



THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

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

Addy Malatesta to retire

Wilkes University's Director of Athletics, Addy Malatesta, is set to retire in June 2023 after 34 years of commitment to the Colonels.

"Addy has been a dedicated fixture for Wilkes athletics over the past four decades," said Jonathan Drach, head football coach. "Her care and support for student athletes and staff has set the tone and culture for a high functioning athletic department.

Before spending the last 23-years as the athletic director, Malatesta started her tenure at Wilkes as the head coach for the field hockey team for 14-years. She led the Colonels to an overall record of 140-113-9 and guided the team to the NCAA Division III championships in the 1995 season. In 1999, Malatesta led the Colonels to win their first-ever Middle Atlantic Conference (MAC) crown.

Continued on page 3...



Photo courtesy of GoWilkesU

Addy Malatesta delivering a speech after she was awarded the Middle Atlantic Conference Lou Sorrentino Award in 2019.

Thanksgiving traditions: the norm, the unique and the fun

By Anthony Cazun
Staff Writer

As the year comes to a close a favorite holiday for many is quickly approaching.

Thanksgiving is a time of year that represents family, relationships and gratitude. People from all over the country unite to celebrate with their loved ones while dining on a large delectable feast.

Thanksgiving has many connotations that to many, are crucial staples of the holiday. However, these sentiments are not inherently universal. Thanksgiving is seen largely as an American holiday and, just like America itself, it is full of various traditions.

Family is the root of Thanksgiving, its primary energy source. Expressing gratitude and enjoying the, sometimes scarce, company of loved ones.

TRADITIONS, page 10

WIH: New coaching staff proving to make a difference

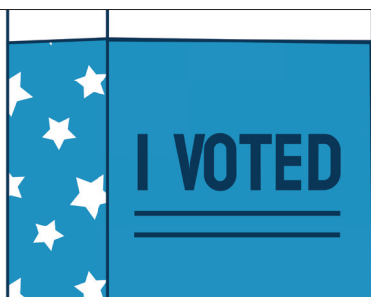
By Julia Mazur & Baylee Guedes
Staff Writer & Sports Editor

Last weekend was a weekend of many firsts for the Colonels: Wilkes recorded its first ever weekend sweep in women's ice hockey team history, as well as the first set of back-to-back wins and a 4-0 win recording the first time the team had won a game by more than three goals.

All of these accomplishments fall under a brand new coaching staff.

"I think that the staff has instilled a mindset of professionalism for the program," said new head coach Dave LaBaff. "We aim to operate the hockey side of our program based on a division one lifestyle while still embracing the values of division three in every other aspect. We work to make sure the players believe in themselves and that that will allow them to grow in all aspects."

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Men's basketball season preview and coach Metz 100th win, page 20

News

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

Student Government notes: Nov. 2 weekly meeting

By **Claudia Cuchran**
Staff Writer

Student Government held its ninth meeting of the semester, covering two fund requests and two upcoming events.

First, the Wilkes Veterans Council presented to the council for a second time with a fund request to cover expenses to attend the 15th annual Student Veterans of America National Conference in Orlando. This conference will allow student veterans to connect with potential employers from over 500 companies.

This year, the Wilkes Veterans Council plans to send four students to the conference—three veterans and a non-veteran who is highly involved with the council. The members are applying to grants and have fundraising efforts in motion to help fund this trip. The

fund request from Student Government will help cover conference registration, hotel, meal and travel expenses. There was a motion to allocate part of the amount requested to fund areas of the trip, and the motion was passed.

Next, the SUB Lounge Capital Projects Committee presented to the council for the first time with plans and a fund request to redesign the area. The new design was crafted with comfort, functionality and students' intentions in mind. The committee chose to work with RT London for this project, a furniture company that specializes in college campuses and has worked with Wilkes numerous times. The new design for the SUB lounge includes booths, high top tables and chairs, new couches and more. The project will start as soon as proper funding is allocated. The committee will present again to the

council at next week's meeting.

The 2022 Casino Week will take place from Nov. 11 to Nov. 14. This year's theme is "James Bond - Casino Royale." Throughout the week, there

will be games, food, mocktails, prizes and more.

Student Government will meet again Nov. 16 for its 10th meeting of the year.



Beacon Briefs: Upcoming campus events

Compiled by **Beacon News Staff**

Spring parking applications available

Commuter and resident parking applications for the spring 2023 semester are now available to fill out.

The deadline for all applications is Nov. 30. Applications will not be accepted or reviewed after the deadline closes.

If you would like to apply for a Ralston parking permit, please specify in your application. Any other questions must be taken with parking at 570-408-7275, Monday through Friday 8 a.m. to 3:30 p.m.

Manuscript accepting submissions

Manuscript Society, the university's creative writing magazine, is

accepting submissions until March 31.

Please email submissions to magazine@wilkes.edu. Submissions should be no more than five pages double-spaced text, five poems, or five images per submitter.

Please include the title of each piece clearly at the top of the page or as the file name.

Please submit files as .doc or .docx format, .jpeg or .png for images and graphics

Do not include your name or any identifying information within the document.

Diploma Orders

If you are a candidate for graduation in May 2023 with any type of degree including a bachelor's degree or master's degree, then it is time to order your diploma.

Diplomas must be ordered whether or not you are attending the graduation ceremony in the spring.

The order form for your diploma can be accessed with the following link: <https://etcentral.wilkes.edu/#/form/4>

Before you order your diploma, you must register for courses for the spring 2023 semester.

Ralston lot limited in access

From Nov. 22-23, the entrance to Ralston field parking lot will be closed for the installation of new lighting. All vehicles are to be removed from the lot before Tuesday morning.

For more information, contact Ron Karaffa at ron.karaffa@wilkes.edu.

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Upcoming Events: 2022 Fall Semester

November

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December

12 - Classes end and finals begin
19 - Final exams end

Want your event featured in the calendar?

Email: Madelynn.Kinard@wilkes.edu

Malatesta

Continued from front cover...

Malatesta also served as the head softball coach from 1990-1994 and guided the Colonels to an overall five-year record of 60-52-1 while appearing in both the MAC and Eastern College Athletic Conference (ECAC) playoffs.

"It is hard for me to choose my best moment in my 34-years at Wilkes," said Malatesta. "I share great memories with the women that I coached at Wilkes. It was less about the championship titles and more about the relationships and unwavering support we had for each other that created our unforgettable experiences."

Malatesta is proud to have played a role in the sport sponsorship expansion and capital projects that will benefit student athletes for years to come.

In the past 10 years alone, Malatesta

has overseen a multitude of projects.

One of these projects included the renovation of the Ralston Athletic Complex, which added a field turf playing surface along with Musco Sport Lighting system, a new bleacher system and a press box. This renovation also repaired six all-weather tennis courts located at the complex as well as an expansion of the Munson Field House by adding new locker rooms and an athletic training facility.

In 2018, Malatesta was the leading role when Wilkes partnered with Wilkes-Barre/Scranton Penguins, located at the Toyota SportsPlex at Coal Street Park. This partnership was able to land the ice hockey team a home rink. Renovations took place as she oversaw the construction of men's and women's locker rooms that were solely dedicated for the university's ice

hockey teams.

"Addy has been one of the pillars of Wilkes athletics for as long as anyone can remember," said graduate student Phil Erickson. "Her name has been synonymous with the success that the Wilkes Colonels have had throughout her prestigious career. On a personal note, our hockey program would have never come to fruition without her hard work and pursuit of excellence."

The Bruggeworth Field was one of Malatesta's most recent projects. The renovations included a turf field that is used for men's and women's soccer, men's and women's lacrosse and field hockey. Enhancements were made for two new press boxes, two spectator areas and a scoreboard.

Malatesta stated that she will miss the day-to-day interactions with the members of the athletic staff and

athletic trainers.

"They became my new team when I retired from coaching," said Malatesta.

Malatesta plans to spend her retirement traveling, attending athletic events at her own leisure and being with her family.

Mark Allen, interim vice president for student affairs, will lead the search for the University's next director of athletics. The university has engaged executive search firm Spelman Johnson to assist with the process and a committee of faculty, staff and students will be assembled soon.

The goal is to have a new athletic director by Fall 2023.

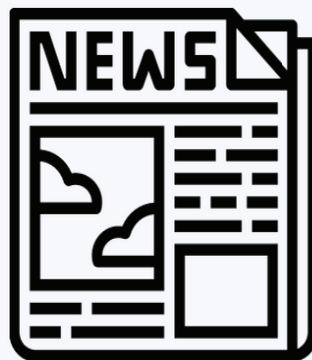
"I look forward to her continued leadership in the coming months as she concludes her career," said Dr. Greg Cant, Wilkes University president.

REMINDER!

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Jill Ferretti joins Wilkes as assistant clinical professor

By Emma Broda
Staff Writer

The Wilkes fall 2022 semester was met with many new faculty members, including Jill Ferretti as an assistant clinical professor for undergraduate nursing at the Passan School of Nursing.

Ferretti was born and grew up in Wilkes-Barre. She always had an affinity for helping others and knew the medical field was for her.

"I was always very compassionate as a child, always wanting to help others. I volunteered for the hospital that I currently work in when I was a teenager and knew that I would be in healthcare, in some capacity, some day," said Ferretti.

Ferretti completed her undergraduate in nursing locally, earning her associate of science at Luzerne County Community College and then her bachelor of science at Misericordia University. She went on to earn a master of science in nursing/

family nurse practitioner from Chamberlain University. She has worked at Quality Patient Centered Services as a registered nurse and at Geisinger Wyoming Valley Medical Center as a regional childbirth educator.

