer of college republicans and PSPE.

"A well-regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed." Twenty-seven words written by our founding fathers to ensure the ultimate check on government and the fastest most reliable self-defense, the right for the average citizen to own and use a firearm.

Jefferson himself said, "No freeman shall ever be debarred the use of arms."

Before the formation of the United States or the ratification of the Bill of Rights, the United States Colonies were dependent on their ability to know how to use a gun. Frequent defense and putting dinner on the table were a must for settlers. Once the tyrannies of England became too great, the colonists turned to their simple muzzle-loading rifle. This tool freed the United States, allowed it to grow into the country we have become, and have kept it free against attacks of all kinds.

James Agresti, president of "Just Facts"

research and educational institute, has found that nearly half of all American households have at least one gun, and they are used an estimated one million times per year in defense.

In a study of prisoners, more than a third of those interviewed were scared off by their victim having a gun and two out of five criminals did not attempt to commit the crime due to the victim owning a gun.

Agresti has also found that of the non-fatal accidents in the US, 46 percent are due to falls, 9 percent to poisoning, and only 0.4 percent to guns. You are more than 20 times more likely to be injured by poison in 2016 than a gun and one hundred times more likely to fall and hurt yourself. Of fatal accidents



Courtesy of Bernard Socha

nearly 55 people are killed driving for every gun death, according to the highway safety institute and the University of Utah.

Today, many liberals and the media aim to revoke the fundamental right to own and use a firearm, citing mass shooting, gun violence, and the lack of intelligence of American citizens to house a weapon. The largest school

killing occurred in 1927, killed 38 elementary children and not a shot was fired. Andrew Kehoe used explosives in Bath Township Michigan to kill a total of 44 and injured 58.

Criminals by definition break the law. Curbing the public's right to own a weapon will have no effect. Angela Valdez, author and researcher, has found that four of every

five guns used in a crime are acquired illegally. There is no way to control the spread of illegal weapons, just as the fight to control illegal drugs fails.

Valdez also found the opposite to be true; of the six states with the strictest gun control, crime rates are 23 percent higher, an additional one in four crimes. DC banned handguns in 1977 and by 1990 homicides tripled. The Chinese removed the gun rights of their people in 1935 and between 1948 and 1952 over twenty million were killed. The Soviet Union did the same and between 1915 and 1917 an additional 20 million were killed.

Geraldine Wood states in 1934 Canada registered handguns, and 61 years later banned them. By 2003, all rifles and shotguns were registered, likely to slowly go the way of their handguns. The U.S. has also enacted gun control over the last century. In 1934 automatic weapons and in 1990 semi-automatic weapons, the kind used in many mass shootings were banned. Just less than 2,000 felons were denied access to guns and 30 years later the mentally ill were barred from owning all weapons.

Criminals will always have access to weapons, and a gun is just a tool until a criminal pulls the trigger.

Holding hands: The uncomfortable realization

By Ian Valles
Staff Writer

Sometimes when my boyfriend and I walk along the campus paths, traveling from class to class, grabbing a bite to eat, or simply going for a stroll in the sunlight, I get a sensation.

Holding his hand is one of the greatest feelings in the world. He makes me feel complete, and makes my life whole. We make mistakes, all couples do, but we always overcome them, something some couples do not. So when I walk with him, I feel a desire to hold his hand.

I know we live in a society where LGBTQ+ people are accepted by the majority, adored by many, and sought after by some. I understand the number of homophobes will never be zero.

But when I walk with my boyfriend, I get an uncomfortable feeling that intrudes my delight of holding him closely, it is that I make others, a

small few, uncomfortable and receive a feeling of disdain or questioning.

We live in an age of "marriage equality," "pride parades," and "same love," but for all of the smiles or passive contentedness we receive from fellow students, I always feel a kernel of rage explode within me when I catch a glare or overly long, seemingly confused glance.

The reason for my anger isn't shame or embarrassment, but for all the hypocrisy that is contained in that glare or near silent grunt. I see constant displays of affection from heterosexual couples, ranging from publicly acceptable, like holding hands or simple kissing, to obscene levels of making out and fondling.

