

Widener 59
own tonight

University men's basketball
8-59 win over Widener in the
Conference playoffs.
the number one seed out of the
earned the fourth spot from the

lifetime deficit, outscoring the
nce to Thursday night's semi-
Center. Elizabethtown comes
n the Commonwealth League.
Scott Cleveland of his team's
roll over and we weren't as

n have stepped up and played
pointers, while Greg Barrouk
coming off the bench.

oint arc, finishing with a team-
from the foul line, scoring 12
points for a well-balanced

commented Fabian. "But it's
is late in the year."

Dave Januzzi was held to just
howing from the three-point

f freshmen and sophomores,
Markiese Merceir followed

ed to get the ball inside more

ing for 20 points, it appears
lsh and Gryboski accounted
e paint.

aid Cleveland of his team's
e middle and we wanted to

points with rebounds, as the
ian each added five boards,

ree shots, while Walsh and
o steals.

mented Fabian. "We knew
y have proven themselves,

advance to the semi-finals
ifs as the number two seed
number two seed from the
y for the right to play the
ampionship game will be
or example, Wilkes and
t if Lebanon Valley wins,
wins.

eland of Thursday's foe.
e can't take them lightly

home winning streak on
our team.

bruary 27

ampionship at a site and
determined.

The Beacon

Wilkes University

March 18 thru 24, 1999

www.wilkes.edu

Volume 51 Issue 18

Happy Saint
Patrick's Day!

Local bar getting heat for underage students

FRANK TOMASZEWSKI
Beacon News Editor

A popular gathering spot
among Wilkes students was accused
of some unlawful doings this past
week.

Perugino's on South Main
Street in Wilkes Barre was the
location mentioned in an article that
appeared in the *Times Leader*
newspaper Saturday morning. The
bar supposedly hosted a wet T-shirt
contest a few weeks ago that
involved several underage students,
which also included members of
various athletic teams.

Mark Davis of University
Relations said, "the incident as it
occurred, was given to the authorities
and dealt with. It was dealt with on
Thursday and before the basketball
team even left for the game. I don't
want to cause an uproar, the incident
was dealt with, so it is over now."

An assistant coach, who is of
age, was also mentioned in the
article. Pictures were sent
anonymously to the University and
to the *Times Leader* that clearly
showed underage students inside
the bar.

Some of the accused students



Photos by Frank Tomaszewski

Perugino's bar on South Main Street where incidents occurred involving several underage Wilkes athletes.

felt as though they were a scapegoat
for what happened. Ryan James,
who was mentioned in the article
said, "anything done wrong in that
bar should not have been pointed in
my direction. No one from the *Times
Leader* even asked me my age." James
is a member of the Wilkes
University Football and Basketball
teams.

Bar owner Randi Perugino
said, "those guys came to the door
and they put an I.D. up. At some

point they did show me an I.D. that
seemed real."

Perugino mentioned that she
does remember faces and would
not have let students in if she knew
they were underage. "Not on that
exact night, but on other nights, I
have examined their I.D.'s",
Perugino added. She also pointed
out that at some time in the past,
those individual students have
shown her some form of
identification that seemed
legitimate.

Over the past year, Perugino's
has become one of the most popular
places for Wilkes students to
gather. Because of its convenient
location, relaxed atmosphere and
reasonable prices, it has been a big
hit with the students.

It is also common to see
familiar faces tending bar on any
given night. Wilkes student Jason
Cadwallader works as a barback
there.

Jason, who disagreed with
what the *Times Leader* printed
said, "I don't know why people
always have to try to destroy
something good by saying
something bad about them. I think
it stinks that local papers have to
get publicity by putting people
down."

Perugino's is looked at as just
another place for students to get

"It is very
important to me
that I don't serve
the underage. I'm
a mom, and I care
about these kids."

Randi Perugino
Bar Owner

together and have fun. It is not your
conventional bar that has people of
all ages mixed together. It is mostly
college students who go there at
night.

The events that are held at the
bar support who the targeted age
group really is. Wet T-shirt contests
and 'Beer Pong' tournaments are
just two examples that prove the
bar is dedicated to meeting the needs
of stressed out college students who
want to relax after a long week of
classes.

"This goes on all the time in
other places," Perugino said of the
wet T-shirt contest. "Everybody had
water guns and were squirting each
other. It was a great time and even
I got soaked," she added. "Maybe

they (the students) should be
hanging around with the
townspeople and doing what the
upperclass are doing," she said
sarcastically.

She did however add that she
does not want to serve those who
are under 21. She said, "It is very
important to me that I don't serve
the underage. I'm a mom, and I care
about these kids."

She also wanted to remind the
students of the harsh punishment
that can be given to those who are
caught underage drinking. She is
especially against those who use
false identification as a means to
enter bars.

Perugino admitted that this is
the best time she has ever had being
in this setting. She has been in the
bar and restaurant business most of
her life, but has never enjoyed it as
much as now.

"I want the students to gather
here where they can have good,
safe fun," Perugino said. She said
that the students don't give her, or
anyone else a hard time. "Everybody
knows each other and gets along. I
don't think we've ever had a time



that voices were raised. That
happens in every bar, but not here
with the students," said a pleased
Perugino.

She added, "The students are
no trouble at all. They are a single
group and just want to have some
fun." She also mentioned her
feelings for the rest of the
community. She said, "I don't
promote outside business, or the
locals. My target is the students,
and this place is for them."

Perugino concluded that
business has not been affected by
the incidents that have occurred
there.

News

Campus magician wows
crowd...

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Features

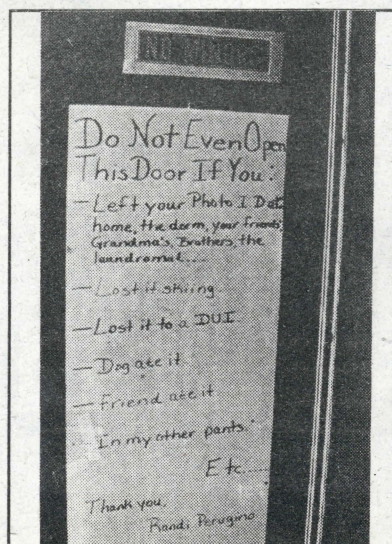
Movie reviewers tear into
caf...

