



THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

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

Autopsiopsychic Millennium brings teachings of Lateef



The Beacon/Maddy Kinard

Angel Bat Dawid engages audience members, encouraging them to physically interact with the music.



School of pharmacy script your future program ongoing, page 4



Liz's Craft Column: Customizable boho tassel bookmark, page 10



A literary analysis of "A Thousand Splendid Suns," page 16



SB: Colonels look to exceed MAC preseason poll expectations, page 19

By Maddy Kinard
News Editor

On Feb. 23, the Chicago and Detroit ensemble, Autopsiopsychic Millennium, visited Wilkes as part of the university's final Black History Month event.

They held a luncheon for students, staff and faculty to mingle with the collective along with an evening workshop incorporating performance and discussion which was open to the public.

Led by Hazleton native, Dr. Adam Zanolini, Angel Bat Dawid and LuFuki, the collective was brought together through the researching and studying of the extensive work and legacy of Dr. Yusef Abdul Lateef who was a great saxophonist, musician, entertainer, composer, thinker and more. As Dawid calls the group, they are a "research performance ensemble."

The term "autopsiopsychic," first coined by Lateef, considers the ways in which music impacts the physical, mental and spiritual self.

Lateef rejected the term "jazz," as it stems primarily from the entertainment industry which he felt did not effectively represent what jazz was created from:

places of cultural, spiritual and historical importance.

It was not just meant to entertain people and Lateef wanted to create that distinction between his music and this other concept of music that circulated around amusement.

"He was important to me personally because he was one of the first jazz artists that I saw using different instruments in jazz," said Dawid. "It was just music. It wasn't just this genre that they wanted to say, 'oh it's black people, they do this'. Sometimes as black artists, we're put into categories as entertainers, and that's it. His works should be in universities."

The Autopsiopsychic Millennium is an amalgamation of two separate groups, one based in Detroit and the other in Chicago, which was formed recently in 2021. Dawid and Zanolini created a musicians collective called "The Participatory Music Coalition" in 2014. Meanwhile, LuFuki had his own band, "Divine Providence."

Angel and LuFuki met online and had invited his band to come and perform at Elastic Arts on a double bill with her and Zanolini's own group.

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News

Have a breaking story or a press release to send? Contact the news editor Maddy Kinard: Madelynn.Kinard@wilkes.edu

Student Government notes: Feb. 23 weekly meeting

By Zach Paraway
News Staff Writer

Student Government began with a call to order and roll. The treasurer's report stated that there is a total of \$76,450 across all SG accounts.

The first order of business was from Nate Pitcher. He reported that changes are in the process of being made to the constitution and should be revealed soon.

The second order of business was a club report from the Biology Club. The president of the club is Rachel Wynings and is under the watch of their advisor, Dr. William Terezaghi. The club has a total of 40 members, with 3-5 of them being active. They plan to have future events

such as a STEM jeopardy that would include a collaboration of other science related clubs on campus.

The third order of business was from Phi Beta Lambda for the 2022 state leadership conference. The conference used to be an in-person-only event, but this year, PBL would like to attend over Zoom. They were approved for \$300 to be given to the club.

The fourth order of business was a budget request from American Society of Engineers, ASME for the 2022 edition of their car show. The budget request was for \$2,000 in order to rent a mobile dyno from Modern Muscle Motorsports, with the rest of the funds going to make a poster for the provider and to be hung on the dyno. The request was approved.

The fifth order of business was a club report from ASME. Justin Burda is the president of the club and it is under the watch of their advisor.

The sixth order of business was a budget request from the GeoExplorers Club for a Southwest trip over spring break in order to study rock formations. Changes were made since their last proposal including cutting off a day and lowering the cost from \$9,130 to multiple options. The fourth option presented was approved for the amount of \$6,750.

The final order of business was a request from the Commuter Council. It was for a larger lounge area to be created for commuters as the past one had to be moved due to the creation of the new

school bookstore. They are looking to add two more computers, the cables and ports needed for them, and a table. They are asking to present to Capital Projects to present the cost of \$7,000 for the funding. This is to be voted on next week.

The first-year class has moved some positions. Josh Garced is the new vice president of the freshman class and Edweana Alexis is the new president. Carter Henritzky is the new secretary of the sophomore class.

The next meeting will occur on March 2.

Beacon Briefs: Upcoming campus events

Compiled by Beacon News Staff

Career and Internship Fair

Save the date: Wilkes University will host its first in-person Career and Internship Fair in three years from 10 a.m. to 1 p.m. on March 17 in the McHale Athletic Center.

Students and alumni are encouraged to attend and meet organizations that are seeking employers and interns for both the summer and fall semesters.

For those looking to improve their resume, the Center for Career Development and Internships will hold a multitude of resume workshops and job fair prep sessions to prepare

For more details, keep up to date with events in your Handshake account.

Online Buddhist Meditation Returns

Interested in practicing some sitting and walking meditation with others?

The sessions will be offered each Tuesday and run for about 40 minutes. No experience is needed and anyone

interested is welcome.

For more information or the link for the virtual sessions, contact Linda Paul, associate professor of philosophy, at linda.paul@wilkes.edu.

Buy a Tote Bag

Looking for a new bag? Green Giants tote bags are an affordable, sustainable and durable alternative to plastic and are being sold for ten dollars each.

The bags come in two designs: the Wilkes logo and blue butterflies.

Students looking to purchase one should watch out for anyone selling them in the Student Union Building, the Simms Center, or DM them on Instagram @greengiantstotebags to place an order.

Ninety percent of proceeds go to Little Eric's Foundation, a local organization that funds pediatric cancer research.

Submit work to Manuscript Society

Manuscript Society is accepting submissions for the 2021-22 edition until 11:59 p.m. on April 17.

Submissions are open for

undergraduate and graduate students, faculty and alumni. The society accepts poetry, essays, short stories, photography, art and digital art. The limit is five submissions per person.

To submit original work or any question, email magazine@wilkes.edu

Do you have a Parent or Grandparent Who Graduated From Wilkes?

If you have a parent or grandparent who graduated from Wilkes, you may qualify for the Alumni Scholarship.

The Alumni Association Scholarship is awarded annually to a current Wilkes undergraduate student (first year through junior) who has had a parent or grandparent graduate from Wilkes and has at least a 3.0 GPA.

Applicants are required to have a current FAFSA on file.

Apply online; the link is available through the Wilkes, Today emails by Tuesday, Mar. 22.

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Want your event featured in the calendar?

Email: Madelynn.Kinard@wilkes.edu

MUSIC, from front

“We just got together and went berserk,” said Zanolini. Members of the ensemble also include Tazeen Ayub, Sophiyah E., Mike Monford, Luc Mosley, Sojourner Zenobia, Ayanna Woods and Nur Dhul-Qarnayn.

“It’s very spiritual and very sacred. For me, when we come, we don’t perform. We experience this music,” said Ayub. “And I think it requires the musician to tap into spirit. To tap into something greater than ourselves and that is the most important part about what we do. It’s not about the ego. It’s about what is the instrument, the vocals, what are we channeling? And all of that comes down to spirit.”

Zenobia further describes it as a way of “being”. A way of being in one’s own body, using voice, being with the earth and people within the room. For her, it’s a “portal” that the musicians and audience members alike dive into and receive messages of wisdom. The whole experience is an exchange between attendees and themselves, who they encourage to honor and receive the messages they might be receiving during the workshop.

For Zanolini, autophysiopsychic music has impacted the way he not only sees the world but also the way he

interacts with it. He compares it to the power of positive energy, and when done musically, that positive energy comes back like an echo. But he first fostered this now love and appreciation for the art form while growing up in Hazleton.

“Hazleton has got a lot of heart, it was a great place to grow up. That’s where I learned about music. When I was coming up, you could get free music lessons at school so that’s where I learned how to play the saxophone, my first instrument, and it got me hungry to learn more instruments and now I play upright bass, flute, congos, keys and more,” said Zanolini. “It’s where I developed my love of music. The feeling and the passion came from when I lived in Hazleton. This is just a strong place to come from. When I left I was sorta like ‘yeah there’s not much going on around here’ but everytime I come back, I miss it a lot.”

After the evening’s workshopping performance, the ensemble was on their way to perform at Carnegie Hall in part with the Afrofuturism Festival.

Photos: The Beacon/Maddy Kinard

TOP RIGHT PHOTO:

From left to right: Sojourner Zenobia; Angel Bat Dawid; and Tazeen Ayub.

BOTTOM RIGHT:

The ensemble poses for a Carnegie Hall picture submission.



Wilkes police department searches for work-study students

By Zach Paraway
Staff Writer

Campus police began a program for students to become officers and gain hands-on experience in the field of law enforcement.

Wilkes police student officers work directly with campus police in aiding safety and security for all.

Nathan Pitcher, senior political science major, became a student officer at the start of the program back in the fall. He was joined by Jake Hubbard, senior criminology major, Jackie Platt, sophomore undecided and Kasey Robertson, first-year psychology major.

“I first heard of it from the work-



study website and I thought that this was interesting,” said Platt. “Once I started doing it I realized that it is a lot easier than what I was reading.”

All four commented on the workload they do as officers. Their jobs consist of patrolling campus and checking for problems in academic and administrative buildings, residence halls and common areas.

“They are the ones here on campus; a lot of them live here 24 hours a day,” said Chief Mike Krzywicki.

“It’s like going into your home or your car, you are going to know better than an officer if something is out of place.”

Students in the program allows campus police to see the more minute details of



From left to right: Nate Pitcher, Jack Hubbard, Jackie Platt, Kasey Robertson

campus and be able to help solve problems.

The program has already led to jobs for students as Pitcher will become a 235 officer, beginning next fall. The other students have also used this opportunity to see more into what they want to do with their careers.

“As time passed, I have decided to go to

law school, and while this did not change my career path, it molded my interest into what I want to do in the future,” said Hubbard.

For more information about the program, email Chief Krzywicki or Sergeant Pesta at seth.pest@wilkes.edu.

Graphic by Zoey Rosensweet

School of pharmacy script your future challenge ongoing

By Sydney Umstead
News Staff Writer

The Nesbitt School of Pharmacy entered its fourth year of participating in the Script Your Future Challenge (SYF) on Jan. 17.

The challenge is set to take place until March 28. The Nesbitt School of Pharmacy was awarded the National Rookie Award in 2019 and the National Social Media Outreach Award in 2021.

The Script Your Future campaign is open to pharmacy schools nationwide. The goal of the campaign is to raise awareness for the importance of taking medicine as directed.

Both pharmacy students and faculty work throughout the campaign to address this issue and aid in assisting others to understand the importance of taking their medication.

During the challenge a team of pharmacy students and faculty are working together in order to create outreach activities and in-person activities. Some of the in-person activities serve to show the importance of medical adherence, and are titled "Blossom with Adherence."