One of Ferretti's past careers has also been in obstetrics as a registered nurse at Wilkes-Barre General Hospital. She had decided on this specialty originally because she fell in love with it during nursing school. She described working



Photo courtesy Jill Ferretti

in this field as "one of the most intimate relationships you can form in healthcare." Childbirth is a very "vulnerable time" and she recounts this experience as being an "honor" and she felt "grateful to have been able to be a part of for so many parents."

She is now working at Wilkes-Barre General in their Orthopedic unit, as well as for Medical Research Network focusing on in-home clinical trials. She also decided to work at Wilkes as a professor as she

viewed teaching as being "at the core of nursing" and was "thrilled" at the opportunity.

Ferretti has been married nearly 18 years and has two children, one of whom attends Wilkes with the young scholars program. She and her family love the outdoors.

"Living in such a beautiful state gives us the perfect backdrop to enjoy many seasonal outdoor activities," said Ferretti.

One thing she found was important to share with students is that they should "never forget the caring component of nursing." She also shares that it is crucial to understand that it is not just about studying and the books.

"These individuals are moms and dads, sons and daughters, family members that are loved by many people. If they treat them with the care, compassion and respect that all people deserve, they will be better nurses as a result," said Ferretti.

Dr. Diane Daddario joins Wilkes as faculty of practice

By Amanda Montgomery
News Staff Writer

Dr. Diane Daddario joined Wilkes this fall semester as a faculty of practice for the psychiatric mental health nurse practitioner program.

Daddario is from New Berlin, Pa. She started her academic career at the Danville Area School District School of Practical Nursing with a practical nursing diploma in December of 1978.

She then received her registered nurse diploma at Geisinger Medical Center School of Nursing in August of 1982. She graduated from Pennsylvania State University in Dec. 1996 with a bachelor of science in nursing.

She received her master of science in nursing, as a clinical nurse specialist in adult health in Dec. 2006 at Bloomsburg University of Pennsylvania. In addition, she also became a post-master's adult nurse practitioner in May 2014 at Bloomsburg University.

Finally, she earned her doctor of nursing practice in Aug. 2017 and her

post-master's certificate in Jan. 2022 at Wilkes. Daddario chose to return to Wilkes as a psychiatric mental health nurse practitioner (PMHNP) because of her "good experience as a student."

Daddario says that the best part of her job is "hearing back from students and their successes, and helping students succeed, especially when they didn't think they would be able to complete an MSN."

Outside of teaching, Daddario is an active member of the International Council of Nurses Nurse Practitioner /Advanced Practice Nurse Network,

where she previously also served as a committee co-chair.



Photo courtesy Dr. Daddario

In her spare time, Daddario enjoys reading, walking, doing various activities with her family and especially traveling with her friends.

In the future, Daddario plans to keep traveling in the United States, as well as other places and countries around the world.

One piece of advice Daddario has for students, especially nursing students, is to "please put the necessary time and work into studying to be the best nurse practitioner possible."

ARE YOU A
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FACULTY MEMBER AT
WILKES?

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WORK!

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NEWS EDITOR:
Madelynn.Kinard@wilkes.edu

What the National Alliance on Mental Health means for students

Improving mental health on campus

By Wren Haze
Opinion Editor

A newly formed club, National Alliance on Mental Health (NAMI), is an organization determined to end the stigma surrounding mental health while granting access to the help those may need in mental health crisis situations.

“NAMI is important to me personally because it symbolizes this new generation of people who are not afraid to talk about mental health the way they do physical health,” said Ashley Gangaware, junior nursing major and current leader of the club. “I think this club is important because it will grant students the access and help they need during the difficult and stressful years of college.”

High school and college students are among the most affected in regard to mental health. The club serves as an outlet for students to talk about mental health and how to cope with the struggles of life.



Photo courtesy of Wilkes University

Junior psychology major Drew Haritos thinks the club is an amazing thing to have on campus.

“I think it will be a great opportunity for people to become more knowledgeable about how to help themselves and peers in times of stress,” said Haritos. “Knowing that they have friends and peers around them that can offer them guidance on what to do if they are struggling may help more people seek assistance in bad times.”

The club is open to all majors. The adviser for the club is Dr. Todd

Hastings, a new nursing assistant professor who Gangaware says was “the inspiration for the club.”

Hastings has worked in the psychiatric nursing field and has had first hand experience in regards to college clubs. He brought the idea up to nursing students at the beginning of the semester, who then took the idea and ran with it.

“We want to make NAMI on campus a school-wide force to fight against the stigma of mental health,” said Gangaware.

Hastings thanks Gangaware and a few

other members of the club for the work they have done.

“The stars lined up well per the local NAMI folks reaching out in support of a collaboration which we hope will elevate a community presence not just on campus but into the broader Wilkes-Barre plus area,” said Hastings.

National Alliance on Mental Health (NAMI)

Club leader:
Ashley.Gangaware@wilkes.edu

Club adviser:
Todd.Hastings@wilkes.edu

You are NOT
ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

1 in 20

1 in 20 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)

12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)

Graphic courtesy of NAMI

Pennsylvania state election results yield win for Dems

By Zach Paraway
News Staff Writer

The Midterm Elections were held on Nov. 8. Democrats won both the Senate seat and governorship in Pennsylvania.

The Senate race, was won by John Fetterman who defeated the Republican candidate, Mehmet Oz, known to many as Dr. Oz. In the governor race, Josh Shapiro defeated Republican candidate Douglas Mastriano.

Fetterman is from York, Pa., and served as the mayor of Braddock from 2006 to 2019. Before this, he received a bachelor and two masters degrees in business administration and public policy.

Fetterman became the Lt. Gov. in 2019, where he became infamous for how he acted during his time. During the 2020 election, he had dealt with many of the claims of voter fraud in Pa., due to conservative rumors.

A portion of his notoriety came from the constant denial from him that there was no voter fraud present in the state of Pa., to which he only found three cases.

After gaining an increased profile, Fetterman ran as the Democratic candidate for the senate seat. His platform was that of legalizing abortion, legalizing marijuana, major criminal justice reform and others.

Many of his ideas are considered progressive compared to other candidates.

Fetterman replaces the retiring Pat Toomey, who held the seat from 2011, and will serve with Bob Casey Jr., giving Pennsylvania two Democratic senators, contributing to the Democratic majority in the Senate.

Shapiro, native to Montgomery County, began his political career in Washington D.C..

After graduating from Georgetown with a doctorate in jurisprudence, he served as

an assistant to many different politicians over the course of a few years, including the Chief of Staff for Pa. Congressman Joe Hoeffel.

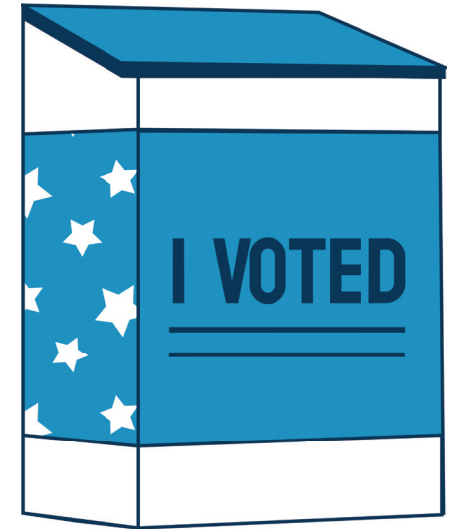
He ran for the Pa. House of Representative seat in the 153rd district in 2004. He would win and hold the seat from 2005-2012.

He then sat as a part of the Montgomery County Board of Commissioners from 2012 to 2017. Then, as Attorney General from 2017-2023, he oversaw various cases surrounding medical care, including fighting large corporations and institutions in court cases.

He ran as the democratic candidate in the governor race with his platform being very similar to that of Fetterman.

Shapiro replaces Tom Wolf, who held the seat since 2015.

For the House vote in Luzerne County, Matt Cartright won over Jim Bognet for the 8th district seat.



Graphic by Maggie Murphy

National Society of Leadership and Success sponsored drive

By Maddy Kinard
News Editor

Starting Nov. 15 and running until Dec. 6, The National Society of Leadership and Success is sponsoring a food and feminine product drive.

All proceeds from the drive will support the Victim Resource Center in Wilkes-Barre.

Donations can be brought to the NSLS table in the SUB every Tuesday and Thursday from 11 a.m. to 1 p.m.

The VRC helps those who are affected by crime, leaving victims with little to nothing. They offer support to the individuals and families and anyone else who was involved in the incident. As Julie

Chropowicki, graduate assistant of student development, describes it, the VRC offers many forms of support: advising victims through court proceedings and offering mental health counseling free of charge

“These drives are important because it helps to band together the community in order to support those that need it most, especially around the holiday times,” said Chropowicki. “Some victims literally have to start from scratch and do not even have the basic necessities that many of us are fortunate to have, including food.”

Chropowicki went on to explain the special importance of the feminine products because they could be a financial strain to those that menstruate after already going through so much. Not being

able to properly take care of your body during menstruation could also have associated health risks.

“These drives are important to the community because I believe it shows that we can all be connected through kindness and leadership. Having the ability and the chance to collect donations from students that would benefit the victims at the center is a great cause to have, as well as a great thing to do in society,” said Josh Garced, president of the NSLS.

The NSLS has been a society on campus since 2006. Garced finds that students have rarely heard of the society, and to combat this, the NSLS is trying to put their name out to the community to let students know

that the society plans on contributing as much as possible to the community, in this case, a fundraiser.

