



# THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

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

## Winter in Wilkes-Barre: Snowfall, but no winter wonderland



An anticipated winter snowstorm on Jan. 25 led to closures throughout the area, including at Wilkes University. The snowstorm caused little more than slush and ice to litter the valley before temperatures went back up into the 40s and students went back to classes.

The Beacon/Baylee Guedes



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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](mailto:Madelynn.Kinard@wilkes.edu)

## Student Government notes: Jan. 25 weekly meeting

By Maddy Kinard  
News Editor

Student Government recently held its second meeting of the spring 2023 semester, covering a club recognition, fund request and a constitution change.

To begin, Morgan's Message returned for Week 2 of 2 to be recognized as a club by the council. Morgan's Message strives to eliminate the stigma surrounding mental health within the student-athlete community and offer outlets and solutions for help. According to the corporation, only 10 percent of student-athletes seek professional help.

The club plans to hold dedication games along with watch parties and also hopes to have ambassadors among

the collegiate teams on campus to offer a stronger impact. Currently, there is no club or organization like it at Wilkes and 39 students have already joined. A motion was made to vote and the vote passed, recognizing the club.

Next, a fund request was voted on for Club Day 2.0 which happened on Jan. 26 during

club hours in the MAC.

For the 55 clubs that signed up for the event, the total request was \$3,400, which was approved in full by the council.

Finally, RHC presented on constitution changes. The group is changing the RA fund request so that RA's are able to fund events that they have. They

also added a hierarchy system as follows: president, vice president, treasurer, recording secretary, corresponding secretary, parliamentarian and RHC advisor.

RHC will attend next week's meeting where the council will vote on the changes.

Student Government will meet again on Feb. 1.



## Beacon Briefs: Upcoming campus events

Compiled by Beacon News Staff

### Diploma Order Submission Reminder for May 2023 Graduates

Seniors must submit Diploma Order and Degree Audit via the electronic form for May 2023 Graduation. Use this link to access the form and more information: <https://www.wilkes.edu/academics/registrar/graduation.aspx>

Seniors are urged to follow all instructions carefully and are reminded to order caps and gowns as well.

### Apply to become an e-Mentor

Applications are open for the position of first-year e-Mentor for the fall 2023 semester. As an e-mentor, full-time undergraduate students are trained to provide support to a group of 12 to 25 new students beginning at Summer Orientation and concluding at the end of the 2023 fall semester. e-Mentor's are

student leaders who have varied campus experiences.

To fill out the application, please visit [www.wilkes.edu/campus-life/student-development/leadership-opportunities/e-mentors/e-mentor-application.aspx](http://www.wilkes.edu/campus-life/student-development/leadership-opportunities/e-mentors/e-mentor-application.aspx) or contact the Director of Student Development, Stacy Mullen, with any questions at [stacy.mullen@wilkes.edu](mailto:stacy.mullen@wilkes.edu) or 570.408.4645

### Apply to be a Resident Assistant

The Office of Residence Life is looking for new RAs. The position requires dedication and flexibility, valuing maturity, empathy, motivation, initiative, responsibility, adaptability and integrity.

RAs are given a single room on campus and a dining plan as well as transferable skills and personal development opportunities.

Resident Life is hosting information sessions on Jan. 25 at 4 p.m. in Simms Center room 231 and Jan. 30 at 7 p.m. via Zoom. To participate in the Zoom, students must pre-register via Google

Form which can be found in the Jan. 27 Today@Wilkes email.

A link to the application can be found in the same email and is due Feb. 2 by 11:59 p.m. Any questions can be directed to Alicia Govens, Assistant Director of Residence Life, at [alicia.govens@wilkes.edu](mailto:alicia.govens@wilkes.edu), or Amin Rashid, Director of Residence Life, at [amin.rashid@wilkes.edu](mailto:amin.rashid@wilkes.edu).

### United Way Annual Children's Book Drive

The United Way is currently accepting age-appropriate books in good condition (meaning no stains, tears, writing or missing pages) for 0 to 13-year-olds now till Feb. 20.

Donations boxes can be found in the Farley Library, Breiseth Hall second floor lounge and the Karamelas Center. For more information or with any questions, contact [monica.morrison1@wilkes.edu](mailto:monica.morrison1@wilkes.edu)

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14 - Douglass Day Transcribe-a-thon  
16 - Black Artists in NEPA lecture  
20-24 - Casino Week  
22 - Last look gallery tour

Want your event featured in the calendar?  
Email: [Madelynn.Kinard@wilkes.edu](mailto:Madelynn.Kinard@wilkes.edu)

# Cants celebrate Australia Day during Global Coffee Hour

**By Maddy Kinard**  
News Editor

On Jan. 27, Angela Cant and daughter Eliza Cant discussed Australia Day during the global coffee hour in the Savitz Lounge. Angela Cant is the wife of Wilkes President Dr. Greg Cant. Eliza Cant is their daughter and a current Wilkes student.

Australia Day is the official national day of Australia and is recognized annually on the day prior, Jan. 26.

As Angela Cant informed attendees, Australia Day celebrates the claiming of the land as a British Colony by Sir Arthur Phillip. However, this day is rather recognized as the beginning of suffering for the native Aboriginal people due to colonization.

“Partly the reason for the creation of a colony in Australia was because of what was happening here in the United States. So as independence was getting pushed for here in the United States, the British needed to spread their wings elsewhere, they needed to find other places to send people—they were sending convicts from the United Kingdom to Australia,” said Angela Cant.

The first Australia Day did not take place

until July 1915, so it originally had no ties to the day that marks the suffering of First Nations people. It was started to raise funds for wounded soldiers in World War I. In 1938, the Aboriginal people declared Jan. 26 a day of mourning, calling it Invasion Day.

It was not until 1934 that a nationwide recognized Australia Day was held on Jan. 26.

“Some people ‘are like oh you can’t move it’—why? It was made in the 90s,” said Eliza Cant.

Eliza Cant explained that it is becoming more popular to boycott the holiday, and the discussion of Aboriginal suffering is becoming more public.

Dot paintings were handed out for attendees to paint. Dot painting is a traditional Aboriginal art form which usually told creation stories, commonly known as “dream stories.”

“I thought it was really interesting,” said Jess Rushton, junior history and political science major. “I knew a little bit of Australian history but not loads. It was interesting learning about the controversy surrounding Australian day and that not everyone sees it as a celebration.”



Photos: The Beacon/Maddy Kinard

**Many traditional Australian snacks were provided for attendees, such as Vegemite, a food spread; Lamingtons, squares of butter sponge cake coated in an outer layer of chocolate sauce and rolled in coconut; Tim Tams, chocolate biscuits; and Caramello koalas, chocolate caramel candies shaped like koalas.**



**Angela Cant and her daughter, Eliza, led the presentation on Australia Day, informing attendees of the history, traditions, slang and animals native to Australia.**



**From left, Kevin Sraka, graduate; Tom Hansen, junior geology major; Esther Orlando, junior biology major; Darwin Gonzalez junior, electrical engineering major; Leonel Dio, junior English major; and Jess Rushton, junior history and political science major, enjoy Australia Day festivities.**

# Honors program calls for first-year students to apply

By Amanda Montgomery  
Asst. News Editor

Current first-year students with a 3.5 GPA or higher are invited to join the honors program.

Honors and Scholars Director Dr. Jonathan Kuiken, was joined by Jen McLaughlin, honors and scholars assistant director, in hosting a recent open session about joining the honors program.

Honors students enjoy perks such as funding for study abroad, honors-only opportunities, internships and research. They also have access to early course registration, no-cost overloading above Program 18 credits, special access to campus speakers and field trips. There are also honors-only spaces, including refreshments and a 24-hour-access honors lounge.

Kuiken explained that the “on-ramp” access was created three years ago for current students to join the program. They wanted to find a way to involve

more students in the program, especially for the students who display qualities of leadership and academic achievement.

The program highly values leadership, integrity, self-awareness and academic distinction. Kuiken described these values as taking one’s individual gifts and talents to better the community.

“My favorite thing about the honors program is the people because this is where I made connections with the faculty who have helped me through things, and where I met all of my friends,” said Kamea Paresa, secondary education and math honors student.

Paresa also explained that “being a part of the honors program is my best decision coming to Wilkes.”

Kuiken spoke about the academic portion of being an honors student, where there is a focus on undergraduate research and cooperative research with faculty members.

“It opens a lot of opportunities for research,” he explained.

McLaughlin spoke about the various

honors spaces, including the honors lounge, classroom and office, which all are “places to hang out, do some work and network with other honors students.” Not only is the program academically motivated, it is also community driven and focuses on peer mentoring and collaboration.

“I think my favorite part of the honors program is the opportunities, and I enjoy reaching out and getting to know people,” said Ada Soriano, pre-pharmacy and Spanish honors student.

Soriano is also the Director of Community Service for the Honors Program Student Committee, and explained that the upperclass-students in the program helped prepare her for her busy workload.

“I think it’s very helpful because you have your peer mentors,” said Soriano.