The activities will take place in different areas such as Wilkes University, local community pharmacies, churches, and other locations.

When attending the activities participants can choose to receive a pledge card. The pledge card is a tool created by SYF where community members can pledge to take their medication. There will be a Kahoot Trivia held in the SUB on March 21 from 6 to 7 p.m..

"The name of this event is called 'Blossom with Adherence,' and we will be educating others regarding why it is important to take your medications as directed, how this can improve your health, and how to safely dispose of medications," said Bree Polascik, pharmacy major.

The COVID-19 pandemic played a role in the competition during its run in 2020. In-person events had to be canceled or switched to a virtual format; however, the competition has incorporated virtual outreach.

The Nesbitt School of Pharmacy has



Photos courtesy of Bryanna Polascik

Pharmacy students participating in the script your future challenge.



Kayla Aufiero checks blood pressure of attendee

incorporated platforms, such as TikTok, in order to reach a broader audience and continue their work in impacting their community. Infographics are planned to be posted, and they are working on an article for "Pharmacist Consult."

Last year's challenge placed an importance on vaccine awareness and that will be continued during this year. The component is called, "vaccine confidence."

The Nesbitt School of Pharmacy's goal both this year and last is to inform and educate the importance of vaccination, how they work, and how they affect a person's body. There will also be a focus on addressing some concerns about vaccinations.

Faculty and students at the Nesbitt School of Pharmacy work alongside each other for the campaign. Pharmacy students are working with Wilkes graduate

Dr. Cody Morcom on content that will be posted throughout the pharmacy's social media.

"As a faculty member, not only do I get to help make a direct impact on the community, but I also get to work directly with students and observe them become leaders and make a change through their innovation, creativity and passion for patient care," said Dr. Troy Lynn Lewis, assistant professor.

Ahmed Sareer gives lecture on small state diplomacy

By Maddy Kinard
News Editor

On Feb. 22, Ambassador Ahmed Sareer gave his virtual lecture via Zoom on “Overcoming Challenges for Small States in International Diplomacy” which was open to all Wilkes students and the greater community.

Hosted by international relations and political science programs, Dr. Andrew Miller, associate professor of political science, facilitated the event and began by introducing Sareer and providing a background on his professional experiences.

“Currently, Sareer is the director of Asia at the General Secretariat of the Organization of Islamic Cooperation in Jeddah, Saudi Arabia,” said Miller. “He has held the position since Nov. of 2018.

He is also the head of the Peace, Security and Conflict-Resolution Unit of the OIC General Secretariat, which is focused on the promotion of peace and dialogue, mediation efforts and Islamic rapprochement among OIC membership.”

Sareer began his presentation by posing the question: why small states diplomacy?

They share the same full definition of serenity and autonomy as any other state. However, the biggest difference is that small states have a limited set of human and material resources.

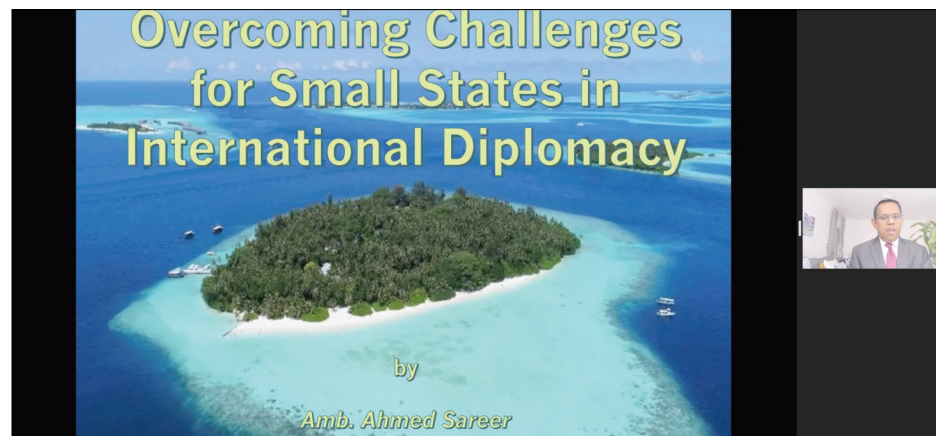
“What I’m going to speak on today is something really close to my heart and in many ways has defined my experience as a diplomat for three decades: overcoming challenges for small states in international diplomacy,” said Sareer.

Focused on international engagement, Sareer states that he chose to focus on the Maldives because it demonstrates what many challenges small states confront within a multilateral forum.

However, it also shows a steady accumulation of influence within recent years which has come from “intrinsic, derivative and collective power,” which he quotes from Tom Long, a political scientist.

His presentation was framed by five areas where small states, like the Maldives, have drawn influence from: security of small states, climate change and sustainable development, human rights, international peace and security issues and rare opportunities of steering UN organs.

“Having Ahmed Sareer speak with us



The Beacon/Maddy Kinard

this past week has provided some crucial geopolitical insight for students who may be pursuing the field of international relations,” said history and education major, Adam Piston. “His work with small nations, like the Maldives, has given a voice to the smaller nation-states of the world in topics such as climate change, sustainable development, and international peace.”

More information on Sareer outlined by Miller, he served from 1986 to 2018 in the ministry of foreign affairs of the Republic of the Maldives, most recently as foreign secretary, in which he had to

advise the minister of foreign affairs and the president of the republic on day-to-day foreign policy matters.

He served as the Maldives ambassador for the United States, is a permanent representative of the Maldives to the United Nations and is high commissioner to the People’s Republic of Bangladesh.

Sareer has written several articles on small state diplomacy, which have been published in the UN Chronicle Inter Press news agency, the New York Times, the Arab News and the Maldives Foreign Service Journal.

Colonel’s professional clothes closet celebrates anniversary

By Zach Paraway
News Staff Writer

Colonel’s Professional Clothes Closet recently celebrated its five-year Anniversary with a pop-up shop in the SUB. The closet is a student-run shop where students can come and borrow or keep lightly used professional clothing for free. Most of the clothes used are donations from faculty and staff that work at Wilkes.

Carol Bosack Kosek is the director of career services and also helps with the Colonel’s Professional Clothes Closet.

“We realized that business dress clothing can be expensive for students, and had heard about varied colleges starting collections of professional clothing for interviews, internships, and jobs in professional settings,” said Bosek. “We started reaching out to staff, faculty, and alumni to see if they had any gently



Courtesy of Justin Glidden

worn or unworn business clothing to donate, and we got a very good response.”

Senior sociology major and senior class president Justin Glidden said that it was a great way to have the Wilkes community see what they offer, especially around

those that may not have seen it before.

The Colonel’s Professional Clothes Closet specializes in professional clothing, but has received enough leisure clothing to have a separate rack from them, located right outside of the closet,

which is near the Colonel’s Cupboard.

“To see someone in a suit or blazer that they got from one of our donors, looking professional and feeling confident during a career fair or interview, we hope will give them that little boost they need to feel confident and impress employers,” said Kosek.

The closet has been here for a long time and the future looks good for the professional clothing shop at Wilkes.

“We hope that we will be able to offer this service to any student who needs it for years to come,” said Kosek. “As long as our kind alumni, staff, and community members keep donating, we will try to keep the closet as full as possible.”

The closet is located in the Civic Engagement and Bonner Scholar Offices, right behind the SUB. They are welcome to walk-ins or an appointment on the student’s Handshake account.

Maslow graduate creative writing offers writing programs

By Taylor Dillon
Staff Writer

From March 22 to April 26, the Wilkes University Maslow Family Graduate Program in Creative Writing will host a variety of writing workshops.

According to David Hicks, director of the creative writing program, the workshops are low-key, inexpensive, and beginner-friendly for those at Wilkes and in the greater Wilkes-Barre community.

The workshops are on Tuesdays from 6:30 to 8:30 p.m. and will be conducted online or in hybrid formats. The creative writing workshops are open to all adults with no prior writing experience needed. The cost per series is \$100.

“Because most of them are now online—but kept small, to ensure a personalized instruction—they’re accessible for would-be writers of any age throughout the country,” said Hicks.

There are several different workshops offered.

The first one, “Underrepresented: Expanding Cultural Schema Through

Fiction,” is taught online by Monique Franz, Saturdays from 1 to 4 p.m. on Feb. 19 and 26 or March 19 and 26. The exercises help participants write about diversity through discussions on cultural biases.

Participants will create and revise three short stories that talk about and connect underrepresented groups of people.

Franz is also teaching two other workshops. “Setting as Character: Craft a Setting Where Readers Get Lost in the Story,” is taught online on Saturdays

from 1 to 4 p.m. on April 2 and 9.

The second one is “The Writers’ Block: Writing in Community,” taught online on Wednesdays from 6:30 to 8:30 p.m.

“Writing Pandemic Stories: A Narrative Medicine Workshop for Healthcare Professionals” is taught by Vicki Mayk. This workshop is geared toward nurses, doctors and those working on the front lines of the pandemic.

“This is a unique opportunity for healthcare professionals to tell their pandemic stories through narrative

medicine, a field which values storytelling and listening as a means to promote healing, improve care and develop empathy for both caregivers and patients,” said Gabrielle D’Amico, executive director of communications at Wilkes.

Interested participants can register online at wilkes.edu/writingworkshops. Any questions regarding these workshops can be directed to patricia.naumann@wilkes.edu.



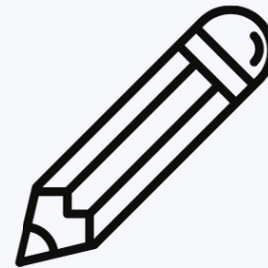
Graphic by Zoey Rosensweet

REMINDER!

The Beacon is looking for News writers!

You can write about...

- Campus happenings
- National news
- Current events
- Politics
- And more!



Build your resume with a diverse set of skills!



CONTACT:

News Editor:

Madelynn.Kinard@wilkes.edu

Life, Arts & Entertainment

Have any events or artists to be shared? Contact Life, Arts & Entertainment Editor: Jordan Daniel: Jordan.Daniel@wilkes.edu

Students paint rocks for “Random Acts of Kindness Week”

Students for Environmental Sustainability hosts painting session

By Cassidy Taylor
Staff Writer

The Students for Environmental Sustainability recently hosted a rock painting event in collaboration with the Air and Waste Management Club in the Cohen Science Center.

Those attending were given their own small rocks to decorate or leave positive messages on and were provided with donuts to eat while they painted.

The event also had music playing to create a comforting and relaxing experience.

Marissa Popis, senior environmental science major and president of Students for Environmental Sustainability, wanted to provide a calming event where students could take a break and also give back to the campus community.

The event was created to celebrate Random Acts of Kindness Week while also getting both clubs more attention. The hope was to raise awareness and bring in new members.

