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THE BEACON

The news of today reported by the journalists of tomorrow.

Wilkes offers new majors and minors for undergraduate students

By Maddie Davis
Asst. News Editor

Wilkes University is offering a variety of new majors and minors for the current and Fall 2018 semesters.

The new majors and minors include a theatre design and technology major, a five-year B.A./ M.B.A. in industrial organizational psychology major, a sports psychology minor, actuarial sciences minor, and a sustainability management minor.

The new theatre and design technology major is being introduced through the performing arts division of the College of Arts, Humanities and Social Sciences.

Classes for this major include design for theater, stagecraft, and more. Students will work to compile a portfolio and work on their own capstone their senior year. Those in this major will also be able to gain hands on experience by participating in four major shows each year.

The five-year B.A./ M.B.A. in industrial psychology is a route offered to students that allows them to not only obtain a bachelor's degree in psychology but also a master of business administration. This major is coordinated by Dr. Carl Charnetski of the psychology department.

Under no additional costs, students through this program will take graduate-level classes in their senior year in this accelerated program. This program allows students to use elective credits as an undergraduate for their M.B.A.

requirements meaning students can finish their master's in three semesters.

"It's a program where afterwards you can work in a whole array of different business settings or you can work in psychology," said Charnetski, "you're gonna have budget knowledge, H.R. knowledge, management knowledge, and marketing skills."

Students in this major are immersed in skills and courses that may place them ahead in the competitive job hunt. Careers include, but are not limited to, human resources, administration management and sales.

The new sports psychology minor was also introduced by Charnetski.

"Sports psychology is fascinating," said Charnetski "Number one, it's fun, and number two, it's really interesting."

This program allows students to study the different issues of psychology within athletes and how to apply what they learn in psychology courses, but also learning about peak performance.

"We've got a unique program here," said Charnetski, "There are only two programs in the state at the undergraduate level in sports psychology."

Students get to learn the different pieces of an athlete's psyche and how to apply the best possible training for an athlete as well as looking at an athlete's brain waves in relation to their peak performance through the cutting-edge equipment in the Neuro Training and Research center.

The coursework of this program helps

students focus on the issues faced by athletes like anxiety and stress. Classes include Intro to Sports Management, Sports Psychology, Peak Performance Coaching and many others. Students will be required to take twenty-two credits.

The actuarial sciences minor is a new program coordinated by Dr. Fanhui Kong of the department of mathematics and computer science.

"Locally, we don't have such a minor or major," said Kong.

Students in the minor will focus on subjects like probability, statistics, finance, and economics.

Through this minor, there is a possibility of getting internships to help a student use actuarial science in a real-world setting.

"I have one student who is pursuing this minor now doing an internship at County Insurance," said Kong.

The minor better equips students for the future as an actuary; a person who uses different mathematics and strategies to analyze the costs of risk and uncertainty in different lines of work, like insurance.

The sustainability management minor is introduced by the partnership of the Jay S. Sidhu School of Business and Leadership and the Department of Environmental Engineering and Earth Science.

Dr. Marleen Troy, a professor of environmental engineering, helped coordinate this program with the help Ruth Hughes of the Business school.

The minor offers a newer and modern take

on the issue of sustainability management and teaches students different sustainability measures and tools for their future.

In the minor, students will learn how to implement initiatives and programs for sustainability organizations.


"It's very rare to have [this minor] at an undergraduate level," said Troy, "so we are hoping to complement and make students stronger."

Students will take online courses of introduction to sustainability, metrics of sustainability, sustainability implementation, and industry-focused sustainability for the minor. If students finish these classes with a 3.0 GPA or higher, for each class as well as a few more additional credits, they will obtain the minor as well as an online certificate in sustainability management.

"Increased awareness and hopefully another set of tools for when they go in the workplace," answered Troy when asked what she hopes students will gain from this minor and certificate.

The certificate and minor itself comes from a partnership with the International Society of Sustainability Professionals, a recognized leader in sustainability education.

"It's a good background to have to make yourself look more marketable," said Troy.

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Graphic by Todd Espenshade

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Beacon Briefs

Compiled by Cabrini Rudnicki!

Volunteers wanted Adventures in Science

This year's Adventures in Science, themed "Science from a Submarine" is seeking volunteers. The event will take place April 27, with set up starting at 7:30 p.m. The event will run until 3 p.m. Around 250 fifth-grade students are expected to attend. Volunteers are needed for positions such as lab assistants, group leaders, set-up and clean-up assistants. Volunteers will receive a t-shirt and refreshments. Please contact ashley.wojciechowski@wilkes.edu or erica.mabry@wilkes.edu for the online signup sheet or any questions.

Blood Drive to be held

The Passan School of Nursing will be holding a blood drive on April 23. The event will take place from 7:30 a.m to 1:30 p.m in the Ballroom. A table will in the SUB for donors to sign-up during club hours. T-shirts will be given to the first 60 people to attend the blood drive. Walk-ins are welcome. Contact Kaitlyn or Alicia at passanblooddrive2018@gmail.com for any questions or to schedule a time.

Sign up for the annual Glow Run

The fifth annual Glow Through the Darkness 5k Glow Run/Walk to be held April 13. Registration opens at 7 p.m at UCOM. The run begins at 8:30 p.m from the UCOM and ends on the greenway. Participants are asked to join in the Celebration of Life after the run/walk. Proceeds from the event will go to suicide prevention awareness through the local chapter of the American Foundation for Suicide Prevention. Please visit community.wilkes.edu/glowrun to register online. Registration is \$5 for Wilkes undergraduate students, \$10 for non-students. To pay in cash, please email glowrun@wilkes.edu or visit the Glow Run table during club hours in the Student Union Building.

Wilkes University Student Government notes

By Megan Stanley

Staff Writer

The Wilkes University Student Government held their meeting this week. A fund request from Education Club was the first item of business. The group requested \$800 for the trip to the Pennsylvania State Education Conference. Those who attend the conference will take part in an outreach project in which they will go to local schools. The fund request covers registration, gas and hotel fees. Student government passed a motion to allocate \$800 to the education club. Next was the Wilkes Adventure Education (WAE) fund request. To cover the costs of their Spring Break trip to California the group were asking for \$2,000 to cover travel and food costs. To prepare for the trip, the

group organized many fundraisers, including a chipotle fundraiser, a mug sale and a bake sale. Student Government agreed to allocate \$750 to WAE. The HSC fund request for their "Welcome Spring with Color War/Holi" event was next. The event will take place April 7 between noon and 4 p.m. There will be music and Indian food and is open to all students. The group asked for \$600 to cover food and food cost. Student Government agreed to cover the A fund request from ENACTUS was also on the agenda. The group does a lot of community service including students from all majors. They volunteer in medicine, state st professional development and are involved in a hydro-clyde project. The group requested \$4,075 for five people to attend and event. Student government agreed to allocate

\$3,525 to cover hotel, shuttle and airfare for all five students attending.

The Block Party fund request was the next thing on the agenda. The event will happen on April 21 between noon and 4 p.m. The theme is beach and relaxation. At the Block Party there will be T-shirts, sand art, inflatables, food and mocktails. Student Government agreed to allocate \$15,000 towards the block party. A fund request for the Whine and Cheese event, which will be held April 3 was next. At the event, there will be cheesy snacks and grape juice. The agreed amount allocated to the event was \$1,250.

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Wilkes professor publishes text on Hispanic women writers

By Freddy Del Rosario

Staff Writer

Wilkes University's Dr. Paola Bianco has recently published a book encompassed with the writings of Spanish-speaking women.

The book, 'Mujeres con Voz Propia' which translates to 'Women in their Own Voices,' came as a realization after Bianco discovered her avid interest in Hispanic women writers.

"I found myself utilizing many pieces written by Hispanic women in my classes, and thought it would be nice to take on a project that could better represent women writers around the world," said Bianco.

"I am truly excited this book finally came to be," said Bianco.

"I started this quest alone, but then I realized I could use the help of other experts on Spanish literature," she said. Those experts are Professor Maria Fraser-Molino from Pamlico College, and Professor Emeritus Maria A. Salgado from the University of North Carolina at Chapel Hill.

"I feel like the story and the piece of Sor Juana Inez de la Cruz more or less epitomizes what the entire book is about, which is why I started the book with her."

Bianco is referring to Mexican nun Sor

Juana Inez de la Cruz. Born in 1651, she was the first public feminist in Latin America. Being pushed by her father to marry, she chose convent instead, for she knew convent was presently the only way she could get an education.

"I'm not focusing much on your typical, famous Spanish female writes, I wanted to write about the lesser known, because I felt that doing so would make this book unique," said Bianco.

Bianco also gives voice to a Filipina and an Equatoguinean Spanish writer.

"Because the Philippines and Equatorial Guinea was previously colonized by Spain, I thought it was appropriate to include female writers of those times," she explained.

"At the end, it is all about women issues throughout time and culture, and I think this book could serve as a unification of all women writers."

Each written piece is followed by the background of the author in hopes of clarifying the inspirations behind each text.

"I believe this book will be very helpful for all the students in Bianco's courses, I know she has put a lot of effort into this," said Dr. Rafael Garcia, professor of Spanish and

colleague of Dr. Bianco.

All the subjects in the book pertain to woman issues and are organized in categories such as the independence of women and defense of women education.

"Not only did I want to write a textbook about women writers who were seen as lesser citizens in a way, but to give a voice to lesser known writers around the world."

Indigenous women who were writers were also given a voice in Bianco's book. These women were not only poor, but of a then-considered 'lesser' race in 1600s Mexico.

The book deals with issues of identity and what it means to be a woman, and how women slowly began to own the right to define themselves.

Bianco's book will serve as a tool for her to teach in her new class 'Mapping History of Women Writers' this fall.

The book was published in December last year, by Panda Publications.

"It is an anthology of how their own convictions were heard in entirely different times and places."



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Campus welcomes Red Flag Campaign for Abuse Awareness

By Jacqueline Kurovsky

Staff Writer

As Colonels walk through campus in the coming weeks, they may see red for a good reason.

During the month of March, Wilkes is holding a three-part Red Flag Campaign to raise awareness about abusive relationships and intimate partner violence.

This initiative started by placing red flags around the Fenner Quadrangle, encouraging students to spot the "red flags" in an abusive relationship.

The campaign is organized by Samantha Hart, Title IX coordinator at Wilkes. She expressed the importance of raising awareness about relationship abuse and violence, and encouraged others to intervene if they spot any red flags.

"Our goal is to foster a community that is intolerant of abusive behaviors and more invested in establishing healthy relationships," Hart said.

A 2011 Knowledge Networks poll on abuse in college relationships noted that 36 percent of college students had experienced this in some form. Many in relationships do not recognize the red flags early on which can lead to physical abuse.

The initiative of placing red flags around campus is meant to engage students' curiosity and preface the rest of the campaign.

Director of Residence Life Debbie Scheibler assisted in placing these flags around campus.

"I am supporting the efforts of Samantha Hart and her office because I strongly support dating and intimate partner violence awareness," she said.

Beginning on March 19, the second stage of the campaign will begin as posters highlighting the eight warning signs of death violence will be placed around campus.

These signs are emotional abuse, coercion, excessive jealousy, isolation, assault, stalking and victim-blaming.

The campaign will culminate on March 22 with the event "Colonels Know Their Flags" in the Henry Student Center. Students will be encouraged to wear red to the event to show support and awareness.

Attendees will be given the opportunity to learn more about the Red Flag Campaign and resources will be provided for help with dating violence and abuse. In addition there will be photo opportunities and free Rita's Italian Ice.

The Red Flag Campaign began in 2005 and has become a public awareness



The Beacon/Maddie Davis

The Red Flag Campaign put red flags around campus to bring awareness to 'red flags' in abusive relationships, which many do not notice initially.

campaign that has spread to campuses around the nation. Hart emphasized the importance of this campaign on the Wilkes campus.

"Wilkes is committed to fostering an inclusive, welcoming and safe environment," she said. "Our community

has [...] largely embraced this campaign."