I never see or hear the same dissatisfaction for these people. It makes me irate that a man and a woman can do as they please, but if I hold my boyfriend's hand, I get a glaze of disdain from people who don't even know me or my

boyfriend.

If you're going to do it to me, you better make it equal across the board.

We are equal, we are the same, we are all

human beings. Start treating us as though we are the same.

I am not asking nor demanding, I am simply expecting it from you.

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Sports

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

Punishment necessary to maintain standards

By Kimberly Hein
Sports Writer

Student-athletes are often held to a higher standard than non-athletes, due to the fact that they are a walking representation of the school, their team and their coaching staff.

Punishments brought to athletes are always up in the air. Some may wonder if the coaches are in charge of punishing students when they get in trouble, or if the coaches strictly leave it up to the police or the university's leadership.

"Our Code of Conduct is very simple. One, do the right thing and two, team above self. It is a privilege, not a right, to be an NCAA athlete, and I have control over that," said men's lacrosse head coach Curtis Jaques.

Jaques continued to say that if a team member was given a drug or alcohol related sanction through the university that there would be consequences.

"Was the player doing the right thing by using drugs or alcohol? No. Was the player putting the team above themselves by using drugs or alcohol? Nope. So, yes there are consequences for breaking our code of conduct," he explained.

In similar regards, Marcus Leaf, a senior baseball player stated, "If a player is caught drinking or caught with some sort of drug, they are suspended either for that week or a game, depending on how serious the matter is."

"If a player gets in trouble outside of baseball and the coach finds out about it, he goes to the captains and has them take care of the situation, which usually results in early morning running or plate pushes in the green room," Leaf continued.

Head coach of men's basketball, Izzi Metz stated, "I try to be more of an educator and help young people mature. We try and recruit high character people who want to achieve in the classroom and on the court so that we don't have a lot of disciplinary issues."

When asked about student athletes getting in trouble outside of the gym, Jaques said, "It is my job to teach young men how to uphold those standards and be accountable for their actions on and off the field. I have



Lacrosse player Melanie Rivera punished with push-ups for not scooping a ball with both hands on the stick by her coach.

The Beacon/Jesse Chalnack

many creative techniques to reinforce or reduce specific behaviors."

"We treat each issue individually rather than having a uniform policy because a lot of times these are subjective," Metz said.

The most important part of being a student-athlete is being a student. That means going to class, and keeping up their grades.

Leaf mentioned that the academic standing that each player on the team is asked to obtain is a 2.3. Anyone that falls below that has to go to mandatory study hall on Sunday mornings at 8 a.m.

Jaques chooses not to use a number to maintain academic standards, due to the fact that it would be a goal driven by outcomes.

"We like to set process oriented goals and reward growth. It serves no purpose for a student with a 3.5 potential to settle for a 3.0 because a team standard is 2.5," he stated.

"My best friend in college slept through every class, showed up when he wanted to, and graduated with a 3.5. It was not fair and I will not allow my players to underachieve. My academic standard is specific to each player's cumulative GPA. Each semester their GPA must be higher than their cumulative GPA. This tells me

they are growing in the classroom. They are becoming better students, developing better study habits, and finding more passion the deeper they get into their major," Jaques continued.

In movies or television shows, sports team traditions seem to be over exaggerated and made a bigger deal than they are. Leaf said that there are currently no traditions for the baseball team, they just ask each other to think about the team when put in difficult situations.

Similar to that, the lacrosse team has only been an NCAA Varsity team for 6 months. Coach Jaques is excited to watch the team dynamics in action while developing the team traditions.

On the contrary, Amanda Stickles, a senior on the swim team, said, "Since we are a second year team there are no standing traditions. However, we have started to have pasta parties the night before big meets to get us ready. I think over time that will become a type of tradition."

Another thing that seems to be prevalent in movies is players getting in trouble for forgetting a part of their uniform. It seems odd to think that one may forget something as simple as their ball cap, glove, or swimsuit at home when going to their game

but it has happened.

Leaf said, "If a player forgets part of their uniform, the coach may take into consideration that the player is not focused and could result in not playing for that game in some cases."