“The Air and Waste Management Club hasn’t been around for a bit, especially because of COVID,” said Rachel Morey, sophomore environmental engineering major and club president. “We were able to bring it back with the help of our club adviser, Dr. Saritha Karnae.”

Stephen Beck, first-year environmental science major and vice president of the Air and Waste Management Club, expressed that they are actively seeking members.

Similarly, Students for Environmental Sustainability is also always open to new members.

The mission of that club is to provide all majors with opportunities to learn about sustainability. Members get together for community service programs to help the university and the surrounding areas to become more

sustainable.

The club’s focus is to provide members with interactive experiences of making and developing sustainability goals, out-reach programs, events that promote “greener” lifestyles and overall encourage others to be more environmentally responsible participants.

The Students for Environmental Sustainability club is holding a logo contest. Anyone interested can create a design for the club to use on their club T-shirts. Submissions for the T-shirt logo contest can be sent to marissa.popis@wilkes.edu

For more information and details on both clubs, follow their Instagram accounts [@wilkes_ses](https://www.instagram.com/wilkes_ses) and [@wilkesawma](https://www.instagram.com/wilkesawma).



The Beacon/Cassidy Taylor

A take on Harry Styles’ own song, “Treat People With Kindness,” was an inspiration for one of the many positive messages students who participated in the event painted on their rocks. This event was one of many that occurred during Random Acts of Kindness Week.



First-year nursing major, Abigail Jerome, uses the pink on her plate to decorate a rock as part of a rock painting session that was hosted by Students for Environmental Sustainability and the Air and Waste Management Club.

Dollar store recipe: Easy-to-make peanut butter roll-ups

These peanut butter roll-ups are perfect for breakfast, lunch or an evening snack. They are a tasty treat that only takes five minutes. It is also an easy recipe to double if you want to share with friends. This recipe is simple, quick and healthy.

Ingredients:

1 flour tortilla
1 banana
3 tablespoons of peanut butter
1/2 cup of granulated sugar
2 tablespoons of cinnamon
1 teaspoon of honey

Directions:

First, place the tortilla on a clean surface and spread it evenly with peanut butter.

Next, combine the ground cinnamon and sugar in a separate

small bowl and set aside. Sprinkle the cinnamon sugar evenly onto the peanut butter.

This next step is optional. For extra sweetness, drizzle the honey onto the peanut butter and cinnamon sugar mixture.

Peel banana and place it on the edge of the tortilla and roll up the tortilla.

Once completed, cut into bite-size pieces.

Enjoy!

Allergens: Fruit, nut products

By Morgan Rich

Life, Arts & Entertainment Staff Writer

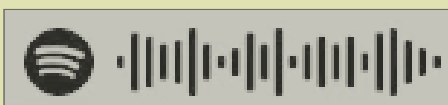


The Beacon/Morgan Rich

This snack is simple to make and can be eaten at anytime of the day.

Beacon Bumps

Each week, the Wilkes Beacon staff adds a song to the Beacon Bumps playlist on Spotify. Check us out under Chris Gowarty's Spotify or check out this week's picks right now!



Emily Cherkauskas, Editor-in-Chief:

\$4.99 - Jack Stauber's Micropop

Ariel Reed, Managing Editor:

breakfast at a funeral - wens, Sean Kennedy

Liz Cherinka, Social Media Editor:

Kids - Current Joys

Maddy Kinard, News Editor:

THE BOTTOM - MICHELLE

Jordan Daniel, LA&E Editor:

Blackout - Breathe Carolina

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Sunroof - Nicky Youre, dazy

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Style - Taylor Swift

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Gët Busy - Yeat

Baylee Guedes, Sports Editor:

Bad Habits - Ed Sheeran, Bring Me The Horizon

Jason Eberhart, Sports Asst. Editor:

No Church In The Wild - JAY-Z, Kanye West, Frank Ocean, The-Dream

Zoey Rosensweet, Lead Layout Designer:

How It Feels - COIN

Dr. Paul holds first Buddhist meditation session of the year

Buddhist meditation sessions are back since the spring of 2021

By Morgan Rich

Life, Arts & Entertainment Staff Writer

On Feb. 22 via Zoom, Dr. Linda Paul, associate professor of psychology, hosted a Buddhist meditation session for the first time since the spring of 2021.

Dr. Paul began the session by engaging in “dharma talk,” which is a brief explanation of basic Buddhist insights and then had participants engage in sitting meditation. Dr. Paul instructed participants to turn off their cameras for the sitting meditation to ensure privacy and lower distractions.

During this time, Dr. Paul rang a meditation bell three times and had participants focus on their breathing. This sitting meditation lasted approximately 25 minutes.

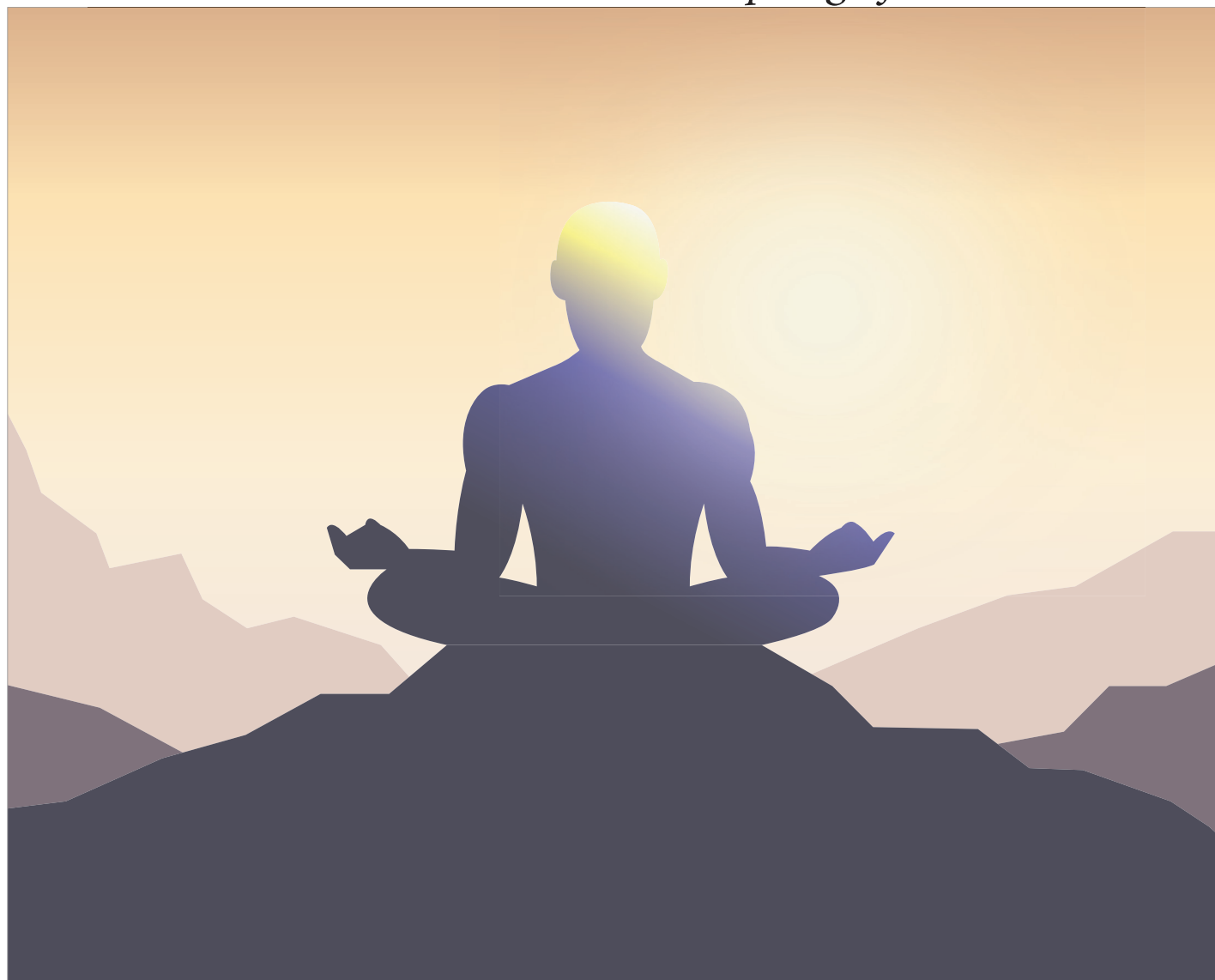
After the sitting meditation ended, the participants engaged in walking meditation, which focuses on what it is like to walk as well as focusing on breathing. The walking meditation was allowed to be done anywhere and lasted until two meditation bells were rung.

When the session ended Dr. Paul invited the participants to chat about how the session went and allowed them to also voice their questions or concerns. However, this was completely voluntary and students were allowed to leave if they did not want to talk after the meditation ended.

“I believe meditation is a soothing stress relief mechanism to utilize whether a person is under stress of some sort or is looking for a new hobby,” said Erica Rey, undeclared first-year student. “Meditation provides calm tranquility and relaxation to me whenever I complete yoga exercises.”

Dr. Paul started studying Buddhist ideas in 1991 and began practicing them since Buddhist ideas cannot be understood until they are practiced. Dr. Paul also studied with Vietnamese zen master, Thich Nhat Hanh, in his monastic community in southern France, Plum Village from November 1999 to March 2000.

“It was the winter retreat which is fundamentally for monastics but a few laypeople are allowed to attend,” said Dr. Paul. “When I left they recommended that I start mindfulness meditation sessions at the university. So when my sabbatical



Graphic by Jack Malatesta

ended and I began teaching again, I did.”

When Dr. Paul returned, she started Buddhist meditation sessions in-person once a week in the salon in Kirby Hall. Dr. Mischelle Anthony, English associate professor, also co-led these sessions with Dr. Paul for a few years when she first came to campus.

These sessions stopped in March 2020 when the pandemic began, however, Dr. Paul decided that they should return via Zoom when she attended online Buddhist meditation sessions offered by the Barre Center for Buddhist Studies that following June. Dr. Paul brought these sessions online during the fall semester of 2020 and continued them through last spring.

Dr. Paul was unable to hold them this past fall but was able to bring them back this current semester.

“I find the practice helpful for calming and centering myself, but most importantly for gaining insight,” said Dr. Paul. “The insight into how our undisciplined minds cause anxiety, distress and other forms of suffering is priceless.”

With the stress that college brings to students, especially with midterms approaching, lots of students are glad to have a choice like this on campus.

“I think that having the meditation option on campus is a great opportunity for people in the Wilkes community to prioritize their mental and physical health

during a stressful week,” said Amelia O’Connor, first-year nursing major.

Rey agreed with O’Connor, claiming that it is a good opportunity for students to partake in an activity for themselves or with their friends and that it can also allow for “new connections to be formed with other people.”