“We try to do events like this when we can. It does get hard being full-time students, but that doesn’t stop us from being committed to the NSLS and its mission,” said Katarina Johnson, senior psychology major and NSLS member.

To learn more about the VRC and to donate outside of the allocated dates for the drive, visit the Victims Resource Center website, vrcnepa.org/donate.

If unable to bring donations to the table, please contact Chropowicki, julienne.chropowicki@wilkes.edu or call 570-408-5503 to arrange a time for your donations to be dropped off.

We are looking for designers and photographers!
The Beacon is always looking to add new members to our staff!
Contact our Editor-in-Chief: Emily.Cherkauskas@wilkes.edu

Life, Arts & Entertainment

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

Art in Context

By Laury Angeles-Martinez
Staff Writer

Recently, the Sordoni Art Gallery showed a film called, "In the Absence of Lights." The HBO documentary talks about and explores art by African Americans and the path that each of them forged for contemporary Black artists.

The viewing was a part of the

lecture series for the newest exhibition in the Sordoni Art Gallery, David C. Driskell's "Creativity, Collaboration and Friends," new exhibition in the Sordoni Art Gallery.

The documentary starts with Driskell discussing the 1976 exhibition that he created called "Two Centuries of Black American Art." The exhibit was the first museum exhibition of black art.

"The reason we were showing it is

to connect David Driskell, who was a creator, an educator and organizer of many things, to his art works. And what we are featuring in the gallery is the work of David Driskell in association with all of the artist and people that became part of his circle who were much part of that first museum exhibition of black art," said Heather Sincavae, associate professor of art and the director and program coordinator of Sordoni Art Gallery.

The exhibit should excite a number of art enthusiasts.

"It is very interesting and gives a really great perspective of the origin in general, not only of that time, even until today there are a lot of contemporary artists that are featured and it is really good," said Melissa Carestia, assistant director of the Sordoni Art Gallery.



ABOVE: Viewing room where the film was played.



RIGHT: Exhibition wall with the overall preview of the gallery.

Photos: Laury Angeles-Martinez

Cocktail of the Week: The fun, fall-inspired forbidden sour

By Haley Katona
Staff Writer

As the end of semester nears its way to us, keep this drink in mind for finals week celebrations. The forbidden sour, a sour and tart sister drink of the whiskey sour. Perfect to ease into dark liquor and to celebrate the winter season as winter break approaches. Grab a blanket and sit by a fire.

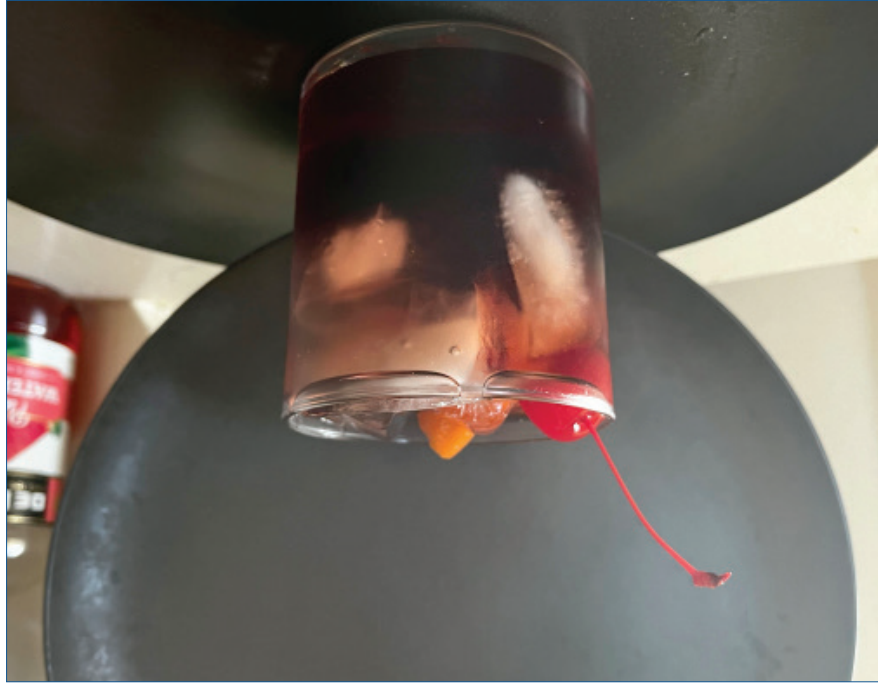
Happy drinking!

Happy drinking!

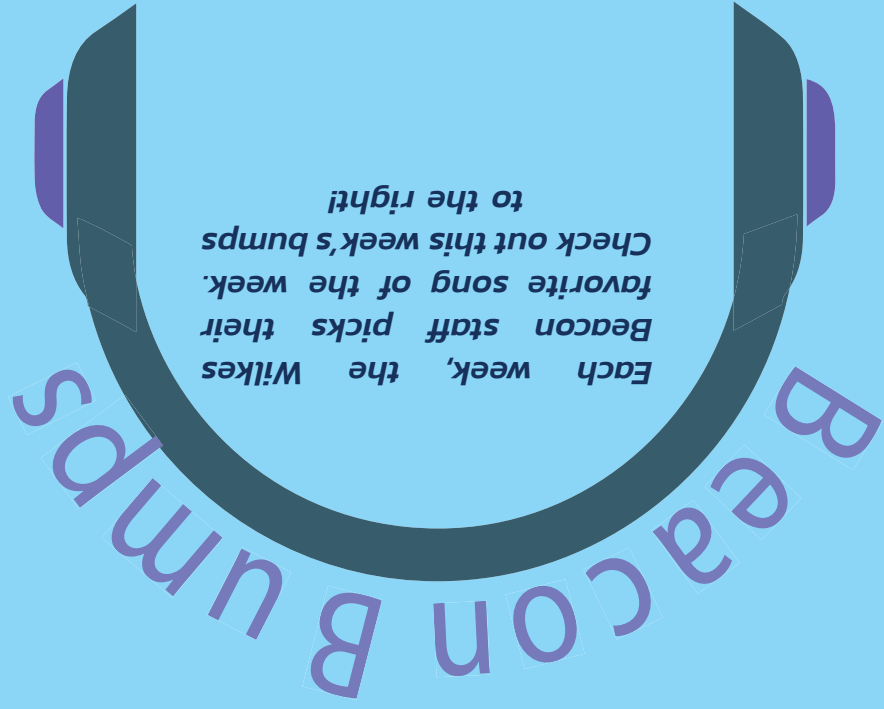
Ingredients:

1 ounce bourbon
1 ounce Pama pomegranate liqueur
1 ounce freshly squeezed lemon juice
.5 ounce simple syrup
Orange twist (optional)
Cherry (optional)

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



The Beacon/Haley Katona
Here is the forbidden sour, a mixture of bourbon, lemon juice and simple syrup.



Emily Cherkuskas, Editor-in-Chief:

Sonne - Rammstein

Maddy Kinard, News Editor:

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Baylee Guedes, Sports Editor:

Late Night Talking - Harry Styles

David Marks, Lead Layout Designer:

Dumb - Nirvana

MAGICAL MEMORIES WITH MORGAN

By Morgan Rich

Life, Arts & Entertainment Asst. Editor

This week officially marks the two-month mark of my Disney College Program, and I can happily say that this week has been one of the best of my entire program.

The week started out pretty dull with heading to work normally on Nov. 7. This week I decided to stay at my home location instead of venturing out and trading for somewhere else. However, on Monday it definitely paid off.

When we work for Walt Disney World the cast members are not allowed to accept tips, but we are allowed to accept gifts from guests. At the start of my shift I got put on the register for our sweets store and a guest came up to me and handed me Pokémon

cards. I do not even collect them but it was the first gift I ever received from a guest so it felt extremely special to me.

On Tuesday, I was off and just decided to have a day to rest and rejuvenate. My friend Carla and I decided to go out to eat and head to Cast Connections. Cast Connections is a store that has heavily discounted Disney merchandise that is exclusive to cast members and their friends/family.

We then came back to my apartment and decided to watch “Harry Potter and the Half-Blood Prince” since we had not hung out in a long time. Once she left to go to work I decided to clean up my room and finish a lot of my schoolwork.

Nov. 9 was the day things got extremely interesting. Tropical Storm Nicole decided to make her impact that day as a category

one hurricane. This was the first November hurricane for Florida in 37 years.

At the beginning of the day I saw Jodi Benson, the voice of Ariel in “The Little Mermaid,” which was absolutely surreal. She came to Flamingo Crossings Village to talk about her new book, “Part of My World,” and she even sang for us. At the end of her visit she surprised us by giving us all signed books.

The hurricane caused all of the parks to close early and caused almost all cast members to stay home from work. However, my location called me into work. I can now officially say I worked during a hurricane. They allowed us to go home at 10 p.m. since Disney said it was not safe for us to stay past then. However, I can happily say that my coworkers and I made the best of a bad situation and created tons of core

memories while working in the middle of a hurricane.

Thursday was another day off for me, but because of the hurricane, I canceled all of my plans. When the rain stopped I decided to go to the store and get some Christmas decorations for my room which in turn caused me to decorate my entire room for Christmas. I would say that this is something that is definitely going to get me through the holiday season without my family.

Even though there were plenty of times this week when I could have let my hopes down, I can definitely say that this week taught me how to make the most out of bad situations. These past two months have gone by super fast and I cannot wait to see what the last two months hold.