Kuiken explained that one of the program’s priorities is to “encourage you to be involved in leadership on campus,” and their goal for students is for them “to get involved, to grow as students and

to add to your resume.”

Some of the coursework is specifically targeted towards honors students. Senior honors students enroll in HNR 390 which is an honors capstone.

In addition to the academic bonuses, honors students will receive recognition at commencement, and a special notation on their transcripts.

The application process consists of filling out a basic Google form.

In addition, students must receive two letters of recommendation and complete three small essays, one that answers why they want to join the program, another describing a leadership role and the final essay addresses how to adapt to reach the honors requirements.

Some future Honors Program events include an escape room, ice hockey game, cookie decorating and a trip to see the Broadway musical “Six.”

Applications close April 15, and any students with questions can email [jennifer.mclaughlin1@wilkes.edu](mailto:jennifer.mclaughlin1@wilkes.edu).



Photos courtesy of the Honors Program  
From left, Micheal Nowak, Anthony Antonette, Jordan Mosquera, and Dr. Jonathan Kuiken celebrate an amazing catch in the audience at a Railriders game. Honors students attended the game during the fall 2022 semester.



During one Honors outing, students traveled to Gettysburg where they toured the battlefields, did some shopping and went on a ghost tour. First row, from left, are Kamea Paresa, Mollie Corbett, Zoe Morley, Reagan Weldon-Peri and Jen McLaughlin. Second row, are Zak Sova, Kasey Gress, Ethan Warner, Sydney Ahrberg, Dr. Kuiken, Jada Acheampong, Lauren Patrick

# Junior archives student processes poetry series

By Amanda Montgomery  
Asst. News Editor

Archives student Juliana Lueders has processed the poetry series of the Gilbert Stuart McClintock collection. This poetry series includes works by Henry Wadsworth Longfellow, Fitz-Greene Halleck, William Henry Furness and British Major, John André.

Lueders is a junior English and philosophy double-major, with minors in ethics and women and gender studies. She has been working in the archives department for three years.

"I began on the Normal Mailer collection, and then I moved to the Thomas Campbell collection, which I finished and (it) is digitized in a similar fashion as the McClintock series. And then during the fall I finished the McClintock series," said Lueders. "Currently, I'm covering the George and Helen Ralston collection, but that one will take a while."

Suzanna Calev, archivist and Lueders' supervisor, said, "I'm very proud of Juliana for her detailed analysis and transcription of the manuscripts, correspondence and printed materials within the collection."

Calev explained that her goal is to "get more of these materials digitized and online to promote research and scholarship on these collections that were previously hidden."

In addition to transcribing old handwriting and scripture, Calev has students research and gather historical context of the time period in which the items were written. They then make connections between the items they've researched to see if there are any larger themes at play.

"My experience with this particular collection was similar to the Campbell one: The beginning is always tough," Lueders explained. "I have to transcribe our primary documents and this means dealing with tiny cursive writing on a delicate, age-worn page and typing it all into a new workable document."

"A lot of the challenges that students face when working in the archives and processing the McClintock collection is that because we live in such a digital age, it's often difficult for students to

transcribe old handwriting and scripture," Calev said.

Along with the analytics and research, Lueders shared, "for writing the blog posts I'm allowed to put in some of my own thoughts and theories about the content, which is also very fun. Blog posts are more so a highlight reel of my

favorites from the collection, but I also try to treat them as a short summary of the collection itself by including a broad range of content."

Lueders shared a few takeaways she had from processing these collections. She realized how much depth everything has and how items hold history and

personality that goes beyond their physical form.

"When it was over I just hoped that I did the item justice in my analysis. I was also happy about it being complete and was excited to find out my next project," said Lueders.

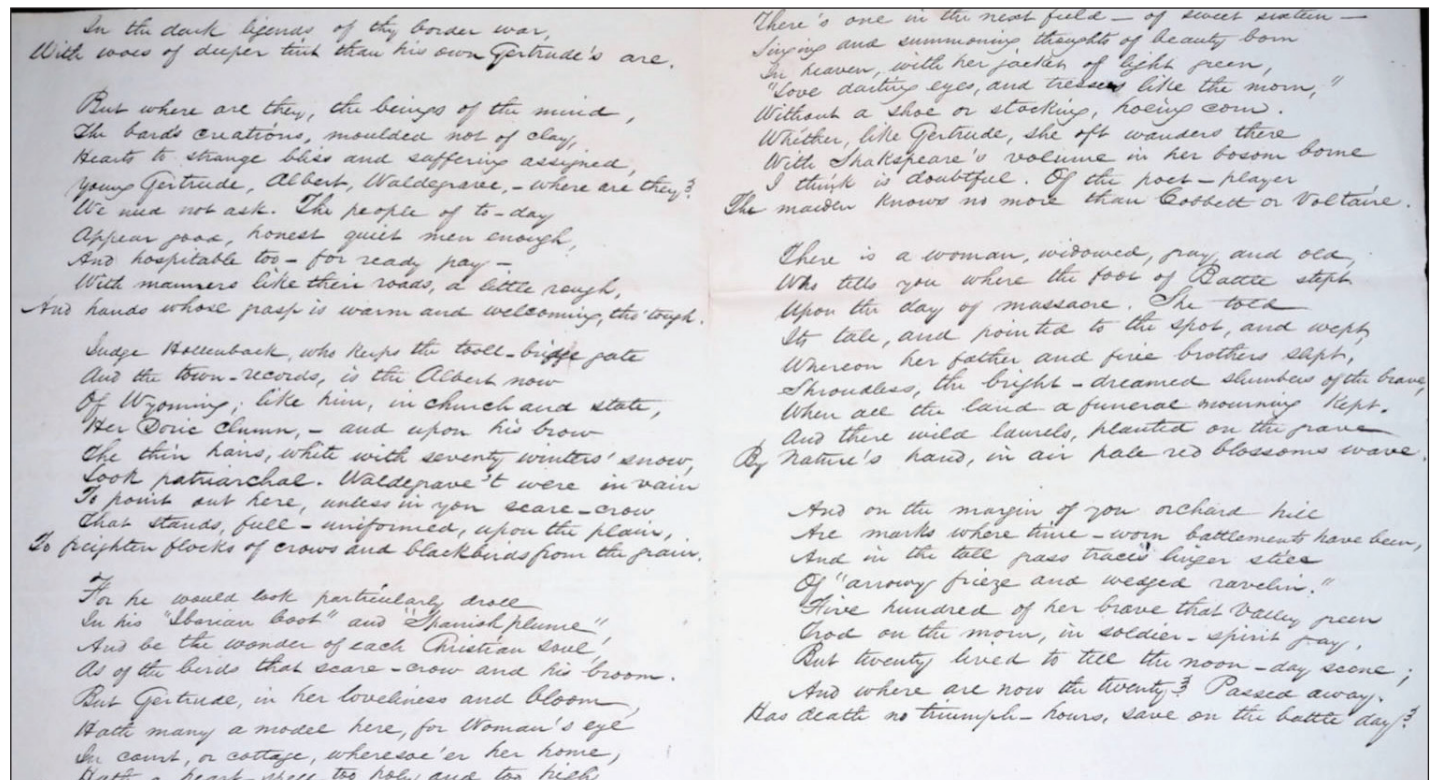
Lueders offers advice to other students, encouraging them to look for jobs available on campus either within their major or something adjacent to it. She states that what students may find may prove to be a great source of experience or learning that can help in the future.

Lueders' blog post has a link to the finding aid with digitized items along with her reflections on the poems in the series. It can be found on the archives website by following the link to [www.wuarchives.home.blog](http://www.wuarchives.home.blog) and searching under the Jan. 2023 tab.



An image of Halleck's poem, "Wyoming" reflects, according to student Juliana Lueders, American citizens' "conflict-heavy" view of American soil. Halleck reframes the usually idealized version of war by steeping it in the reality of devastation and loss.

Photo Courtesy of: "Ballads, Battles, Love, and Loss: Processing the Poetry series of the Gilbert Stuart McClintock collection"



Perry Leaving the Lawrence for the Niagara - Thomas Birch, 1815

This painting accompanies the poem, "The Ballad of James Bird," by Unknown, which tells the story of a brave colonist, who instead of fleeing, continued to fight until they defeated the British fleet.

# Wilkes University Open House brings out campus community



Photos courtesy of Lindsey Scorey  
Wilkes University President Dr. Greg Cant gives a welcome speech discussing opportunities available at Wilkes.



From left, Bonner Leader Program Coordinator Catie Becker, sophomore pharmacy student Ada Soriano and sophomore pharmacy student Emily Blaine work at the Bonner Leaders table.



From left, Dr. Jonathan Kuiken, Honors and Scholars director, and Jen McLaughlin, the assistant director of the Honors and Scholars Program pose for a picture during a recent Open House.



From left, Student Development Activities Coordinator Addie Hazlet, Director of Student Development Stacy Mullen and Career Development and Services Coordinator Anna Bateman were all smiles at the January Open House.