For more information on the campaign, contact samantha.hart@wilkes.edu.



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TEDX speaker holds lecture on community hunger insecurity

By Megan Stanley
Staff Writer

Wilkes University hosted Clancy Harrison, a TEDX speaker, author, and food justice advocate, to speak to students, staff and the community about food insecurity on March 15.

In a lecture titled "Hunger: an invisible epidemic," Harrison discussed her personal work as the previous president of the West Side Food Pantry in Kingston and discussed the hunger and food insecurity issues facing the USA.

The Campus Interfaith Coordinator, Kristin Osipower introduced the event.

"Food insecurity is a national epidemic," Osipower said. "No corner of our society is left untouched - including college students."

Food insecurity, Osipower continued, can be "a significant barrier for success" for college students who may not have the funds to buy nutritious food with many choosing to live off ramen noodles and instant meals.

"Wilkes has taken a very proactive approach in addressing the issue by providing different sources of education and resources for the students," Osipower said.

The Colonel Closet, which opened in 2016 for Wilkes University students, providing food for students who need it, but Osipower acknowledged that there needs to be more on campus to reduce stigma.

Osipower placed Harrison on the "cutting edge of advocacy" for her work in the local area to reduce stigma.

"She has transformed the lives of thousands of people by improving access to nutrition food in her work with healthcare professionals, non-profit organizations, and universities," Osipower said.

Harrison began her talk discussing the work the West Side Pantry does. They serve 70 families a week by providing them with four days worth of food. They also hold pop-up fresh produce stands bi-weekly. The same stand was in UCOM during Harrison's talk.

Before her work at the Pantry, Harrison admitted: "I had a lot of misconceptions I wasn't even aware of. But when I started working everything changed."

"I realized the misconceptions I had were completely wrong," Harrison continued. "There's a misconception that people are lazy, that they are using the system. I learned that people often have multiple jobs, they are often patching enough jobs where they are working 1.7 jobs. Most of the children on food stamps have at least one working parent."

Harrison also acknowledged the belief that many who use food services also misuse drugs and alcohol.

"In my seven years now of being at the food pantry, I've only encountered one

person who smelt like alcohol." Harrison explained that the person in question had anxiety going into public and had consumed alcohol to give them the courage to go to the food pantry.

"If you look at the research [drug and alcohol abuse is] actually more prevalent among people with money, however it is more visible in poorer neighbourhoods," Harrison stated.

Harrison is also a consultant for the Women With Children (WWC) at Misericordia University, which is a program that provides single mothers with the opportunity to complete a college degree. It is one of eight programs in the United States that offers such opportunities to single mothers.

"We have sixteen mom's and nineteen children now, we just received our third home," Harrison said.

She also discussed her cooperation with prisons that provide some of the produce use in the food pantry: "It was the best experience of my life. I get beautiful produce from them. The men are so proud it's like a sense of freedom for them inside of a prison."

Food insecurity, Harrison explained, is when people have limited availability to nutritious and safe food whereas hunger is when an individual experiences a painful and uneasy sensation because of a lack of food.

Another aspect of food insecurity, Harrison said explained is eating the wrong

types of food despite having access to good food. For instance eating instant meals, pre-prepared pancake mix, and ramen noodles.

"This is what you see in colleges, this is what you see in the working poor. They are full, but they are starving on the inside because they are malnourished," Harrison explained.

In the US, 41.2 million people are experiencing food insecurity, with 12.9 million children falling into the food insecure bracket.

"Since I've been speaking about food insecurity, the rates have gone down, but there's a bigger gap in people who need more food. So the people who need food, need more and more food than before," Harrison said.

In the Wilkes Barre area, 28.9% of the population lives below the poverty line, with females aged 25 - 35 and 18 - 24, and males 18 - 24, being the largest demographics facing poverty.

Harrison told the audience that this means the college population of Wilkes Barre makes up the highest demographic of poverty.

Harrison also discussed the stigma surrounding utilizing food assistance programs. Out of households that are classed as insecure, only 59% of insecure households participated in one of the three major federal initiatives such as SNAP, school meals, and WIC.

"What's going on in the other 41%, why aren't they participating?" Harrison asked.

"Stigma is a big issue," Harrison said as a reason for many people not choosing to seek help for food struggle.

Harrison told the story of Jake, a local child in the area who has spina bifida. His mother had to choose between buying baby formula which cost \$1,200 a month and food, leading her to receive food stamps and shop at night to avoid shame.

"Stigma causes food assistance paralysis," Harrison told the audience.

Harrison also provided other reasons why people might not be able to get help for food issues. She explained that many can't go because of conflicting working hours, no transport, and lack of knowledge about services.


Towards the conclusion of the talk, Harrison was keen to encourage others to act to help those in need.

Harrison told the audience: "Look in your own organization, where you work, find the crack and be the glue. We have a lot of our reach within universities, but what about the inreach? Civil leadership can happen anywhere at anytime by any person."



The Beacon / Megan Stanley

TEDX speaker Clancy Harrison spoke on food insecurity, especially relating to college students. Harrison was brought to campus by Kristin Osipower, campus interfaith coordinator, who also runs the Colonel Closet, a food pantry for students of the university.

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Profile of a Professor: Dr. Xiaoming Mu, mechanical engineering

By Maddie Davis

Asst. News Editor

Dr. Xiaoming Mu is an assistant professor for the mechanical engineering department.

Mu earned his bachelor's degree in engineering mechanics at Dalian University of Technology in Dalian, China.

When he moved to the United States, Mu earned his master's degree from the Georgia Institute of Technology and in July he received his PhD for Mechanical Engineering from the same school.

Mu became interested in mechanical engineering because of the influence of his hometown in China as well as his mother's influence as she herself was a mechanical design engineer of automobiles. He became immersed in automobiles because his hometown in China was home to the first automobile factory, but he later switched gears to mechanical engineering during his undergraduate years.

One of the biggest reasons Mu became interested in teaching at Wilkes was because of 3-D printing and the additive manufacturing lab on campus. He focused on additive manufacturing during his PhD.

"It's my expertise and it's why I am here," said Mu, "I am here to get involved and offering new courses."

Mu has published papers from his research with additive manufacturing and photo-mechanics of materials where he used light to deform the shape of different materials and developed a new way to print porous materials using salt and light for biomedical applications.

Mu taught CADD lab, Statics, Strength of Materials, Solid Mechanics in his first year at Wilkes.

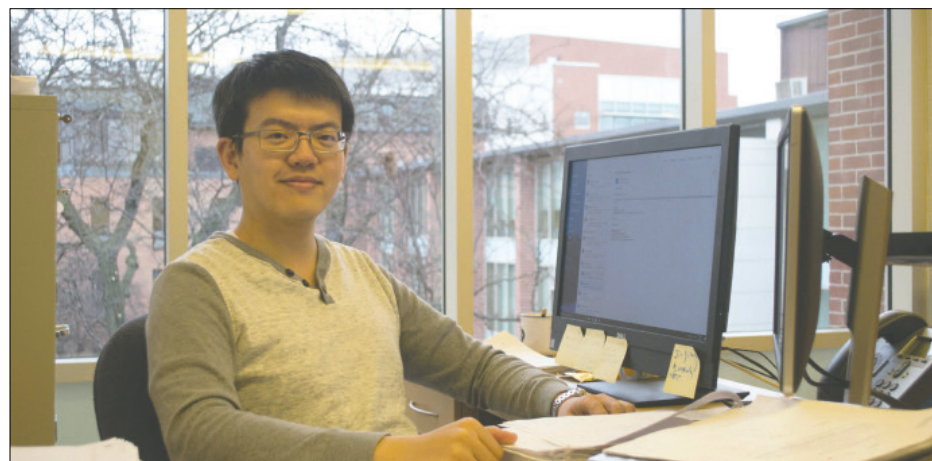
"There's a lot of stuff for me to learn in my new role as a faculty member," said Mu.

"I think being a new faculty member gives me the advantage because I care about students a lot," said Mu, "I was a student half a year ago so I know what students are thinking, what they want, and what they are expecting to get from the lecture."

In the near future Mu hopes to utilize his interests in 3D printing and material study to create a new lab for undergraduates to assist him in.

Mu had his first teaching experience at Georgia Institute of Technology as a graduate teaching assistant where he helped grade homework and, to his surprise, even had the opportunity to be the instructor of the lab.

"It was really a new experience for me and it started to be extraordinarily interesting and I started to think what if I took on this



Dr. Xiaoming Mu

The Beacon / Steffen Horwath

role as an instructor," said Mu.

Mu was able to expand his background in teaching as he was a substitute teacher for his advisor when he went to conferences.


"I enjoyed it a lot," said Mu, "I decided why not find a job that I can both focus on research and teaching at the same time."

Wilkes' focus on education and on the students is also what attracted Mu here. He liked the opportunity Wilkes gave him to use his knowledge of research in the classroom.

"I know research and I can combine them together when I teach the students about any classes," said Mu. "I can not only tell them the concept but also I can tell them what will help them in the real life."

Mu also liked the intimacy of the small class sizes that Wilkes is known for.

"I am glad I am here," said Mu.

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Faculty and students discuss possibility of squirrels in Waller Hall

By Maddie Davis

Asst. News Editor

Squirrel-related noises and incidents have been reported this past year in Wilkes University's Waller Hall.

Waller Hall is a co-ed, freshman honors dorm on campus that holds 20 students and is divided by the North and South side; the North side for the boys and South for the girls.

The newer accounts of squirrels in Waller come from this past fall and winter season. There were reported accounts of hearing running and scratching along the third floor attic-based rooms and the ceiling of the second floor on the North side. As it got worse, students notified campus' facilities.

Facilities referred to the reported squirrels as "tree rats" and stated these animals are desperate to get into a warm building because of the cold winter. Facilities told students that they had chewed the siding of the building off, which was the entry point.

From there, facilities had reportedly caught the trespassing squirrels and put up different precautions to keep further intruders away from the Honors Hall. After the maintenance, some students still say they hear faint noises but others argue the problem is fixed.

As of now, there are no reports this year from the girls' side of Waller hall, but former resident and sophomore entrepreneurship and hospitality major, Victoria Morrison, reflected

on her experiences at Waller Hall from last academic year.

Morrison spoke on the many accounts that her and her fellow residents experienced in the newly renovated Waller Hall. She said there were all types of animals, from wasps to raccoons to mice.

"It was like a zoo when we were in there," said Morrison.

"They were running underneath my floor," said Morrison, "it was all fun and games [with the animals] until I heard a squeak," said Morrison.

Morrison and fellow residents supposedly told facilities, but they didn't do anything according to Morrison.

Morrison even expressed her concern for future students because of the dangerous health risks that could come from river rats entering the hall from the nearby Susquehanna River.

"This is disgusting," added Morrison.

Gabrielle D'Amico, Director of Communications, spoke on behalf of facilities on the squirrel situation and denied claims of squirrels.

"A call was placed to facilities in December, but the sounds were found to be coming from the exterior of the residence hall," said D'Amico.

"Facilities continuously monitors and reacts to any possible issues in campus buildings,

particularly in winter months when squirrels look for a warm place to take shelter," said D'Amico. "If a squirrel finds its way inside, they will capture and release the animal off campus, and work to close up any possible entry points."

The resident assistant of the Waller, sophomore and political science major Joshua Bradley, discussed the seriousness of the claims.

"We have a couple residents here who have reported hearing some things, but they haven't actually been able to find any squirrels or anything like that as of yet," assured Bradley. "I can tell you for sure that Resident's Life and facilities have been working on this for a long time."

Bradley went into detail about the different precautions Wilkes' facilities has taken to keep out unwanted animals since the former mansions transformation into a resident hall, like sealing off of the chimney.

"They're not really causing too much of a problem other than some scratching and things like that," said Bradley. "I personally haven't had any sort of problems or anything like that."

"We've never had a squirrel or anything like that enter the building," said Bradley.