Reveille with Ryan Evans: Assessing our humanity

By Ryan Evans

Staff Writer

It has dawned on me that this will be the last article that I write for this publication (probably) so I figured I would go out with a bang. Allow me my proverbial soapbox one final time.

This past Sunday I went and covered the Wyoming Valley Veterans Day Parade for my day job. As the parade made its way down Market Street and towards Public Square, I snapped a photo of my buddy and all-around good guy, Wilkes-Barre Mayor George C. Brown. It is a regular occurrence for the media to snap pictures of the guy, so business as usual, right?

This one was different, though. Next to the mayor was Ivan Doboni of Plains Twp., who is a native Ukrainian. I went to high school with his son or grandson, I did not ask him what the case was. He was decked out in Ukraine gear and proudly waving an American flag in one hand and a Ukrainian flag in the other.

I spoke with him after the parade, not just for my story but because my great-grandmother came to America on a boat from her little village in Ukraine. I have

always been proud of my heritage and really wanted to talk to this guy.

Doboni was incredibly kind and open with me. He also raised my attention to the point of this article.

We discussed how the situation over there in the “mother country” is still ongoing but has largely fallen through the cracks of the collective western conscience. So goes the fast-paced society we live in where something is the center of attention briefly and quickly gets tossed aside for the next big thing. I am tempted to make this a pro-Ukraine tangent; however, it is much greater than just one place.

The point is this: Just because one may be an American, a Pennsylvanian, a Luzerne County resident, a Wilkes Colonel, whatever the case may be, does not make us any more or any less human than anyone else. Sure, have some pride in the groups you identify with, but to take it to an extreme and dehumanize someone because they come from a different walk of life as you, vote differently than you, love differently than you and don't adhere to the teachings of your chosen deity does not make them any less of a person.

I suppose it is easy to forget that. When

I was a little kid and watched those planes hit those towers in New York, I remember the entire country seemingly developed a sense of Islamophobia. Guess what? It was just a small group of radicals and not the entirety of a peaceful people.

This archaic idea of, “This is my land, this is a Christian nation, this is how we do things,” or whatever is exactly that—archaic, tired and done.

I have a friend who recently found out she was pregnant. After some complications, a doctor told her there was a chance her baby would be born with some severe medical complications. This would severely reduce the chances of the unborn child having any sort of quality of life as well as the medical costs the family would incur throughout its life. Her father was a staunch pro-life conservative, yet he was the one who brought up abortion as an option. Why? Because it is so easy to have a belief about something until it directly impacts your personal life.

Likewise with Doboni. We shook hands, he thanked me for my service but our conversation also served as a reminder of this: I am not pro-war even though I am a veteran, and I know many pro-war

folks. Now imagine seeing your homeland bomb-scarred, buildings reduced to rubble, friends and neighbors dead and those who survived are but husks of their former selves seeking to carve out a new life somewhere. There is a reason they say war is hell.

Standing for something is good but when you believe in it so vehemently that it impacts your humanity, perhaps it is time to reassess.



The Beacon/Ryan Evans
Wilkes-Barre Mayor George C. Brown, left, and Plains Twp. resident Ivan Doboni, right, during the Wyoming Valley Veterans Day Parade Nov. 6.

TRADITIONS, from front

“The first thing I do when I wake up is text all my friends and let them know I am so thankful for them,” said Kamea Paresa, first year math and secondary education major. “Let everyone in my life know how much I appreciate them. Every person that comes into my life makes a positive impact, I am very grateful for all of them.”

The dinner, the feast, is the most iconic part of Thanksgiving. The types of food cooked and eaten vary from family to family.

Some dine on Asian cuisine, others may dine on food from Latin America, however the champion of Thanksgiving comes in the form of the Thanksgiving turkey.

“Stuffing, turkey and mashed potatoes. Green bean casserole is also a favorite among my family,” said Sarah McAndrew, first year nursing major.

Some students like to spice up their feasts with a more personal touch from their heritage.

“My mom makes a Peruvian dish called ‘papa la huancaína,’” said Paresa. “It is potatoes and a spicy cheese sauce. It is amazing, we usually eat it with chicken and rice.”

Others are not so traditional in their dinners, allowing for a more lax and activity focused holiday.

“We are not much of a turkey family since no one really likes it,” said first year mechanical engineering major, Aidan Oliva.

“Pizza, pasta, lots of Italian food with the occasional burgers thrown in. We also make these things called ‘turkey roll ups’ with deli meat and maybe some cranberry sauce.”

Thanksgiving may be about food and family but the activities one partakes in with

said family after all the food has extinguished is just as vital to the Thanksgiving experience.

“We play video games, we play board games, it is just a big fun time, love it. I also love to set up the Christmas tree. The end of thanksgiving means the beginning of Christmas,” said Paresa.

A tradition for many is that of the annual Macy’s Thanksgiving Day Parade. Every year millions of Americans lay their eyes on Macy’s extravagant parade event. This year’s line-up includes Fitz and the Tantrums, Paula Abdul, Betty Who and Jordin Sparks, among others.

“Every year we get up and watch the Macy’s thanksgiving parade,” said first year computer science major, Jack Purcell. “I like to work on dinner while watching the parade and the dog show that always plays after.”

Thanksgiving has not been the easiest holiday within the last couple of years. Lockdowns and quarantines have impacted how some have experienced the holiday.

“It felt a lot emptier, we could not invite over a lot of family members and we could not have our traditional

celebration,” said Alezia Britt, first year computer science major. “It was very gloomy. Usually we would go out after Thanksgiving and go to stores and look around but we could not really do that.”

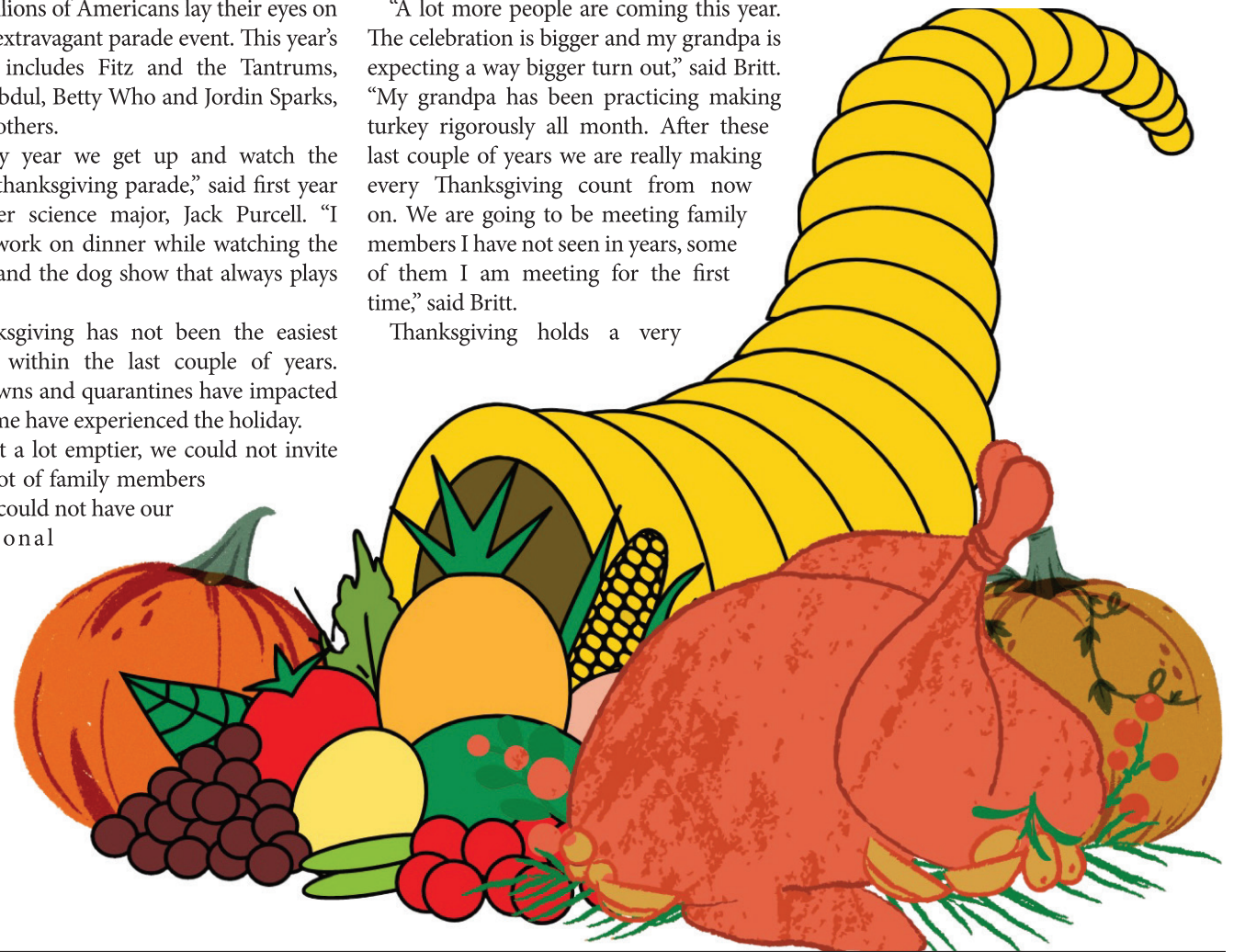
Luckily for those families the holidays are beginning to look a lot brighter this upcoming Thanksgiving as the world seems to slowly be licking its wounds.