The sessions will be offered every upcoming Tuesday at 5 p.m. for the remainder of the semester and will run about 40 minutes. No experience is necessary and the sessions are free of charge.

Contact linda.paul@wilkes.edu for more information or for a link for the sessions.

Liz's Craft Column: Customizable boho tassel bookmark

An affordable boho chic decoration, perfect for any space

By Liz Cherinka

Social Media Manager

This DIY school supply craft is a tassel bookmark. The bookmark can be used to keep your place in a textbook or a novel while also being stylish. They are sure to add a fun flare to your homework as well. This craft is affordable because it only requires a few supplies, which can be found at any craft store.

- Two colors of embroidery floss
- White embroidery floss
- Beads that match the floss colors
- Scissors
- Paperclips

1. First, cut a piece of white floss that is about 12 inches long. Fold this piece in half and thread it through the end of the paper clip that does not go onto the paper. Tie a cow hitch knot with the floss around the paper clip.

2. Next, choose three to five beads that match the colors of the floss. Thread them onto the white floss that is now on the paper clip. Use a needle if the hole through the bead is small.

3. Once the beads are on, it is time to start forming the tassel. Grab the two embroidery flosses and remove the paper around from them. Keep them straight and even the two bunches up with one another.

Place them down in between the two strands of white floss and tie the white floss around them tightly in the middle. Make two knots to keep them secure.



4. Cut the looped ends of the embroidery floss apart once they are secured with the white floss. Make the floss by running your fingers through it.

Now grab the white floss again. About ½ inch below the top of the group of floss tie the white floss around the whole bunch, which will form the actual tassel shape.

Tie this very tightly and double knot it so it stays in place. Cut the excess white floss.



5. Even the floss out again and cut any pieces that are visibly longer than the others. Make the bottom of the tassel as even as possible. Rearrange the floss so both colors are visible.

Once the tassel is rearranged, the bookmark is complete. Feel free to use it in any book.

This craft is quick so feel free to make a few of them for all your books in varying colors.



Liz's difficulty rating:



CREATIVE COLONELS

Creative Colonel of the Week: Alyssa Roberts

By Jordan Daniel

Life, Arts & Entertainment Editor

Alyssa Roberts, senior digital design and media art major, is a great representation of what it is to be a Creative Colonel. Her interest and talent in art led her to become the Sordoni Art Gallery's student design fellow.

As Sordoni Art Gallery's student design fellow, Roberts has many responsibilities, such as guiding the design team through projects and conducting staff meetings. Essentially, Roberts is the head designer.

"She was chosen not only for her leadership skills and discipline but her work is truly beautiful and a perfect complement to this season of exhibitions," said Heather Sincavage, director of Sordoni Art Gallery. "She has a very illustrative style that she is cultivating."

Since Roberts joined the Sordoni Art Gallery team last year she has worked on numerous projects associated with the branding of the gallery and its exhibitions. She took on her first graphic installation last year during the L'Esprit: Exploring Wit and Beauty of French Prints.

"I really liked the artist lifetime part of the exhibit," said Devyn Cammarota, junior digital design and media art major, as well as Sordoni Art Gallery's design and social media team member. "I like that it highlighted different important events and topics during the time period of L'Esprit."

Roberts does not specialize in one

specific type of art style but she enjoys drawing, painting and recently discovered a love for printmaking after taking Art 12: Printmaking, with Sharon Cosgrove, associate professor of art. This semester Roberts is taking an independent study with Cosgrove in textile printmaking.

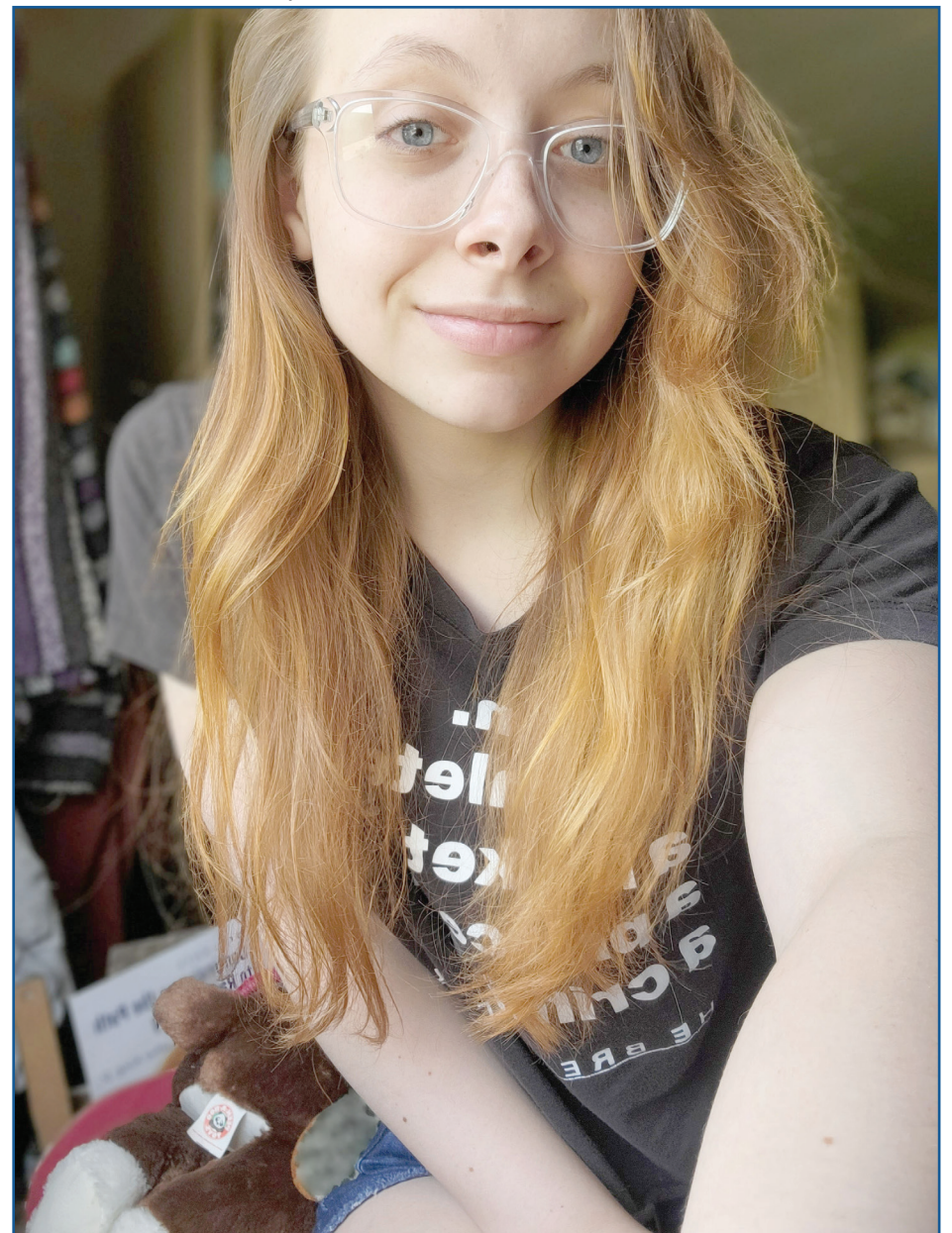
As for Roberts' future in art, she hopes to receive a decent job as a graphic designer when she graduates in May, even though she is aware this is a small, structured creative outlet. She also hopes to continue creating traditional work for herself and have her own studio where she can dedicate as a creative incubator for ideas and expression.

"I think sometimes with art it can be easy to feel like everything has already been done and like there's nothing new or revolutionary that you could possibly create," said Roberts. "I try to remind myself that whether that's true or not, it's more about what the piece means to you and how you felt in creating it."

Roberts has an Instagram account where she has slowly begun posting some of her older projects. People can find the account at the username @alyssarobcreative.



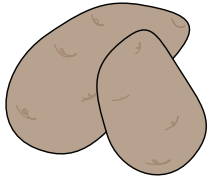
Roberts' painting can be found on her Instagram @alyssarobcreative.



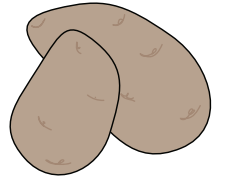
Courtesy of Alyssa Roberts

Alyssa Roberts has a strong passion for art and makes sure to put her all into the work she creates no matter how big or small the project.

Want to showcase your skill and talents?
Contact jordan.daniel@wilkes.edu



THE SPUD SURVEY



Over the past week, The Beacon staff found themselves in what should have been an a-peeling discussion about the various types of potatoes in the world, and what could be the best type of potato to snack on.

However, the air quickly became starchy and things “spud” out of control as the staff began roasting each other’s choices. Just before a spec-tater was about to call a yam-balance, the staff decided to stop the mashing and instead hash it out in a Beacon poll.

Hopefully no chips are left on anybody’s shoulders after this debili-tater-ing battle.



Emily Cherkauskas, Editor-in-Chief

“Hash browns are one of the best breakfast snacks. Or any part of the day, really. They all come in different shapes and sizes, which makes every single hash brown unique and beautiful. Without hash browns, I would not exist.”

Ariel Reed, Managing Editor

“As an avid breakfast fan, hash browns will forever and always be the superior form of potato. There is no way you can go wrong with a hashbrown in the morning with your food.”

Liz Cherinka, Social Media Manager

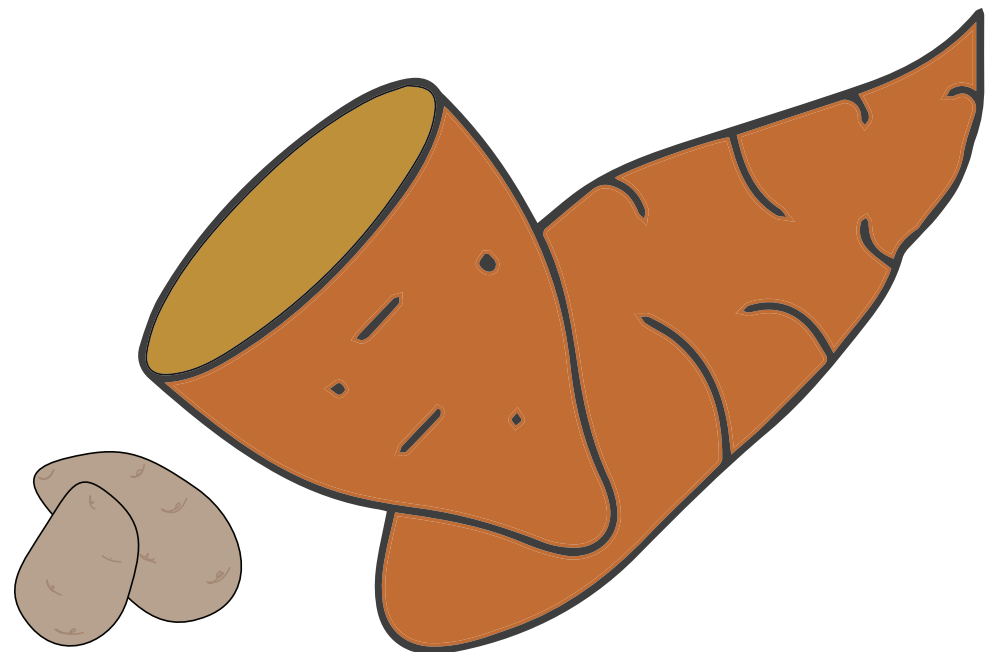
“Hash browns. They are superior because every bit of potato gets evenly fried and greasy, and is a great combination.”