Bradley once again assured that the claims and the problems aren't serious as there are no diseases being spread from the potential



Graphic by Todd Epenshade


invaders.

Dr. Michael Steele, Biology professor, added his own remarks about squirrels with his lab assistant Shealyn Marino. Steele has been recognized nationally for his research on squirrels as well as publishing four books on the topic.

Steele blamed the cold weather for the possible intrusion of squirrels and the need to drop their young for the winter.

"The best way to do it is live trap them, take them some place and then let them go," said Steele

"If you remove one, there will probably be another one that moves in," added Marino.

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Act Out Theater Group to present “The Women of Shakespeare”

By Beacon Staff Reports

Act Out Theatre Group will present The Women of Shakespeare beginning March 23 and running until March 25 with performances on Friday and Saturday at 8 p.m. and Sunday at 3 p.m.

The reader's theatre-style show was conceived by Act Out's artistic director, Dan Pittman.

“I wanted to find a way to celebrate Women's History Month in a unique fashion,” Pittman said, “all the while making it an informative and low-key show that celebrates the strong female characters within many of Shakespeare's works.”

The cast consists of six women as young as 16. The cast includes; Riley Calpin of Clarks Summit, Kalen Churcher of Plymouth, Marissa Moku of the Back Mountain, Laurie Kirk of Tannersville, Erin Reese of Moscow and Amanda Guziewicz of Scranton.

The show includes monologues and scenes from various Shakespearean works including; The Merry Wives of Windsor, Romeo and Juliet, The Taming of the Shrew, Richard III, Coriolanus, All's Well that Ends Well, and many more.

Reese, a Wilkes University alumnus,

points to Much Ado About Nothing's Beatrice as her favorite Shakespearean woman.

“I identify with her character so much because I, too, am stubborn and picky on the outside but truly vulnerable inside,” she said.

Pittman believes it is important to produce a show like this because he believes people are not as inclined to read Shakespeare anymore.

“This show is so fun and unique because it's so many different characters that everyone

knows and loves, performed by women of all ages,” Calpin said. “With the variety of shows and characters on display, you're bound to find a piece or two that really sticks out to you personally.”

The Women of Shakespeare runs on the Act Out stage (408 N. Main St. m Taylor, Pa. 18517) from March 23 until March 25 with performances Friday and Saturday at 8 p.m. and Sunday at 3 p.m. All tickets are \$10.

Tickets can be purchased by emailing the theatre at actouttheatre1@gmail.com. Tickets can also be purchased at the door.

Editor's note: Dr. Kalen Churcher, The Beacon's faculty adviser, is involved in this production.

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It's time to spring into action and clean your home

By Amanda Bialek

Life, Arts and Entertainment Editor

1. Dishwasher Duty

A great way to sanitize is to shake baking soda on a damp sponge and wipe the dishwasher down with it. This helps removes tough stains and stuck-on food.

2. Disinfect the Disposal

Stink be gone! To freshen up the disposal naturally, drop in some sliced lemons, ice and salt. The lemons will deodorize while the salt and ice will take care of residue.

3. Ditch the Sponge

Did you know sponges are a breeding ground for bacteria? To disinfect yours, squeeze it out after using it and microwave it for one minute. When it starts to get smelly, throw it into the trash can.

4. Wash your Shower Curtain Liner

Mold and mildew? No need to throw away the liner. Put it in the washer along with bath towels to help scrub it clean and hang it back up to dry.

5. Tame the Toilet

Make fizzy bath bombs for your toilet. A quick recipe: 1 cup cornstarch; 1 cup citric acid; 2 cups baking soda; 1/2 cup Epsom salt; 1/2 cup sea salt; 2 tsp. water; 1/2 tsp. Borax; 1-2 tsp. essential oil; 2 tbsp. of a light oil such as jojoba or grapeseed. Visit thespruce.com for more details on sanitizing the toilet with do-it-yourself bath bombs.

6. Get the drains unclogged

First, pour a pot of boiling water down the drain. Then add in about half a cup of baking soda and let it sit for about eight minutes. Pour a cup of hot water mixed with vinegar down the drain. Cover with the plug and flush the drain out with hot water once more.

7. Pick the perfect broom

For indoor messes, be sure to use a broom with fine bristles. This will help pick up small dirt particles more efficiently. For the porch or other outdoor areas, choose a stronger broom with stiff bristles.

9. Address your drawers and closet

Take time to sort through the clothes in your dresser and those hanging in your closet. We often are storing clothes that are no longer worn. Purge what you do not wear anymore. Consider donating it or giving it to a friend.

11. Use velcro to address clutter

For all the gamers out there, label your game controllers and attach them to the specific game console with velcro. You will no longer have to search high and low for the controller next time you are ready to play your favorite game.

12. Clean out the refrigerator

Throw away any old leftovers or outdated food. Combine salt and soda water to make a cleaner. Wipe down the fridge with this bubbling mixture.

13. Don't spread the dust

Spray all the ceiling fans with furniture polish. Be sure to wipe off the excess and then lightly buff for a nice shine.

14. Use a Diffuser

Freshen up your room or home with a diffuser. Lemon and Thieves are great scents that will help eliminate any lingering odors and kill bacteria.

15. Shine the windows

Use a glass cleaner to get rid of those spots and smudges from the winter season. To ensure a great window shine, wash the windows on a cloudy day.

16. Toss your bedding in the washer

It is important to wash pillowcases and sheets on a regular basis to stay germ free. To keep your bedding smelling fresh, washing it once a month is ideal.

17. Check out what is underneath your bedding

While your bedding is washing, use the crevice tool from your vacuum on your mattress. This will remove dust and skin flakes. Spray some tea tree or lavender essential oils.




Graphic by Todd Espenshade

8. Say goodbye to dust bunnies with the proper dustpan

Purchase a dustpan with a rubber edge. Sweep dirt and dust bunnies into the pan with ease and catch every dust bunny that is lurking.

10. Keep the essentials nearby

Organize a basket to keep on your nightstand. Fill it with your favorite moisturizer, chapstick, box of tissues and a book. This will remind you to take care of yourself as the season changes.

 @wilkesbeacon
amanda.bialek@wilkes.edu

Recipe of the Week:

INGREDIENTS:

- 6 slices white sandwich bread, crusts removed
- 4 1/2 tbsp Nutella
- 1/4 cup sugar
- 1 tbsp butter


Egg Mixture

- 1 egg
- 2 tbsp milk
- Pinch of salt

INSTRUCTIONS:

1. Combine Egg Mixture in a bowl, whisk to combine.
2. Use a rolling pin to roll the bread flat.
3. Spread each piece of bread with Nutella.
4. Roll up bread.
5. Melt butter in pan over medium high heat.
6. Roll each roll up in the Egg Mixture.
7. Cook for around 4 minutes.
8. Remove from pan and immediately place in the sugar.
9. Roll to coat in sugar, then remove.
10. Enjoy!

Nutella French Toast



Recipe by Shannon O'Connor

Design by Nicole Kutos

JANUZZIS

Pizza & Subs

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\$13.95 <small>+ TAX</small> large 16" 1-topping pizza & 2-liter soda	\$7.95 <small>+ TAX</small> each for 5 or more large plain pies	\$16.95 <small>+ TAX</small> 3 hot & cold subs mix & match	\$20.95 <small>+ TAX</small> large 16" pizza & 12 cut tray sicilian pizza	\$17.95 <small>+ TAX</small> 2 large plain pizzas toppings extra	\$20.95 <small>+ TAX</small> 24- cut Sicilian pizza
\$17.95 <small>+ TAX</small> 12- cut Sicilian pizza & 1 order of wings	\$11.95 <small>+ TAX</small> 12 -cut Sicilian pizza	\$23.95 <small>+ TAX</small> 2 tickets to Movies 14, 1 med- 1 topping pizza & 2 drinks	\$12.95 <small>+ TAX</small> small 12" 1-topping pizza & choice of any sub	\$18.95 <small>+ TAX</small> large 16" pizza, 1 sub, & an appetizer	\$28.95 <small>+ TAX</small> 3 large 1- topping pizzas



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Self Love with Shannon

Graphic by Todd Espenshade

Spring cleaning isn't just for your messy room. It's the perfect time of year to set free all of the gloomy things bringing you down. The process of letting go of anything that brings you negativity in your life is very important to your mental health. Whether it be a bad habit, a toxic relationship or that one friend that is always bringing you down, it's time to stand up for yourself and let go. Psychologytoday.com gives some tips on how to say goodbye to the old and give a warm welcome to the new!

Worry about yourself
It doesn't matter what other people think or what they do, it's time to start caring about you. What someone else thinks of you should not change your opinion of yourself. You have to believe in yourself and others will respect you for that. At the end of the day, you have the love yourself.

Failure is always an option
If you make a mistake, don't worry, you're not the only one. Don't let it keep you up at night as you wallow in self pity. Instead learn from what happened and laugh about it. Life will be so much more pleasant if you learn that failure is human and sometimes it can be quite funny.

Accept things you cannot change
We can't control everything and sometimes things happen that we wish we could change. As much as we would love to change certain things, we have to let go of that control and move forward. Whether you wish things in the past were different, you need to live in the present and be hopeful for the future.

Get uncomfortable
Getting out of your comfort zone is one of the best ways to learn new things about yourself. New situations, new people and new experiences can be great for your mental health. Stop living behind "what ifs" and learn what you are capable of. You can unlock unlimited possibilities when you don't let fear run your life.

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"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."
-Walt Disney

Forgive
The most important aspect of letting go is to forgive. Keeping all of your negative emotions inside allows you live in the past and prevents you from moving forward. The most important thing about forgiving is you need to do it to yourself and for no one else. Forgiving and letting go allows you to grow as a person and become a new and better you.

Wilkes Internship & Career Fair



Many Wilkes students stopped by the career fair to speak with representatives from a wide variety of different career fields.



The McHale Athletic Center was filled with many employers for students to visit with.



Registered Nurses Sue Chandler and Michelle Marchetti '03 were two representatives from Commonwealth Health.



The Beacon/Madison Kaminski
Joseph Birden, a student in the Sidhu School of Business and Leadership, speaks with a representative from the Pennsylvania State Police.

Wilkes-Barre Ceasefire

By Cabrini Rudnicki
News Editor

On March 15, Action Together NEPA and the Wilkes University Sociology and Criminology departments brought different organizations to discuss approaches to violence reduction in Wilkes-Barre.

Representatives from gun violence prevention organizations spoke about their separate approaches to lessening violence through means like legislation and community outreach. The event leaders hope to create a Ceasefire Wilkes-Barre using strategies from both organizations.

Dr. Andrew Wilczak, a professor of Sociology, brought the event to Wilkes University after the Parkland shooting in February. Wilczak is the chair of the outreach and education committee for Action Together NEPA, an activist organization in the area. Action Together NEPA had previously held a gun control rally in downtown Wilkes-Barre on Feb. 19.

"We want to restore people's confidence in the city, and make Wilkes-Barre and the surrounding cities a safer place," said Wilczak.

The event brought representatives from CeasefirePA and Philadelphia Ceasefire, both gun violence prevention organizations.

"The two organizations, despite having the names in common, are two very different groups," explained Wilczak. "CeasefirePA tends to take a legislative and political side, while Philadelphia Ceasefire is more on the ground. As for what Ceasefire Wilkes-Barre ends up being is really up to us as a community. I envision it as a combination of the two."

First to speak at the event was Jeff Dempsey, the program director of CeasefirePA. CeasefirePA is one of the largest statewide organization for gun violence prevention, with a focus on education and legislation.

"Gun violence is much larger than what we typically think of as gun violence," said Dempsey. "It's easy to look at something like city homicide rates, but we don't necessarily think of suicide rates. Suicide counts for so

many gun deaths which is why people on the other side of the debate often leave suicides out."

"We also often don't talk about intimate partner violence, also known as domestic violence," continued Dempsey. "In Pennsylvania, generally we lose about 100 people a year to intimate partner violence, and about half of them are with guns."

Dempsey continued to speak on the work his organization tends to do.