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Sports

Men's Basketball season
ends...

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Sign on front door of Perugino's that specifically lists the rules for entry.

News

Wellness Day is coming

By FRANK TOMASZEWSKI
Beacon News Editor

The first annual Wilkes Wellness Day will be held on March 29 from 9am-3pm in the Stark Lobby. The event was created by the Nursing Student Organization of Wilkes University.

The objective of this day is to allow individuals, clubs, and departments of all disciplines to present their perspectives of how their fields of interests promote wellness. This day of wellness is open to all of the Wilkes community.

There will be numerous tables set up to learn more about the promotion of wellness. Nutritious food will also be given out to those who attend.

Some of the groups who have already committed to the event include the Pre-Pharmacy and Pharmacy Club, the ROTC, the Campus Interfaith and Volunteer Services, the Multicultural Club, the Psychology Club, the Chemistry Club, *Wilkes Today*, and the Business and Accounting Club.

Several local businesses and organizations are also going to participate in this event. The Odyssey Fitness Center of Wilkes

Barre will be giving aerobicing demonstrations throughout the day. The Red Cross and First Hospital will also be available to answer any questions.

The president of the Nursing Student Organization, Francine E. Friedlander said, "We owe much credit to our new Chairperson Dr. Mary Ann Merrigan R.N., P.H.D. Professor Elaine Slabinsky R.N., was also a huge help in organizing this upcoming event."

Friedlander said the event should be an even bigger success than the annual club day. This day will be more of a gathering to show what the clubs and individuals accomplish.

Dean Mark Allen is also one of the major contributors to this new event. Allen is donating funds that will sponsor drug and alcohol demonstrations on that day.

If there are any questions, contact Francine Friedlander at the Nursing Learning Lab at 408-4089. It is not too late for clubs, organizations or even individuals to participate in this event. Friedlander said, "there is plenty of room to set up a table if anyone is still interested."

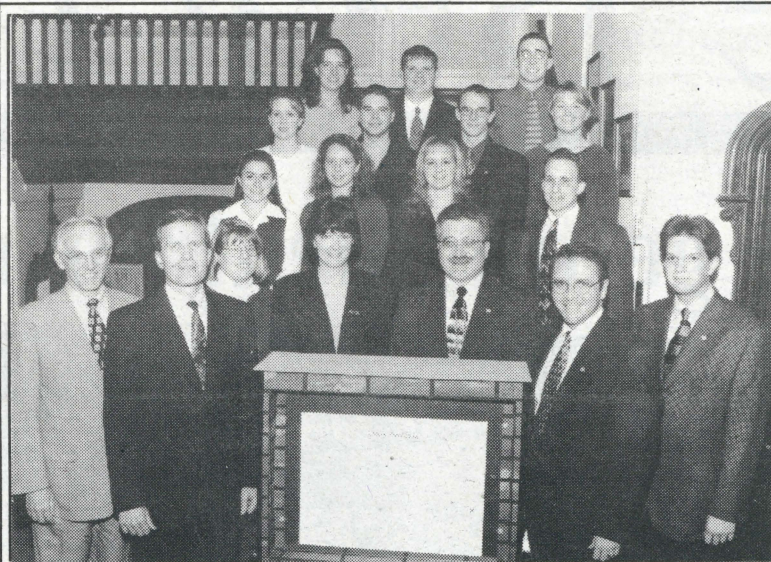


Photo Courtesy University Relations

Senior gift committee formed

By PAULA J. GENTILMEN
Special to The Beacon

Members of Wilkes University's "Mapping The Future/Leaving Your Mark" Senior Class Gift Committee recently kicked-off their 1999 campaign. The students are raising money for the creation and installation of large exterior campus maps to help visitors find their way around on campus.

Seniors who pledge \$50 each will have their names engraved on a plaque that will adorn each map, thus leaving their permanent mark on the future of their alma mater. The maps were designed by Dr. Harold Cox, professor of History at Wilkes, and will have a brick foundation that will compliment the historical structures on campus. The campaign goal of \$13,850 will allow a number of the kiosks to be strategically placed around campus.

Senior Class Gift Guided by the University's development and alumni

offices, a committee of 15 seniors established the "Mapping The Future/Leaving Your Mark" campaign to allow students the opportunity to learn about philanthropy.

The committee is run by Dr. Christopher N. Breiseth, Gary Williams, Jennie Bullock, Carol Maculloch, Bill Goldsworthy, Paul Strunk, Marc Eakin, Heather Tahan, Beth Ann Witkowski, Amy Gutowski, Jeff Moisey, Jill Unice, Brandon Berretta, Quinn Kirk, Stephanie Follmer, Lisa McClintock, Michael Rosh, Richard Seipp, Lisa Blanchard, Marcie Herman, and Keith Previc.

"The seniors have chosen a gift that will continually benefit visitors, not only to help them find buildings but also to find the many landmarks such as the John Wilkes Statue, the Bell Tower, and the Fenner Quadrangle that make the Wilkes campus unique," said Carol Maculloch, annual giving program manager at Wilkes.

Red Cross Request

The Wyoming Valley Chapter of the Red Cross on 156 South Franklin Street would like to ask cooperation with Wilkes students and their parking.

According to employee Amy Gabriel, there has been a problem with students parking in their designated parking area for the past year now.

One certain incident that happened before Spring break has still not been resolved. A Wilkes student supposedly hit a Red Cross employee's car while leaving a spot. The car was a large, white sedan type with black trim. The car also had a 'for sale' sign in the window.

The employee who's car was hit was an elderly woman who just would have wanted an apology. Gabriel said, "she would have never made him pay, she just wanted him to say he was sorry."

It is stressed that the parking be refrained from at all hours. Although it may seem as if the building is closed at night, they still have some CPR classes that start after six o'clock. Gabriel said, "there are over fifty people coming to these classes, but there are only twenty spots."

This causes a big problem at night for the evening classes that are going on at Wilkes.