## Write News for The Beacon!

### Write about:

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

### Contact:

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Madelynn.Kinard@wilkes.edu

# Life, Arts & Entertainment

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

## Programming Board's first "zen" event of the semester

By **Laury Angeles Martinez**

*LA&E Photographer and Staff Writer*

Programming Board held "Zen Night" on Jan. 26 in the Henry Student Center Ballroom. There was plenty of relaxing activities, including, but not limited to, restorative yoga, face masks and crafts.

"This is a lot of fun," said Daphne Shencavitz, junior biochemistry major. "It is really nice that the Programming Board holds this event, you know, relaxing and not very populated."

"It is nice to have something to come and relax at."

The atmosphere at the event was tranquil. Slow music was played to the liking of the students and there were snacks, such as fruits, cookies and juices.

"I like this event because it is calm," said Laila Porterfield, a first-year

sociology major. "Not everybody is here, it is lowkey and you're doing your own thing."

Porterfield and many other attendees enjoyed the chill atmosphere and relaxing activities. The craft activity areas, which hosted activities like making bead bracelets, were a hit among students.

"This is a new event that we haven't put on before yet," said Courtney Negra, sophomore special education and elementary education major. Negra is also Programming Board's Big Events chair. "We are doing yoga, lotions and face masks. We are doing sand art and diamond art."

If you missed this event, consider going to Programming Board's next event on Feb. 2, although it might not be as zen. It is a Murder Mystery Night with actresses and audience participation. The event is free to students.



Photos: The Beacon/Laury Angeles Martinez

**Emily Purcell (left), a junior chemistry major and Shelby Brazes, a junior criminology and psychology double major, practice restorative yoga.**



**From left to right: Julie Chropowicki, graduate assistant of student development/MBA; Kimberly Wheeler, sophomore pharmacy major; and Kylie Jayne, junior nursing major, pose after doing some diamond art.**



**From left, Daphne Shencavitz, a junior biochemistry major and Melissa Ooi, a first-year biochemistry major have fun doing face masks together.**

# Cocktail of the Week: A Yummy “Talking Monkey” Martini

**By Haley Katona**  
Contributing Writer

Spending winter break monkeying around only to have come back to reality can leave a sour taste in any college student’s mouth so here is to the Talking Monkey!

This is a fun dessert drink to sweeten and enhance the monkey business of the weekends.

**Ingredients:**

- 1 ounce chocolate vodka
  - 0.5 ounce espresso vodka
  - 1 ounce banana liqueur
  - 0.5 ounce coffee liqueur
  - 1 ounce heavy cream
- Optionally, espresso vodka can be substituted with coffee or espresso for added energy.

**Directions:**

First, pour all ingredients into a shaker filled with ice and shake thoroughly.

Then, strain the drink into a chilled glass.

Garnish with whipped cream if you want an even sweeter treat.

Cheers!

*The Beacon reminds everyone to drink responsibly... and that the legal drinking age is 21.*



The Beacon/Jordan Daniel  
Make a Talking Monkey martini the next time you are feeling a little bananas.

## Beacon Bumps

*Each week, the Wilkes Beacon staff picks their favorite song of the week. Check out this week’s bumps to the right!*

**Emily Cherkauskas, Editor-in-Chief:** **Zara Lantzman, Opinion Asst. Editor:**

Silver Soul – Beach House

brr – Kim Petras

**Morgan Rich, Managing Editor:**

Kill Bill – SZA

**Baylee Guedes, Sports Editor:**

Eraser – LYELL

**Maddy Kinard, News Editor:**

Neck & Wrist – Pusha T, JAY-Z, Pharell Williams

**David Marks, Designer:**

**Amanda Montgomery, News Asst. Editor:**

Preoccupied – Mac Demarco

Tropic Morning News – The National

**Jordan Daniel, LA&E Editor:**

Low – SZA

**Maggie Murphy, Designer:**

Flowers – Miley Cyrus

**Laury Angeles Martinez, LA&E Photographer & Staff Writer:**

golden hour – JVKE

**Lara Mullen, Designer:**

Give Yourself A Try – The 1975

**Sydney Allabaugh, Opinion Asst. Editor:**

Bane – Destroy Lonely

**Elizabeth Cherinka, Social Media Manager/Staff Writer**

Mastermind – Taylor Swift



# Virtual Reading Buddies offers work study opportunities

By **Anthony Cazun**  
Staff Writer

“America Reads Study Buddy Tutor” is a newly evolved work study opportunity available for students.

While under this work study, tutors work with elementary grade students as a reading buddy tutor, or as of recently, a virtual reading buddy tutor. The program is run by supervisors Megan Boone Valkenburg and Monica Morrison and they have a mission.

“Our world is currently in a literacy crisis, and my goal as VISTA is to recruit college students as tutors to help students in first and second grade with their literacy and reading skills,” said Morrison, Wilkes graduate and AmeriCorps VISTA. “The goal is to work with children before third grade because in particular, third grade is a critical period where children transition from learning to read to reading to learn. Knowing this, we need to intervene as early as we can to help reduce the devastating effects of literacy deficits.”

The way reading buddy tutors tackle this issue is through invigorating children’s desire to learn by reading with them and playing creative games and activities.

“We choose fun activities to complete

with the kids that will facilitate them with their learning,” said Alyssa Allen-Fields, senior psychology and criminology major. “For example, playing bingo where the numbers are replaced with words, allowing there to be more reading practice or playing cup stacking where the child reads each word on the cup then builds the tower.”

Many of these practices and activities are unique and personalized for the student so their exact needs are tended to, sharpening their overall skill set. Tutors will often tend to two students at a time within the same hour.

Reading buddies are able to tutor virtually, at the YMCA or at various elementary schools within the area. Schedules are relatively generous and only requires four hours of work per week.

Many of the tutors prioritize being patient and kind, allowing for students to feel more comfortable and blossom to their full potential. Bringing up kids when they are discouraged or otherwise overwhelmed is a vital characteristic of the position.

“A challenge of the work study is sometimes the kids get distracted and begin talking to one another instead of focusing on the activity which motivates



Graphic by Maggie Murphy

me to come up with new activities that will have them be more engaged,” said Allen-Fields.

“My goal is to recruit as many tutors as I can so that we can help as many first and second grade students as we can,” said Morrison.

If interested in applying for this work study, explore the “America Reads, Civic Engagement” box on the work study jobs page on wilkes.edu, or email Monica Morrison (@monica.morrison@wilkes.edu) for more information.

# Sordoni Art Gallery hosts *Art In Context* lecture

By **Bailey DeJesus**  
Staff Writer

On Feb. 1 Dr. Thomas Aiello will speak at the Sordoni Art Gallery about the “David C. Driskell and Friends: Creativity, Collaboration and Friendship” exhibition.

The “Harlem Renaissance: Art of Black America” lecture begins at 5 p.m. and is free and open to the general public.

A professor of history and Africana studies at Valdosta State University, Aiello will discuss the importance of the art that curated by Driskell. Aiello was brought here through the efforts of Heather Sincavage, curator of the exhibition, director of Sordoni Art Gallery and associate professor of art, alongside Curlee Raven Holton and Dr. Sheila Bergman.

“As Wilkes University celebrates Black History Month, it is important to recognize the people who are telling their story,” said Sincavage. “It allows us a greater understanding and provides deeper empathy for those who have been singled out for their difference.”

Aiello will discuss different aspects and viewpoints of the works of art. His main points will address the importance of the works during the time of the Harlem Renaissance, as well as how they shaped that time period and influenced art culture for years to come.

The project brings light to discussions of the importance of collaboration in both the artistic world and one’s own life.

At the lecture, students, faculty and community members will be able to experience for themselves moving

and thought provoking works of art by artists like Richard Bruce Nugent and Aaron Douglas. the exhibit will showcase different aspects of the Harlem Renaissance that have never been seen or thought of before by highlighting visual art of African American culture in the 1920s.

“We’re looking forward to hosting this event,” said Melissa Carestia, assistant director of Sordoni Art Gallery. The “Art In Context” lectures connect the work in the gallery to other topics. Having a lecture about the Harlem Renaissance, which was so important to Driskell and so many others in the exhibition, will be a meaningful experience.”

In today’s society, isolation and individualism are at an all time high. Since COVID-19 struck, it has been very

apparent that being alone and separated from friends and community has begun to not only be the norm but preferred.

This exhibition hopes to begin a change in tone by emphasizing the importance of collaboration and communication between friends, professional disciplines, colleges and backgrounds. Especially at such a tumultuous time as the 1920s and the Harlem Renaissance, collaboration and friendship was a must for survival.

“The subject of the show, David Driskell, is a very important figure in the history of African-American art in the 20th century,” said Paul Riggs, dean of arts and science. “The show is premiering here at the Sordoni before moving to university art galleries nationwide.

“This is a very big event for Dr. Aiello and professor Sincavage.”

# Meet the Majors

## This week's major: Political Science

Interviews and photos by  
Jordan Daniel  
Life, Arts & Entertainment  
Editor

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

### **Sarah Lechak** Senior

"I chose this major because I'm extremely interested in politics and I wanted to become more educated about government and law.