When it comes to the lacrosse team, Jaques said that he would use that opportunity to show the team how important it is to learn attention to detail. Instead of punishing the student that forgot something, he would punish the player who is in charge of packing the back-up equipment bag might be more effective for the team to learn attention to detail."

Stickles, however said that there is no punishment on the swim team when someone forgets part of their uniform.

"Players are driven by different motives. It is my job to know the right buttons to press to reduce or reinforce specific behaviors," Jaques said.

There were numerous coaches and athletes interviewed for this article; however, some athletes had no comment in fear of getting in trouble by their coaches.



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Upset sends Wilkes into the MAC Freedom Championship

By Danny Van Brunt

Asst. Sports Editor

After losing to DeSales twice already this year, the Men's Basketball team pulled off a huge win against the No. 1 ranked team at an away game with a score of 72-62.

"Everyone is excited about the win against DeSales. We played great down the stretch," sophomore Zach Brunner said.

Wilkes has competed very well with the ranked DeSales team this season. The first match-up between Wilkes and DeSales ended 72-73, and the second game ended 67-76. DeSales led the Freedom Conference, ranked No. 1, and Wilkes finally defeated despite being ranked No. 4.

The other two teams in the tournament were Misericordia and Delaware Valley. Delaware Valley defeated Misericordia off of a buzzer-beater with a score of 68-67. Wilkes will travel to Delaware Valley to play for the championship. Wilkes has played Delaware Valley twice this season as well, beating them once. Wilkes won the first game, 60-57, and lost the second game, 60-72.

"To have a chance to win the conference is a pretty awesome feeling and the team is excited for the seniors who deserve to be here. The seniors have done so much in the past couple of years. We know going into



The Beacon/Purvit Patel

Devin Dun (#21) and Zachary Brunner (#33) looking for a rebound last week.

the game that it's going to be a tough game. We are going to have to play our game, and in order to have a chance to win, we're going to have to take care of the ball and play team defense," said Brunner.

The beginning of the game started very slowly. In the first ten minutes, Wilkes went one for seven shots and DeSales went one for six. The missed shots kept the score low

and the tensions high.

Wilkes picked up the pace and went on a 16-point run that took their lead to 28-14. Before the half was over, Connor Evans made two back to back three-pointers. Those three-pointers put Wilkes ahead at halftime, 34-19.

DeSales looked ready to play coming into the second half. DeSales collected some

baskets in order to close the lead, but Alec Wizar dropped a three-pointer to push the score to 39-29.

For the rest of the half, Wilkes kept their lead seven points ahead of DeSales until the very end. Wilkes remained in the lead, but DeSales closed the gap to four points towards the end. The end of the game was filled with fouls that stopped the clock. It prolonged the game so DeSales could try and take the lead in the shortest time possible. Wilkes, however, capitalized on their foul shots, collecting six unanswered points to win the game 72-62.

"This is the best feeling I've had in awhile! When teams enter the playoffs, it doesn't matter what your record is or how you got there. It's about how you perform in the big moment, and we did everything we needed to do to get the job done. We always knew it was possible, all we had to do was believe," said freshman Marcus Robinson.

Wizar led the team with 17 points, four rebounds and three assists. Marcus Robinson finished with a double-double, which included 14 points and 12 rebounds. Connor Evans finished with 11 points, four assists and six rebounds, with Clay Basalyga netting 12 points.



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The Inaugural Season of 2016 Wilkes Lacrosse

By Jared Powell

Sports Writer

The Wilkes Lacrosse team will begin its inaugural season on March 8th in Ferrum, VA, where they will take on Ferrum College. Wilkes will be joining the Middle Atlantic Conference, in which they are projected to finish eighth.

Head Coach Curtis Jaques will be pursuing his first ever head coaching position. He graduated from the Virginia Military Institute; however, Jaques does not consider himself a "military man."

"I am a teacher. I know a thing or two about leadership, teamwork, and the game of Lacrosse, but winning and losing in my profession does not result in life or death," said Jaques.

Coach Jaques has a military background, but there are certain things that carry over to the field, and certain things that do not. He does not want his players to be robots.