When parking, please remember about the new shuttle service available. There are more than enough spaces available at the Ralston Field parking lot. Leaving from home just a few minutes early is all it takes to prevent tickets and possible towing.

Man mak

By NICOLE ME
Beacon Staff W

If you were l
fun and laughs y
been in Rumours

Student act
Donna Thornton,
credit for bringi
entertaining act. A
entertained Wilk
performing var
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a variety of instrum

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range from a kitch
and pans, piano
drums, guitars and


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caught student e



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The Beacon is still looking for students interested in writing and photography.

If you are interested, please stop by The Beacon office on the second floor of Hollenback Hall or leave a message at 408-5903.



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News

Mad Maverick baffles Wilkes

By JOHN MURPHY
Beacon Staff Writer

On Monday evening Mad Maverick performed a magic act in front of a small crowd, as well as for an upcoming half-hour television performance. This program will be aired on Channel 66 several times over the next month and a half. Maverick also took part in an interview for the weekly campus television show *Wilkes Today*.

Maverick amazed the crowd with several fun tricks, from making doves appear from apparently nowhere, to making

imaginary rabbits jump back and forth. And finishing the show up was a must see performance in which he had a member of the studio audience break a cinder block on his stomach with a sledgehammer, while lying on a bed of nails. Making this even more impressive was the fact that it took two hits for the block to break.

When talking to John Langshaw, the audience member who broke the brick, he said "I don't think I stopped shaking for 10 minutes after I finished. It's hard to get your mind set when you're smashing a block of concrete with a sledgehammer on someone's

stomach." Maverick admitted, "No one breaks the block on the first hit, not even my father who normally does this trick with me."

Mad Maverick, who is better known around campus as sophomore Jason Cloutier, said that he has been interested in magic since he was around five or six.

Jason has been doing private children's parties in the Northeastern Pennsylvania region and has just recently started performing at larger corporate dinners and restaurants. Though Cloutier admits that he has only about 30 tricks up his sleeve, he is working on learning more.



Man makes lots of noise in Rumours

By NICOLE METZGER
Beacon Staff Writer

If you were looking for some fun and laughs you should have been in Rumours Tuesday night.

Student activity director, Thoma Thornton, deserves a lot of credit for bringing in such an entertaining act. Paul Plays It All entertained Wilkes students by performing various musical numbers and showing his talent with a variety of instruments.

Many of the instruments are objects you can find around the house. Play it all Paul's instruments range from a kitchen sink to pots and pans, piano, synthesizers, drums, guitars and the sax.

Also included in his act were some very strange objects that caught student eyes. Freshman

Lance Marby said, "How can this guy not be cool? He dismembers bodies and has decapitated dolls."

This musical man did not just sit on a stage and sing. Sophomore Ron Serjosky commented, "Other than great musical ability, he has great stage presence and interacts very well with the audience." Senior Tanner Spadafore got up on stage to do a karaoke number with Paul.

Although there was free pizza and talent like Paul, not many students showed up. Sophomore Greg Collins adds, "He is a great entertainer. It's a shame more people didn't show up." Greg also wanted to state, "Attendance like this is why we don't get more fun events at Wilkes."

So if you didn't get out to Rumours, you missed a great entertainer and loads of fun.

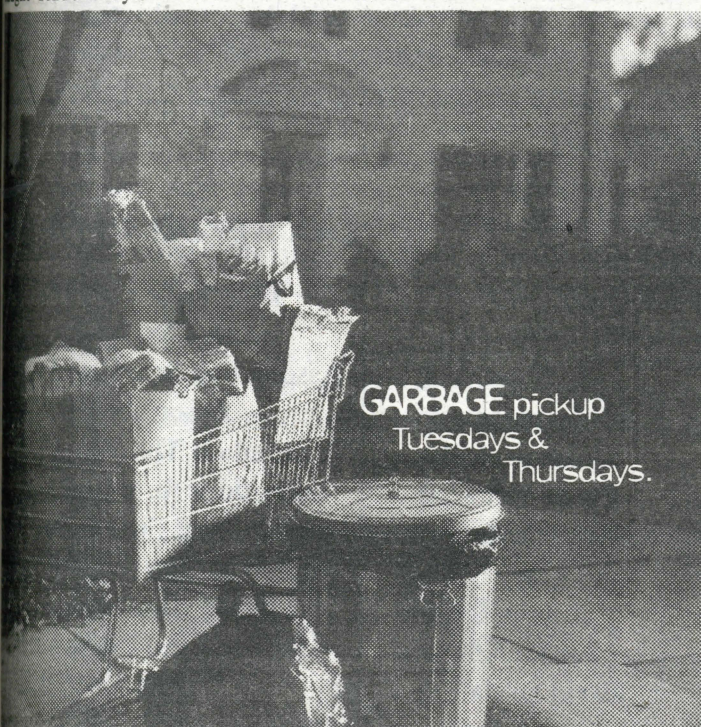
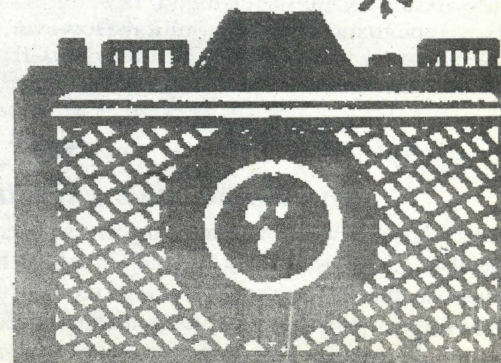


Pic of the week



Seen here is the newest addition to the Wilkes Barre Police Department. Rumor has it that this fella's main priority is to patrol South Main Street to make sure Wilkes student athletes are behaving.

If you happen to capture a unique moment on campus, or anything exciting involving Wilkes students, send your photo to *The Beacon* office. Include your name with a brief description and your photo may be chosen for the **Pic of the Week**.



If you're buying overpackaged or throwaway products, you're essentially buying trash. That means some of what's on your shopping list wastes energy, wastes natural resources and even increases pollution. So the next time you're in the store, look for less packaging, and choose stuff that's refillable and reusable. What's in your cart could make a world of difference. For a free shopping guide, please call 1-800-CALL-EDF.