"I hope to use my knowledge in my future job at the Domestic Violence Service Center. This is in regards to helping domestic violence survivors with legal issues, such as PFAs and advice for hearings. I also hope to use this knowledge to possibly go to law school in the future."



### **Sarah Phillips** Senior

"My favorite aspect about being a political science major is the close community built between the students within the major and with the professors.

"My education and time spent here at Wilkes as a political science major has been bolstered by the friendships I've made with my peers and the support and information provided by the professors."



Photos: The Beacon/Jordan Daniel

### **Damien Chmielewski** Sophomore

"I chose political science because I enjoy politics and I wanted to learn more about the theories and understandings of the political world.

"I hope to eventually go to law school and become a criminal lawyer, as of right now."



### **Morgan Steiner** Sophomore

"I love that there is so much flexibility with political science. I can take classes on U.S. politics, global politics or law classes. It has allowed me to branch out and discover what I love about politics.

"I plan to attend graduate school. My dream job would be something where I can use my knowledge about politics to help people and see the world."



# The self-help saga



## How to beat the start-of-the-semester slump

By Morgan Rich  
Managing Editor

Having a three week homeworkless, examless and classless break is enough to put anyone into a slump at the beginning of the semester. Combined with the cold and dark weather, it is a recipe for disaster.

Jumping into the semester with little motivation is a daunting task. Here is how to gain back that motivation and take the semester by storm!

### *How to find the motivation to wake up early in the morning:*

If there is anything I have fallen victim to during the start-of-semester slump, it is trying to wake up early before my classes. Luckily, my classes do not begin super early; however, I do have work study on Tuesdays from 9:30 until 10:30 a.m., and I would be lying if I said that waking up for it is not a challenge for me.

I never once considered myself to be a morning person but I have found that there are ways to make waking up in the morning easier and not feel as much of a hassle.

First, I start this routine the night before I know I have to wake up early. Normally around 11 p.m. I will set an alarm for an hour before class and then, at the latest, I will set an alarm for 45 minutes before class. This ensures my body has time to wake up in the morning before class starts.

Personally, I am the kind of person who showers at night in order to save time in the morning so when I wake up I immediately wash my face to feel refreshed. I then follow through with a skincare routine, get changed into clothes that I picked out the night before and eat a healthy breakfast.

A fun tip to start the morning off right is to drink lemon water before eating because it promotes and improves digestion, as well as reduces heartburn and constipation.

The thing that changed my life the most to wake up in the morning feeling refreshed was using an online “sleep calculator,” which ensures that one does not fall asleep in the middle of a sleep cycle. These sleep calculators allow the person to choose their age, what time they want to go to sleep and then it provides the four best times to fall asleep.

### *How to find time to eat and stay hydrated during the day with a busy schedule:*

Consistently eating and staying hydrated throughout the day is a hard task, I will admit. When classes are stacked on top of each other for hours on end it can feel absolutely impossible to take time to assess what our bodies need.

To start, taking a weekly grocery run to see what snacks and quick lunches can be brought to class is key. Weekly grocery trips can also be cheaper in the long run to avoid “buying in bulk.”

It is important to have a proper breakfast whenever there is a good period for a student to be able to eat. Normally, my go-to's are bagels, cereal, toast, waffles, fruit and yogurt.

Then, try to pack a simple lunch to eat between classes, such as a sandwich and chips. Lastly, throw at least three snacks in a bag like granola bars, chips, crackers, etc.

Investing in a good water bottle that will keep drinks cold is a must for days like these. I always fill my bottle with lemon water and refill it throughout the day at refill stations around campus. If a pick-me-

up is needed, however, never feel ashamed to make a quick stop at Starbucks to get a caffeine fix.

### *How to create a space of one's own away from the classroom:*

The easiest way to relax and find motivation is to have a space to recharge. Whether a student lives on or off campus, creating a space that they can call their own is an easy task that can be done.

Even though I live off campus, I found that the easiest way to get through college while living on campus was to have a space that really felt like my own. Unpacking and decorating my room the very first two weeks I moved in made getting back into the swing of things much easier.

The key to having a space feel homey is to bring items and decorations from home. Going back to a dorm or an apartment that is messy and has things thrown creates a lack of motivation and a distaste for the dorm or apartment.

Ensure that this space can be an escape when the semester feels overwhelming or formidable. It makes relaxing, reenergizing, studying and doing work easier and much more enjoyable.

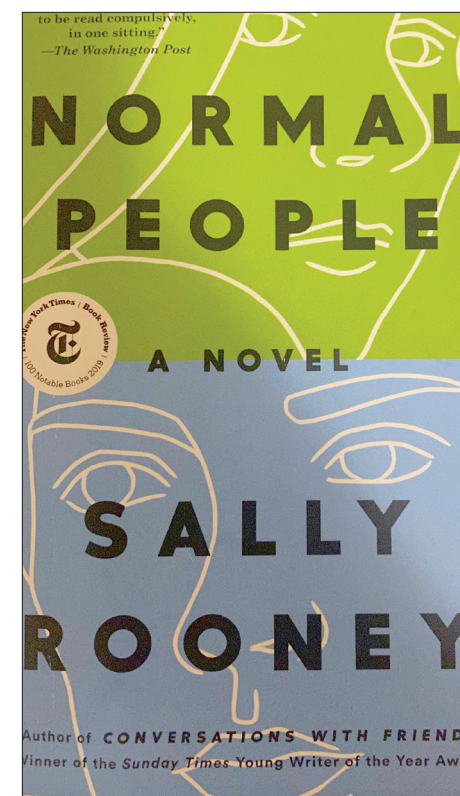
### *Weekly book and song recommendations for the start of the semester slump:*

There are plenty of songs and books out there that can spark motivation and inspiration. I am a huge reader so prepare for lots of book recommendations. With that, I am also a huge Swiftie so prepare for lots of Taylor Swift song recommendations.

My first book recommendation for the start of the semester slump is “Normal

People” by Sally Rooney. It is about two teenagers’ secret friendship and on-and-off-again relationship; it is a story about people who drift apart but always seem to come back to one another.

“Clean” by Taylor Swift is my first song recommendation for everyone to get through the tough weeks ahead. Although “Clean” is about feeling free from a relationship, the song can have universal meanings of freedom to anyone who listens to it. The song represents new beginnings, which is a perfect way to start the semester.



The Beacon/Morgan Rich  
Rich shows off her book of the week.

# SPRING CLUB DAY RETURNS!



## Music club

John Hannaway (left) and Molly Rodino (right)



## Psychology Club

Left to right: Eryn McMonagle, Carolyn Purdy, Madysen Hornack, Emily Burbank and Kaitlyn Schuyler



## Black student union

Left to right: Donell Mackey-Woodson, Zach Paraway, Kobina Otoo, LeRoy Marshall and Lexi McHugh



## Ultimate frisbee club

Esther Orlando (left) and Matt Hauber (right)



Lunch and snacks were available for anyone who stopped by the MAC.



**Center for Career Development and Internships**  
Left to right: Sam Kimmel, Sarah Pavlick and Anna Bateman



Students weathered the cold to stop by the MAC and check out several new and returning clubs, in the newly revived tradition of a Spring Club Day.

Photography: Baylee Guedes  
Page Design: Lara Mullen

# Opinion

Have an opinion or want to write a guest column? Contact the assistant opinion editors: Sydney.Allabaugh@wilkes.edu or Zara.Lantzman@wilkes.edu

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## Our Voice

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

# Finding warmth and comfort in winter

Winter is a lovely season. There's something mystical about snow capped mountains and the peaceful quietness that is brought with everyone huddling inside for warmth.

However, as serene as the winter months can be, you may have found that these cold days might just be a little too quiet. Maybe even a little too dark beyond one's comfort.

Seasonal depression is real, and it can hit hard. So much so, one may not even find the energy to go outside, let alone be able to get out of bed.

It's a dark and cold wasteland outside, so what's the point of forcing yourself out of your warm, comfy bed, anyway? One might think it would be fine to miss class—after all, it could be better than going out into the cold, right?

It's these intrusive thoughts that take over oneself, and it can take everything in someone to fight them.

Unfortunately, seasonal depression is a brutal thing to face, and not everyone can better their mental health during the winter.

For college students, having these alterations in one's schedule can

drastically affect their overall status and wellbeing. For those dealing with seasonal depression, they can very quickly fall behind in their classes, not being able to find the energy or desire to keep up with their workloads.

The start of a brand new semester, post-pandemic, in the era of the perceived "new normal," certainly doesn't help at all. When you combine that shock of newness with the numbness of winter, burnout quickly creeps up.

It may explain why campus has been feeling so empty. Some of us at The Beacon have already made this observation—where is everyone? Lounge spaces and collaboration/study rooms that were once bustling with students are now completely empty, even when it should be the busiest hours of the day.

As cliché as it sounds, we would like to emphasize the importance of self-care in times like these. It's a complicated time, and you need to be able to take care of yourself in order to succeed and push through these dark and cold months.

It's important to stay active and keep yourself busy. As comforting as it sounds

to stay cooped up in one's bed during the winter, that's not going to suffice to help your mental wellbeing.