“A lot more people are coming this year. The celebration is bigger and my grandpa is expecting a way bigger turn out,” said Britt. “My grandpa has been practicing making turkey rigorously all month. After these last couple of years we are really making every Thanksgiving count from now on. We are going to be meeting family members I have not seen in years, some of them I am meeting for the first time,” said Britt.

Thanksgiving holds a very

warm and cozy atmosphere. The annual reunion of families represents a special type of familial and friendly perseverance.

With Christmas just around the corner it is important to pump the brakes a little to stop and appreciate the good things in life, along with loved ones that makes it all worthwhile.



The Beacon Staff thanks our readers for their continuous support.

Have a happy Thanksgiving!

From all of us at The Beacon

Meet the Majors

This week's major: Digital Design and Media Arts

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

Every week, The Beacon will offer a chance for majors to be placed in the spotlight. Each student 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.

Rudy Urenovich Senior

"My favorite aspect of the major is how multifaceted it is. Design is such a broad field in our major but you can really find an area of specialization that you're passionate about to focus your studies and portfolio on through classes and cognate minors.

"For instance, some people love photography, videography or gaming and they develop skills in each and every one of these mediums."



The Beacon/ Jordan Daniel



Quincy Banks Junior

"I'm looking forward to seeing how much I expand and grow my tool belt, which can help me excel in other fields within the major.

"I chose this major because I've always been a fan of digital media, whether it's been photography, videography, photoshop, etc. I wanted to learn everything I possibly can in the field.

"I hope to get into the designing process, whether it's doing graphics for a professional sports team or even going into the fashion industry."

Devyn Cammarota Senior

"My favorite aspect of the major are the professors because they all genuinely care and will give honest feedback on projects.

"I chose this major because I knew I wanted to do something art related and I felt graphic design was the right way to go with it.

"What I hope to achieve with my major is to gain a lot of experience and knowledge about what I can do after graduation as well as the different software."



Emily Makaravage Senior

"My favorite aspect of the major is how personable the professors are. The professors are more than willing to go out of their way to help you.

"Also, classes don't feel like classes because of how small the class size is so everyone is trying to push others to make better content."

Senior Day & Mayor's Cup Game: Wilkes beats King's College 58-42

By Baylee Guedes
Sports Editor

The first quarter of the Wilkes Senior Day and Mayor's Cup game proved to be successful for the Colonels with two touchdowns within three minutes of each other.

Junior quarterback Xavier Powell completed a pass to sophomore wide receiver Devon Higgins for 16-yards for the first touchdown and then junior running back Elijah Jules rushed for 68-yards to secure the second touchdown of the quarter. First-year Igor Rzasa completed both of the extra-point attempts.

The second quarter was more fruitful than the first: Powell completed a 5-yard pass to Jules for a Wilkes touchdown. King's answered the Colonels' touchdown by adding one of their own, but Wilkes came right back at the Monarchs.

Powell threw a 22-yard pass to junior Jason Dean,

putting Wilkes up 28-7 after Rzasa's extra-point attempts were good.

The Monarchs came right back moments later as they completed a 93-yard kick-return touchdown. The Colonels did not let this slide by them as they recovered with a 33-yard pass from Powell to senior Jason Schweizerhof for another touchdown, tallying a score of 35-14 after another extra-point from Rzasa. Wilkes ended the second quarter with a 30-yard field-goal from Rzasa, creating a 38-14 lead.

The third quarter added three more Colonel touchdowns: Sophomore DeVon James intercepted a pass from the Monarchs and returned it for a 32-yard touchdown with Rzasa securing the extra-point. King's answered with a passing touchdown, but two minutes later, Powell threw a pass to senior Nate Whitaker for a 43-yard touchdown.

Wilkes' third touchdown of the quarter was scored by Dean after receiving a 3-yard pass from Powell. The extra-point attempt was blocked. The Monarchs added a touchdown to end the quarter with a score of 58-27 in the

Colonels favor.

Wilkes felt secure in the fourth quarter and did not score any more touchdowns. King's tried to make a comeback by adding two more touchdowns, but the game ended with a Colonel score of 58-42.

OFFENSE: Powell ended with six touchdown passes for 314 passing yards going 18-30 on attempts. Jules led Wilkes with 148 rushing yards and 84 receiving yards.

DEFENSE: Senior John Washington recorded eight solo-tackles and one assisted-tackle to lead the Colonels with nine. Junior Angel Ramos added three solo-sacks and two assisted-sacks, totaling five.

Wilkes honored 15 seniors (by number): Adam Piston, Billy Costner, Quincy Banks, Jeremie Hernandez, Washington, Brandon Holcomb, Schweizerhof, Whitaker, Walter Lewis, Kevin Brown, Lucas Scott, Brendan Boris, Ryan Martel, Billy Andeson and Michael Goralski.



Sophomore Anthony Dominguez (16) celebrating a recovered fumble with senior Ryan Martel (71) while sophomore Elijah Lee (99) observes them.



Junior Elijah Jules (4) runs head on into Monarch defenders after receiving a handoff from junior Xavier Powell (0) in the start of the second quarter.



TOP: The Colonels gather during a timeout as they were up 35-14 in the second quarter. Head coach Jonathan Drach chose to kick a field-goal, 38-14. BOTTOM: Junior Xavier Powell (0) lifted in the air after a touchdown pass. BOTTOM: The Colonels recover a Monarch fumble and gain possession.



Opinion

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

Our Voice

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

Thanksgiving should be given its time

Dec. 25, people celebrate Christmas. From Dec. 26 to Jan. 1, people celebrate New Years.

A break from holidays being nowhere to be found can be a problem for many.

Holidays like Christmas are great, but can remind people of those that they lost.

For those not as fortunate, it reminds them of how little they have. People protect November for Thanksgiving because

people want a break from the constant celebration.

Thanksgiving is much more laid back and calm and no one gets marketed to like

crazy. Yes, Black Friday is a thing, but it gets

paired with Christmas shopping. People will say that there is no music or fun to be

had on Thanksgiving, but that's the point for many. It serves as a break and gives a

tiny fraction of time for lives to go normal before Christmas right after Halloween.

Christmas is great—no one is saying that it is not. But, time is needed for some to

be away from the constant marketing and reminder of things they do not have.

Christmas, you are loved, but give time to Thanksgiving, please.

that crazy in America, until you remember that we do have a major holiday in November.

Thanksgiving is the fourth Thursday in November every year to celebrate

the Pilgrims breaking bread with Native Americans way back during the

colonization of America. It was to celebrate the journey to how far they had come and

the winter they had had before, with barely anyone surviving.

Americans break bread with their families and enjoy time with them and

whatever it is they want to do that day with the meal. Many watch NFL games on that

day, as they have marketed the holiday a lot. It is a great holiday, but why do so many

skip it? Much of it can be down to two reasons:

Thanksgiving are done on Christmas now, and Christmas is much more advertised

and commercialized. The first point is true, yes, but the second

point is a problem for many. At the end of the year, Americans go from holiday

to holiday with no break in between. From September through October, people

celebrate Christmas. From November to

Christmas is arguably one of the most popular holidays in the world. That is something not many people would attempt

to dispute. Regardless of how much it has been

changed and repackaged from the simple holiday it was back centuries ago, Christmas

is the flagship holiday for one of the biggest religions in the world, Christianity.

It is the time of year for gift giving and for students at all levels to get a break from

their studies. It is a holiday very iconic for the festivities surrounding it. From the

Rockefeller Christmas tree lighting to the Christmas Day Parade, to the many and

many Christmas songs that get played every year—people love Christmas.

However, for all the people that love Christmas, there is a good amount of

people who would love to stop seeing the celebration of Christmas come so

early. Especially in American culture, the celebration of Christmas begins on

November 1st, the day after Halloween. The jokes about many stores ripping

Halloween down just for Mariah Carey to be played the day after are everywhere, and

very funny, too. The jump to Christmas does not seem

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Smino's 'Luv 4 Rent' is a genre-bending masterpiece

By **Sydney Allabaugh**
Opinion Staff Writer

On Oct. 28, American rapper Smino released his third studio album “Luv 4 Rent.” On first listen, I was not expecting to be blown away by this album, but it significantly exceeded my expectations. “Luv 4 Rent”—with its unique and interesting vocals, sounds and themes—may be one of my favorite albums released this year. Let’s dive further into each track.

“4rm Da Source”

The album starts off with a quiet, distorted instrumental with coinciding obscurely pitched vocals. It ends with a soundbite interlude. The use of unusual vocal techniques combined with a calming and relaxed tune perfectly sets the tone for the album.

“No L’s”

This second song draws from old school hip-hop and R&B influences in the beginning of the track to develop a warm and upbeat vibe. Towards the end of the song, the percussion pattern and strings relax, and the vocal choices emulate some of Smino’s signature sounds. This song feels like watching the sunset on a summer night and is a highlight of the album.

“90 Proof (with J. Cole)”

This song was released as a single, and it is a favorite among Smino and J. Cole fans. It has over 10 million streams on Spotify, making it 10 times more popular than most of the other tracks. The ascending chorus combined with the warm melody is catchy and smile-inducing. Although I do not listen to J. Cole, I enjoyed his feature on this song. His vocals differ greatly from Smino’s melodic hums, which added perfect contrast. Overall, this song is enjoyable to listen to and one of my favorites on the album.

“Pro Freak (with DoeChii and Fatman Scoop)”

To me, “Pro Freak” is the best song on the album and is unlike anything I ever heard before. I would consider it to be

a party song, with its loud instrumental and light-hearted lyrics. It begins with a loud chant from Fatman Scoop, which leads into the—quite addicting—pitched chorus. Female rapper DoeChii’s fast-paced verse later transitions into a relaxed verse from Smino. This song is a perfect mix of sounds from start to finish and is severely underrated.