Dr. Kalen Churcher, Adviser

“Potatoes are pretty perfect in any way, shape or form in my eyes. I’m a big fan of seasonings, so potato chips are a great snack. However, mashed potatoes are absolute comfort food and potato pancakes are just salty, potato-y goodness.”

Zoey Rosensweet, Lead Layout Designer

“Sweet potato. I love how the flavor changes based on what you pair it with. It’s also bomb as fries.”



Maddy Kinard, News Editor

“Shoe string French fries. They’re perfectly bite size and you can achieve the ultimate sauce to potato ratio. With potato wedges, it’s just too much potato and they’re usually dry.”

Jordan Daniel, Life, Arts & Entertainment Editor

“French fries. They are superior because they are salty and crispy, yet still fluffy unlike potato chips.”

Breanna Ebisch, Opinion Editor

“I think french fries are the superior kind of potatoes because they are perfect at almost any time of the day and can be different versions or topped with a variety of things that enhance the flavor and experience of eating french fries.”

Lindsey Scorey, Opinion Asst. Editor

“Sweet potatoes are a naturally good pair with any sweet or salty add on. You can pair them with marshmallows, cinnamon butter, salt, the world is your oyster. They also provide added health benefits and good fiber. 10/10.”

Baylee Guedes, Sports Co-Editor

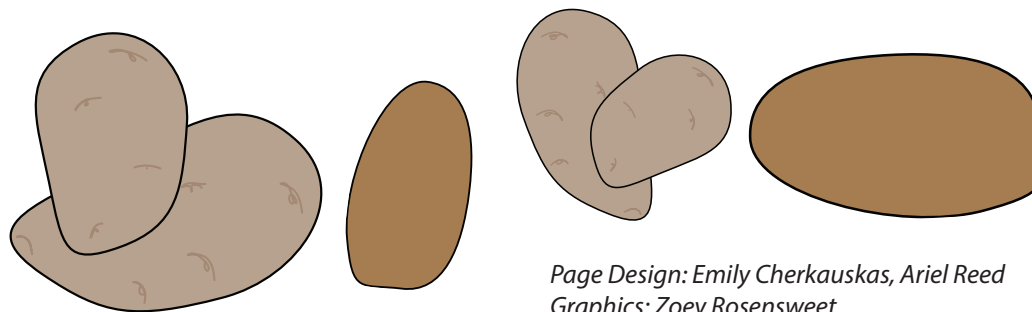
“The potato in the form of a fry is superior to all other forms. It is easy to eat and can be seasoned in many different ways. It can also be dipped in a multitude of sauces and condiments.”

Chris Gowarty, Sports Co-Editor

“Battered French fries. This form of potato is superior because it allows for a sensational experience. They are extra crispy, fluffy in-the-middle French fries that are perfect for dipping into any sauce that caters to your liking.”

Jason Eberhart, Sports Asst. Editor

“Sweet potato. That cinnamon and marshmallow on top is to die for.”



Page Design: Emily Cherkauskas, Ariel Reed
Graphics: Zoey Rosensweet

**What’s your favorite type of potato? To join in on the commen-tater-y:
Contact opinion editor: Breanna.Ebisch@wilkes.edu
Message us on Instagram: [@wilkesbeacon](https://www.instagram.com/wilkesbeacon)**

Opinion

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

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Interested in joining The Beacon? To learn more about what you can do, contact:
Emily.Cherkauskas@wilkes.edu
or Kalen.Churcher@wilkes.edu

141 S. Main Street
Clayton and Theresa Karambelas
Media & Communication Center
Wilkes University
Wilkes-Barre, PA 18766
Phone - (570) 408-5903
www.thewilkesbeacon.com

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Our Voice

Each week, The Beacon's editorial board will take a stance on a current issue.

Remaining calm and informed during a crisis

While tensions between Russia and Ukraine have been an ongoing topic of concern for the past decade or so, conflict has bubbled over to war following the events of Feb. 24 in which Russia launched a full-scale invasion of Ukraine.

With mass Ukrainian casualties and loss of life anticipated, members of NATO and non-NATO alliance countries alike are fearful for what this could mean for not only Russia and Ukraine but their own well-being following Putin's famous words: "whoever tries to impede us, let alone create threats for our country and its people, must know that the Russian response will be immediate and lead to the consequences you have never seen in history."

Wilkes professors, aware of this circulating anxiety, are keeping in consistent contact with students, aiming to deliver accurate information amidst spiraling speculation online. For that, we thank them for the constant communication and helping students and others in the community in understanding what has happened and what may come forward.

On the greater world scale, many political leaders have utilized media platforms to comment on the Russia-Ukraine crisis, as well commenting on developments as they occur.

As we continue following updates, monitoring and properly analyzing what news we take in is now more important than ever.

We are sure most of you are tired of living through major, devastating, historical events, as we ourselves are, but it is still crucial nonetheless to follow and understand accurate media that offers informative material of substance in times of crises like these—especially considering the fact that this invasion has now hit close to home for those in our community.

It can be incredibly easy to create and spread news falsities, so seeking sources that are as unbiased and peer-reviewed as possible is a good starting point. In terms of social media, many have taken to different platforms to express concern and fear over the fate of Ukraine, as well as deliberate on the impacts of potential U.S. intervention.

Social media can and has been used

as a tool to educate those who may not be as aware of the progressions of the crisis as well, so there is undoubtedly a dichotomy of helpful and harmful happening online.

The emotional toll of these tragic developments can be felt all over the world and on our own campus. And though many of us aren't directly affected by the events happening, there is plenty we can do to help those in Ukraine.

First and foremost, educate yourself on the conflict and the consequences of Russia's invasion of Ukraine. It may seem like we are powerless watching on as innocent people lose their lives, but knowledge is power. Furthermore, donate to legitimate organizations for Ukrainian people, which will help in a huge variety of ways.

We are not useless despite the fact we are halfway across the globe. Speak up and take action anyway you can for those in Ukraine.

The Beacon stands with the people of Ukraine fighting for their country and those protesting against this cruel and unnecessary invasion.

Letter to the editor policy: *The Beacon* welcomes letters to the editor from differing viewpoints. Letters must contain contact information, including name, city, state and phone number. Phone numbers will not be published but may be used for verification purposes.

All letters to the editor must be sent using one of the following methods:

Email: Emily.Cherkauskas@wilkes.edu or Ariel.Reed@wilkes.edu

Phone: (570) 408-5903 (Voicemail: 30 seconds or less, please.)

Mail: 84 West South Street, Wilkes-Barre, Pa. 18766 Attn: *The Beacon*

Bad Suns' 'Apocalypse Whenever' tour: Philadelphia on fire

By **Lindsey Scorey**

Opinion Asst. Editor

The American rock band Bad Suns kicked off the Apocalypse Whenever tour on Jan. 28 and are currently a little over halfway into their tour journey.

I had the exciting experience of seeing them in Philadelphia on Feb. 20 as they celebrated 10 years together as a band.

They were accompanied by openers Little Image and Kid Bloom.

Little Image is a band I had never heard of before, but I was absolutely blown away by their performance. Their songs are as edgy as they are romantic and dreamy. Their music is captivating and their intrigue seems to be on the rise.

Kid Bloom's presence was just as charming. For lack of a better description, the vibes were immaculate. Everything from their physical presence to musical talent was noteworthy.

Both openers I will undoubtedly begin listening to after seeing their live performances.

Bad Suns took the stage and kicked off their lineup with the song "Peachy," an arguably popular single off of "Apocalypse Whenever." The audience was ecstatic and the energy in the room was felt no matter where you were.

I was personally fashioned in my baby

blue star glasses in anticipation for "Baby Blue Shades" and I was not disappointed.

All of the songs off of "Apocalypse Whenever" were exactly what I wanted to hear and more. Their sound is somehow almost exact from recording to live performance. Ear candy, if you will.

I could not wait to hear "Life Was Easier When I Only Cared About Me"

live, as it was definitely my top pick off of the new album.

I am also a huge fan of their 2016 album "Disappear Here" which they played multiple hits off of. My personal favorites were "Swimming In The Moonlight" and "Violet."

They even did an encore song of "Heartbreaker" from that album, as

well as multiple songs from the album "Language & Perspective," so clearly both the audience and band themselves have a special love for past and present albums.

The set list was a beautiful culmination of all the personal eras of songs by the band.

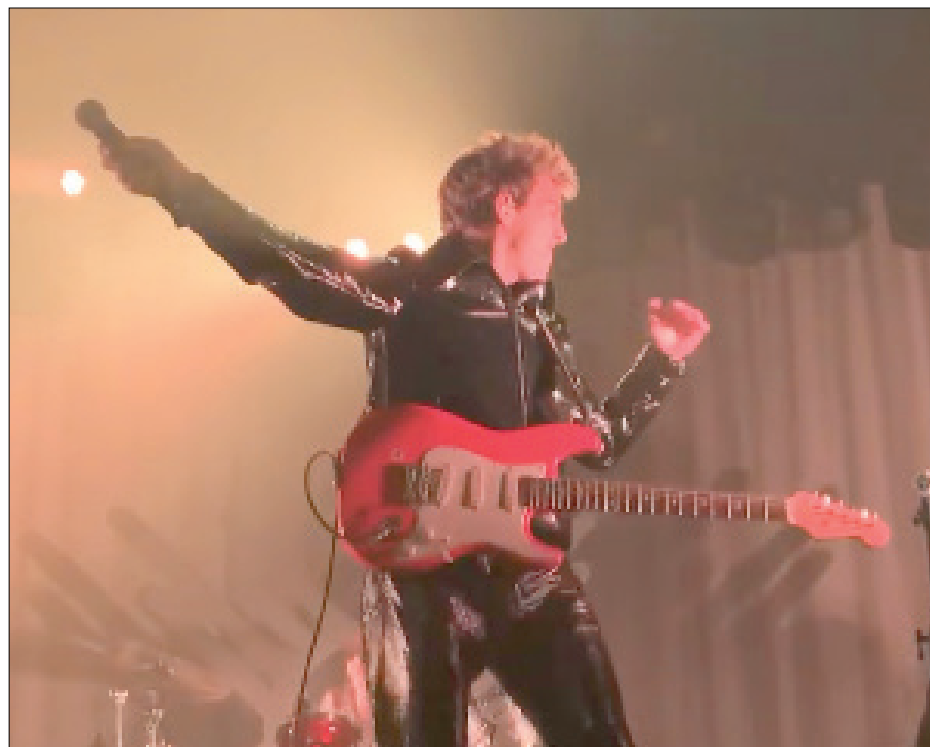
They even did a tribute to their creation through "This Was a Home Once," which incorporates the story of their beginning and first ever recording. It was truly a full-circle experience.