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is stressed that the parking situation has not been resolved. Though it may seem as if the parking is closed at night, they have some CPR classes that start after six o'clock. Gabriel said there are over fifty people taking these classes, but there are only twenty spots.

This causes a big problem at night for the evening classes that are going on at Wilkes.

When parking, please remember about the new shuttle service. There are more spaces available at the Stony Brook Field parking lot. Getting from home just a few minutes early is all it takes to get tickets and possibly

Beacon is still open for students and in writing photography.

are interested, please stop by The Beacon office on the second floor of Lenback Hall. We have a message at 408-5903.

Opinion

Letters: Setting the record straight

(This letter has been altered significantly to be fit for print)

Dear Editor,

Americans don't understand the significance of the President's impeachment. The President was impeached by the House and found not guilty by the Senate. This letter is an attempt to clarify misconceptions concerning his impeachment. These misconceptions strike at the heart of our Constitutional form of government and transform this Nation from one that is ruled by law to one ruled by demagoguery.

Most Americans are convinced that the meaning of the constitutional phrase, "Treason, Bribery, or other high Crimes and Misdemeanors", is that only crimes that are detrimental to the Nation are impeachable and that crimes like Perjury and Obstruction Of Justice do not meet this high constitutional standard. Unfortunately, most Americans are wrong on both counts.

The Constitution is a document written in laymen terms. Its purpose is to establish our government and the laws that guide and control our government. If the wording of the Constitution sounds awkward, it is because our style of writing has evolved over the past 210 years. Most words and phrases in the Constitution can be taken at face value. However, to understand the intent of our Founding Fathers, an understanding of the common usage of words at the time is necessary.

At first glance the words appear straight forward and easy to understand. A procedure has been established for removing high officials from office for committing, "Treason, Bribery, or other high Crimes and Misdemeanors". But, what crimes are impeachable under these guidelines? We know of two; Treason and Bribery. How do we know the difference?

Perhaps the answer lies in the phrase "high crimes and misdemeanors". Why is the word "misdemeanor" used in conjunction with "high crimes"? Is there such a thing as a high misdemeanor? Can a misdemeanor crime be detrimental to our Nation? If no, we are left with the disturbing conclusion that this part of our Constitution does not make sense and the Framers erred when writing it. But wait; this contradiction is resolved if the word "high" does not refer to a hierarchy of crimes but instead, to the status of the official committing the crime. In other words a "high crime" is not a crime worse than others, but a crime committed by a "high" government official. Under this interpretation, both high crimes and high misdemeanors are possible and the Constitution makes sense as written.

Truth is an undeniable pillar of good government and this is especially valid in our judicial system where the truth is held sacred. The public's best interest is always served by the truth and any lie told in an official capacity is a breach of the public trust. Obstruction Of Justice, the end result of which is to establish a lie, is also a breach of the public trust. The essence of Bribery, Perjury and Obstruction is deception and the furtherance of hidden agendas contrary to the best interest of those involved and the public? Therefore, these crimes are all impeachable.

If the House retains the "sole" power to impeach, how is it possible for the Senate to tender a motion to dismiss the charges against the President? Voting to dismiss is the same as voting to impeach or not because both votes serve to determine if a Senate trial will be held. Therefore, this vote by the Senate was an affront to the House of Representatives and repugnant to our Constitution because it constitutes a usurpation of the House's impeachment authority. To add insult to injury, when the House voted to impeach, they did so after examining the evidence. When the Senate voted to dismiss, they did so before any evidence had been presented.

It is correct to state that 67% of the people do not want to see the President removed from office. However, what is wrongfully being ignored is the shameful fact that 67% of us believe the President is guilty of Perjury and Obstruction. Furthermore, half of the 2/3 majority against removal are laboring under the misconception that the President's crimes do not warrant impeachment. If these people were enlightened, it is reasonable to believe that many of them would change their minds. Therefore, it follows that if the impeachment trial were replayed before a fully informed electorate, the outcome would have been different. To their discredit in this regard, neither Congress nor the media served us well during this time of crisis.

Where do we go from here? We can bury our head in the sand and pretend that rules were adhered to. This would allow us to return to the "more important" aspects of governing like taxes and the budget. We can indict and try the President in a court of law, which is what should happen. Or, the President can do what is best for the Nation; resign and take his medicine, in which case, he would still be subject to indictment and trial.

Throughout our Nation's history, for the sake of expediency and practicality, interpretations of various sections of our constitution have changed and evolved. However, nothing in the past has occurred that was in gross violation of the Constitution's fundamental provisions. However, under the administration of President William Jefferson Clinton, this has changed. The conduct of his impeachment trial was repugnant to our Constitution. However, unbeknown to most people is that this is the second time President Clinton has played a key role in the dismemberment of constitutional law within this Nation.

For God and Country,
Alan R. Adaschik

Letters to the editor guidelines:

Letters should include your name and phone number. They should be no longer than 250 words and must be signed in order to be printed. Letters will be printed in the order they are received and must be submitted by 10:00 a.m. on the Tuesday prior to publication. Letters can be sent via electronic mail, intercampus mail or dropped off at *The Beacon* office.

Schedule of Events

The *Schedule of Events* contains only campus related events and activities that take place on or near campus. This calendar is used to inform students, faculty, and the rest of the Wilkes community of what is happening at Wilkes. Events that involve campus groups that take place off campus or out of walking distance for students will not be included. If you would like your event included, please drop off a schedule or announcement at *The Beacon* office located on the second floor of Hollenback Hall.

Thursday, March 18

*The Honorable Abner J. Mikva, guest speaker, CPA. 8:00 pm

Friday, March 19

*"Psyco", CPA. 7:30 pm

Monday, March 22

*Battle of the Sexes, Stark Lobby. 6:00 pm

Tuesday, March 23

*Student Teacher Placement Seminar, COB 211. 11:00 am & 3:00 pm

Prospective Student Teachers

Students who are planning to student teach in the Fall 1999 semester are required to attend a Student Teacher Placement Seminar on Tuesday, March 23 in Cob 211. Students may attend either the 11:00 am to noon session or the 3:00 pm to 4:00 pm session.