"On top of education, we also do a lot of advocacy work," explained Dempsey. "We try to take the people that we speak to and pair them with their representatives. We equip them to be better advocates."

"We do more legislative work because we believe in the laws that we support, and we believe that in the Pennsylvania legislature quite frankly there are laws that will endanger it and do harm."

Dempsey also began to go through different gun laws that are important to CeasefirePA, including state laws encompassing background checks, open carry, local gun laws.

State Rep. Eddie Day Pashinski then chimed in to explain his stance on the issue, explaining his belief that the second amendment is outdated.

"The NRA has gone from a sportsman organization to a money making machine," said Pashinski.

He also commended and applauded the Parkland students recent actions to raise support for gun control laws.

"Those kids stood up, and so elegantly, brilliantly, courageously stood up and told the truth," he said. "What did they do in Florida? They passed gun legislation for the first time."

"As a legislature, it is up to me to find laws that protect people, that address concerns and address needs."

Representatives from Philadelphia Ceasefire came on stage to discuss their methods of gun violence reduction. The organization was originally created in Chicago by a scientist who noticed the



The Beacon / Maddie Davis

Jeff Dempsey, of CeasefirePA, and Rep. Eddie Day Pashinski shared the stage as they discussed legislature related to gun control, as well as voting in the next election.

clusters of shootings was similar to the spread of cholera in Africa, leading to him speaking about gun violence as a public health issue. The organizations use the Cure Violence model, which uses disease control methods, according to the Cure Violence website.

Marla Davis Bellamy brought the organization to Philadelphia after serving as Chief of Staff for the Pennsylvania Department of Health before becoming executive director of Minority Health and Health Disparities at Lewis Katz School of Medicine at Temple.

Bellamy showed a statistic of gun violence, showing that Philadelphia lost 317 victims of homicide while New York City lost 290 victims of homicide, both in 2017. New York City has a population of approximately 8.5 million people, while Philadelphia only has 1.5 million people.

"One of the reasons we talk about violence as a public health issue is because it certainly impacts so many people," explained Bellamy.

The Cure Violence model looks at violence as learned behavior. Bellamy explained this model using golfer Tiger Woods as an example.

"Tiger Woods has been playing golf since he was two years old, why? Because he was introduced to it by his parents. He was just inundated by golf his entire life, so he's a great golfer. Now flip the script a little bit. If a child is in a home where there's guns, violence, whether it's in communities or schools, that's all they see. That's what they

are going to become."

Philadelphia Ceasefire hires what they call 'credible messengers,' which are people who are known and trusted by the community, who previously had been engaged in gun violence. Their efforts are also focused on high-risk individuals.

"If we are in an area that has known gun problems, we are going to focus our efforts on the leader of the gang," explained Bellamy. "That person has a lot of influence."

The organization responds to neighborhood shootings by having members go to the scene and engage with family members and friends of the victim. The organization also mediates disagreements between individuals to prevent the conflict from escalating to gun violence.

There was a decrease of homicides and shooting victims in Philadelphia after the creation of the program. In one district of Philadelphia, in 2011 there were 46 homicides and 187 shootings, while in 2013 there were 29 homicides and 136 shootings.

Faith based leaders Dr. Mary Washim and Peter Harris also spoke at the event.

Dr. Mary Washim, a pastor and police chaplain, spoke about her approach to stopping gun violence. She works as a prayer coordinator for Philadelphia, and holds a monthly conference call prayer hotline to pray for the city. The conference call includes people across the country. The calls happen the first Monday of every month at 5:00 a.m. and 7:30 p.m.





The Beacon / Maddie Davis

Marla Davis Bellamy, of Philadelphia Ceasefire, with her powerpoint presentation explaining the cause and methods of her organization, which uses the Cure Violence model.



The Beacon / Maddie Davis

Dr. Mary Washim, a faith-based leader affiliated with Philadelphia Ceasefire, holds a monthly conference call praying for the city with people from around the country.


"I believe all of us are composed of the body, the soul, and the spirit, and I believe all of us have a part in helping with the violence that's going on. We can work on the body, but what about the spiritual piece? I believe that when we put that part in, we can become complete."

Peter Harris, also a police chaplain affiliated with the organization, gave his perspective on the situation.

"We need to connect to each other," said Harris. "Disconnect is a word that people use a lot, but the fact of the matter is that you can't disconnect if you were not connected. That's our problem, we are unconnected."

"Ceasefire is working to get us attached, attached to become engaged. Once we are engaged, we will be focused, and we will begin to look at each other in the eyes and we can begin to hear them when they speak, and we can begin to touch."

More information on the organizations can be found on ceasefirepa.org and philaceasefire.org. For more information on the creation of Wilkes-Barre Ceasefire, please contact Dr. Andrew Wilczak at andrew.wilczak@wilkes.edu.

 [@wilkesbeacon](https://twitter.com/wilkesbeacon)
cabrini.rudnicki@wilkes.edu



The Beacon / Maddie Davis

Dr. Andrew Wilczak, a Sociology professor at Wilkes and chair member of Action Together NEPA, hosted the event, inspired by the recent Parkland shooting in February.

Opinion

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

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Our Voice

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

Greek Life or no Greek Life?

The Beacon reflects on student fraternities and sororities in Pennsylvania

When people think about college, things like partying and Greek life are the factors constantly associated with college. These same factors are also costing the lives of innocent people.

Recently, a Lehigh University sorority was shut down until 2020 for what was described a "raunchy scavenger hunt."

The scavenger hunt encouraged students to do very inappropriate and illegal tasks to earn points and then become a member.

Another incident in particular happened at Penn State University last year in which a student was found dead at a fraternity party. The student drank an excessive amount of alcohol and as he was lying on the floor at a fraternity party, students expressed concern over his wellbeing.

Despite concerns, members of the fraternity hosting the party did not seem as worried and allowed the deceased body to just lay there.

The fraternity has since been banned by the university.

According to ABC News, Pennsylvania prosecutors this past Thursday dropped all assault charges against members of the now-closed Penn State fraternity in the hazing death of a pledge, sparing defendants the most serious allegations any had faced.

Although The Beacon does not agree with this decision, there are still members of the former fraternity that could face charges leaving them in prison for many years.

Attending a school that does not have Greek life, Wilkes University students do not know what it is like having to deal with fraternities and sororities on a daily basis.

But from visiting friends at universities

that do have Greek life, the party culture is extremely different.

One member of The Beacon has attended parties hosted by fraternity and sororities, and it did not seem safe. The experiences seemed unsafe because when going to Greek life parties at other schools, each fraternity and sorority encountered seemed to have different rules before even entering the party.

Then upon entering the party, it seems like it is easy to take advantage of people because there is an excessive amount of alcohol and drugs readily available.

Although fraternities and sororities exist to allow students to have connections for things like jobs once they graduate, The Beacon feels like going to a school without Greek life makes the campus safer.

This is not taking shots at students involved in Greek life and is not an attempt to attack the concept of Greek life.

Here at Wilkes University, there are fraternities, but they are professional fraternities, and are not the "typical" fraternities that throw wild parties every weekend that would endanger the wellbeing of students here on campus.

There many reasons why not having these fraternities has been beneficial to the institution and for other academic institutions that also do not have Greek life.

One simple reason is that without Greek life, it decreases the chances of students having alcohol or drug related incidents that could endanger their health.

Schools that do not have Greek life definitely still have parties, but since fraternities and sororities are not hosting

these parties, alcohol and drugs are not as readily available. This means that since fraternities and sororities generate so much money through things like "dues," they are able to get excess amounts of alcohol and drugs available for students without charging them.

For schools without Greek life, house parties are thrown by students who live off-campus. Since these house parties thrown have to be funded by students without any Greek life association, they do not have nearly the same amount of money that fraternities and sororities do, which means they personally have to come out of pocket to provide alcohol for students.

As a result, far less alcohol is provided, limiting the chances of alcohol related issues.

Another factor that makes not having Greek life safer is hazing.

Having to complete feats in order to have the opportunity to join a fraternity or sorority is something that has been going on for many years. These particular feats vary depending on the fraternity or sorority, but the common denominator is that some of these feats can put students in danger since most of these feats involve things like physical abuse, alcohol, drugs and sex.

In all, schools that do not have a strong Greek life presence are much safer than schools that do.

With that being said, should other academic institutions look into disallowing Greek life? Or do more incidents involving fatalities have to happen in order for it to happen?

Hopes and Expectations for Sons and Daughters

By Andre Spruell
Opinion Editor

Having a family is a goal most people strive for, whether it be planned or unplanned. With that being said, does the gender of a child determine how their parents raise them?

According to Psychology Today, it is often difficult to do this type of research because parents tend to be reluctant to admit that they treat their sons and daughters differently, especially in an era of greater gender equality.

Nowadays, it is common for couples that are planning to have a family to have a gender reveal for a baby that is on its way. The way in which the gender is revealed takes many forms, with the end result being blue, which signifies a boy, or pink, which means the couple is expecting a girl.

Due to something like gender reveals, is it safe to assume that hopes, standards and expectations are already being placed on a child before they are even born?

Personally, I do not think it is a stretch that couples expecting a child are already placing expectations on their children once their gender is revealed because simply put, girls are treated differently from boys.

Something as simple as toys contribute to stereotypes among sons and daughters. For example, boys are discouraged from playing with dolls and makeup, while girls are discouraged to do physical activity and are discouraged to play with "boy" toys like G.I. Joe action figures.

Another factor as to why boys and girls are treated differently from each other is the fact that dads are males and that mothers are females.

According to Time Magazine, fathers tend to use more analytical language when speaking to their daughters than when talking to sons.

In other words, by using more analytical languages towards daughters, it indicates that fathers have more complex types of discussions with their sons as opposed to their daughters.

Fathers also talked about sadness more with girls than boys, and they were more likely to engage in rough physical play with their sons than with their daughters according to Time Magazine.

Boys engaging in physical play while girls are generally taught to avoid physically demanding activity is something that I believe has always been around in society. This develops the stereotype that since boys are genetically stronger, they are more

capable of doing physical activity to the point that it seems girls cannot do the same, which is just not true.

This particular idea is evident on the adult level as well, especially back in the early 1900s when men typically went out to work physically demanding jobs, while women stayed at home to tend kids because they were seen as too delicate to work the same jobs as men.

According to Time.com, mothers may be more comfortable talking about their emotions than fathers, thus children might therefore think it is more appropriate for girls to talk about feelings.

Due to this, daughters were more likely than sons to speak about their emotions with their fathers when talking about past experiences. Since this is the case, another stereotype developed as that women are more emotional.

Since fathers and mothers are more emotionally available for their daughters than with their sons, girls tend to be more emotional because they are allowed to be more emotional. On the other hand, boys are generally not taught to be emotional because being emotional is something that is typically not seen as "manly."

According to CBS News, there is a ton of research indicating that it is really good for children to talk about their emotions and so if we're doing that less with out boys, that's a good thing to realize.

Parents being emotionally available for their children no matter their gender is something I think is truly important.

Girls are more emotional, but they are allowed to be emotional, which I like. Girls comfortably having the ability to show their emotions in any situation allows them to express themselves more freely and makes them feel more comfortable in doing so.

Boys meanwhile are less emotional because they are taught to not be emotional. Teaching boys to be more emotional I believe is becoming more common today, and is something that is important to do because allowing boys to be more emotional allows them to express their feelings more which is important to their health, especially their mental health.

Being a son to two parents who both have been extremely active in my life, there was a difference in how they raised me.

My mother has always been there for me emotionally and always made it a point that if there was something going on to let her know about. She made it an emphasis to be my emotional outlet.

Meanwhile, my father taught me

toughness and whenever he taught me lessons growing up as a kid, he always hammered home, "I'm raising men, I'm not raising boys."

Having both forms of teaching is extremely beneficial because showing emotion is something that everyone has to do in order to be healthy, but also having that hard nosed upbringing from a father serves as reminder that when the going gets tough, to keep pushing through to find a solution.