“Ole Ass Kendrick”

This next song comes down from the exciting high of “Pro Freak” into a slow, melodic song likely inspired by—as stated in the title—Kendrick Lamar. The song follows the story of a time Smino spent with a girl listening to old Kendrick Lamar songs. It is a simple and sweet one.

“Louphoria (with Cruza)”

“Louphoria” continues with a slow, spacey track with echoing reverbs. I enjoyed this song, but I do not think it is necessarily super interesting or revolutionary.

“Blu Billy”

This one is a little more upbeat with a seemingly conflicting pessimistic message as Smino talks about how we all—from drug dealers to preachers—act on condition with wavering morality. He later flaunts his self-made success as an artist. The contrast between the sweet tune and the grim message is amusing.

“Matinee”

Matinee is another popular song on this album, as it was the other single released before the album alongside “90 Proof.” With a simple fast-paced beat, mellow hums and chants, repeat-after-me outro, and playful lyrics about drinking, smoking and sex, it feels as if it would be the song of the summer if it was released earlier in the year.

“Modennaminute (with Lucky Daye and Phoelix)”

The song starts with an accelerated mellow chorus that I initially thought was a sample from an early 2010s pop song. The chorus is actually sung by

Phoelix. The song takes a different approach from others on the album as it ditches warmth for a more solemn theme of heartbreak and reflection. I enjoyed this one.

“Defibrillator”

This song is airy and lighthearted with beautiful harmonies. It ends with a touching snippet of what seems to be a voicemail recording from Smino’s uncle. He mentions how he is proud of his nephew for being gifted. All elements of the track are uplifting.

“Garden Lady”

The mood calms down once again on this relaxed and melodic track. Although the echoey reverbs did not impress me on “Louphoria,” I thought the reverberated vocals were fitting and beautiful on Garden Lady. The purposefulness of each element of this song grew on me.

“Settle Down” (featuring Cory Henry and Ravyn Lenae)

“Settle Down” is another highlight of the album. It features compact, gospel-inspired harmonies and percussion components that feel as if they were part of a marching band. In the feel-good chorus, Smino and Ravyn Lenae vocalize about doing their best, not having stress, and relying on God to do the rest. The combination of hip-

hop and gospel elements produces a captivating sound.

“Pudgy” (featuring Lil Uzi Vert)

This song features another catchy chorus of tight, upbeat bars. I was pleasantly surprised by Lil Uzi Vert’s feature on this song. Usually, Lil Uzi raps distinctively in his style on features, but it seemed as if he stepped out of his comfort zone to conform to the theme of the album. The transition from Smino to Lil Uzi was seamless and fitting.

“Curtains”

This song is a rollercoaster in the perfect way. It starts off with a subtle melody with Smino’s traditional flows. As it continues, the vocals are edited and sound like those of Travis Scott. The subtle melody stays with a new percussion pattern. The song ends with a pitched and distorted verse from Smino’s little cousin. I think the vocal editing was a creative choice.

“Lee & Lovie (featuring Reggie)”

This last song draws from retro soul influences of the 1960s with rich vocals and warm instrumentals. Thematically, it is about falling in love and not having worries. It was a satisfying closing to the album, and I finished this last song smiling.

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Wren's Watchlist: 'Operation True Love' is a new take on love

By Wren Haze
Opinion Editor

This week it is a little different because "Operation: True Love" is a Webtoon manhwa and not a show to watch. But hear me out, I am reading with my eyes—the same eyes that watch shows. Therefore, let us proceed.

"Operation: True Love" follows Su-ae Shim, a girl who is in the worst type of relationship that I have seen in real life as well. Shim starts off with being in a relationship with Minu Kang, a man who needs therapy or a life lesson on how to treat a girl right because his game is lacking hard.

Kang treats Shim so horribly that the school is used to it.

However, Shim goes through this cycle of being mad, ignoring him and when Kang gives her a strawberry milk, life is good.

Until she discovers an old flip phone that starts calling her out. If real life people cannot knock sense into her, what makes you think that a lousy flip phone is going to change her mind?

I was right, kind of.

Around the time of this phone's appearance, Shim starts getting friendly with Kang's best friend, Eunhyeok Go. Go is clearly the most mature between the both of them which leads me to wonder what makes Go remain friends with Kang.

Well, the thought finds an answer after a bit.

Go actually cannot stand Kang and ends up punching him in the face.

After many chapters, we finally meet the blonde girl in the polaroid at the beginning of the story. Her name is Ra-im, and we see that she lives with Shim and her family, but is not family. Shim best describes their relationship as best friends.

Ra-im looks and acts like a red flag,

and boy, was I right. Ra-im and Kang are caught kissing each other by Go, but the gag is that Shim was walking towards what shocked Go so much and saw what was going on.

From there, Shim avoids her best friend like the plague and starts getting closer to Go, who ends up standing up for Shim in front of people at school. However, he claims that Shim broke up with Kang, but Shim did not get the chance to.

Shim does get her opportunity and uses Kang's own words against him to do so and that was a proud mom moment in my books.

What is not a proud mom moment is that Ra-im is also involved with Go and Dohwa Baek, a rather popular figure at their school. Baek is known for his good looks but his terrible personality.

Back to the terrible flip phone that reality checks Shim.

The phone ends up showing her a

program that helps people like her experience love. There is a scale that ranks it and she is at a zero. The program shows her how to gain love points.

She decides to come up with this miraculous plan to get back with Kang but use Go to get back at Kang— usually his jealousy to boost her love points. Shim uses Go as well so Ra-im can feel jealous of their relationship, but we learn that Go is no longer interested in Ra-im.

Boy has started falling for Shim and how this will end is entirely up to Shim and this author that has me cursing at 2D men on my private Instagram story.

The story does keep me on my toes and I do appreciate that, but I was not expecting the plot to be the way it was advertised. But hey, the shock value earns this read a 8.5/10, and a new chapter will be coming out next week and I do have my notifications on to receive the update notification for when it drops.

Triple H Must get control of WWE before he loses control

By Zach Paraway
News Staff Writer

Paul Levesque has worked for World Wrestling Entertainment (WWE) since 1995. Then he was known as Triple H, an eight-time WWE Champion and three-time WWE Hall of Famer.

He has worked in talent development since his retirement from in-ring action in 2011 and his greatest achievement was NXT, a developmental promotion that has become a factory of new WWE superstars.

He was promoted to Head Booking Officer after the departure of Vince McMahon and now has four months under his belt as head booker for the company. Reactions to his time have been positive.

Many love the storylines created and the new feel that WWE has, a feeling that many have not felt in years. A lot of these feelings can be attributed to the fact that many became stale to the storylines that McMahon would put out on a nightly basis, but it is positive. Triple H has

brought back many formerly released wrestlers, many of who were stars for him in NXT.

Everything has looked good for Triple H, but I am afraid that the reason he looks good may become the reason people turn on him.

The idea of this came to me when looking at the first promos for Bray Wyatt.

My favorite wrestler of all time had returned to the company after being cut by McMahon in the summer of 2021. He has returned, to my immense joy and tears, in a role similar to the one he had before.

He is looking to lead a group of cult

followers (right now benign) called the Wyatt 6. This is a good idea and Bray fits this role like a clown mask.

The issue arises when looking at the size of the roster and what can be done.

WWE currently has 236 members on its on-screen roster.

This is good for three full shows worth of characters, until people realize the amount of them that do not get on screen and the even more amount of people still in development are not ready for TV.

This is already a large roster, but not accounted for is Triple H still bringing in more and more guys that McMahon cut,

making the roster even bigger.

A roster too big to showcase everyone is a problem currently with its biggest competitor, All Elite Wrestling (AEW).

AEW has had many problems this year with their roster because of too many people on the roster and those new people getting more opportunities than the ones that have been here for a while.

The backstage brawl that left AEW without a world champion or a Trois champion was a result of this overcrowded roster. Not saying that this will happen to WWE, but the animosity is inevitable.

I am not saying that the guys brought in are not good additions.

Karrion Kross has been amazing since way back. Brawn Stroman got his return to pay-per-view this past month, and Bray Wyatt will of course do amazing things.

The conversation that needs to be had is that of what internal talent is available in order to avoid the hell going on in AEW and to avoid an issue that will tank a great beginning to a new career for Triple H.

Graphic by Maddy Kinard



Graduating seniors: Is it already time for graduation?

By Rudy Urenovich
Staff Writer

I remember when I first visited Wilkes in high school and I more or less decided it was the college I wanted to attend.

I was pleased that my prospective school had niceties like an art gallery (and its own newspaper, wink wink). Fast forward to the end of my freshman year, and I was actually starting to work at the Sordoni Gallery.

I had a class taught by the gallery's outstanding director Heather Sincavage, and we hit it off quite well, so I was flattered and excited to work for her and the gallery. I think organizations such as these, not only on a college campus or an educational setting, but just in communities in general are extremely important.

All the people who make them what they are get to express their creativity and have it validated as something needed and meaningful. Artwork itself always contains history, messages and themes that are timeless.

A work from hundreds of years ago that comments on society at

that time, can also offer insight and invoke thoughts and conversations about current events and can help put personal and public issues into perspective.

At the Sordoni, highlighting works by artists who may not normally have their voices heard and work shown is a main goal, which was one of the things I learned right away when working there, and makes me love it more and more the longer I am there.