Even upgrading the space and environment around you would help you feel better and more lively.

Maybe invest in some string lights or ambient lighting to warm up your space with softly-toned lighting. Fragrance plugs are not only fire safe, but they can also bring comforting and nostalgic scents to your room. A mini humidifier can help your skin from drying out. A white noise machine can distract you from buzzing lights or overwhelming noises of the city.

All of these not only relax you, but they keep your senses active, thus keeping you distracted from the busy and cold time. Creating a comforting environment will allow stability into your life, offering you space to study, work and hang out with friends.

The cold and dark winter months are just temporary. In the meantime, treat yourself to some hot chocolate, tea or a good cup of soup.

After all, you deserve to be loved and comforted.

**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

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

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

# Ice Spice proves herself with latest hip-hop EP ‘Like..?’

By Sydney Allabaugh

Asst. Opinion Editor

Up-and-coming rapper Ice Spice released her first EP “Like..?” since her rise to fame last summer. Ice Spice’s hit single “Munch” followed by other popular tracks “Bikini Bottom” and “In Ha Mood” have attracted millions of fans on TikTok and other platforms over the past few months.

She has since become a pop culture icon among the youth online with some calling her this generation’s Princess Diana.

Her first EP features six drill tracks. Three were singles she has already released, and the other three are new. This is what I think of each one.

## “In Ha Mood”

Snippets of this song trended quickly on TikTok. The more feminine lyrics combined with the R&B melodies over a drill New Jersey club beat created a different sound she has not previously explored.

The more feminine vibe of the song

created by the R&B elements elevates this track tremendously. It is hard not to dance to this. This is my favorite track from her yet.

## “Princess Diana”

The title of this song is a reference to the memes made about Ice Spice being the people’s princess. She embraces this title in her lyrics stating, “in the hood I’m like Princess Diana.” Between witty references and an addicting chorus, the lyricism and vocal delivery are strong on this one. The rhythm is driving and clean but there is something about the production that is slightly off to me. Overall, I like this track and think it is underrated.

## “Gangsta Boo (with Lil Tjay)”

Although “Gangsta Boo” has a catchy chorus, I think it is the weakest of the six tracks. The overly simplistic rhythm and timid, repetitive melody makes the song feel incomplete and uninteresting to listen to.

Also, Lil Tjay’s feature is too long and seems out of place on this track.

## “Actin A Smoochie”

Like “In Ha Mood,” “Actin A Smoochie” features R&B melodies on top of a club drill beat. I enjoyed this one, and I think it may be my favorite of the three new releases. She takes a more masculine approach to her vocal delivery combined with the more feminine-sounding beat and lyrical content is captivating.

## “Bikini Bottom”

Ice Spice initially released this song as a single following “Munch.” Like “Munch,” this song reached widespread popularity. In an interview with Genius, she says that having two consecutive hits shows she is more than just a one-hit wonder.

This song is characterized by its quick, catchy chorus and interesting beat that sounds as if it could be from “SpongeBob SquarePants.” Although I am always repeating the chorus, I think the beat is a bit too silly.

Overall, this song is lighthearted and enjoyable, but this EP has much stronger tracks.

## “Munch (Feelin’ U)”

“Munch” is the song that led to Ice Spice’s fame, and she deserves all the praise she has received for this track. In an interview with Complex, Ice Spice said that she loves drill beats and was inspired by other New York drill artists like Pop Smoke in her earlier music. This inspiration is prevalent on this track. The fast-paced and cold rhythms combined with her tight, creative lyrics makes the song addicting to listen to. I find myself repeating the chorus to myself due to her use of catchy lingo. This track serves as a reminder that women can do drill music and do it well.

For her first release, this EP is strong and shows that Ice Spice has much potential as an artist going forward. She provided varied tracks that remain true to herself and her style. It will be interesting to hear if Ice Spice continues with drill or tries other sounds going forward. Ice Spice is just getting started but has already built a name for herself and has shown she has the potential to be a star. I am definitely feelin’ her.

# Thoughts on snow days: Within college and beyond

By Rudy Urenovich

Staff Writer

Perhaps I am feeling a bit emotional with it being my senior year—knowing my educational experiences in a school setting are numbered, or maybe I am examining how they have changed since the COVID-19 pandemic—but this week I found myself reflecting on snow days.

I must admit snow days do not carry the same magic in college as they did in elementary or even high school. It does not really feel like a day off to relax, but rather a day for anxiety and stress to manifest itself in full form when thinking about classes, work, weather and other grown-up pains.

One does not really have the option to take a day off in college. Well, one can, but it takes a level of compartmentalizing and denial that I am envious of. A day off that brings treacherous weather, hazardous road conditions and overall

cold and darkness is anything but relaxing and will oftentimes impact responsibilities in the following days as well.

No, I am not ignoring the elephant in the room. Something forever altered snow days or any unplanned day away from work or school for people of all ages around the globe: a little platform called Zoom. Funny to think three years ago at this time none of us even knew it was a thing—much less something that would become almost a lifeline to work, school and human communication.

I am going to play devil’s advocate for a little while. I, as I am sure many of you have, have seen firsthand how useful Zoom can be and how without it the past few years of school could have gone very differently. Even now that we are hopefully at the tail end of the pandemic, it is so easy to hop on Zoom for a meeting when meeting in person is difficult.

But I digress, this article is not about

Zoom. The point is Zoom interrupted snow days. We are either filled with hot drinks and streaming or homework and existential dread. Pick your poison. We do not really get a day off because we can still attend class virtually.

While we can still enjoy being a homebody for a few hours and class is a bit more toned down, it just does not hold the same magic as it did in the past. All this being said, we cannot really place all the blame on Zoom because we used technology to complete assignments and participate in other aspects of class even before the platform was pushed to the forefront. D2L I’m looking at you.

On one hand, I obviously see how this is positive because we are less likely to get behind on school matters even by a day or class period. We can keep up and maybe even get ahead. It also teaches us how to be resourceful and get something done in an unexpected situation. That is just lovely.

On the other hand, we can use a break to not work on school matters. If you are like me, you will still think about them. We have already established that. These college years might be our last chance for some semblance of a snow day.

Once we are in the workforce, we might be less likely to have a snow day. Many see working from home as divine but it makes a snow day nonexistent. Also, many jobs do not close because there are a few inches of snow on the ground. They really do go hand in hand with school and its essence.

In a way I think for myself and many of you who are around the same age that it is almost symbolic of adulthood sneaking up on us and gradually taking over slowly but surely. We once had snow days where we would sled, build snowmen and drink hot chocolate. Now they are filled with virtual classes, catching up on chores and making to-do lists.

# The conspiracy surrounding Damar Hamlin is absurd

## *What is commotio cordis?*

**By Zara Lantzman**

*Asst. Opinion Editor*

On Jan. 2, the National Football League came together for more than just a game.

Buffalo Bills safety Damar Hamlin attempted to tackle Cincinnati Bengals wide receiver Tee Higgins on a routine play, and in that moment, everything stopped.

A pin drop could be heard with the silence in the stadium. Players rushed to Hamlin while shedding tears.

Hamlin was clinically dead on the field and was unresponsive for nine minutes. Denny Kellington, one of the team's athletic trainers, helped to resuscitate Hamlin, saving his life.

"Denny Kellington, let's praise this name and person for reviving our brother Damar on the field," tweeted Bills offensive lineman Dion Dawkins. "Denny gave CPR and chest compressions to get his heart back beating."

After spending several days in Cincinnati and Buffalo hospitals, receiving numerous tests, Hamlin was finally released. However, despite making various public appearances, conspiracy theorists had a field day with Hamlin's status.

There is a lot of speculation that Hamlin is legally dead, allegedly falling victim to the COVID-19 vaccine, and he

was instead replaced by a body double.

This claim seems extremely outlandish and completely unreasonable.

Hamlin's recovery was televised and reported throughout his entire journey. Hamlin even facetimes with Philadelphia Eagles running back Miles Sanders. He was also seen in person hyping up the crowd at the Bengals v. Bills AFC divisional game on Jan 22.

Hamlin's injury was known as a rare condition known as commotio cordis.

Dr. Partha Nandi, in an interview with ABC news, explained that commotio cordis occurs when young athletes get hit in the chest.

"Trauma to the chest occurs when the area of the heart is hit at a particular rhythm which causes the heart to bleed and forces the person to collapse," said Dr. Nandi

For this to happen is just pure luck. It was just extremely unlucky and everyone is grateful that he is recovering successfully.

"(Twenty-four)-year-old elite athletes in the NFL don't just have cardiac arrest in the middle of a prime time game" tweeted bodybuilder Louis Uridel. "This is squarely on the back of every single person who pushed that poison, required it and shamed people who didn't get it."

When anything goes wrong medically, anti-vaxxers automatically claim it is

due to the COVID-19 vaccine. This claim is completely outrageous and false. Hamlin's recovery proved the claim to be false.

Hamlin is not the first athlete to have received such widespread news coverage about his near-death experience caused by commotio cordis.