Lead singer Christo Bowman consistently acknowledged the audience and said that whether it was their first, third or tenth show that they were incredibly grateful for their fans.

I also loved how Bowman gave a glimpse into the meaning behind some of the newer songs, such as "When The World Was Mine." The song is about seeing someone who meant a lot at one point in time for the first time in forever and reminiscing on where each other is in their lives.

I am a biased fan admittedly, but I would hands down give this tour experience a 10/10.

Bad Suns may be celebrating 10 years together, but they better celebrate another 10 so I can experience that magic at least one more time.



The Beacon/Lindsey Scorey

We want to hear your voice!

Let your thoughts be known within the community. Join the Opinion section!

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Politics, culture, social issues

Reviewing art, literature, movies, music

Columns, petitions, letters to the editor

A TikTok case study on making media more manageable

By **Sydney Allabaugh**
Staff Writer

With more than one billion active monthly users, video-sharing social media platform, TikTok, has taken the world by storm. TikTok is especially popular among teenagers and young adults, inspiring new fashion trends, slang, inside jokes and ideologies.

Although many view TikTok as a lighthearted way to interact with friends and view content they enjoy, is it always fun and games? Unfortunately for many, TikTok's addictive nature and accessibility to harmful content can become a seriously dangerous combination.

Most are aware that all social media can

become addictive. However, one thing that separates TikTok from other social media platforms is the unpredictable endless stream of very short videos. An entire piece of content can be consumed within seconds before immediately moving to the next in one scroll. This quick and easy entertainment that does not require much thought to enjoy can become addictive.

Studies suggest that constant consumption of addictive short videos reduces our attention spans. Many find that they struggle to keep their interest when watching longer videos on other platforms like YouTube.

If lack of attention span has become so severe that some cannot pay attention to videos meant to be entertaining, one

can only imagine what effect this has in a classroom setting. Even TikTok itself encourages users to take a break from the app after extended use due to its addictive nature.

Addictive videos are one thing, but the addictive nature of the app combined with easily accessible harmful content becomes a recipe for disaster.

As I scroll through my "For You" page, I come across a funny video and then with the next scroll, I see a triggering detailed rant about someone's personal traumas.

During my time on TikTok, I have unwillingly encountered videos about sexual assault, eating disorders, sensitive political subjects, mental illness and more. The platform is so addictive that

I find myself doom scrolling for hours through content that makes me upset and negatively impacts my mental health.

Although there are community guidelines to regulate this type of content, many harmful videos slip through the cracks.

TikTok can be great when used in moderation. There are plenty of creators with good intentions and it can be fun to make videos with friends.

However, overuse of the platform can lead to addiction and negatively impact mental health. Do not forget to set app limits and take a break. It may be what's best for you.

Lean into literature: "A Thousand Splendid Suns" review

By **Rudy Urenovich**
Staff Writer

I first read Khaled Hosseini in high school in my AP English class. We read arguably his best known novel, "The Kite Runner." I often found the high school literature curriculum somewhat rigid and basic; not too many of the novels we read captivated me or got my mind and imagination working.

"The Kite Runner" was the exception. I teared up at some points and physically threw the book across the room. Needless to say, I was intrigued enough to read his other books on my own accord.

"A Thousand Splendid Suns" details the lives of two women, Miriam and Laila living in Afghanistan from the 1960s until the early 2000s. Their tumultuous, dynamic life events reflect the political and social conditions in the country throughout these years. The two women, who have a considerable age difference between them, live in the same city for years but find themselves forced together and ultimately form a close bond.

I think the reason I love this novel so much is because it really pushes the notion that everyone—people from all walks of life and all different countries, situations and religions—have the most basic desire in life:

to be loved, understood and accepted.

This book also illustrates that this love and validation does not need to come from a romantic partner, it can come in smaller, less obvious ways, and from people you would not necessarily expect it from. When we really think about this, how everyone is searching for the same thing, it can make us more sympathetic and accepting of each other.

Furthermore, I love books like this that give me an insight into another culture—the good and the bad. I feel learning more about different cultures also makes us more open-minded and welcoming, and to go full circle, drawing similarities to our own situations allows us to see how we are alike rather than different.

From a literary analysis standpoint, I also feel this book worked for a number of reasons. I am someone who has a hard time understanding and being interested in history, politics or war. No matter the time period, situation or country to which it pertains.

That being said, I felt the underlying plot of the unrest and conflicts in Afghanistan over a decent period of time was quite easy to follow as it was written in layman's terms and certain things were expanded upon when needed.

There is some symbolism and other forms of figurative language, but it is not



overpowering. I feel the serious and graphic nature of the book is enough to captivate the reader and a reliance on literary devices

Graphic by Jack Malatesta

and embellishments is not needed.

New 'Texas Chainsaw Massacre': A disgrace to franchise

By **Hannah Simerson**
Staff Writer

The newest "Texas Chainsaw Massacre" released on Netflix on Feb. 18 and has received widespread hate. Most fans of the original "Texas Chainsaw Massacre" were blatantly offended by the film, quoting its lazy writing and corny moments as the aspects that pushed them over the edge.

There's a reason original fans of the film despise this newest adaptation—it's a disaster. From the opening scene to the final credits, "Texas Chainsaw Massacre" was a slap in the face to horror fans across the board.

I had no extreme desire to watch this film, but after the hate started to arise on the internet, I had to see the trash that is this film for myself. I wish I didn't.

This newest addition to the franchise follows a group of influencers (yes, you

heard that right) that travel to an empty town to try and revive it. It turns out that the elusive Leatherface has been hiding out in this town and he's not so happy (rightfully so) about a bunch of influencers tearing it up.

What it did wrong

Where do I even begin?

The dumpster-fire that is this film was laden with political agendas that had no relevance to the plot. Does Leatherface care about the political climate? I think not. Let me be clear: The classics are not an outlet for filmmakers to plug in their social commentary.

"Texas Chainsaw Massacre" tried entirely too hard to be "hip." The excessive use of smart cars, smartphones and social media references was exhausting and embarrassing. There was seriously a line about Leatherface being "canceled." I have no words for this.

Don't even get me started on the

poor excuse of a final girl that was Sally Hardesty. This knock-off version of the newest "Halloween"'s Laurie Strode was a slap in the face to the original actress in the 1974 film. What a way to disrespect her legacy.

The main cast of "Texas Chainsaw Massacre" seemed as if they were plucked off the street. Their acting was mediocre at best and I did not care who lived or died. I was rooting for Leatherface during the entire film because everyone annoyed me so much.

What it did right

"Texas Chainsaw Massacre" failed in every aspect, but one: Leatherface was brutal and scary. Any chainsaw-wielding, face-wearing maniac is scary, but when he also runs at full-speed and has incredible strength, he's suddenly that much scarier.

Despite the utter garbage that is the rest of this film, I cannot discredit

this fact. Leatherface was as he usually is: someone who you can be glad is separated from you by a screen.

There was also an intense bloodbath of a scene right in the middle of the film that was brutal and everything a TCM film should be. However, it was shadowed by the "canceled" line and really lost something.

Hannah's rating

Overall, I wish I never saw this film. All it did was make me mad and worried about the future of horror. Are we just going to keep regurgitating old movies and turning them into a laughing stock?

I hope not.

It's no surprise, then, that I must rate "Texas Chainsaw Massacre" one out of ten stars. Filmmakers, please stop ruining the classics.

"Texas Chainsaw Massacre" is out now on Netflix.

Mahomes vs. Bienemy: A real feud or a silly game?

By **Zara Lantzman**
Opinion Staff Writer

Kansas City Chiefs' quarterback Patrick Mahomes and Chiefs offensive coordinator Eric Bienemy have been clashing ever since Super Bowl LV, where they lost to the Tampa Bay Buccaneers in 2021.

Bienemy joined the Chiefs in 2013 as the running back coach and got promoted to offensive coordinator in 2018. Mahomes' record-breaking season was the same season as Bienemy's debut as offensive coordinator.

Because of this, many football fans associate Mahomes' success with Bienemy, while others, may disregard Bienemy's success because of Mahomes' talent.

It begs the question as to why he has interviewed for 15 head coaching positions and has received no offers.

The few reasons as to why Bienemy allegedly does not get hired is because of his short temper, lack of plan, rushing interviews and his criminal record.

The main problem with Bienemy is his inability to listen to his peers.

According to the Chiefs Kingdom Editorial Board, Bienemy ignored feedback from star wide receiver Tyreek Hill, star tight end Travis Kelce, wide receiver Mecole Hardman and running back Jerrick McKinnon.

During the AFC Championship game versus the Cincinnati Bengals, Bienemy called the entire second half with many questionable decisions.

Bienemy had running back Clyde Edwards-Helaire get the ball over McKinnon. Bienemy also called for wide receiver Demarcus Robinson to get the ball over Mecole Hardman in overtime. These passes ended up incomplete.

It made no sense to have Edward-Helaire get the ball over McKinnon. McKinnon was running extremely well in the first-half and the Bengals could not stop him

Bienemy also called plays that were not practiced in months in the final drive before overtime. Mahomes was clearly annoyed and confused, as were the offensive linemen and the receivers.

Mahomes and Bienemy went back and forth all night long during the AFC Championship game. With 10 seconds

left in the half, Bienemy told Mahomes that he had one timeout left and that he had five plays to run.

Two of the run plays they had set up were never sent into the huddle. The Chiefs never had that time out either.

In week three, during the usual mid week meeting, Bienemy put all of the team's failures on Mahomes, even when the defense was letting up an average of 31 points a game.

This led to a heated exchange between Mahomes, Kafka and Bienemy. It got so bad that Reid stepped in to break it up.

After that point, Kafka had a much bigger role in the Chiefs offense.

Fast forward to the offseason and Bienemy was once again passed on for a head coaching opportunity.

After he was passed on by the New Orleans Saints, with everything that came out about Bienemy, it seemed like he had no shot at getting another coaching position.