Through research, it can be inferred that teaching sons differently from daughters also creates different hopes and dreams. While these hopes and dreams may be similar, it can be inferred that the hopes and dreams towards daughter is more emotionally based than a boy's hopes and dreams.

Can men be emotional?

By Nick Filipek
Asst. Opinion Editor

Can men be emotional? Of course! As long as they show emotion in the stereotypical sense of how a man should act. There is a pressure to be seen as tough and strong while being stern and reserved. Most men want to be perceived as someone who does not complain when they are hurt and keeps everything inside.

To be fair, there really should not be categories for how a men or women should specifically act. There are billions of people on the planet, and to simply say to half, "act this way" and the other half "do this" would simply not work.

On the other hand, if some sort of genderless alien were to come to Earth and ask 100 people, "How does a man act differently than a women?" there would surely be certain answers that would reoccur.

Why is there a need to be seen in this certain image?

"You do ____ like a girl" is supposedly one of the biggest insults you can say to a man. You're told to "man up" all the time as well in situations that require determination and strength. Do women not possess these characteristics?

Ofcourse they do, and in my own personal opinion, women are way tougher than men to begin with. Only women can make children, including men, and from what I have heard the process is quite excruciating. This still hasn't stopped women from doing

Taking Care of Your Own Feelings

Become aware of your feelings– If you're going to be sensitive to others peoples feelings, the best place to start is to become aware of your own.

Learn Coping Skills- When you notice signs of strong emotions, you will need to know ways to maage your feelings so that they dont overwhelm you.

Protect Yourself– If you start to feel overwhelmed, its okay to take a break.

the job for thousands of years.

Also being told "no" for just about as long hasn't stopped woman from now running huge companies, or even starting up their own money-making endeavors. In terms of the business world men and woman are closer to equals than they ever have before.

So why can men not show their emotions? The real answer is that there is absolutely no reason whatsoever for a man to show what he is feeling on the inside.

After reading a few articles in preparation for writing my own, I have found out that it is a scientific fact that men feel all the same things women do. We feel the same emotions during the same parts of life to the same intensity. The only difference is that men are better are masking those emotions, feeling we have to keep up the façade of being these "macho men." It is now time to shed these masks.

This is a scary enough world as it is, and to have to be all alone on a metaphorical island, holding all your feeling in would be horrible. It is time men put down this vendetta to be the all star super macho man supreme and got in touch with their emotional side. All that means is that you are trying to undertand why you are acting the way you are acting, or feeling the way you are feeling.

It is not about being an emotional man, it is about being people who are in touch with themselves, and therefore have a clear understanding and healthy outlet, for said emotions.

FYF Committee Letter to Beacon

By Dr. Edward T. Bednarz III

Guest Writer

Editor's Note: This letter is in response to a story published in The Beacon on Nov. 14, 2018.

What is the only course that every incoming freshman must take at Wilkes University? Is it English? Biology? Calculus? The answer is an extremely important, diverse and often misunderstood course: FYF 101 or First Year Foundations.

For the past two years I have been a part of a remarkably dedicated committee that has made great strides for our first semester students.

In a nutshell, the goal of FYF is to transition students from high school to college.

There are key guest speakers that attend each section throughout the course of the semester from the library, registrar office and student affairs.

While each course strives to attain the same goals, it is up to the individual instructor how the course is structured.

This allows great flexibility and academic freedom, which means that the courses are taught by passionate individuals committed to our students.

Topics from past FYF courses have

included American Culture and Values, World Politics in the 21st Century, Be the Change and many more. Some courses are a broader general education experience and some, such as Engineering Design, are more program specific.

Regardless of the topic, each FYF course must embody multiple skill areas that are useful to students throughout their college career. The FYF committee has decided upon a "2+2" approach for each course. Mandatory skill areas that each course must teach students are

Diversity Awareness and Critical Thinking. Instructors can choose two more skill areas from the remaining four (Written Communication, Oral Communication, Computer Literacy and Quantitative Reasoning).

Another successful innovation that the FYF committee has implemented is an FYF Symposium. Last fall, the registrar office was able to schedule a single two hour window during final examinations where each freshman student and their instructors were able to attend.

It was a wonderful experience to witness such a diverse group of students exchanging information and mingling.

They were able to stamp a "passport" at various stations to encourage visiting multiple sections. Some courses had poster

board displays, others had pamphlets and some had physical demonstrations.

One of the more popular exhibits was from "Exploring Mars Through Lego Mindstorm Robots". Students, most of whom had no prior technical background, enjoyed showcasing their robots scurrying around the SUB Ballroom floor.

The FYF committee works closely with the FYF coordinator, Dr. Marcia Balester, who does a fantastic job recruiting instructors and keeping an astronomical 35 sections with 24 different professors all on the same page.

For all of the dedicated instructors, thank you for your hard work. Regardless if you are an adjunct or full time faculty, we appreciate what you do.

For those that are interested in the program, please feel free to reach out to Dr. Balester or myself.

To all former students of FYF: please consider "paying it forward." We are looking for e-mentors to help assist the "newbies" to Wilkes. This is a great program where you would give advice and encouragement to incoming freshmen within your major or for Wilkes in general.

Please contact Jason Wagner for more information.

Sincerely,

~Dr. Edward T. Bednarz III

**Have an
opinion you'd
like to share?
Email us!**

**andre.spruell@
wilkes.edu**

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Meet the Majors

This week's major: Environmental Engineering

Interviews and photos by

Andre Spruell

Opinion Editor

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



Jared Novitski
Senior

“(I wanted) to give myself the opportunity to work outdoors in the field and not be confined to a desk. The increase in demand for environmental professionals finalized the decision. I believe this major will provide opportunities for me to travel throughout the U.S. and even overseas, while impacting the environment in a positive way.”



Mark Zayleskie
Senior

“I chose this field because I love the outdoors and being able to help preserve it while getting people the resources they need. Since this field covers math, chemistry and basic engineering courses, it widens your job search a little by having knowledge in those different from fields.”

Failure being used as a tool for success today

By Brandon Belfonti
Staff Writer

Failing in life is underestimated.

We all know failing is a necessity of success - so why does the word 'fail' have such a negative connotation?

Dictionary.com has the "slang" term of fail as "to make an embarrassing or humorous mistake, be in a humiliating situation." We do not want to fail out of fear. Fear of embarrassment, fear of being humiliated, or even being laughed at. We need to change our perception of failing to use it as the tool that it is or it will eat our dreams alive. A quick google search of "fail psychology" provides some daunting results.

The first link, Psychology Today, says failing makes us view the same goal as unattainable, it distorts our own abilities, it makes you believe you are helpless, and then a recurrent fear of failing is created.

Maybe failing was the wrong word to label this as. Failing a test is one thing, but failing a workout or study session? Not so much.

This word has blanketed anything that does not reach a certain mark. You fail studying and then you memorize a little more, and a little more, and a little more, and then you fail a little less, and a little less, until you are close to not failing as possible.

You work out until your shot is close to

not failing, or your speed is as close to not failing, but the truth is, you should always be failing. Isn't that a funny statement? You should fail the rest of your life ... or else you will really fail.

For this explanation I will refer to the highly regarded Jordan Peterson - a college professor of psychology at the University of Toronto and a clinical psychologist (less renowned in the U.S. for he resides in Canada).

In his bestselling book/guide "12 Rules for Life" his primary rule, that everything is based off of, is the timeless yin and yang. The white and black spherical symbol we are all vaguely familiar with.

Why this symbol? And how does this relate to failing? The symbol represents chaos and order. There is chaos in order and there is order in chaos. No matter how ordered your life is, you will be paraded with chaos, and

**First
Attempt
Is
Learning**

no matter how chaotic you think you may be - order is apart of everything we do.

So, fail with order. In other words, get better with order. Fail everyday in some way, but only just above your capabilities. Peterson emphasizes how important this is because if you are failing way below your goal then you will become helpless in a heartbeat, but when you fail just below the mark, it only makes you want it that much more.

Think of teaching a child to speak. Humans do this funny thing we don't even realize and that is speaking just above the child's ability of language in order to improve their linguistic ability.

Take notice next time you are around a younger child and see how the parents put mental finish lines just out of reach for their kids - only for them to kind of understand enough to learn more and more each time.

It is complex, I admit this, but it is primal in nature and beautiful in a

sense.

When I first got to this topic of failure in life, one person shot into my mind. Michael Jordan.

I will pay him respect, and assume there is no need of explanation for his achievements. Did you know he couldn't even make his high school basketball team?

He was told he was not good enough. A little context here can be appreciated. At one point in his life M.J. was told he was worth nothing with a basketball.

He was embarrassed, humiliated, and locked himself in his room to cry for the failure. M.J. is M.J. because he looked at that failure as a mountain and decided he wanted to climb it - to be better.

This golden example might be hyperbolized for everyday life, yet it is analogous to the mountains we have a choice to climb daily.

Failure is evidently crucial if you want to improve in any part of your life. This is not approval to bomb every test you take, because it only leaves room for improvement. It is a guide on how minimize failure for the next test and the next with failing less and less.

So fail often and stop giving fail the symbol of giant red F on that last minute paper. Fail by getting it reviewed two weeks ahead with a lot of small red marks and then a week later with even less red marks and then the big F turns into a big A.

The difficulty of being private when using Social Media

By Sarah Matarella
Staff Writer

Social media is often viewed as a gateway into the realm of no privacy. However, while social media networks act as outlets to share information about our lives, they can also be used strategically to create a false image.

Social media networks like Snapchat, Instagram, and Facebook have a story feature where you can post instantaneously.

This can essentially allow people to know where you are and what you are doing at that exact moment. In addition, almost all social media platforms provide a location feature as well to be even more precise about a user's activities.

Many argue that because of this advanced interaction technology, if you post on social media frequently then you have little to no privacy.

This would further insinuate that people who do not utilize social media have more privacy. However, that is not always the

case when it comes to modern social media use.

Privacy can be broken down into two separate categories: personal privacy, and privacy with regard to data mining and exposure to advertisements.

When it comes to personal privacy, posting more on social media does in fact give others more of an insight into someone's life. However, the user still possesses a lot of control with regard to how much and what type of insight.

If you take a look at the profiles of Instagram models or people who have jobs in social media, their profiles often look pristine, appealing, and even themed in some cases. Essentially, the user portrays themselves as their ideal self or the way in which they want others to perceive them. When the number of followers or clicks on a particular user's profile increase, the user will naturally want to maintain their current method of posting.

Consequently, avid social media users

who do not rely on social media for revenue usually still want their number of followers to be higher as well and thus, assume similar posting methods. Posting in this theme-like, attractive manner often allows one's followers to assume that a certain user's life is perfect.

Users will often try to maintain this sense of perfection and thus, hide more intimate details about their life that may include deeper feelings or beliefs. This in turn allows for more personal privacy because even though a user posts a lot, it creates a specific image that usually deviates from someone's actual character.

Furthermore, the more users post on social media, the more they are exposed to data mining and advertising. This is a form of privacy that no matter what someone does, they cannot escape. Networks such as Facebook especially have algorithms that log your searches and interests and display advertisements that relate to them so that you will click on them.

Do you have
opinions? Do you
wish you had a
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them? Contact
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Sports

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

TENNIS, Continued from back cover

"It's been a good year so far but we have a lot more to accomplish."

Expected to lock in for No. 2 and No. 3 singles are senior Artyom Nabokin and junior Jonathan White.

Neidig, junior Braddock Chow and sophomore Chris Maderitz are expected to round out the starting singles players at No. 4, 5 and 6 singles.

Sophomore Alec Levin and junior transfer Andrew MacDonald will also compete for court time as upperclassmen.

The Colonels also recruited a talent freshman class including: Matt Angara, Mike Ellis, Colin Greenman, Jack Maline, Larry Scartz, Isaac Shenton and Ryan Simon.