What he means by this is simple: in the military, they tell you what to do and you do it. In a sports setting, his job is to teach you what to do, and your job is to apply what is taught in live situations. There is a distinct difference, you can not expect everything in a game to go exactly as you

plan.

Junior goalkeeper Bobby Lok described his coach using the word organized. This is no coincidence to a VMI graduate.

Seeing how this is Jaques' first year with the team, he has a clear goal for the season. His goal is to teach his players how to compete against themselves.



Curtis Jaques signaling to his players on the field at a recent practice.

"I have three goals for every practice. When we leave the field, I want my players to be sweating, smiling and feeling a mental or emotional response to success or failure," said coach Jaques. One of his long term goals for the university is to be driving down Main St., and seeing kids in the city playing wall ball and carrying

around lacrosse sticks.

"One thing that separates coach Jaques is that he not only wants to be your coach, but he also wants to be your friend," said Lok.

Being the head coach of Wilkes Lacrosse is more than just a position to Jaques. He is taking this opportunity to carve the young men on his team into men that will succeed after graduation.

The main thing Coach Jaques emphasized to me was the word "family." Family is one of the most important things to him. He went on to say, "at the end of each day, I goes home to my wife and two daughters." Without that balance in his life he would burn up quick.

With the help of his players, Coach Jaques, and his players should have a productive season. Jaques could not express enough that it is not about the wins and losses. It is more about where his team was a year, month and week ago, and where they will be in a week, a month and a year.



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2016 NCAA Tournament Preview: Expect Madness

By Mark Mahowski
Sports Writer

March 15 is the day that kicks off March Madness, or as it is formally called, the 2016 NCAA Men's Division I Basketball Tournament. The last two of the 68 teams left in the tournament will meet at NRG Stadium in Houston, Texas on April 4 to decide a champion. If there is a word that can define the 2015-16 season, it is parity.

Throughout the season, there has not been a team that has looked like it could be the number one threat to take home the title. The North Carolina Tar Heels were the preseason number one team in the nation.

No team has won the National Championship from this spot since the 2008-09 season, the last time the Tar Heels hoisted the trophy. North Carolina currently has a (22-5) record and looking like a championship caliber team in some games, while in others they are just trying to survive.

The Kentucky Wildcats were also seen as a contender this season, just like they have been every other season of this decade. The John Calipari led squad was looking to make its fourth Final Four appearance in the last five years.

As usual, Kentucky has a squad full of some of the top freshmen in the nation. However, the Wildcats have not been able to capitalize on this like in previous seasons.

Kentucky would start the season ranked second in the AP Top 25, and would eventually climb into the number one spot. However, they would hit several speed bumps and are currently ranked 16th with a (20-7) record.

The Villanova Wildcats have been number one in the AP Top 25 for three weeks now. The team also holds the number one spot in the ESPN.com Power Rankings. But many do not put a lot of faith into Villanova once the fight begins. Since their loss in the Final Four to North Carolina in 2009, Villanova has never made it past the first round of the tournament.

One team to keep an eye on is the Oklahoma Sooners. The Sooners are currently ranked 4th in the nation and they have been in the top 10 for almost the entire season. They are a team that has performed well the last couple of seasons.

They were nothing compared to the Blake Griffin-led squads of the late 2000s.

This year's team is very different from the past: they are a hard nosed team that can handle the pressure and has handled it all season.

Another team that can make some noise this March is the Michigan State Spartans.

Tom Izzo has his team poised to make another deep run after last year's Final Four appearance. The Spartans have also been a team that has hung around all season, much like Oklahoma and North Carolina.

Michigan State can stumble into the tournament and wreak havoc for contending teams and make their own path to the Final Four.

Senior criminology student Mike Jorda is very excited for the start of the tournament.

"Its great to see all of these teams going at it," Jorda said. "You really learn what teams are for real when this time of the year rolls

around. The best part of the tournament is when the Cinderella team shows itself, and they start to make an improbable run."

One great thing about March Madness is that you do not know anything. Yes, sports writers, analysts, and every person who will be filling out a bracket for fun or for money has no clue how things can turn out.