One instance was former National Hockey League defenseman Chris Pronger, who suffered cardiac arrest during the 1998 Stanley Cup Playoffs. He experienced commotio cordis after a high speed puck hit him directly in the chest, and he collapsed on the ice almost immediately, similar to Hamlin. Pronger made a full recovery, and has since spoken out about his own experience in support of Hamlin on Twitter, detailing the events of his recovery.

Pronger explained that he was evaluated by Dr. Barry Maron, "who would then go on to classify this incident as commotio cordis. Dr. Maron also told [doctors] that at the time [Pronger] was the only pro athlete to have survived this type of cardiac event." Although rare, it was a notably identifiable condition.

"And at the time, 1998, I was one of only four people [Dr. Maron] had in his database that had survived a documented commotio cordis event" said Pronger.

For Hamlin, as of this moment, no prior heart condition was found. It was

just a freak accident and could have happened to anyone.

"Clone," tweeted Hamlin, in response to the dumbest conspiracy theory that Damar Hamlin was cloned.

The speculation comes from the fact that Hamlin never showed his complete face when he showed up to the AFC divisional round. There was a clip shown of him talking to Bills players, but in a ski mask and with his hair covering most of his face. All you can see was his eyes.

The other clip that has fans running wild with theories is that he was able to move his hands and body freely to cheer for his team and hype up the crowd. Theorists believe that it should not be possible to move your body that quickly and energetically so soon after being clinically dead.

Theorists also believe that the Bills planted a player and said it was Hamlin to give the Bills motivation for the playoff game.

There is a reasonable reason for anything one may see. Hamlin is still in recovery and needed to protect his body from the frigid temperatures in Buffalo, hence the ski mask.

Every single one of these claims are completely baseless and can be proven wrong with facts. The fact of the matter is that Hamlin is alive and recovering. That is what truly matters.

### Damar Hamlin

- Hamlin is 24 years old
- Hamlin got hit in the chest and went unresponsive
- Revived after nine minutes
- Hamlin's chances of survival went down by 10% for every minute he was unresponsive
- Hamlin is vaccinated as 95 percent of NFL players are vaccinated

### Commotio Cordis

- According to healthline.com, commotio cordis occurs when a person is hit in the chest and that impact triggers a dramatic change in rhythm of their heart.
- According to heart.org the survival rate suggests that defibrillation within one minute of ventricular fibrillation onset results in a 100 percent survival rate and that defibrillation after two minutes results in an 80 percent survival rate.

### COVID-19 vaccine statistics

- 69.4 percent of the world population is vaccinated
- 42 percent of the deaths were unvaccinated
- 22 percent of deaths had the primary dose
- 36 percent of deaths had an additional booster

*All data found from KFF.org*



# It's time to spend more time outside; here's how

## *Treating your body and mind with nature*

By **Sydney Allabaugh**  
Asst. Opinion Editor

Maybe the online commenters have a point when they say to go touch some grass. According to a study published in 2019 by the Outdoor Industry Association, half of the U.S. population is not participating in outdoor recreational activities. When many of us are not spending adequate time outside, we miss out on the many health benefits.

According to the U.S. Department of Agriculture, spending time outdoors improves physical and mental wellness. The USDA cites studies that spending time in nature is relaxing, which leads to reduced stress, cortisol levels, muscle tension and heart rates. It can also improve sleep quality, increase life expectancy and even reduce risk for cancer and cardiovascular disease.

The USDA also stated that studies show being outside can lower risk of depression and aid in faster psychological stress recovery. Nature can also help us strengthen our mental abilities, including increasing focus and attention. Shared outdoor spaces also allow for people to feel a social connection with others in the community.

According to the study conducted by the Outdoor Industry Association,

people cite barriers like work, technology and costs of entry to parks and other venues as deterrents from spending time in nature.

Although it may seem difficult to incorporate the outdoors into our busy schedules, there are many ways to do so. Here are six of them.

### Do homework outside

If your workload is preventing you from getting outside, try working on homework outdoors. When the weather is nicer, I work at the tables outside Starbucks or at one of the tables in the courtyard on campus. You can also lay out on a blanket in the grass instead of being cramped up in the library.

### Eat meals outside

Like doing homework outside, eating meals outside provides you with an opportunity to receive the benefits of the great outdoors without taking extra time out of your day. If you have a break

between classes, you can have a picnic in Kirby Park or even pick up food to eat at Public Square.

### Exercise outdoors instead of in the gym

Why pay for an expensive gym membership when you can do cardio exercises outside? Instead of cycling or walking on the treadmill, go for a bike ride in the park or take a hike out in nature. Not only will you be receiving the health benefits of your workout but you will also receive additional benefits by exercising outdoors.

### Pick up an outdoor hobby

If you have ever been interested in trying skateboarding, snowboarding, gardening, geocaching or nature photography, I encourage you to pursue it. Developing a new passion is rewarding on its own, but it may be extra rewarding if your new hobby also allows you to spend more time in nature.

### Try outdoor activities with friends

Spending time outdoors can strengthen our connection with others. Instead of hanging out in a dorm room, consider doing an outdoor activity together. You can play frisbee, go for a walk or even just watch the sunset. It is a great way to clear your head and make great memories with those you care most about.

### Plan to visit outdoor attractions

If you ever find yourself with some free time, you can always plan a trip to one of the many free local outdoor attractions. You can visit local parks—such as Frances Slocum State Park, Ricketts Glen State Park or Nay Aug Park—to hike, kayak or view beautiful scenery for free. Pinchot State Forest is another great outdoor location with beautiful trees and waterfalls. Visitors can hike, ride horses, fish, have a picnic or camp.

These are just a few of the many scenic attractions Northeast Pennsylvania has to offer. To find more opportunities and locations to check out, visit DiscoverNEPA.com.

*Hopefully you have the opportunity to incorporate some of these tips into your daily routine. Nature can help you feel healthier and happier. Take advantage of it.*

“Nature can help you feel healthier and happier. Take advantage of it.”

# We want to hear your voice!

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

CONTACT:

**Assistant Opinion Editors:**

Sydney Allabaugh and Zara Lantzman



Politics, culture, social issues

Reviewing art, literature, movies, music

Columns, petitions, letters to the editor

# 'A Man Called Otto' and the difficult path to acceptance

By Emily Cherkauskas

Editor-in-Chief

*Editor's note: This review contains spoilers and discusses potentially triggering content.*

The task of moving away from the past is not an easy one to follow. Some things that have happened in the past should stay in the past, one may think. However, it is important to address them anyway, with forgiveness and acceptance.

"A Man Called Otto," released on Jan.13, is a unique film that emphasizes such a mentality. Otto Anderson, played by Tom Hanks, is an old widower who recently lost his wife and lifelong soulmate, Sonya, who was a schoolteacher. He has recently retired from his job, a company where his employers and coworkers dehumanize and bully him.

His small neighborhood and community are fading away, being overtaken not just by strangers and new neighbors, but also by an overpowering real estate company aptly named Dye & Merika (read out loud for the reflective pun). To put it simply, Otto has nothing left to live for. Or so he initially thinks.

One set of new neighbors include the family of Marisol and Tommy, the stereotypical millennial parents who are expecting their third child. Their new presence in the neighborhood, initially an obnoxious one for Otto, ends up being something that Otto can find company in. As the movie progresses, this fresh neighborly relationship ends up saving Otto several times, either from external forces, or even from himself.

Around this time, Otto also takes in the neighborhood stray cat, who had to suffer outside in cold winter weather. Previously a pure annoyance for Otto, the charitable act of adopting the cat opens up Otto's worldview to be more forgiving.

Later on in the story, Otto offers his house to Malcolm, a local teen and former student of Sonya, who was kicked out and disowned by his family for his transgender identity. Previously apprehensive to the thought of others entering and touching his late wife's belongings, to the point of

physically blocking others, Otto is able to take a step forward in the progress to healing. Malcolm, a former student of Sonya, speaks upon the kindness and acceptance of Sonya, bringing comfort to Otto.

OTTO DOES ATTEMPT SUICIDE MULTIPLE TIMES, IN PRIVATE AND IN PUBLIC. HOWEVER, THE ATTEMPTS ALL FAIL, EITHER DUE TO BOTCHES OR INTERRUPTIONS BY OTHER CHARACTERS. ONE INCIDENT INCLUDES THE MOMENT OF OTTO SAVING

an elderly man who fell onto train tracks, only because everybody else at the station was standing in shock and recording on their phones.

As the other man was saved, Otto remained on the tracks as a train approached, only to be grabbed by another man.

This movie has one of those stories where everything is somehow magically connected to one another, be it events or people, akin to the butterfly effect. What is initially a negative experience, one that can be to the point of traumatic, can

turn around into something positive. For example, Marisol and Tommy's needs and interruptions ultimately save Otto several times. Unfortunately, as the film presents, it can also be vice versa. However, in "A Man Called Otto," the good manages to overcome the bad.

Grief is painful, no matter who you are and what you have experienced. It's not a competition on who suffers the most. What matters, though, is how you manage to deal with it and find the strength and courage to move forward, in honor of what you lost. The characters in this story are notable examples of how a community can band together to help each other, not just physically, but spiritually and emotionally.