The purpose of the seminar is to go over the requirements and paperwork and sign up to be assigned to a particular school district and grade. It is important the students complete the necessary documents in order to have a desirable student teaching placement. The seminar will be conducted by Dr. Barbara Bellucci, Director of Student Teaching.

The Beacon

Box 111, Wilkes University
Wilkes-Barre, Pa. 18766
(570) 408-5903 or 408-2962

Fax (570) 408-5902

E-mail: beacon@wilkes1.wilkes.edu

Editor in Chief

Scott Veith

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Frank Tomaszewski

Features Editor

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Corey Yanoshak

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Copy Editor

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The Beacon is the student newspaper of Wilkes University. All editorial decisions are made by the student editors. All opinions expressed within *The Beacon* are those of the author or source quoted. *The Beacon* office is located on the second floor of Hollenback Hall.

Background Info.

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•Awarded by the
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•Printed on Thursdays, with
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Opinion

I can't be "under the table and dreaming"

with Matt Sowcik

Well it's been about three solid weeks since I remember writing an article, but this week seems to be a pretty controversial issue. So I hope everyone had a great break, and to the guys at 305, thanks for the postcard.

This week I thought I would throw my two sense in about the wet T-shirt scandal. Of course there are always two sides to every story, and this story is absolutely no different.

Side 1: I decided I'm not going to comment much on this side because it seems that the *Times Leader* has already beaten it to death. I would like to say that it probably wasn't one of the better ideas that Wilkes as a whole has had. Secondly, I would like to say that disrespecting women in general is a problem that all of our nation still faces and should truly be taken serious at all times. No one should be treated merely as an object and no one should feel that is the way that they deserve to be treated. Well with that said I think I'll jump right into SIDE 2.

Side 2: I like to start off by saying I wasn't able to be present at this event but I am pretty sure I have heard enough to make a strong case. First up is the huge controversy with the assistant coach and the underage men and ladies at the bar. I do happen to be friends with this individual so I might be a little biased, but, my God, cut the guy a break. I do understand that once you sign on for any job you have certain duties and responsibilities. I also understand that you have to be a role model for those you are leading. What I was not aware of is that once you take a job or a leadership position you can never make a mistake again.

Granted, he should have used better judgement, and granted it was a bad situation for him to place himself in. But seriously if there is someone out there that has never used bad judgment or put themselves in a bad situation then please throw the first stone. I need any further persuading then just look at our President of the United States. I can't condone what the assistant basketball coach did or condone Billy Clinton playing with the cigar, but it happens and hopefully people learn from it.

The next thing I'd like to just throw out is my overall view of the whole situation. I think it truly unfair for the *Times Leader* and anyone else who has placed judgement on just one or two individuals at this event. I think it is bad judgment for those individuals to think that they are able to place this judgment on others to forget about all the other individuals at the bar. Social pressure tends to be a little different when you're in a college atmosphere then when you sit behind a desk all day writing for a local newspaper.

Now I'm not saying that because there was these social pressures to go to the bar or participate in the event excuse these people from what they did, but it does put the blame on more people than just two. So for all of those people who believe that they are the right individuals to make judgment, I also want to know if you have never been a victim of social pressure. I would also like to know if you never went along with the crowd in college, or made your good choices and bad choices based on friends? My guess is you did, and to sit behind a desk very much separated from the situation, and your judgment is maybe a decision you should have asked other people about before you did it.

Well to end this, I'd like to hopefully be the one that ends this. I mean I think this is the last I have to hear or read about this issue. There are more positive things that are happening around campus, I think it's time to start emphasizing on that. I guess that's all. So long.

Editorial The games are over

The Wilkes basketball season is over and we at *The Beacon* have mixed emotions. Of course we are proud of the team for making it to the Sweet 16 and winning the Middle Atlantic Conference tournament. We are proud of coach Jerry Rickrode for bringing Wilkes basketball to a level of dominance in Division III. We are also proud of Scott Cleveland and Brian Gryboski who ended their collegiate careers as conference champions.

What we like to see come to an end is the spat between university media outlets and the sports information department. Members of *The Beacon*, *WCLH* and *Channel 66* feel that we have been misinformed, disrespected and treated like children by the sports information department in recent weeks.

Sports information does an excellent job of relaying information to outside media including *The Citizens' Voice*, *WBRE*, and *The Times Leader*. Members of *The Beacon* staff also work for these media outlets and have received great cooperation and respect for sports information. But when we have approached sports information as a member of college media, we feel we have been ignored and occasionally misinformed.

The childish game of "gotcha last" that has been going on between the sports information department and *The Beacon*, as far as we are concerned, is over. Beacon Editor-in-Chief Scott Veith and Sports Information Director John Seitzinger sat down for nearly 35 minutes on Wednesday to put this all in the past. We now know what we have to do to gain his respect, and he knows what has to be done to get respect from us. All we ask of him is to be treated like every other media member. All he wants of us is to act like we wish to be treated.

Due to a lack of communication between the two groups, we at *The Beacon* had no idea what we were entitled to, and we had absolutely no idea that sports information was willing to cooperate with us.

Is this our fault or Seitzinger's? We don't know.

What we do know is that our new relationship with sports information has to start right now. Next basketball season is too far away to worry about details. The situation must be fixed immediately if campus media or sports information plans to get any respect from outside media.

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Opinion

On Campus

with Mike Rosh

In my never ending search to find out what is going on around campus on a weekly basis, I've come up a little short this week. However, there are a number of sporting events, such as baseball, softball and tennis this coming week. If you want to see a great baseball game, I highly recommend going to the Wilkes vs. Kings games this weekend at Kings. The baseball team's only loss in Florida came from Kings and I'm willing to bet that they're looking for a little revenge.