Women's Tennis

The Lady Colonels return to Wilkes-Barre in search of their twelfth straight MAC Freedom title and NCAA appearance. Last season, Wilkes finished with a school record 24 wins, along with a perfect 6-0 record in MAC Freedom play.

They fell in the second round of the 2017 NCAA Tournament to Williams College, but not before grabbing a 5-0 victory to Johnson & Wales University in the opening round.

Th winner of the MAC Freedom Tournament receives an automatic bid to the NCAA Tournament.

One of their returners is junior Jordan Vasarkovy, the reigning conference player of the year. Vasarkovy will play a grueling schedule at No. 1 singles.

"She's going to play a lot of regionally ranked players," Leicht said. "If she can stay

consistent, she'll have her own chance to be ranked."

Vasarkovy and sophomore Dana Saliyev

compete for court time, seeing spot starts.

Varela-Seri/Zielinski and Stanton/

Volutza will hold down the remaining doubles flights for Wilkes at No. 2 and 3 respectively.

While she did say she was focused on the season as a whole, there was one match that Varela-Seri had picked out.

Varela-Seri said the match against The College of New Jersey (TCNJ) during non-conference play is one she's looking forward to.

"Let's just say I'm excited for that one," Varela-Seri said.

But with both squads, one impressive thing about the Wilkes Tennis program is their ability to compete year after year.

Leicht referenced the ability to bring in strong freshman, particularly this year.

But it doesn't stop there, with the grind of both a strong non-conference schedule, and minimal breaks, Leicht credits their speed and agility program, saying that they have done more recently to step up their fitness.

"Keith (Klahold) and Jeff (Gear) have done a fantastic job for us, getting us ready year after year," Leicht said.

The trip did have one minor snafu as the initial arrival for the Lady Colonels had a wrench thrown into their plans.

"We get there, and the codes don't work," Varela-Seri said.

Well, the codes did not work because the team was told to arrive at the wrong house.

Varela-Seri said that the owner of the house came outside and asked what was going on.

"It was stressful at the time, but looking back at it, it was pretty funny."



The Beacon/Nicole Gaetani

Senior Courtney Murphy (singles and doubles) hitting a forehand winner off the baseline.

will team together for No. 1 doubles.

"Dana is strong at the net, and is becoming stronger with every match that she plays," Leicht said.

Sophomore Francesca Varela-Seri is

also returning and captured her second MAC Individual singles and doubles crowns in the fall. She's expected to play mostly No. 2.

Sophomores Saliyev and Laura Zielinski and junior Erin Volutza are expected to hold the middle of the order from No. 3 through No. 5.

Brittany Stanton, the lone senior, will mostly see starts at No. 6, but could be

bumped up as high as No. 4 for certain matches.

Juniors Courtney McCowan and Nicole Gaetani, along with freshmen Sarah Malone and Dagney Markle will also



The Beacon/Nicole Gaetani

Senior Andrew Neidig (singles and doubles) with a backhand retrurn.

SOFT: Lady Colonels head south for Spring Break

By Ben Mandell
Asst. Sports Editor

Wilkes University sent their softball team south to play games in Virginia and South Carolina over spring break in 2018. Spring break was during the first full week of March for the Lady Colonels and they took full advantage of the warm weather playing ten games (6-4).

"The trip south for softball and baseball is unbelievably important for both programs. We are in a unique position to play 1/4 of our entire season on Spring Break," Lady Colonels Head Coach Sarah Leavenworth (Maulorico) said. "If it wasn't for the trip south we would not be able to get in the full 40 games allowed. This is also a very big deal because we can maximize the number of games played and not miss any class."


With Wilkes University and the majority of the Middle Atlantic Conference being in Northern Pennsylvania, it is difficult for teams to get games in during the early part of their season because of the cold weather and now. For the Lady Colonels to knock out a quarter of their schedule and a big part of their non-conference schedule in a one week span that does not have class helps keep the season moving along.

Wilkes did have success on their trip, winning six games and posting a record above .500.

"Our trip to Virginia and Myrtle Beach was very good this year. We played some very tough competition and showed some true resilience with 2 comeback wins," Leavenworth said. "Everyone on the roster contributed throughout the entire week and the 6-4 record really was a team effort."

Spring break proved to Leavenworth that she has team with a lot of depth and

SEE SOFTBALL,
Page 20

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BASE: Colonels play eight games in Myrtle Beach

By Kirsten Peters
Staff Writer

MYRTLE BEACH, S.C. — During spring break, Wilkes Baseball took a trip to Myrtle Beach, playing eight games at the Ripken Experience and finishing with a record of 3-5.

Under the leadership of new head coach Brandon Michael, the Colonels began their season with an 18-5 win over Lehman College. A solid showing from sophomore Matt Amaral with six innings and four strikeouts on the mound gave Wilkes the upper hand.

In the first inning, freshman Vincent Uzzi hit a three-run homer in his first collegiate at-bat, kicking off the week with a bang. Sophomore Matt Reinert went 4-for-4 at the plate with four RBIs and four runs, sophomore Tyler Walther went 3-for-4 with three RBIs and three runs, and junior Nick Capozzi went 3-for-6 with three runs to dominate offensively.

In their second game, the Colonels defeated Mount Aloysius College 11-0 with 16 hits on the day. Junior transfer Jeremy Worlinsky pitched six scoreless innings with two strikeouts and gave up zero walks. Reinert was electric at the plate again, going 4-for-4 with three RBIs and three runs. Freshman Bryan Nifenecker went 3-for-5

with two RBIs and one run in his college debut. Junior Brady Wing and senior Jarret Clymer each added two hits to contribute to the Colonels win.

With two wins under their belt, Wilkes faced off against Eastern Mennonite University, continuing to trump their competition by winning 10-6.

Freshman Matt Konikow pitched five innings, allowing two runs to score on four hits. Outings on the mound by freshmen Colin Smith and Nolan Ott and sophomore Jeremy Yzeik allowed Konikow to earn his first collegiate victory.

Offensively, senior Joe Champi and freshman Michael Patrizio steered the Colonels offense. Both batted 3-for-4 with Champi scoring two runs and Patrizio having two RBIs and one run. Reinert continued his command at the plate, batting 2-for-3 with three RBIs, two runs and one walk. Hits by Wing, Capozzi and seniors Jack Fischer and Dan Eicher added to the Colonels dictating offense.

“Reinert was the guy all week for us, stringing hits together like it was nothing,” Patrizio said. “Our whole pitching staff collectively did really well, considering it was their first time outside since the fall. The defense was outstanding with everybody making enough plays to help out our pitchers and keep us in the game.

“With guidance and support from the upperclassmen, the team really helped out the new guys, like Uzzi who hit two homers and Worlinsky and Konikow who both had a strong week on the bump. I feel like our mix of young guys and older guys is something that is a big factor for us; we all click really well and help each other out.

“No matter who was in the lineup, we all supported each other and had the same goal: to go out and compete and win games.”

Although Wilkes started off their season successful with three wins, they were unable to snatch another victory during the rest of their trip.

Wilkes fell to PSU-Harrisburg 11-1 in their first loss, with Clymer and freshman Nick Pronti being the offensive highlights for the day. Both batted 2-for-4 and Clymer tacked on the only RBI. Freshman Kyle Pokrinchak threw six innings, allowing six runs to score, giving up one walk and having five strikeouts.

In their second loss, Wilkes was defeated 7-4 by Penn College. Junior Noah Durnin pitched 5.1 innings, allowing the Wildcats to score four runs on seven hits and one walk. For the remaining 3 2/3 innings, Smith allowed three runs on nine hits and one walk.

When facing off in a doubleheader against New England College, the Colonels

were trampled 5-2 and 9-1, giving up a combined six errors and allowing seven unearned runs to cross the plate. Despite an exemplary showing by Amaral in game one with seven strikeouts, the errors committed were too detrimental for a comeback. In game two, junior Alex Palmer directed the Colonels offense by going 2-for-3. Champi, Walther, and freshman Anthony Favor each tacked on a hit.

In their final game, the Colonels lost 15-5 to undefeated Catholic University. Clymer, Reinert and juniors Keaton Allison and Jay Gonzalez each had one hit. Patrizio helped out the team by walking and having a productive groundout, scoring Reinert both times.

Looking back on the week as a whole, sophomore catcher Eric Beideman said, “We have a new head coach and a very large freshmen class, so we were using our trip as a barometer of sorts. After the competition started to rack up, we found ourselves on the losing end, but along the way we were learning valuable lessons about how to win at the college level. It was a great learning experience for the freshmen and a good week to knock the rust off for the upperclassmen.”



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Wilkes Spring Sports Schedules

Men's Tennis

Mar. 4 Nebraska Wesleyan W 9-0
Mar. 4 St. John Fisher W 9-0
Mar. 6 Methodist L 3-6
Mar. 8 Bridgewater W 6-3
Mar. 8 William Woods L 2-7
Mar. 8 Catholic University W 7-2
Mar. 11 Yeshiva W 8-1
Mar. 29 @ TCNJ 12:00 p.m.
*s-Apr. 4 @ DelVal 3:30 p.m.
*s-Apr. 4 @ Misericordia 4:00 p.m.
Apr. 8 @ Franklin & Marshall 1:00 p.m.
Apr. 13 vs. Oneonta 3:30 p.m.
*Apr. 14 vs. DeSales 11:00 a.m.
Apr. 16 vs. Ursinus 3:30 p.m.
*s-Apr. 19 vs. King's 3:30 p.m.
s-Apr. 19 vs. Lycoming 3:30 p.m.
s-Apr. 21 vs. Cabrini 11:00 a.m.
*s-Apr. 21 @ Eastern 1:30 p.m.
s-Apr. 21 vs. Muhlenberg 2:00 p.m.
Apr. 22 @ Stevens Inst. of Tech. 12:00 p.m.
Apr. 25 @ Bloomsburg 5:00 p.m.
*Apr. 28 vs. FDU-Florham 10:30 a.m.
Apr. 28 vs. Goucher 3:00 p.m.
*MAC Freedom
Home matches @ Ralston Athletic Complex
s-split squad
Record: 8-2 (MAC Freedom 0-0)

Women's Tennis

Mar. 4 Nebraska Wesleyan W 9-0
Mar. 4 St. John Fisher W 9-0
Mar. 6 Methodist L 0-9
Mar. 8 Bridgewater W 7-2
Mar. 18 vs. Moravian PPD
Mar. 29 @ TCNJ 12:30 p.m.
*Apr. 4 @ DelVal 3:30 p.m.
*Apr. 5 @ Misericordia 4:00 p.m.
Apr. 8 @ Franklin & Marshall 1:00 p.m.
Apr. 14 vs. DeSales 11:00 a.m.
*Apr. 14 vs. Cabrini 3:30 p.m.
*Apr. 18 @ King's 3:30 p.m.
Apr. 19 vs. Lycoming 3:30 p.m.
*Apr. 21 @ Eastern 1:30 p.m.
Apr. 22 @ Stevens Inst. of Tech. 12:00 p.m.
Apr. 25 @ Bloomsburg 5:00 p.m.
*Apr. 28 vs. FDU-Florham 10:30 a.m.

*MAC Freedom
Home matches @ Ralston Ath. Complex
Record: 6-1 (MAC Freedom 0-0)

Results through Mar. 18

Men's Lacrosse

Feb. 14 Scranton L 5-14
Feb. 21 Marywood L 7-12
Feb. 24 Keystone W 14-3
Feb. 28 Rosemont W 18-5
Mar. 3 Alvernia W 13-4
Mar. 10 Neumann W 18-12
Mar. 14 vs. Moravian L 10-11
Mar. 24 @ Wells 12:00 p.m.
Mar. 27 vs. Mount St. Mary 7:00 p.m.
*Apr. 7 @ FDU-Florham 1:00 p.m.
*Apr. 11 vs. King's 7:00 p.m.
*Apr. 14 vs. Manhattanville 1:00 p.m.
*Apr. 18 @ Misericordia 7:00 p.m.
*Apr. 21 @ Eastern 1:00 p.m.
*Apr. 25 vs. Delaware Valley 4:00 p.m.
*Apr. 28 vs. Desales 1:00 p.m.