"A Man Called Otto" is a film that will make you experience a diverse spectrum of human emotion, where you will be laughing and feeling sorrowful in the same scene. I wasn't able to include the entire plot summary, but there are many charming and memorable scenes in this film that make it worthwhile to go out and watch.

If you value found family, this movie is definitely for you.



**MOVING ON**

**If you are dealing with depressive thoughts or thoughts of suicide,  
YOU ARE NOT ALONE.**

**If you are dealing with a crisis:**

**Text: The Wilkes University Support Line @ 570-408-CHAT (2428)  
or The Crisis Text Line by texting HOME to 741741**

**Call: The Suicide and Crisis Lifeline, dial 988**

# Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editor: [Baylee.Guedes@wilkes.edu](mailto:Baylee.Guedes@wilkes.edu)

## WREST: Three Colonels earn titles at MAC Championships

By Baylee Guedes  
Sports Editor

The Middle Athletic Conference (MAC) Wrestling Championships hosted by York College on Jan. 21 awarded three Colonels top three titles.

Sophomore Cameron Butka placed first overall in the 197-pound weight class (MAC Champion) while sophomores Austin Fashouer (125-pound) and Christopher Nuss (174-pound) placed third. Wilkes placed fourth as a team with 97 overall points in the tournament.

"As a team we wrestled the best we have all season long," said head coach Jon Laudenslager. "Butka, Fashouer and Nuss competed very hard and led the team to the best weekend of wrestling yet."

The three wrestlers were also awarded with All-MAC Team honors with Butka receiving All-MAC First Team, while Fashouer and Nuss received All-MAC Third Team.

Butka was ranked as the 197-pound third seed in the championship tournament. He started the day by winning by default in the quarterfinal bout, which led to his semifinal bout against Joe Embleton representing Messiah College. After three big takedowns, an escape, and riding time, Butka won 8-2 by decision.

In the finals, Butka wrestled the fourth-seeded Daniel Eckley from Delaware Valley University. Butka won 5-3 with two takedowns and an escape, claiming the 197-pound Championship title.

"Winning the MAC title this weekend helped me prove to myself that anything is possible with enough hard work," said Butka. "Winning this tournament was a small step in my wrestling career, and I hope to make even bigger accomplishments by the end of this wrestling season."

The fourth-seeded 125-pound Fashouer won his match in the round-of-16 over Robert Philpot (Alvernia University) by fall at the 2:32 mark of the first period.

In his quarterfinals bout, Fashouer won

by major decision 16-5 over hometown rival Gus Petruske of King's College who was ranked as the fifth seed.

Fashouer's 8-3 decision loss to the one-seed, Luke Hoerle of Stevens Institute of Technology, led to a bout in the consolation semifinals.

Jacob Blair from Delaware Valley put Fashouer in a position to gain third place in his weight class in a 5-2 win over the three-seed. The 125-pounder won with a no-contest against Petruske (King's).

"I felt good going into the MAC knowing I had to make a point there," said Fashouer.

Nuss was ranked as the sixth seed at 174-pounds. In the round-of-16, Nuss gained a pinning win over Gavin Hollingsworth (Alvernia University).

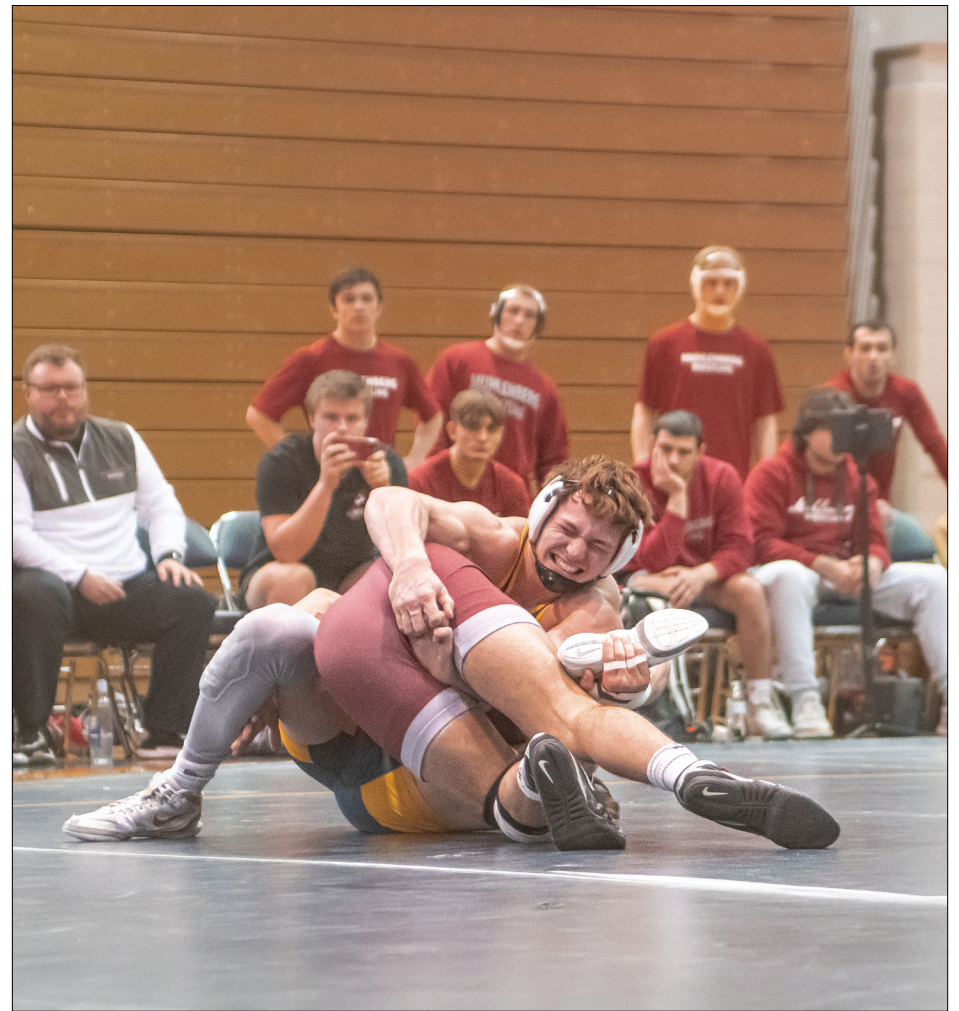
Nuss took a 3-1 loss in sudden victory to Kade Kravits (King's), who was ranked third. Nuss came back in the consolation rounds, working his way back up to third place.

Twenty-two seconds into his bout with Tim Eddinger (Messiah), Nuss got a pin to win the match. Another pin in his next bout over John Sumner (Messiah) put Nuss into the consolation semifinals with the fifth-seeded Jared Townsend (York). Nuss took the bout 13-3 and then won over Joel Martinsinovsky from Stevens in a no-contest.

"The MAC tournament was a great opportunity to showcase all the hard work the team has been putting in over break," said Nuss. "Win or lose, the experience was great and we only got better."

In addition to the three title placers, Wilkes had four more Colonels within the top six: Junior Hunter Lowe placed fifth in the 197-pound weight class, sophomore Caleb Burkhart placed fifth in the 285-pound, junior Michael Richardson placed sixth in the 133-pound and senior Jack Bauer placed sixth in the 141-pound after cutting his day short due to an injury.

The Colonels will resume bouts on Feb. 5 at The University of Scranton at 1 p.m.



Nuss working to gain dominant positioning over his opponent during the John Reese Duals on Jan. 29.

The Beacon/Baylee Guedes

**John Reese Duals**  
**Coverage:**  
**[www.TheWilkesBeacon.com](http://www.TheWilkesBeacon.com)**

Graphic by Baylee Guedes

# MVB: Looking to maintain hot start throughout season

By Adam Grundt  
Sports Staff Writer

The men's volleyball team returned to action this semester and players are already reaching individual milestones.

In the Colonels' victory against Purchase College on Jan. 21, senior setter and captain Zach Shay recorded the 1,000th assist of his career.

"Shay is a valuable resource to our team," said head coach Joseph Czopek. "He was chosen as captain because he leads by example. He is always one of the first to practice. He is always encouraging to his teammates during competition, and knows the right things to say to refocus the team."

Shay's teammates see him as a leader of the team and very dedicated to the game of volleyball.

"He is consistently one of the hardest workers in the gym and brings the rest

of the team to a higher level," said junior outside hitter Jackson Shafer.

Shay is confident in the fact that he could not have accomplished this feat without his teammates.

"Reaching 1,000 assists is a really cool accomplishment and I clearly couldn't have done it without the help of my teammates," said senior Zach Shay. "I wasn't even aware I was going to reach that milestone last weekend and was extremely surprised when I found out."

Wilkes found themselves off to a hot start to begin their season.

The team opened with a victory against the College of Mount Saint Vincent on Jan. 18 and followed up with a sweep of Lehman College and Purchase College in their first tri-meet of the season on Jan. 21.

The early successes of the team can be attributed to the hard work that is put into practice.