Seeing a show, or more formally an exhibition, come together. From the conception, starting with a theme, a group of artists, or a specific medium of art, to seeing it physically displaced, with the public walking through the space is an astounding thing that never gets old.

I have been lucky enough to have had the opportunity to work on every aspect of helping a show come together, from measuring and hanging the artwork, writing catalogs, social media promoting, and making print materials like programs. Doing all this, it's hard not to get attached or identify with artists and art in a show and feel the impact on a deep personal level, but

to also take great care into everything produced.

Seeing the backend operation of an art gallery come together is a true experience. Though I and many of my colleagues have had a lifelong love of art and design, I honestly believe that if you put someone who has no interest of flair for art in the operation that would have just as an eye opening and immersive experience that they would leave with a different view on art and how three dimensional and tied to emotions and life it really is.

Our current exhibition "David C. Driskell and Friends: Creativity, Collaboration and Friendship," for me, was perhaps the most immersive one yet. It's astounding to think that this time last year we were just getting the list of artists together and I was enlisted to write a short bio on each one.

It is an immense honor for me, and I was touched to have something that will last as part of the show.

This particular exhibition honors the historic legacy of David Driskell and his impact on the art world, as well as her personal and professional relationships with tons of other notable artists.

I probably say this everytime we have a new show, but it may be my favorite yet.

The gallery itself is transformed with its wall painted warm shades of crimson and olive green, creating a cozy atmosphere that furthers the feeling of warmth and friendship in connection with the theme of the show. Or it's because I was honored to work on this show since its inception. But no words I can say will ever do it just; you will have to see it for yourself.

I suppose I am reminiscing on my time at the gallery, as I know it is quickly coming to an end with mine and some of my coworkers graduating this spring. It is bittersweet. I try to savor every moment.

Working this is truly the thing that shaped my college experience and advanced in the field of design the most.

I will be forever grateful to Heather Sincavage, our director and my personal friend and mentor, our past and current fellows, and everyone I have the pleasure of crossing paths with there.

We want to hear your voice!

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

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Politics, culture, social issues

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Fashion trends: Why heroin chic should stay in the past

By Lauren Gardner
Staff Writer

Editor's Note: This article contains topics that may be triggering to the reader.

Many of us have seen the TikTok edits of Bella Hadid, the 26-year-old model who has been on the cover of countless magazines such as Elle, GQ, Glamour and Vogue numerous times.

According to a study conducted by Julian De Selviva, a highly respected cosmetic surgeon, she is the most beautiful woman in the world due to her facial symmetry which has helped her in her career.

It is no secret that Hadid is beautiful, but as her rise in popularity continues, so does her influence.

If you see a picture of her, you notice her face and small, lean figure often sporting the newest fashion trend or being a trendsetter herself.

Many teens and young women look up to her as inspiration or most dangerously known as "thinspiration."

The term "thinspiration" rose in the early to mid 2000s and has had severe consequences to young teens and women. The term was so dangerous that Instagram banned the word and the slang term, "thinspo" in 2012.

This was a first in social media as they were one of the first companies to have a regulation on what was happening on their platform.

Early proponents in the beginning were Lindsey Lohan, Brittany Spears, Nicole Richie, Mary-Kate and Ashley Olson and most memorable, Paris Hilton.

These young women were photographed wearing "baby tees" or crop tops as they are often referred to as and super low waisted jeans.

Many young girls looked up to these celebrities, wishing to be like them and to live the glamorous life they were living but

instead developed eating disorders such as anorexia and bulimia to adhere to what was a socially acceptable body standard. As years went on, it appeared that it was more acceptable to have a different body type than what was often shown in the media.

With Kim Kardashian rising to popularity in the 2010s, so did the trend to emulate her look.

Unfortunately, as we have seen that trend die down, we see the

rise of ultra skinny returning.

Even more recently, we have seen celebrities such as Kardashian herself and her sister Khloe Kardashian losing a significant amount of weight.

As for Hadid, she is the biggest proponent for the ultra skinny trend to resurface as as has been seen all over TikTok and Instagram wearing lowrise jeans, crop tops, light makeup and clear

skin with her hair often slicked black in a sleek bun.

As heroin chic is rising from the dead, we have to remind ourselves: It is OK that we look the way that we do.

Heroin chic got its name in the 1990s from the appearance of waif-like models who consumed the drug. Noted features include pale skin and darkness around the eyes, as well as emaciated features.

We all live the lives, at least most of us do, of normal everyday people with unique characteristics and different backgrounds.

We have the faces of our ancestors and the bodies that are real and authentic to ourselves.

Why would we want to change that?

Recently, I put a picture of my 4-year-old self on my mirror to remind myself that everytime I pick apart my appearance, that picture reminds me that I am telling that little girl that there is something wrong with her.

I challenge you to do the same.

You are beautiful just the way you are.

"You are beautiful just the way you are."

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Sports

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

MIH combines the new with the old in high standings spot

By **Baylee Guedes**
Sports Editor

After going 20-5-1 in the 2021-22 season and earning the Middle Atlantic Conference (MAC) Championship, the Colonels look to keep the momentum going after graduating a large number of their roster.

While there are 17 who return from the 20-win season, Tyler Hynes, head coach and MAC 2021-22 Coach of the Year, added 11 newcomers to their roster.

Additions to the roster include transfer students Garrett Nieto (senior) and Luke Dobles (sophomore) along with first-year's Christian Blomquist, Patrick Roginski, Christopher Paige, Matt Carlson, Cam Lowe, Carter Jordan, Kyle Mandleur, Mason Vonk and Steven Spetz.

"Our young guys have stepped in and embraced our culture from day one," said Hynes. "I give a lot of credit for that to our older players for showing them how we do things and the standard to which we do them too."

Returning skaters include graduate students Phil Erickson, Ben Stefanini, Ryan Galvin and Scott Mueller; seniors Nick Godfrey, Billy Berry and Michael Paterson-Jones; juniors Jimmy O'Kane, Luc Fox and John Barrett; sophomores Nick Swain, Max Cocchi, Lorenzo Marcolin, Cole Jungwirth, Joe Johnson, Judson McGrath and Jack Perna.

"We practice extremely hard and our players are dialed in from the moment they step on the ice," said Erickson. "Our team has high expectations for ourselves, I'm excited about what this new group of Colonels can do moving forward."

In the United Collegiate Hockey Conference (UHC) preseason polls, Wilkes was ranked third under Stevenson University (second) and Utica University (first).

Thus far, the Colonels sit at 2-3-1 and are in the number two seed in the UHC standings. They tied their first game of the

season 3-3 against SUNY Cortland, lost 3-2 in overtime to King's College, and went 1-2 with Albertus Magnus College winning 3-2 and losing 5-1. In a doubleheader against Manhattanville College, Wilkes split with the Valiants with a 4-3 win in overtime and a 3-1 loss.

The newcomers are already having exceptional performances on the ice.

In his first win in goal, Nieto received the MAC Defensive Player of the Week for the 3-2 win over Albertus Magnus where he saved 30-32 shots taken while calculating a .938 save percentage. Overall, Nieto has

been in goal for six games while making 151 saves with a .921 save percentage.

Lowe was announced as the UHC rookie of the week during the first week of the season as he added three points on one goal and had two assists.

First-year's Vonk, Mandleur and Carlson have all scored for the Colonels, while Roginski and Spetz each recorded points for Wilkes. Vonk has also recorded the most blocks on the team at seven.

"As a newcomer on this team, I find myself being more of a learner than a leader at the moment," said Lowe.



TOP: Johnson engages with his opponent, attempting to secure the puck.
BOTTOM: Johnson, Galvin and their teammates celebrate a scored goal.



Photos: The Beacon/Julia Mazur

"Our team culture is immaculate. I am incredibly confident we will keep Wilkes a winning and competitive program moving forward."

The returners have also been continuing to make their mark.

Erickson has recorded one goal on the season, three assists, as well as adding four points to his name. Last season, Erickson recorded 14 goals (fourth most on the team), 26 points and 12 assists.

"I find myself being a leader both on and off the ice," said Erickson. "Our performance in these games has offered some bright spots. We've been able to come back from deficits in multiple games."

O'Kane, Johnson, Stefanini, Berry, Godfrey, Galvin, and Swain have each recorded goals for the Colonels. Perna has added 26 saves in goal with a .839 save percentage in his two goaltending appearances. Berry tied Vonk for the most blocks on the team with seven.

On Friday and Saturday, Wilkes will travel to Utica to face off in a doubleheader. The Colonels have lost to their UHC rival seven out of the nine times the teams have faced each other. Wilkes recorded one win and one tie in the 2021-22 season.

"This is a crucial year for our program having graduated so many quality young men and hockey players," said Hynes. "While our personnel has changed a bit, our goals as a team have not. We will not rest until we are UHC Champions."

Most recently, the Colonels lost 7-4 in the UHC Conference Championship match. Under Hynes, the team is seeking to get to the finals and claim their first UHC Championship title.

"One of the main goals we have for this season is winning a MAC championship as it is our final year of being in the conference," said Erickson. "We're also excited about contending for a UHC championship. There is a lot of parity in the conference this year which shows just how tough it is to win in this league each and every night."

MBB: Colonels look toward a winning 2022-23 season

By **Baylee Guedes**
Sports Editor

Coming off of an 8-17 overall record and a 5-1 conference record last season, the Colonels are looking to turn things around and have a winning season.

In his ninth season as head coach, Izzi Metz holds a 101-95 overall record and is utilizing his coaching experience to continue holding a positive overall record for this team.