I thought he was never going to get an opportunity to be head coach, let alone continue as the offensive coordinator of the Chiefs. I was wrong. On Feb. 24, Eric Bienemy re-signed with the Chiefs



to be the offensive coordinator.

This move makes genuinely no sense if Mahomes hates Bienemy.

It is clear there are other forces at play here, and we will see how this will affect Mahomes in the upcoming season.

The Chiefs need to decide on who is more important: Mahomes or Bienemy.

Patrick Mahomes is the only right answer.

The race war in the United States criminal justice system

When will justice really be served?

By Hope Williams
Staff Writer

On April 11, 2021, in Minneapolis, 20-year-old Daunte Wright was stopped for having air fresheners hanging from his rear view mirror.

After running his plate, officers discovered there was a warrant out for his arrest for missing a court appearance. When the police discovered that information, a brief struggle began, which inevitably ended in the death of Wright.

Former Officer Potter has been deemed responsible for the death of Wright. In the graphic body camera footage that has been released, it was discovered that former Officer Potter allegedly had mistaken her firearm for her taser. In the footage, she is heard yelling “Taser, taser, taser,” then immediately following, shoots Wright with her firearm.

Following the death of Wright, on April 12, 2021, the 26-year police veteran resigned from the Brooklyn Center Police Department. On the morning of April 14, Potter was arrested and taken into police custody where she was charged with first-degree manslaughter, as well as second-degree manslaughter. Potter’s trial was held on December 23, 2021, where the prosecution convinced the jury that Potter acted in a reckless manner, when she allegedly had mistaken her firearm for her taser.

Following her conviction of those crimes, it was now time for sentencing. After the justice that was served just a few months ago in Minneapolis, where former Officer Derek Chauvin was sentenced to 20 years in prison for the murder of George Floyd, who was Black, expectations were high for justice to be served.

It is an understatement to say that the Black community did not expect Chauvin to be arrested, convicted, let alone charged for the brutal murder of Floyd.

In Potter’s case, when she was convicted of killing Wright, most of the country believed that justice would also be served in this instance, or at least had high hopes. For the charges brought against her, according to ABC News, the maximum

sentence for first-degree manslaughter is 15 years, along with a \$30,000 fine, and the maximum sentence for second-degree manslaughter is a maximum of 10 years along with a \$20,000 fine.

With those expectations in mind, as well as taking into account the guilty verdict, it was expected that she would be sentenced to somewhat of a high degree for the reckless crime she had committed. With all of that in mind, Judge Regina M. Chu decided to only sentence Potter on the most

prison in just 14 months.

This is unacceptable. Another Black man in America loses his life, yet the officer gets off just about scott free.

Erica Acosta, director of diversity initiatives, notes the lack of outcomes for individuals convicted of the same crime, and feels the sentencing shows “our justice system is not that just.”

“I feel that oftentimes (the justice system) only favors one particular group,” said Acosta. “I think there should be a

“I think it’s terrible that officers aren’t being held accountable for their actions, and when they are, they are given time that does not align with the crime they committed. It is crazy how bad our criminal justice system is, and it is not getting better at all.”

serious count, first-degree manslaughter. It was expected in accordance with the state’s guidelines that this felony should carry a little more than seven years in prison.

On February 18, 2022, former officer Potter, convicted of killing the 20-year-old Black man, father, son, grandson and nephew that was Wright, was sentenced to only 24 months in prison. As per Wright’s mother and lawyer Benjamin Krump, they were devastated to hear of the leniency Potter was given for the killing of her son who had so much more life to live. Not to mention cases in the past where officers have served much longer sentences for acting recklessly on the job. Considering Potter has already been incarcerated for two months, it is very likely that Potter, with good behavior, will be released from

course on unconscious bias in the police academy training. The training should not be one and done, it must be embedded in the police culture. We are currently living in scary times, and I think the race divide is getting bigger. I also know we have good people fighting the good fight for racial justice.”

It is no secret that the racial divide in this country is very apparent and continues to be a fight all day, every day, for racial justice. Being a Black or minority man or woman in America and being scared for your own well-being is a scary fact to face on a daily basis.

Supply chain management major Kevin Brown, who is also a Black man in America, has a lack of confidence in the justice system.

“I think it’s terrible that officers aren’t being held accountable for their actions, and when they are, they are given time that does not align with the crime they committed,” said Brown. “It is crazy how bad our criminal justice system is, and it is not getting better at all.”

Potter is not the first person to get a “slap on the wrist” for abusing their badge; she is not the first person to unlawfully kill a Black man or woman; she is not the first or the last person to take away another Black man or woman from their family and friends.

This country has a long way to go. It is going to take hard work and dedication from all, in order to ensure justice is served in all cases, not just some. We cannot afford as a country to continue to allow unjust crimes against minority groups to go unnoticed. Police academies need to be held accountable, officers need to be held accountable and most importantly, the criminal justice system needs to be held accountable.

America, we need to do better. We need to take it upon ourselves to stand up for what is right and what is just. We have to fight for the people who do not have a voice. We need to be the change. We need to make sure another Black man or woman is not taken away from the world too soon. We need to ensure children do not grow up without their Black mothers or fathers.

Our country and our people need to do more. We have to stand up for the Tamir Rice’s, George Floyd’s, Breonna Taylor’s and Daunte Wright’s of the world. It will not be easy, but it will be worth it.

Black Lives Matter, today and every day.

Interested writing for
Opinion?

Email Opinion Editor
at [breanna.ebisch@
wilkes.edu](mailto:breanna.ebisch@wilkes.edu)

Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editors: Christopher.Gowarty@wilkes.edu or Baylee.Guedes@wilkes.edu

SB: Colonels look to exceed MAC preseason poll expectations

By Christopher Gowarty

Co-Sports Editor

As the spring athletics season approaches, the Colonels softball season will get the ball rolling on March 7.

"Our goals for this season are very simple, to trust each other and in our team core values," said head coach Jackie Klahold. "We are in another year with a larger roster. Having a larger roster with different players playing at different times requires them to trust in each other to do their job on the field."

On Jan. 26, the MAC announced its coaches' preseason poll placing the Colonels sixth (t6. Lycoming) out of the nine teams.

Wilkes finished seventh last year in the MAC Freedom with an overall record of 5-17.

"The team has been working hard over the preseason," said senior Erin Cabry. "Our goal is putting our name back into the MAC Championship running after we fell short last year."

Last season proved to be a rebuilding year for the Colonels as they sported an overall winning percentage of .227 and a MAC percentage of .312. Returning with a hefty amount of players from last season, the Colonels are in the hunt to improve their standings.

"The ultimate goal would be to have a winning season this year and to go far within the conference," said fifth-year senior pitcher Rachel Pritchard. "I am looking forward to getting back on the field. Just getting back into the swing of things with the team is a blessing in itself."

The 2022 season will be a challenge for Wilkes as they face 21 different opponents after only facing six last season. They will also have a heavier workload with 34 games to be played – 12 more than last year.

First-year middle infielder Evan Sherrick discussed that the team has

been practicing multiple times a week since Sept. and are anxious to begin playing games.

The Blue and Gold will open up their season at the Fastpitch Dreams Spring Classic in Myrtle Beach, S.C., where they face eight opponents spanning from March 7 to March 11.

"We are extremely excited about starting our season down in Myrtle Beach, which 2 full classes have never experienced because of the pandemic," said Klahold. "Our upper class last went in spring 2020 just before the pandemic shut everything down, and they are very excited to go back and bring the younger players into the fold. This trip sets the tone for our season, so when we get back we are ready to tackle a tough conference and non-conference schedule."

After the classic, Wilkes opens up with conference play at DeSales University in a doubleheader on March 19.

Team statistics and other information were acquired from gowilkesu.com.



Graduate student Rachel Pritchard delivers a pitch on Senior Day, April 17, 2021.



Senior Erin Cabry prepares to swing on Senior Day, April 17, 2021.



Graduate student Haley Boyd rounds the bases after a home run on Senior Day, April 17, 2021.

Photos: The Beacon/Ariel Reed

MIH: Willpower sends Wilkes to the UCHC Championship

By Baylee Guedes

Co-Sports Editor

Wilkes appeared in one of the most competitive games of the year as it was a chance to get one step closer to the United Collegiate Hockey Conference Championship cup.

In the semifinal game between the Colonels and the Chatham Cougars, Wilkes came out on top and is in the running for the UCHC title with a 5-1 win.

“I am just so proud,” said head coach Tyler Hynes. “We are 37-0 in our games against Pennsylvania teams and that is really tough to do in any sport. I am just very excited that they (the team) get what they deserve and this senior class means everything to me.”

This fast-paced game started with a big Chatham goal by Matthew Doyle at the 17:25 mark of the first period.

Two minutes later Wilkes' own senior Phil Erickson nailed one in with dirty assists from seniors Tyler Barrow and Devon Schell.

“It is do or die in the playoffs and I was fired up,” said Erickson. “Tyler and Devon made a great play to get the puck to the net and I was lucky enough to be in the right spot to put it home.”

The puck went back and forth between the two aggressive teams and senior Ben



The Beacon/Baylee Guedes

The Colonels have a group celly after a goal was chipped in by senior Donald Flynn in the second period.

Stefanini got a great look at the goal and chipped one in at the 13:08 mark. His goal was assisted by senior Scott Mueller and junior Nick Godfrey.

“The intensity grows each game with your season on the line,” said Stefanini. “It was a great moment. Phil was able to get the first goal to tie it and then we were able to start rolling from there.”

The period ended with a score of 2-1

in the Colonels' favor.

Wilkes came out strong in the second period and shut down Chatham.

Senior Tyson Araujo scored 30 seconds into the period with seniors Michael Gurska and Nick Fea assisting.

Big defensive stops held Chatham to their solo goal and the penalty kill team was able to continuously gain control of the puck.

“Coach Bombardier did such a great job with our penalty kill squad and we really needed it,” said Hynes after Wilkes was in a penalty match with Chatham. “We did what we needed to do.”

Wilkes was able to chip in two more goals during the third. Graduate student Taylor Brierley scored at 12:54 and Donald Flynn scored with a minute and a half on the clock. The period ended with a 5-1 score.

The third started out chippy as both teams fought for possession of the puck. Fights were breaking out and the referees had to get involved multiple times during this passionate game as Chatham was trying to get something going.

Wilkes' strong defense and cohesive offense held Chatham off for the final two periods.

Junior goaltender Michael Paterson-Jones ended the game with 34 saves to secure the win.

“This win feels better than any win that I can remember,” said Hynes. “You have to earn it to beat us.”

The Colonels secured their 20th win of the season for the first time in program history.

Wilkes will advance to the UCHC Championship game which will be played against Utica College on Saturday.