*MAC Freedom
Home matches @ Schmidt Stadium
Record: 4-3 (MAC Freedom 0-0)

Results through Mar. 16

Women's Lacrosse

Mar. 1 vs. Immaculata L 9-21
Mar. 3 vs. Maritime W 13-4
Mar. 10 @ Purchase L 7-14
Mar. 13 vs. Keystone L 6-9
Mar. 15 vs. Old Westbury L 5-13
Mar. 17 @ Mount St. Mary L 12-17
Mar. 20 vs. Cazenovia 5:00 p.m.
Mar. 22 @ Centenary 4:00 p.m.
Mar. 24 @ Mount St. Vincent 12:00 p.m.
Mar. 27 @ Lancaster Bible 4:00 p.m.
*Apr. 7 vs. FDU-Florham 1:00 p.m.
*Apr. 11 @ King's 4:00 p.m.
*Apr. 14 @ Manhattanville 12:00 p.m.
*Apr. 18 vs. Misericordia 4:00 p.m.
*Apr. 21 vs. Eastern 1:00 p.m.
*Apr. 24 @ Delaware Valley 4:00 p.m.
*Apr. 28 @ Desales 1:00 p.m.

*MAC Freedom
Home matches @ Schmidt Stadium
Record: 1-5 (MAC Freedom 0-0)

Results through Mar. 16

What you missed: Colonel Athletics in brief

By Alex Kielar

Assistant Sports Editor

Mar. 3

WLAX: The Lady Colonels came up with their first win on the young season, defeating SUNY Maritime 13-4. Kyra Boccio and Jessyca Held combined for 11 points on eight goals and three assists.

MLAX: The Colonels, led by eight different players scoring at least a point, topped Alvernia, 13-4, to improve to 3-2 on the season. Nico Lorenzo scored 4 goals, John Wink scored 3, Matthew Bush and Nicholas Ruggiero scored 2, Jeremy Kachel and Connor Daly scored 1.

Mar. 4

MTEN: The Colonel's opened up their spring break trip in Hilton Head sweeping their first two matches 9-0 against Nebraska Wesleyan and St. John Fisher. Courtney Murphy (6-2, 7-5), Artyom Nabokin (6-0, 6-0), Andrew Neidig (6-0, 6-1), Chris Maderitz (6-0, 6-1), Ryan Simon (6-3, 3-6, 10-6), and Jack Maline (6-3, 6-0) all won in their singles matches in the first match. The doubles teams of Murphy/Jonathan White (8-0, 8-3), Nabokin/Braddock Chow (8-4, 8-3), and Larry Scartz/Neidig (8-1, 8-2) won both their doubles matches.

WTEN: The Lady Colonels opened up its spring break trip by sweeping their first two matches 9-0 against Nebraska Wesleyan and St. John Fisher. Dana Saliyev (6-1, 6-4; 6-2, 6-1), Erin Volutza (6-0, 6-2; 6-0, 6-0), Laura Zielinski (6-1, 6-0; 6-1, 6-2), and Sarah Malone (6-1, 6-1; 6-2, 6-0) all won both their singles matches on the day. Doubles teams of Vasarkovy/Saliyev, Francesa Varela-Seri/Zielinski and Volutza/Brittany Stanton won both matches on the day.

SOFT: Gracen Staunton capped a four-run seventh inning rally with an RBI single for the Lady Colonels as they defeated Shenandoah 10-9 in the second game of a double-header to open up their spring break trip. Wilkes dropped the first game 9-2.

BASE: Led by sophomore Matt Amaral pitching six solid innings and only allowing 2 earned runs, the Colonels beat up on Lehman College, 18-5 to open up spring break action in Mrytle Beach. Ten Colonels had at least one hit in the game with this week's Athlete of the Week, sophomore Matt Reinert, going 4-for-4 with 4 RBIs.

Mar. 5

SOFT: The Lady Colonels defeated SUNY Polytechnic Institute 9-3 before falling 2-0 to Eastern Mennonite University in the second game on the day. Freshman Celine Podlesney pitched a gem, going the whole 7 innings, allowing no earned runs and striking out three in the first game.

BASE: Wilkes shut out Mount Aloysius and knocked 16 hits in an 11-0 victory, as junior Jeremy Worlinsky pitched a solid 6 innings with 2 strikeouts. Juniors Matt Maranca, Zach Metz, and freshman Andrew Indzonka, all pitched one shutout inning each. Sophomore Matt Reinert and freshman Vincent Uzzi led the Colonels with three RBIs each.

Mar. 6

MTEN: The Colonels dropped their first game of the season, falling 6-3 to Methodist University. Juniors Courtney Murphy and Jonathan White recorded the only singles and doubles victories on the day for the Colonels.

WTEN: The Lady Colonels dropped their first game on the season, falling 9-0 to Methodist University. No. 1 doubles team of junior Jordan Vasarkovy and sophomore Dana Saliyev came the closest to a victory as they battled to a 9-7 defeat.

SOFT: The Lady Colonels came up with a come-from-behind walk-off victory in their first game on the day against Penn State Harrisburg. With two runners on in the last of the seventh inning, sophomore Kaliyah Moore drove in freshman Britny Jumalon with an RBI single to tie the game. Junior Haley Welker then knocked a change-up to left-center to drive in sophomore Gracen Staunton to walk it off for Wilkes. In the second game, the Lady Colonels knocked 14 hits on the way to a 8-1 victory against Regis College. Sophomore Celine Podlesney, junior Haley Welker, freshman Jordyn Kondras, and Staunton finished with two hits each.

BASE: The Colonels smashed 12 hits and drove in 10 in a 10-6 victory over Eastern Mennonite. Sophomore Matt Reinert continued his hot start to the season, going 2-for-3 with 3 RBIs. Freshman Matthew Konikow earned the victory pitching 5 innings and only allowing 2 runs.

Mar. 7

BASE: The Colonels suffered their first loss of the season, falling 11-1 to Penn State Harrisburg. Senior Jarret Clymer and freshman Nick Pronti each smashed two hits. Clymer drove in the only run for the Colonels when he singled in the top of the fourth to bring home senior Joe Champi.

Mar. 8

SOFT: A five-run second inning for the University of Mary Washington doomed the Lady Colonels as they fell 10-2. Freshman Britny Jumalon, sophomore Gracen Staunton, and freshman Sydney Cogswell each recorded one hit, with Cogswell also driving in a run. In the second game against Mount Aloysius, the bats came alive for Wilkes in the fourth inning, as they erased a 4-0 deficit on the way to a 6-4 win. Freshman Jordyn Kondras drove in two runs, freshmen Britny Jumalon and Megan Magoon, sophomores Celine Podlesney and Sarah Gibson each drove in one.

MTEN: In their final day of the spring break trip, the Colonels were able to come up with two wins in the three matches, defeating Bridgewater College (6-3) and Catholic University (7-2). All singles matches were won by Wilkes in both victories, with doubles team senior Gabriel Velez and junior Andrew MacDonald having the only doubles win for the Colonels in the final match.

WTEN: The Lady Colonels concluded their spring break trip with a 7-2 victory over Bridgewater College. Doubles teams

Vasarkovy/Saliyev (8-5), Varela-Seri/Zielinski (8-4), and Volutza/Statnton (8-6) all won their doubles matches.

BASE: The Colonels fell to Penn College, 7-4, as they surrendered five runs over the last four innings. Freshman Michael Patrizio finished 2-for-3 with two RBIs and one walk.

WREST: Senior Matthew Grossman finished his career at the NCAA Championships, as he fell in both matches at Baldwin Wallace University in Cleveland, OH.

BASE: The Colonels dropped their final game of spring break to Catholic University, 15-5.

WLAX: The Lady Colonels fell 14-7 to Purchase College in their first road game on the season.

MLAX: Junior John Wink and freshman Nico Lorenzo combined for 12 points as the Colonels had a huge second half to outlast Neumann University, 18-12.

Mar. 11

MTEN: The Colonels dropped Yeshiva University 8-1, as Murphy, Nabokin, White, Maderitz, and Simon won their singles matches.

Mar. 13

WLAX: Despite six goals from junior Kyra Boccio, the Lady Colonels fell to Keystone College, 9-6.

Mar. 14

MLAX: A late rally by Wilkes fell just short, as the Colonels fell 11-10 to Moravian College. Junior John Wink led all scorers with four goals.

Mar. 15

WLAX: Wilkes was outscored in the second half, 6-1, to Old Westbury, as they fell 13-5. Senior Jessyca Held led the Colonels in scoring with three goals.

MVB: The Colonels dropped all three matches to Lehman College 25-12, 25-13, and 25-22.

Mar. 17

MVB: Junior Jones Mensah's career-high were not enough in a 3-1 loss at Alvernia (25-15, 25-20, 23-25, 25-21). Senior Danny Sales also posted his fourth double-double of the season with 21 assists and a career-high 19 digs.

WLAX: Junior Krya Boccio (3), freshman Ashley Burkhardt (5) and sophomore Jessyca Held (3) combined for 11 of 12 goals in a 17-12 loss at Mount Saint Mary.

BASE: The Colonels split a MAC Freedom doubleheader with Eastern. Wilkes took game two 9-5 after dropping game one 8-4. Freshman Nick Pronti blasted a two-run double and a three-run home run in game two.

Mar. 18

BASE: In a game moved to Eastern due to poor playing conditions, Wilkes took game three and the series 2-1 by defeating the hosting Eagles. Senior Joe Champi and freshman Michael Parizio hit a combined 6-for-8 with three RBIs and three runs scored in the win.

SOFTBALL,

Continued from page 19

that she can rely on her entire roster. In collegiate sports, depth is very important for each team as it helps keep players fresh, especially in softball where double headers are very common. It also helps increase a coach's flexibility throughout the game and play the matchups they like, which can be pivotal down the stretch of a game.

"The freshman came out and showed their individual strengths and the returners came out and showed how much they improved," sophomore Gracen Staunton said. "Spring break was only the beginning, I believe this team can and will go far this season."

Of Wilkes' losses over their trip, they lost two by just two runs, competing and keeping it close in eight of the ten games. The Lady Colonels will look to ride their momentum from their spring break trip into MAC Freedom play.

The Lady Colonels will look to build off of last season which saw them get bounced in the MAC Freedom tournament. The spring trip saw players like Sarah Gibson, Kaliyah Moore, Jordan Kondras, and Britny Jumalon step up. All four players have perfect fielding percentages so far and batting averages over .300. Gibson recorded 24 putouts and has the highest batting average and slugging percentage on the team with hitting .471 and slugging .529%. Moore hit .381 and lead the team with a whopping 35 putouts. Jumalon recorded 21 putouts and hit .348 while Kondras hit .361.

Celine Podlesney and Gracen Staunton also had a very good trips, doing it both on the mound and at the plate. Podlesney pitched 27 innings posting a 3.11 earned run average, and hitting .400. Staunton, the Lady Colonel's ace, earned a 3-1 record, posted a 3.15 era, pitched 33.1 innings while holding opposing hitters to a .250 average and striking out 21.

Wilkes will plans to have a big season in 2018 and the team believes that they have the talent to do big things this season. If they can continue to get good production from their lineup and Staunton and Podlesney can prove once again that they are forces on the mound, they will have a very good chance of having success this season.



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Getting to know...

Matt Reinert

Sophomore Baseball Player

The Beacon: Male Athlete of the Week 2/19 - 3/11

Why Matt Reinert was selected: Matt Reinert started the team's spring break to Myrtle Beach going 11-for-11 and finished with an overall average of .458.

Name: Matt Reinert
Year: Sophomore
Major: Marketing
Minor: Management
Hometown: Telford, Pa.
High School: Souderton Area HS
Position: Center Field

Driving force to come to Wilkes?

The driving force for me to come to Wilkes was the combination of high academic standards of the school as well as the opportunity to play baseball. Being a business student, I felt that Wilkes offered lots of resources to be successful once my baseball career came to an end. There were lots of other things that factored into my decision such as proximity to my hometown.