A subject that is a little more upsetting to me is the basketball game this past Friday. No, I'm not going to moan and groan that the team lost, that's not what upset me the most. It was the fans that really pulled my chain. We sent five fan busses to Jersey and had over 400 fans in the stands. These numbers alone were impressive. However, it's horrible when of those 400+ odd fans only about 40 student fans seemed to get involved in the game. We were screaming our hearts out; many of us were horse by halftime. Yes there were fans that cheered besides us, all you had to do was look around when we stood up to cheer, and you could see roughly another dozen fans joining us. Now that's poor. Now I'm not going to sit here and point fingers at people specifically and thank them for joining us cheering. They know who they are and they're all diehard fans like the student section. So what happened to the other 350+ fans in the stands? I've got no clue but they didn't come to see Wilkes play, and if they did they should have gotten off their butts to cheer instead of clapping every now and then. Yes this happens at every game (home or away) but maybe they didn't notice that the team was in the Sweet 16 and they had some stiff competition to make it to the Final Four again. That was my last game as an undergrad here at Wilkes and I'm definitely looking forward to coming back as an Alum next year, but there is no way I'm going to sit with those wild and crazy alumni in the stands. I guess I'll have to sit with the students if I want to cheer! Who knows, maybe next year a couple dozen alumni and staff fans will cheer for their team.

Well, sorry it's a little short this week on events, but I can't seem to find a whole lot for this next week. I know that "Psycho" is scheduled as the movie this week, but that is about it. Maybe I'll have better luck with the events next week.

That's about it for this week, but if you have any questions or comments feel free to call me at 408-5966, or e-mail me at roshm@wilkes.edu. Finally, for a personal plug, if you have any complaints about security, let me know. I'm the chair of the security committee for SG, and can get your complaints to the right person.

Security Corner

With Mike Rosh and Chief Cookus

This is a new section in *The Beacon* that Chief Cookus and myself have been working on putting together. The point of it is to keep you the student informed on what is going on with Security and the Security Council, and to introduce you to the personnel here at Wilkes.

We hope to bring you news of security issues that may bother us, as well as keeping you informed about any security problems on campus.

We will be putting pictures of the security personnel in this column as well as some of their history here at Wilkes. This is so that you the student can be aware of who you talk to on the phone when you call x4999 or 0 for the information desk. We want you to get to know them a little better and this article should help with that.

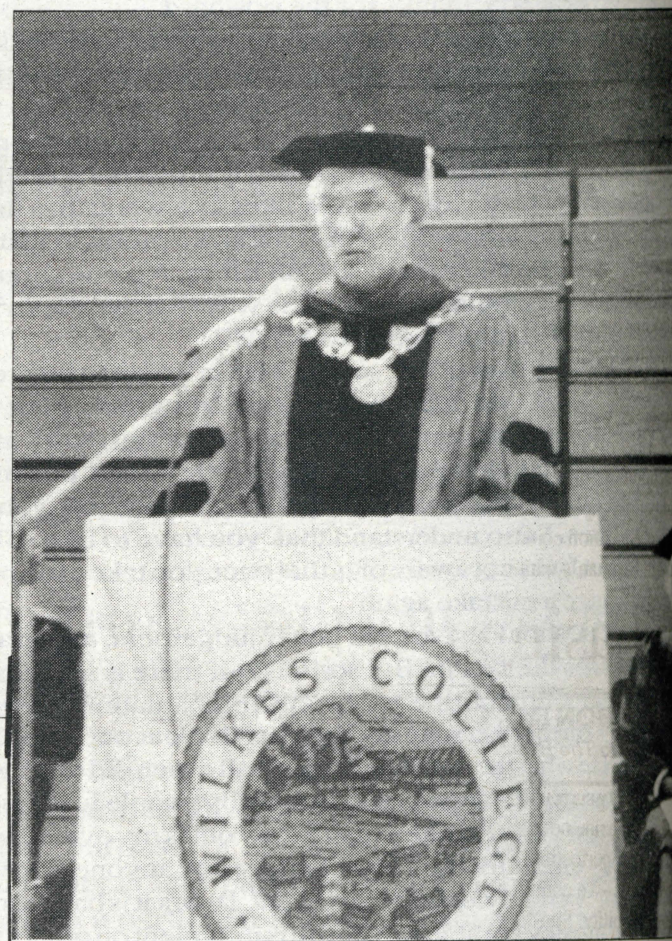
Some of the things that the Security Council has done this semester include ordering name badges for all the security officers on campus, which should be here soon. They have also updated the security homepage on wilkes1.

I have also had the benefit to be a panel member at a security conference that Chief Cookus had last week, but we will talk about that event in an upcoming article of *The Beacon*.

We hope you will enjoy this column in the future and if you have any questions, comments or concerns about security, or issues that we could discuss in this column, let me (x5966, roshm@wilkes.edu) or Chief Cookus (x4989) know. Enjoy.

Do you know me?

Faculty Quiz



1. I once lived in Minnesota.
2. My office is the first door on the left as you enter Weckessar Hall.
3. I speak at just about every commencement and orientation event held at Wilkes.
4. I developed the theory of evolution.
5. I'm an avid Wilkes athletics fan.
6. I have a copy of *The Beacon* delivered to my office every Thursday.
7. Secretly, I wish to take over as Editor-in Chief of *The Beacon* next semester.
8. My daughter goes to college in New York.
9. The metal around my neck in this picture is actually a clock from my friend Flava Flav.
10. If you don't know who I am, you probably need to get out more.

Dr. Chris Breiseth, University President

NE

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BY JASON Special to The

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Twenty percen Americans particip in fitness activities 1987, evidencing a better fitness than in But even though 47 Americans were act the most recent year accurate studies hav completed — more American population overweight.

The underlying sparks a problem, pe — probably more ac tempted — by vision

Features

NEA Honors Professor for Art of Teaching

Washington, D.C. — "A professor with an enthusiasm so infectious, that even the hardest and most cynical of hearts and minds can't help but dance and soar in her class." That's the way National Education Association (NEA) President Bob Chase describes professor Ronda Reaman, to whom NEA will present its first-ever Excellence in the Academy Award for the "art of teaching" on March 6.