“The team has been working hard so

far on coming together, both offensively and defensively,” said Metz. “I have been very pleased with the overall attitude and hunger to improve each day.”

In the 2021-22 season, Wilkes was ranked fifth in the league in scoring with 1763 total points and averaged 70.5 points-per-game (PPG). The Colonels sat at third for 3-point field-goal percentages at 0.347, making 213 3-point shots.

Wilkes returned 10 upperclassmen to their roster while adding five first-year’s to the team.

Returning players include graduate student Drake Marshall; seniors Bradley Anacreon, Nickerson DeMelfi and Jake Robel; juniors Matthew Davidheiser, Joey Zvorsky, Jackson Shafer and Jason Eberhart; sophomores Cayden Merrifield and Colin Post.

First-year players include Colin Ackerman, Elias Walker, Jack Argento, Elias Walker and Matthew Prociak.

Thus far, the Colonels stand at 2-1 after opening up with a 67-51 win over Clark Summit University on the 8th where Metz earned his 100th win, as well as a 64-48 win against the Gettysburg College Bullets and a 65-58 loss to Eastern University in the Gettysburg Tip-Off Tournament on the 11th and 12th.

“Going into this year I feel very confident with where we are at,” said Fisher. “I believe that through this pre-season we have taken a large jump as a team in a very short amount of time and it will show on the court.”

Last season, forward Fisher received an All-MAC Freedom First Team award as he led the conference in scoring at 16.2 PPG as well as being ranked at fourth for rebounds at 9.6 per game.

Fisher has scored an average of 9.0 PPG and 8.33 rebounds-per-game (RPG) in

their three contests this season.

“I’m lucky enough to have a great surrounding cast around me that allows for me to flourish in opportunities where I am needed,” said Fisher. “For this year I am going to continue to be a great team player and do whatever is needed to put W in the win column.”

Shooting guard Marshall returns after receiving an All-MAC Freedom Second Team award last season after placing second in PPG at 14.9 and 10th in rebounding with six per game.

“I am looking to contribute to the team in any way that I can,” said Marshall. “We have worked hard all off-season, so finally being able to play some games, we are amped up and excited.”

Marshall added an average of 16.0 PPG and 6.0 RPG up to this point of the season.

“We believe the way to be successful is process driven,” said Metz. “We are excited to get the season started and look forward to people coming out to the Marts Center and supporting the Colonels.”

The Colonels will host the University of Scranton tonight at the Marts Center with gameplay beginning at 7 p.m. On Saturday, Wilkes will travel to Alvernia University for a matchup starting at 1 p.m.



The Beacon/Lauren Bowers

Marshall driving towards the basket during the home opener W on Nov. 8.

WBB: Colonels look to build off prior success in ‘22-‘23 season

By **Adam Grundt & Baylee Guedes**
Staff Writer & Sports Editor

The women’s basketball team is looking to continue the successes of last season at the start of this year.

Head coach Tara Macciocco is entering her fifth season at the helm of the program and is excited to build off of what last season brought to the program.

“Last season, we reached the playoffs for the first time in 20 plus years,” said Macciocco. “We are really excited to build off that momentum with our returning group and exciting newcomers.”

In the 2021-22 season, the team placed the highest in the standings since 1996-1997 and finished Middle Atlantic Conference (MAC) Freedom play with a 7-9 record. This was the Colonels first

appearance in the tournament in 25 years and only the fifth time the team reached the tournament in the program’s 62-year history.

“Reaching the MAC Freedom tournament was a pretty cool experience for the team last year,” said junior guard Julia Marino. “I believe being able to play in the tournament prepared us for big conference games that we’ll have throughout this season. Come tournament time this year, the returners will know what to expect and the first years will be more than prepared for it.”

Wilkes is welcoming back graduate student Kendra Smith as well as seniors Ariel Reed, Brenna Babcock and Brianna Horton.

Three juniors return including Marino, Erin Shober and Tess Edwards in addition

to three sophomores Emma Stout, Jordyn Jennings and Julianna Askins.

The Colonels add six first-year players: Victoria Crooker, Nadia Evanosky, Reagan Holden, Yamirelis Matos, Madison Robel, and Brandy Varner.

Wilkes sits at 1-0 after opening with a 76-52 win over Keystone College. Matos led the Colonels with 23-points coming off of the bench and collected six rebounds. Babcock tied Matos with six rebounds.

“It feels like the beginning of a dream come true,” said Matos. “It’s exciting to finally see the results of the hard work and time I put in. The season opener was very emotional for me and my parents, who attended from MA, because both my mom and my dad sacrificed a lot for me to be in college and on the basketball court.”

Macciocco is excited for what the

entirety of the team will bring to the table this season.

“We have a lot of experience from the upperclassmen that played significant minutes last year,” said Macciocco. “We have a great group of leaders to help the newcomers become familiar with the college game and team. For the past four years we have been preaching to get better little by little and last season was a huge accomplishment, but we have some unfinished business. Especially with this being our last season in the MAC, we want to leave our mark.”

The Colonels return to action on Nov. 17 when they face Gwynedd Mercy University at the Marts Center.

Editor’s Note: Baylee Guedes is a former women’s basketball player.

WIH, from front

LaBaff took over as head coach in June of this year after previously coaching SUNY Canton for the past seven years. LaBaff holds a winning mentality with four previous postseason appearances with SUNY Canton.

Wilkes also added Caty Flagg as the assistant coach. Flagg is the former 2016 ESPN "Miss Hockey," 2016 Boston Globe Player of the Year and the New England Hockey Conference (NEHC) 2017-18 and 2018-19 Goalie of the Year, to name a few accolades.

This was an essential change after the Colonels had gone 8-58-2 over the course of four seasons under the previous coaching staff.

The women's ice hockey team sits at 2-4 with two conference wins, two conference losses and two out-of-conference losses.

The Colonels began their regular season United Collegiate Hockey Conference (UCHC) play with back-to-back weekend games against Neumann University.

Wilkes won 2-1 on Nov. 4 with both goals netted by junior forward Bella Kaczoroski.

The team won 4-0 on Nov. 5 where

Kaczoroski netted two more goals for the Colonels and ended up with 4 points on the weekend.

Addy Olson, junior goaltender, played both games in goal for Wilkes. Olson stopped 34 shots faced and posted her first career shutout.

Olson was named goaltender of the week by the UCHC for the week of Oct. 31 to Nov. 6.

"It was very rewarding and I wouldn't have been able to do it without the team I had in front of me," said Olson.

With the coaching staff, the team has also experienced a major change in attitude. Wilkes has bonded much more

this season than ever before.

Senior defender Abigail Barless has been a part of the team since her first collegiate year during the 2019-20 season. Barless is now in her final season playing for the Colonels.

"We have proved to ourselves that with the right systems and chemistry, we have the chance to be a very successful team this season," said Barless. "I think that's the backbone of what keeps us getting up at 4:50 every morning with positive energy."

Wilkes will return to the ice on Nov. 30 as they travel across town to King's College.



**TOP: Senior forward Quinn Rodefeld (23) fighting for defensive positioning.
BOTTOM: Kaczoroski (9) preparing for a face-off with her Nazareth opponent.**



Photos: The Beacon/Baylee Guedes
Dave LaBaff coaching his Colonels from the bench during their home game on Nov. 11.

Athlete of the Week

Jack Bauer Senior Wrestler



The Beacon: Male Athlete of the Week

Bauer was chosen as our Athlete of the Week after his performance during the Ned McGinley Invitational this past Saturday. Bauer won his first match by major decision 8-0. In his second match, Bauer won by fall at 1:01 2-0, placing him in the semi finals. Bauer won in an 8-6 decision leading him into the finals. In a close one point decision, Bauer took his finals match 3-2, winning the 141-lb champion title.

Major: Marketing

Hometown: Ringoes, N.J.

High School: Hunterdon Central

The friendships and bonds you build with the other players on the team.

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

My favorite memory so far would be the charity event we did hosting a practice for the local kids.

It was fun to be able to give back and it made me feel special being able to work with kids who look up to us.

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

The New York Giants.

What is your favorite thing to do away from sports?

I am a big gamer and I love playing video games outside of sports.

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

Coach Carter.

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

Basketball.

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

It is an honor to be recognized for this achievement.

I want to say thank you for this and shout out to my team and coaches for making this all possible.

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

Compiled by Baylee Guedes, Sports Editor

The Beacon/Lauren Bowers

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

Athlete of the Week

Bella Kaczorowski

Junior Hockey Center

The Beacon: Female Athlete of the Week

Bella Kaczorowski was chosen as our Athlete of the Week after her performance this past week as she scored four goals and also won 20 faceoffs, helping the team go 2-0.

Kaczorowski also received the MAC Offensive Player of the Week honor.

Major: Biology

Hometown: Anchorage, Ala.

High School: Dimond High School

My favorite thing about being a student athlete at Wilkes is that everyone is super supportive of the athletic teams here.

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

My favorite sports memory as a Colonel so far was sweeping Neumann this past weekend and the team atmosphere after the games has been really refreshing!

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

My team has recently really been loving "Miracle on Ice" so we have had a few movie nights.

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

The Dallas Stars.

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

If I didn't play hockey, I would have wanted to play soccer.

What is your favorite thing to do away from sports?

My favorite thing to do away from sports is hang with my friends and try out new activities.

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

I feel honored to be selected as the athlete of the week and I'm very grateful for my teammates and the support that I've gotten at Wilkes.

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

Compiled by Baylee Guedes, Sports Editor



The Beacon/Lauren Bowers

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



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