Post-graduation plans in terms of a career?

After receiving my degree from Wilkes, my goal is to be hired as a manager in the marketing field. Having the opportunity to be elected into leadership positions at Wilkes University, being a manager is something that I would love to do. Motivating others and helping them reach their goals is something I developed a true passion for and hope to do in my future career.

Favorite building on campus?

My favorite building on campus would have to be the SUB. More specifically Grille Works. I'm a huge fan of their Chicken Cheesesteaks.

If you had to choose one thing about your program that you could improve, what would it be?

I wouldn't say there's things I would want to improve. Our program is in a really good spot right now. We have a great group of guys who believe in our coaching staff and are hungry to earn a playoff berth. (Some new gear that we could keep wouldn't hurt though.)

A quote you live your life by?

"Limits like fears, are often just an illusion"
 - Michael Jordan

What does "Be Colonel" mean to you?

To me, "Be Colonel" means that you should try your best to be a positive role model on and off the playing field.

Most influential person in your life?

I don't think I could narrow it down to one person. My family has a huge influence on everything I do. I don't know where I would be without them as they have pushed me to be the best person I can be.

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

He's not from the past and he's not a real person. But it would have to be Michael Scott from The Office... preferably at Benihanas.

Hopes for this season as a Colonel?

It's been a long time since this baseball team has made the playoffs. My teammates and I would want nothing more than have a chance to compete for a MAC Championship. The guys are hungry to accomplish this goal and with the leadership of Coach Michael, we are confident that this is a very attainable goal.

When/Why did you first begin playing?

Sports was always a big part of my family, so sitting around in the summertime was something I never wanted to do. I love being outside so my parents felt baseball was something I would be very interested in.

Favorite thing to do during practice?

Definitely batting practice, hitting is the best part of baseball.

Other interests or hobbies off the field?

Anything outdoors. This past summer I spent a lot of time kayaking and fishing. During winter breaks pickup basketball is something I always like to do as well.

Favorite professor?

My favorite professor would have to be Dr. Woojun Lee. He does a great job of keeping every class engaged and always brings a positive attitude.

Anyone to give a shout-out to?

Shout out to my teammates and coaches for grinding this offseason. Conference play is about to begin, time to show people who we really are.

-Complied by Alex Kielar, Asst. Sports Editor

Editor's note: This year's Athlete of the Week is narrowed down to two candidates by the sports staff. The two final candidates are then voted on by peers using a Twitter poll @WilkesBeacon

Additionally, at the end of the academic year, we will post a reader poll to crown an "Athlete of the Year".

Getting to know...

Gracen Staunton

Sophomore Softball Player

The Beacon: Female Athlete of the Week 2/19 - 3/11

Why Gracen Staunton was selected: Gracen Staunton picked up three complete game victories with a 3.15 ERA during the softball's spring break trip to Myrtle Beach, S.C.

Name: Gracen Staunton**Year:** Sophomore**Major:** Psychology**Hometown:** Kernersville, N.C.**High School:** Northwest Guilford HS**Position:** Pitcher/Infield

Driving force for your decision to come to Wilkes?

I was always intrigued by this state and its history. This school stood out to me because of the small classroom setting and I was able to pursue my passion in softball.

Post graduation plans in terms of a career?

Go to graduate school for occupational therapy.

Favorite building on campus?

The MAC because of Starbucks.

Hopes for this season as a Colonel?

My goal for the season is to always end the season with a win as a whole team.

When/Why did you first begin playing?

Ever since I could remember I grew up around my brother and sister who were involved in multiple sports. I started playing T-ball around the age of 4 years old. In the beginning I never liked the idea of playing softball, but I started softball at the age of 8. As I got older I began to actually enjoy softball and never stopped playing since. In the start of kid pitch, our team did not have a pitcher so, one day at practice my coach asked who would do it and with no thought behind it, I raised my hand. After my decision my dad would always go in the back yard and work with me and when he saw that I was not going to quit, he allowed me to get lessons with Coach Judy, my pitching coach. This is when I decided that this sport was for me so I continued to get better so I could eventually play for a college team.

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

Neil Armstrong.

A quote you live your life by?

Be bold. Be brave. Be courageous.

Favorite thing to do during practice?

My favorite thing to do in practice is when we play mini games in which pitchers team up and win the offensive and defensive drills.

If you had to choose one thing about your program that you could improve, what would it be?

I would continue to do my best to improve my skills each and everyday I show up.

Other interests or hobbies off of the field?

Play basketball, take car rides around the area and perfecting my napping between classes and practice

Most influential person in your life?

It is hard to just pick one person who had a huge influence on my life. I believe that my brother, 2 sisters, mom and dad had the most influence on my life. Ever since I went off to school 8 hours away, I can only think how much they have prepared me to go out in the world. I know they always have my back and I will continue to do everything I can to make them proud.

What does "Be Colonel" mean to you?

To me "Be Colonel" means to be Courageous, Optimistic, Limitless, Open-minded, Nurturing, Educative, and a Leader.

Coke or Pepsi?

Sweet tea.

Favorite meal to eat on campus?

Waffles with chocolate chips for breakfast.

Favorite professor?

Dr. Tindell

Anyone to give a shout-out to?

My family who are all the way in North Carolina and all the people who allowed for me to grow on and off the field.

-Complied by Alex Kielar, Asst. Sports Editor



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The Beacon/Alex Kielar

MTEN & WTEN: Tennis teams travel to Hilton Head, S.C.

By Luke Modrovsky
Sports Editor

Wilkes Men's and Women's Tennis teams traveled to Hilton Head, S.C. over spring break for their annual southern excursion. The teams competed in a total 10 matches with a combined record of 7-3. The women left Hilton Head with a near-perfect 3-1 record, while the men went 4-2.

"The trip is an excellent way to start spring season," head coach Chris Leicht said. "It's good for team bonding. It's definitely something that has made our program unique."

Leicht said that Hilton Head has become a big spring break destination for tennis teams. This year, over 50 teams from all collegiate levels converged on the island.

"This is part of our training to win conference championships," Leicht said. "The trip is part of what makes our program unique. It's how we get ready for the grind."

Many of the student-athletes see many benefits in the trip.

"Last year when we came back, everyone was much closer," sophomore Francesca Varela-Seri said. "The same definitely applies for this year's trip too. It's good to feel that bond with everyone. It's all about creating stronger bonds with people. You

see them around campus all the time."
"It was a true team bonding experience," senior Andrew Neidig said, stating that the



The Beacon/Nicole Gaetani
Francesca Varela-Seri returns a ball during the team's spring break trip.

trip was a "great opportunity that Coach Leicht and the University provide."

Varela-Seri referenced the environment and energy team has when playing. "It's a

good feeling knowing your teammates are there," she said.

One of the unique aspects of the spring break trip is the ability to just focus on tennis for the week. Since classes are not in session, the players are able to do so.

"The competition is outstanding down there," Leicht said. "It gets us ready for tough competition back home, especially our tough non-conference schedule."

Men's Tennis

The Colonels return to Wilkes-Barre in search of their eleventh straight MAC Freedom title and NCAA appearance. Last season, Wilkes finished 23-4, along with a perfect 6-0 record in MAC Freedom play.

They fell in the second round of the 2017 NCAA Tournament to Williams College, but not before grabbing a 5-0 victory in the opening round against Messiah College.

The winner of the MAC Freedom Tournament receives an automatic bid to the NCAA Tournament.

One of the players expected to make a ripple not only the regional level, but perhaps even the national level too. Senior Courtney Murphy is a returning All-American, and was the first Colonel to ever gain that status at the NCAA Men's Singles Championships in 2017. The two-time MAC Freedom Player of the Year helps the

Colonels build a strong team from top to bottom.

"It's nice to have one of the top players on your team," Leicht said. "It pushes everyone down a spot."

But playing No. 1 singles is never an easy task.

"He never gets a match off," Leicht said. "He has to be ready to go every single match."

Murphy will pair up with junior Jonathan White in doubles action.

Senior captain Andrew Neidig looks forward to the upcoming season, of which will be his last.

"We all have big aspirations individually, but it's all about taking it one step at a time," Neidig said.

The senior captain said that he also views his leadership role as important.

"My goal is to be a leader on and off the court," Neidig said. "We have a young team, and it's all about teaching them and making sure you're a role model."

Looking ahead, Neidig said there's is much more to come.

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Wilkes Spring Sports Schedules

Baseball

Mar. 4 Lehman W 18-5
Mar. 5 Mount Aloysius W 11-0
Mar. 6 Eastern Mennonite W 10-6
Mar. 7 PSU Harrisburg L 1-11
Mar. 8 Penn College L 4-7
Mar. 9 New England L 2-5 L 1-9
Mar. 10 Catholic Uni L 5-15
*Mar. 17 @ Eastern (DH) L 4-8, W 9-5
*Mar. 18 @ Eastern W 8-5
Mar. 19 @ Muhlenburg 3:30 p.m.
*Mar. 23 @ Misericordia 3:30 p.m.
*Mar. 24 vs. Miseri. (DH) 1:00 p.m.
Mar. 27 @ Marywood 3:00 p.m.
*Mar. 29 @ Del. Val. 3:30 p.m.
*Mar. 30 vs. Del. Val. (DH) 1:00 p.m.
Apr. 5 @ Scranton 5:00 p.m.
*Apr. 6 vs. King's 3:30 p.m.
*Apr. 7 @ King's (DH) 1:00 p.m.
Apr. 8 vs. PSU Brandywine 3:30 p.m.

Apr. 9 vs. PSU Hazleton 3:00 p.m.
Apr. 10 vs. PSU Wilkes-Barre 3:00 p.m.
*Apr. 13 @ Manhattanville 3:30 p.m.
*Apr. 14 vs. Man'ville (DH) 1:00 p.m.
*Apr. 18 @ PSU Schuylkill 3:00 p.m.
*Apr. 20 vs. FDU-Florham 3:30 p.m.
*Apr. 21 @ FDU-Flor. (DH) 1:00 p.m.
*Apr. 27 @ Desales 3:30 p.m.
*Apr. 28 vs. Desales (DH) 1:00 p.m.

*MAC Freedom
Home games @ Artillery Park
Record: 5-6
(MAC-Freedom: 2-1)

Results through Mar. 18

Softball

Mar. 4 Shenandoah L 2-9, W 10-9
Mar. 5 SUNY Poly W 9-3
Mar. 5 Eastern Mennonite L 0-2
Mar. 6 PSU Harrisburg W 3-2
Mar. 6 Regis W 8-1
Mar. 8 Mary Washington L 2-10
Mar. 8 Mount Aloysius W 6-4
Mar. 9 Gwynedd Mercy L 0-2
Mar. 9 LA Roche W 5-0
*Mar. 17 vs. Eastern (DH) PPD
Mar. 20 @ Lycoming (DH) 3:00 p.m.
Mar. 23 vs. SUNY Pots (DH) 4:30 p.m.
*Mar. 24 @ Miseri. (DH) 1:00 p.m.
Mar. 25 @ Susque. (DH) 1:00 p.m.
*Mar. 29 @ Del. Valley (DH) 3:00 p.m.
Apr. 5 @ Marywood (DH) 3:00 p.m.
*Apr. 7 vs. King's (DH) 1:00 p.m.

Apr. 10 @ Keystone (DH) 3:00 p.m.
*Apr. 14 @ Man'ville (DH) 1:00 p.m.
Apr. 17 vs. Summit (DH) 6:00 p.m.
Apr. 19 vs. Penn Tech (DH) 5:00 p.m.
*Apr. 21 vs. FDU-Flor. (DH) 1:00 p.m.
Apr. 24 vs. Scranton (DH) 5:00 p.m.
*Apr. 28 @ DeSales (DH) 1:00 p.m.

*-MAC Freedom
Home games @ Ralston Athletic Complex
Record: 6-4
(MAC-Freedom: 0-0)

Results through Mar. 18