The award recognizes an exemplary essay from a member of the academic community who embodies the complex and intangible dynamic that inspires students with a love of learning. Entries were judged anonymously by a panel of eight NEA higher education members in a competition open to the entire higher education community. Ronda Beaman's winning essay

will be features in the Spring 1999 issue of NEA's journal — *Thought and Action* — distributed to 85,000 educators in the higher education community.

NEA President Chase will present the NEA "art of teaching" award to Beaman at the association's 1999 National Higher Education Conference, March 5-7 in San Antonio, Texas. "This will be the perfect site to recognize Ronda for her teaching and inspiration," says Chase. "More than 400 higher education professors from across the nation will gather to share their vision for higher education's future. Advances in technology, our global economy, and a dynamic population create an exciting and challenging future in higher education. In the midst of these breakneck changes there remains one constant — the teacher. It is the warmth and wisdom of the teacher that makes the difference in

students' lives. It is the constancy and consistency of the teacher around which the education cycle moves. Ronda Beaman is an enthusiastic reminder of that fact."

Beaman's essay reveals a reverence for the art of teaching, a profession that evokes learning and knowledge in both the teacher and student. "In this world of high tech, low touch, a student should feel assured that a teacher has the compassion to understand failure, the enthusiasm to promote trying, the intelligence to support the effort and the understanding of when to step back," writes Beaman.

In her award-winning article, Beaman encourages fellow professors to take risks in class to inspire students to innovate and create rather than imitate. One of Beaman's own bigger risks is a promise she makes every semester to know every student's name in one week. To accomplish this goal

she videotapes her 350 students and by the second class meeting knows every student by name. "This takes time, this takes patience, this takes guts!" Beaman says. "Students are so shocked when you start calling everyone by name, so delighted that you know who they are, and so impressed by your dedication."

This year's NEA higher education conference is titled "The Education and Life Game: Many Roads to Success." Designed to prepare educators for 21st century higher education, topics will include distance education, the implications of a more diverse student body, the workforce needs of the technologically driven economy, intellectual property rights, and tenure. A complete agenda can be found on NEA's web site at <http://www.nea.org/he/conf99/>

[agenda.html](#).

Participants will each receive a copy of an NEA-produced CD-ROM that includes a wealth of information and viewpoints on how higher education can meet the needs of the next generation of students. Single copies are available by sending an e-mail to HigherEd@nea.org or by writing Office of Higher Education, National Education Association, 1201 16th St. NW, Washington, D.C. 20036.

The National Education Association is the nation's largest professional employee organization, representing more than 2.4 million elementary and secondary teachers, college faculty, educational support personnel, school administrators, retired educators, and students preparing to become teachers.

Chasing the Unattainable Perfection

BY JASON DONGAS

Special to The Beacon

Beauty surrounds us.

Magazine newsstands — a palette of perfection. Television programs — a compilation of impeccability. Sun-bronzed bodies capable of inducing fantasy or spurring imagination seem to abound.

But the representation of the ideal male and female body in contemporary media is — like most idealities — unrealistic. From Xena the Warrior Princess to Baywatch, from Hercules to ESPN's fitness shows, television's portrayal borders on the fanciful. From Cosmopolitan to Playboy, Men's Health to Muscle and Fitness, magazine images seem to be taunting. The implied message: These people are perfect; what's wrong with you that you aren't?

Twenty percent more Americans participated frequently in fitness activities in 1997 than in 1987, evidencing a trend toward better fitness than in years past. But even though 47.6 million Americans were active in 1997 — the most recent year for which accurate studies have been completed — more than half of the American population was overweight.

The underlying paradox sparks a problem, perhaps inspired — probably more accurately, tempted — by visions of sinewy

legs and bulging biceps, of wash-board abdominals and rippling backs, millions of people nonetheless attempt to attain the "ideal" body exemplified by the media. Frustrated with the effort and time required to achieve that ideality, millions more give up, having fallen far short of earning a spot on the cover of Cosmo.

We long have been roused by the fleeting nature of perfection. At times tantalizing, at others encouraging, the ideal and our pursuit of it is an incarnation of jealousy: We want what others have.

Not that this envy is limited to the casual fitness center buff. Overshadowed by the bribery scandal that rocked the Salt Lake City Olympics organizing committee was the International Olympic Committee symposium on performance-enhancing drugs, delving into what an increasing number of coaches, trainers, officials and athletes call the real scandal in sports.

But like hamsters running along the wheel for the end that never will come, we continually strive to achieve the goal propagated by popular media and reinforced by contemporary society.

The end, though nearly unattainable, at least sparks well-intentioned means. Our drive for perfection allows us to improve our physical well-being and promote better health.

How to get started? Here are some tips to begin a fitness program that will provide the first steps along the unending road to the ideal body:

A thorough fitness plan should include both cardiovascular and weight-training components. For beginners, a half-hour a day of both weights and cardiovascular activities, three times a week.

As you become stronger and more comfortable with training, increase the duration of your exercise, as well as the frequency, working up to four or five day per week.

Will this road lead to the ideal body? Perhaps. Beauty is, after all, in the eye of the beholder, leaving reality to the interpretation of all.

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Tax Time for College Students Too

NEW YORK - Planning to file a tax return this year? Many college students (65%) hold jobs while attending school, and most (85%) work during the summer to help pay for college. If you're like many other college students and made less than \$4,250 in 1998 (the average college freshman earns only \$3,450 a year), you don't have to file an income tax return — but you might want to consider doing so.

If you do file, there's a good chance — given your income level — that you'll get a tax refund back from the Fed — a refund that could be as much as a few hundred dollars. Tucked away in a savings account, or invested in a mutual fund, this "found money" could pay for Spring Break — or it could be your first step toward affording an apartment or a first car after graduation.

Citibank is offering the following basic tips to ease your introduction to the IRS and the tax-filing process.

1. Should you file a return? If you earned over \$4,250, or had unearned income totaling \$700 or more, or if your combined earned income and unearned income totaled more than \$700, you are required by law to file. However, if taxes were deducted from your pay, you should file even if your income level did not reach the amount necessary to file.

2. What tax forms do you need to fill out? You'll use either a

1040EZ form or a 1040A form (if interest income is over \$400). Both are usually available at post offices and local libraries. They're also available through the Internet and by mail from the IRS.