"The team is playing well and is off to a good start this year," said Coach Czopek. "Practices have been very competitive, and game time scenarios have helped prepare the team for each upcoming opponent."

The Colonels' roster this season consists of two seniors: Zach Shay and Casey Shipman. Paul Binner, Matthew Molnar, Noah Taylor, Jackson Shafer, Adan Sandoval and Logan Evanosky are the six juniors on the team. Four sophomores are suiting up for the Colonels this season: Lucas Mages, Jacob Mages, Jake Sheldon and Jacob Haller. Sam Winter and Alex Derk are the first-year players who round out this year's roster.

"The team is a very young team so it's important for the upperclassmen to recognize this and step up into leadership roles earlier than normal," said Shafer. "As a junior, I was able to see what worked in building team chemistry and what did not,

and how to use it to our advantage when bringing this team together. I think we have done a very good job identifying our goals early in the season and showing the younger guys on the team the work ethic that those goals require."

This season, the Colonels hope to showcase the hard work they have been putting in every day at practice.

"You can expect to see a team that is never going to give up," said Shay. "This team will always battle to the end and I think we are going to surprise some teams."

Czopek believes that this team will produce success for the program.

"The guys are committed to doing what it takes to win," said Czopek. "This should prove to lead us to a successful record this season."

The Colonels return to action on Feb. 2 as they will travel to Immaculata University to take on the Mighty Macs.

**Get Ready For...**

**Athlete  
of the  
Year**

**Voting dates coming soon...**

Graphic//Baylee Guedes

# AHL: Wilkes-Barre Scranton Penguins mid-season update

By **Julia Mazur**  
Sports Staff Writer

With the month of February among us, the Wilkes-Barre Scranton Penguins (WBS) are more than halfway finished with the American Hockey League (AHL) season.

The Pens record is currently 20-16-5. The Penguins were 5-5 going into their final two games in the month of January.

The end of January also brought a game night dedicated to the Hockey Fights Cancer foundation. Each season there are teams in many professional hockey leagues that dedicate a game night to supporting the foundation, including the WBS Penguins.

During the game on Jan. 28, the WBS Penguins wore purple and white colored jerseys that will be auctioned off to benefit the charity. There were many ways to help the cause during the game including the ability to purchase a purple colored Pens hat at the Penguins Goals Foundation table in which portions of the proceeds will be donated.

February not only brings an exciting month of regular season hockey but will also host the AHL All Star game in Laval, Canada. The Penguins player participating in this season's All Star weekend is

Alexander Nylander, who replaced the first All Star pick, Xavier Ouellet, who is out for injury. This will be Nylander's second season with the Penguins. The AHL All Star weekend will be held Feb. 5 and 6.

The Penguins are beginning to look more toward the end of their season, which is currently a very close matchup between most teams in the Atlantic division. The Pens are fifth in the Atlantic Division and eighth overall in the Eastern conference. There are currently six out of eight teams in the Atlantic division that have a win percentage between .5 and .6, making the Atlantic division have the highest current mobility in the AHL.

There are only two teams above a .6 win percentage in the Atlantic Division. The Penguins in-state rival, the Hershey Bears, are currently first in the division and first overall in the AHL. The Providence Bruins are currently second in the division. The closely matched up race will be one that makes every win even more important with the end of the season approaching.

The month of February will bring another set of challenges for the Penguins: The Penguins play 11 games in the month of February with six at home and five away. The Pens currently have a record of 8-8-3 at home. The Pens away record is currently 11-7-2. The Penguins February schedule

also has a nine-game matchup that will showcase Atlantic division matchups.

The end of the regular season is fast approaching, which makes every win all the more important. The Penguins will

finish the regular season off at home on April 15 when they take on the Charlotte Checkers.

The AHL regular season overall comes to a close on April 16.



Graphic: Baylee Guedes

# SWIM: Colonels commemorate three senior swimmers

By **Baylee Guedes**  
Sports Editor

The swim team celebrated and commemorated three seniors at their meet against the King's College Monarchs at the Wyoming Catholic Youth Center on Jan. 28.

Seniors Maddy Kinard, Liam White and graduate student Shane Miller were all recognized and acknowledged for their efforts throughout their time representing the Colonels.

Kinard represented the Colonels this season as the only woman on the team. She is the Wilkes individual record holder in the 100 Back with a time of 1:02.47 and the 200 Back with a time of 2:19.49. Kinard also holds the Wilkes relay record

in the 200 Free (1:42.89), the 200 Medley (1:56.76) and the 400 Medley (4:13.27).

White held the best time for the Colonels in the 2021-22 season in the 1000 Free (11:51.10) and the 1650 Free (19:28.15). He held the second-best time in the 200 Back, 50 Fly, 200 IM and in the 400 IM (2021-22 season stats).

Miller held the best time for Wilkes in the 100 Back last season with 1:05.90 and the best time in the 200 Fly (2:13.25), while also having the second-best time in the 500 Free (5:29.85) in the 2021-22 season.

The regular swim season has now come to an end for the Colonels. The three will join the rest of the team and compete in the Middle Atlantic Conference (MAC) Championship Tournament starting on Feb. 9. in York, PA.



Left to right: Miller, Kinard, White. The three Colonels after the swim meet.

Photo courtesy of @WilkesColonels Instagram

# Athlete of the Week

## Cameron Butka

### Sophomore Wrestler



#### ***The Beacon:* Male Athlete of the Week**

Butka was chosen as our Athlete of the Week (AOTW) after his performance during the MAC Championships Tournament last weekend.

Butka was ranked as the 197-pound third seed and won his first bout by default in the quarterfinals. He won the semifinal bout 8-2 by decision and then won the finals bout 5-3 claiming the 197-pound MAC Championship title.

**Major:** Biochemistry

**Hometown:** Scranton, Pa.

**High School:** West Scranton

**What had been your favorite sports memory from your time as a Colonel?**

My favorite sports memory during my time as a Colonel was winning the MAC tournament (2023).

**What is your favorite professional sports team (any sport)?**

The New York Yankees.

**What is your favorite thing to do away from sports?**

My favorite thing to do away from sports is going to the gym with friends.

**What is your favorite part of being an athlete at Wilkes?**

My favorite part of being an athlete at Wilkes is that I got to become close with the members of the wrestling team. I truly feel that we have become a family, and I have definitely made some life-long friendships during my time here at Wilkes.

**What sports movie is your go-to for movie night?**

"Vision Quest."

**If you did not play your current sport, what sport would you have wanted to play?**

If I wasn't wrestling, I would most likely be playing baseball, as I was a wrestler/baseball player for most of my life.

**What has been your favorite sports memory overall?**

My match against Delaware Valley in high school (2020).

**What is your favorite post-game meal?**

Any type of pasta, but preferably vodka pasta.

**How do you feel about being selected as the Athlete of the Week?**

I'm honored to be selected as athlete of the week, and I am proud to say that I'm a Colonel.

The Beacon/Lauren Bowers

*Editor's note: Athlete of the Week selections are determined by the sports staff each week. At the end of the academic year, we will post a reader poll on Twitter @WilkesBeacon to crown an "Athlete of the Year."*

Compiled by Baylee Guedes, Sports Editor

# Athlete of the Week

## Maddy Kinard

### Senior Swimmer

#### ***The Beacon:* Female Athlete of the Week**

Kinard was chosen as our Athlete of the Week (AOTW) after her performance this past weekend as she had two top-two finishes in a dual swim meet.

Kinard placed second out of eight swimmers during the 50-Yard Freestyle with a finishing time of 28:11. Kinard then placed second out of four swimmers in the 100-Yard Backstroke with a finishing time of 1:07.84.

**Major:** Communication Studies & English

**Hometown:** Dover, Pa.

**High School:** Dover Area

#### **What had been your favorite sports memory from your time as a Colonel?**

MACs last season. Although I was insanely nervous, I crushed my best times and also got two school records.

#### **What is your favorite professional sports team (any sport)?**

Funnily enough, although I'm an athlete, I'm not big into watching sports. My boyfriend has gotten me a little into football since he's a big Bengals fan so I guess go Bengals! Go Joe Burrow!

#### **What is your favorite thing to do away from sports?**

I love a good binge-watch session. "The Last of Us" on HBO Max and "The White Lotus."

#### **What is your favorite part of being an athlete at Wilkes?**

Easily my team. They've been my best friends since freshman year.

#### **What sports movie is your go-to for movie night?**

I don't think I've seen many sports films but I recently watched "King Richard."

#### **If you did not play your current sport, what sport would you have wanted to play?**

I did gymnastics. I would've wanted to see that through.

#### **What has been your favorite sports memory overall?**

Sophomore year of high school, myself and four of my closest friends on our team got to attend States in a relay.

#### **What is your favorite post-game meal?**

A large fry and chicken sandwich or some sort of sub from an Italian shop is the best.

#### **How do you feel about being selected as the Athlete of the Week?**

I've worked really hard, particularly this semester, as the only female on the swim team and it means a lot to be recognized.

*Compiled by Baylee Guedes, Sports Editor*



The Beacon/Lauren Bowers

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## **Door's open!**

*The Beacon is always welcoming new staff!*

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