THE BEACON Player of the Game: Donald Flynn

Faceoff Wins

9

Goals

1

Blocks

1



MVB: Colonels remain winless against MAC Freedom teams

By Jason Eberhart
Asst. Sports Editor

The men's volleyball team looked to pick up their first MAC Freedom win of the season as they faced the visiting Arcadia Knights Saturday afternoon in the Marts Center. Wilkes was unable to come away with the win, as they lost 3-1.

The Colonels did not come out of the gates with much enthusiasm. They looked flat on all levels and Arcadia took advantage of that, winning the opening set 25-17.

"Every team has hard hitters," said head coach Joseph Czopek. "What Arcadia has is a well rounded attack, and that helped keep our defense off guard."

Things were much different in the second set. Wilkes offense and defense started to work in cohesion. Speicher played a big role in that with multiple blocks and tipped balls that got his team energized. The Colonels were able to tie things up with a 27-25 win.

With things now all square, the third set became crucial in who was going to win the match. Things were once again back and forth before the Arcadia hitters started to do some damage. Some thunderous swings near the end of the set ended up being the difference maker as the Knights took the set.

"Conference games have always been



The Beacon/Ariel Reed

From left to right: Jackson Shafer and Jacob Manges celebrated together after getting a huge block to score the 23 point of the game and switch the tide in Wilkes' favor.

a real competitive scheme for us," said senior middle hitter Ethan Speicher. "We have always been ranked lowest

in the conference, and we take that as a challenge. We want teams to look at us with some respect."

With the Colonels having to win the fourth set to keep the match alive, they came out with some fire and got off to a hot start. Arcadia answered and tied the set up and eventually went on a big run to finish out the set and match.

"That's where we seem to struggle-in, the last third of the sets," said Czopek. "We need to be able to stop teams from getting two and three points in a row, while we only get one."

Despite losing in four sets, the Colonels were in it every step of the way after the first set. Each set could have gone a different way if Wilkes was able to come up with a couple of key stops or points.

"I think the main thing we struggled with was mentality," said junior setter Casey Shipman. "When we play big teams, we need to keep a good mix of being intense, but also laid back, combined with having fun while staying serious. We are starting to get better with it, and I'm excited to see where the rest of the season goes."

The Colonels will look to take that mindset into their coming games before spring break. They will host a trio of MAC opponents next week in the Marts Center starting with Stevens Institute of Technology tonight at 7 p.m.

THE BEACON Player of the Game: Paul Binner

Kills

6

Blocks

4

Points

7





Getting to know...

Hunter Lowe

Sophomore Wrestler

***The Beacon:* Male Athlete of the Week Feb. 16 to Feb. 23**

Why Hunter Lowe was selected: Lowe earned MAC Wrestler of the Week honors after winning the 197-pound title at the Futures Mideast Tournament.

Name: Hunter Lowe

Year: Sophomore

Major: History

Hometown: Westminster, Md.

High School: Winters Mill H.S.

Position: 197 pounds

Driving force for your decision to come to Wilkes?

I was drawn to the program by Coach Laudenslager, who has always been welcoming and very helpful in improving my technique and strategy.

Post-graduation plans in terms of a career?

As of now, I would like to continue my education post-grad and eventually become a history professor myself.

Favorite Memory as a Colonel?

Over winter break my freshman year, the wrestling team stayed on campus to practice for the Wilkes open. My roommate Max Shaffer and I modified the common area to be our personal living room complete with Xbox, multiple TVs, and a double decker couch. It was fun to have everyone over after practice and play video games.

Hopes for this season as a Colonel?

Next year, I aim to go to the NCAA National tournament.

When/Why did you first begin playing?

My dad has been a wrestling coach as long as I have been alive, and I have been wrestling almost as long. I found the sport to be intensely gratifying.

Other interests or hobbies off of the field?

I enjoy drawing, cooking, collecting swords, and hiking the national parks.

Favorite meal to eat on campus?

When making weight isn't an issue, I like a buffalo chicken cheesesteak from Grille Works and an Oreo milkshake.

If your life was a movie, who would you want to play you and why?

Andy Samberg. I think he and I have a similar kind of "doofiness."

Favorite professor?

My favorite professor is Dr. Kuiken.

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

Julius Caesar. I would want to ask about what he had planned for Rome were he not assassinated.

Most influential person in your life?

Anthony Bourdain.

A quote you live your life by?

"Glory lies beyond the horizon. Challenge it because it is unreachable. Speak of conquest and demonstrate it."

Anyone to give a shout-out to?

My supportive parents Mama and Papa Lowe, my brother Alex, and my girlfriend Gracie.

- Compiled by Ariel Reed, Managing Editor

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The Beacon/Ariel Reed

Getting to know...

Brianna Horton

Junior Basketball Player

The Beacon: Female Athlete of the Week Feb. 16 to Feb. 23

Why Brianna Horton was selected: Horton hit a crucial three-point shot against Stevens, leading the Colonels to a 50-47 victory in their final game of the regular season. Throughout the season, Horton has proved to be an indispensable asset to the Colonels as this is not the first game clinching shot she has hit in this season alone.

Name: Brianna Horton

Year: Junior

Major: Psychology

Minor: Sociology and Sport Psychology

Hometown: Verona, N.J.

High School: Verona H.S.

Position: Guard

Other interests or hobbies off of the field?

I enjoy traveling-- I want to go to all 50 states.

Favorite meal to eat on campus?

I really enjoy the baked potato bar at the Sub.

Driving force for your decision to come to Wilkes?

I wanted to play basketball and the coaching staff and team were very welcoming. I felt like I could reach my full potential here. I really liked the atmosphere of the campus.

Post-graduation plans in terms of a career?

I plan to continue my education and earn my masters in sport psychology.

Favorite Memory as a Colonel?

My favorite memory as a Colonel is beating Stevens on their senior day when they were #2 in the conference.

Hopes for this season as a Colonel?

Next season, I hope for our team to go further in the playoffs.

When/Why did you first begin playing?

I began playing at four-years-old. My older sister and cousins played so I just got immersed in it.

If your life was a movie, who would you want to play you and why?

If my life were a movie, I would want to be played by Jennifer Lawrence, she is just super funny.

Favorite professor?

My favorite professor is Dr. Schicatano.

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

I would want to have dinner with Betty White.

Most influential person in your life?

My parents are the most influential people in my life.

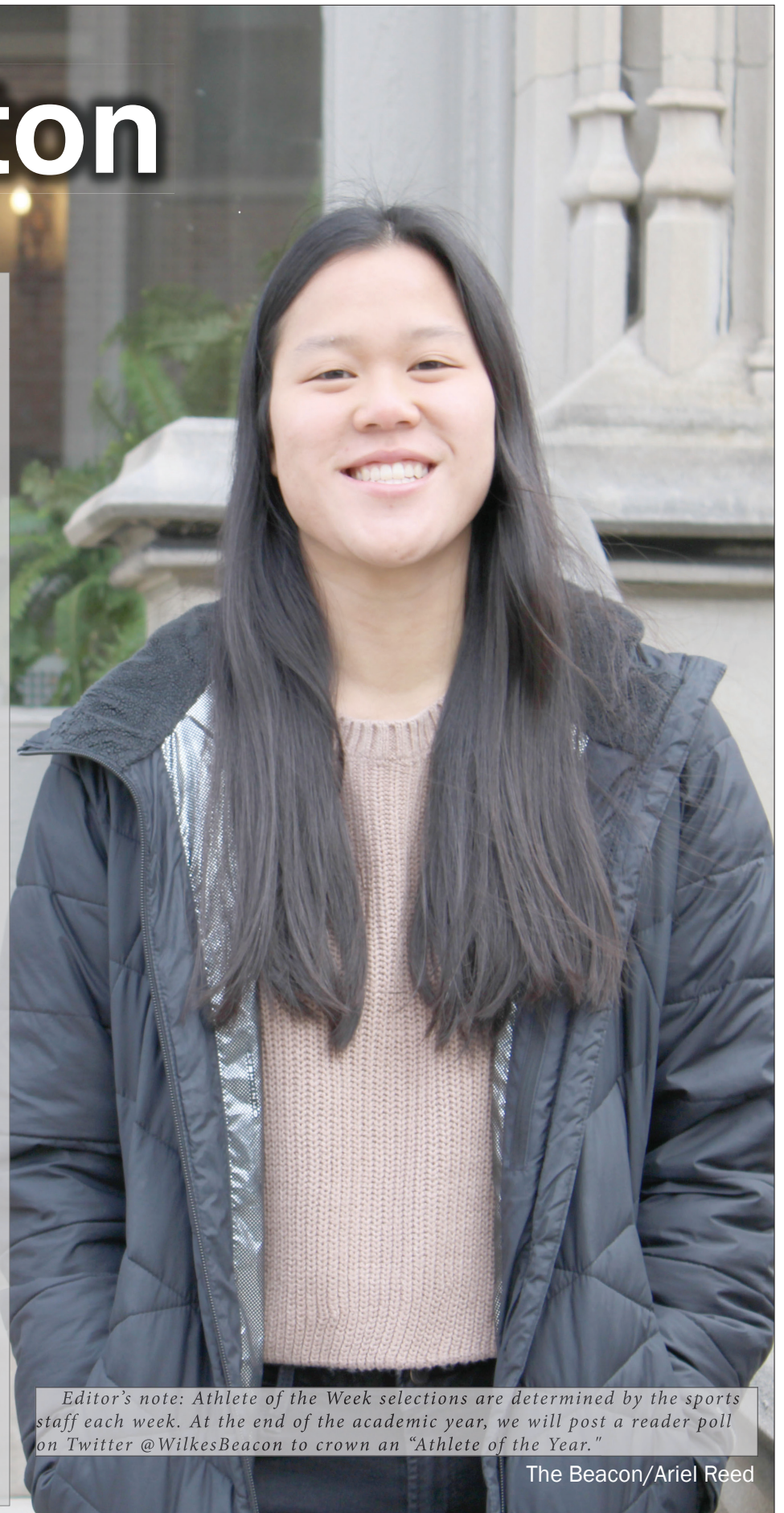
A quote you live your life by?

"You miss 100% of the shots you don't take." - Wayne Gretzky

Anyone to give a shout-out to?

I want to give a shout-out to my teammates.

- Compiled by Ariel Reed, Managing Editor



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The Beacon/Ariel Reed

MIH: Monumental 5-1 Semifinal win over Chatham Cougars



Senior Jay Gallagher stares into the eyes of the Chatham goalie.



Senior Phil Erickson gets ready to make a move.



Coach Tyler Hynes contemplates his next game plan.



Seniors Donald Flynn and Araujo prepare for a faceoff.



Senior Tyson Araujo gets to the puck before Chatham gets a chance.



Senior Ben Stefanini swift on the ice.

Photos: The Beacon/Baylee Guedes