That is the great part: this is madness. We have 68 teams looking to become a national champions and write their names in the history books. These teams are so vastly different.

We have powerhouse contenders like

North Carolina and Kansas year in and year out. You can have the Cinderella teams like George Mason who made an improbable run to the Final Four in 2006, or VCU who made the run in 2011.

This 2016 tournament is going to be a year where very little brackets will be perfect after the end of the first day. This can be a season where we see monumental upsets and head scratchers. But that's what makes this such a great time of the year, 68 teams competing for one thing: a championship.



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Getting to know...

Madeleine Brownsey

Senior Lacrosse Player

By Purvit Patel & Elyse Guziewicz
Sports Writer; Copy Editor

Madeleine Brownsey is a senior marketing and sports management major from Saint Basil Academy in Glenside, Pa.

Q: What was the driving force behind your decision to come to Wilkes?

A: I had never actually heard of Wilkes until I was recruited by a former Wilkes field hockey coach at one of my high school tournaments. I came here to play field hockey originally and then ended up switching over to lacrosse.

Q: Do you have any post-graduation plans in terms of a career?

A: I really enjoy event planning and creative advertising, so I'm thinking I'll head in one of those directions post-graduation. My ultimate goal is to work on the business side for a major league sports team.

Q: What are your hopes for your next season as a Colonel?

A: My hope for this season, like any season, is to make it to the MAC championship. It'd be an awesome way for the rest of the seniors and me to finish our college careers.

Q: When and why did you first begin playing lacrosse?

A: I played for a club team in grade school but had to stop playing in high school because my school did not have it. I kind of just picked it back up in college.

Q: Do you have other sports/interests/hobbies off of the field?

A: I'm a big Flyers fan, and my hobbies include weekly trips to Dagwood's.

Q: Who would you say is the most influential person in your life? Why?

A: The most influential person in my life is probably my dad. He was a lacrosse player for Penn State, so he's always been my coach from home. He's really shaped me into the athlete I am today.

Q: A quote you live your life by?

A: "All things must pass." - George Harrison

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

A: "Being Colonel" is representing this school in a way that shows pride, dedication, commitment and the ability to excel in anything that you are passionate about, regardless of who you are or what you enjoy.

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

A: I would love to have dinner with Anne Shirley.



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The Beacon/Purvrit Patel

Getting to know...

Weston Miller

Sophomore Lacrosse
Midfielder

By Purvit Patel & Elyse Guzewicz
Sports Writer; Copy Editor

Weston Miller is a sophomore midfielder and engineering major from Lower Dauphin High School in Hummelstown.

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

A: I liked the small school atmosphere where you not only know all the students in your classes but you also get to know your professors.

Q: Do you have any post-graduation plans in terms of a career?

A: I plan to get a job as an Electrical Engineer working with alternative power sources

Q: What are your hopes for your next season as a Colonel?

A: We have our inaugural season coming up this spring and I hope that we are able to establish ourselves in the MAC as the newest team and maybe surprise some people along the way.

Q: When and why did you first begin playing Lacrosse?

A: I started playing lacrosse in third grade because my neighbor was the coach of the elementary team and was telling me about the sport, so I decided to play and have loved the sport since.

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

A: I am an outdoors kind of person. I hunt, fish, hike, mountain bike, and pretty much anything else outdoors.

Q: Who would you say is the most influential person in your life? Why?

A: My brother is the most influential person in my life. I have looked up to him my entire life and he has always looked out for me whether I liked it or not.

Q: A quote you live your life by?

A: Psalm 73:26 – My flesh and my heart may fail but God is the strength of my heart and my portion forever.

Q: What does “Be Colonel” mean to you?

A: It means treat every moment of the day like you are representing the Wilkes Colonels, whether you are on campus or at home: when you wear Wilkes Colonels gear, you are representing the University and the rest of your peers.

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

A: I would have dinner with Mario Lemieux, because I am a big Penguins fan and he is one of the greats of hockey.

Q: Does the lacrosse team have anything they would like to inform the student body?

A: Being a new program, we need the entire university behind us to really be successful, so come support.



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