3. What else do you need when filing a tax return? Any employer who deducted taxes should provide a W-2 form. A 1099 form reflecting unearned income from a financial institution may also be provided.

4. Be sure that any separate state and local tax filing requirements are met. Tax laws differ by state, and even city. State and local tax forms are also available at local libraries and through the Internet. The telephone directory lists local tax agencies that can answer any questions.

5. All returns should be checked thoroughly before being mailed. Are calculations correct? Is the tax return signed and dated? Is the Social Security number included? Are all W-2s attached?

6. If a refund is due... Learning sound money management should be a priority for college students. A refund represents the overpayment of taxes during the year; the government is only returning money it owes the taxpayer. So, do not view a tax refund as "found money." This is money that you have worked for — plan ahead to spend and save it accordingly.

Citibank is offering a free brochure designed especially for

See Tax Time Page 8

Features

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"Newgrass" Band *Salamander Crossing* Returns to the Chicory House Friday, March 19

New England's premier rootsy bluegrass band, *Salamander Crossing*, returns to The Chicory House in Wilkes-Barre with their traditional breakdown, stompin' swing tunes and passionate lyric-driven originals — artfully blending the old and the new to create the unique sound often referred to as "newgrass." The concert will be Friday, March 19 at 8 p.m. The Massachusetts-based quartet last appeared at The Chicory House in October, 1996.

Catchy licks, haunting harmonies and a muscular sound have earned *Salamander Crossing* comparison to the music of Emmy Lou Harris, Crosby, Stills, Nash & Young, and Alison Krauss. The young quartet consists of fiddler Rani Arbo, Jeff Kelliher on guitar, mandolin and harmonica, bassist Andrew Kinsey and banjoist Dave Dick.

The band formed in late 1991 and have developed a solid national reputation and an ever-growing collection of devoted fans in their eight years of performing. With a refreshing repertoire and a stage presence that is fun, intelligent and unpretentious, the band has also captured the approval of critics. "This splendid, eclectic band sings, writes and plays with delightful sophistication. They're not slick, just savvy," says *The Boston Globe*.

Their debut CD, released in 1995, received accolades from *Dirty Linen*, *The Boston Globe*, *Fiddler Magazine* and *Sing Out*. "*Salamander Crossing* combines the best elements of bluegrass and university town spunk to create a hybrid which could be called U-grass," according to *Dirty Linen* music magazine. *The Boston Globe* praised their "keen harmonies and fleet picking," while a *Bluegrass Unlimited* reviewer said, "Their driving and imaginative version of *The Beatles* masterpiece 'Things We Said Today,' dare I blaspheme, even gives the original a run for its money."

Their second CD, *Passion Train*, takes yet another step outside of bluegrass. It's a deft mix of originals, left-of-center traditional tunes and covers from Bill Monroe to Bruce Springsteen. Their most recent recording, *Bottleneck Dreams*, has been called their most "adventurous and alluring album to date," presenting a "delicately balanced set that stands up to the better work of Alison Krauss and Union Station." *Salamander Crossing's* recordings will be available for purchase at the concert.

The non-profit, volunteer-run Chicory House presents a range of acoustic folk music from blues to bluegrass, Celtic to Cajun, jazz to gospel. The coffeehouse-style concerts are held in the community room of St. Stephen's Church, 35 South Franklin Street in Wilkes-Barre. The Chicory House is not affiliated with St. Stephen's.

Admission to the concert, Friday, March 19 at 8 p.m. is \$8, \$7 for Chicory House supporting members. Doors open at 7:30 PM. Seating is first-come, first-served. Advance tickets are not sold. Desserts and beverages will be available for purchase throughout the evening. The Chicory House public information number is (717) 825-8772.

Tax Time

college students, titled, "Tax Facts for First-Time Filers." This brochure gives helpful tips on tax filing, tailored for a collegiate crowd. "Tax Facts for First-Time Filers" is available by calling 1-800-669-2635.

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largest issuer of credit and charge cards worldwide with over 95 million cards in circulation, including 68 million MasterCard and Visa cards in the U.S. Citigroup serves over 100 million customers, including consumers, businesses, governments and financial institutions in 100 countries and territories around the world.

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Features

The Militant Movie Review & More

by

Col. Hogan and Col. Klink

Many students may have noticed the subtle changes in the Pickering Cafeteria over the past two years. It has come to our attention. It seems to these writers that the quality of food in the cafe has steadily decreasing to the point that panini bar has become a viable dinner option. What is going on? We demand more variety if students are to sustain healthy nutritional levels.

Less than two years ago, before Chef Norm befell misfortune, the bars we so too often saw in line two were displayed on a large table in front of line two. These bars, in their early days, had the omelet, pasta and panini bars. The omelet bar in this day was perfected by Chef Norm. It has never been the quite same since he left. The pasta bar was also a quality choice in meal. At this time, also operated by Chef Norm. Unfortunately, since Norm has been gone, these bars have moved into line two. The panini has improved though, when it first appeared the sandwich was pre-made and many students swore the ground up meats placed on the hard bread was not good. Nobody dared to guess what the lumpy dark green spread really consisted of. The staff only comment that that information was classified. Now the bread is fresh and warm, the meat is as it gets in the cafe and the dreaded green stuff hasn't returned yet.

In the present, all is not all fine and dandy. At least once a week the cafe connoisseur's menu has Beefaroni and hard manicotti with soupy cheese oozing out. If that wasn't bad enough, the lunch has also become painful. One of the authors recently experienced a rather large shard of meat nudging their teeth apart while biting into a large, greasy burger. This was beyond words, we're talking Grade A calcium containing white matter. Adding insult to injury, if it is a burger (which is all too common now) and you want to fill up on ice cream, you will probably find the drums in the cookies'n'cream sludge greets you at the bottom of the container. Isn't that great? As for line two, as much as the statement "Do we have to go there?" comes to mind, let's not ask. At the start of the Fall semester, one could go down to the cafe basically at any time to get their fill of stir fry bar. Oops, now the stir fry bar is a line 2 phenomenon and pleasant 15

waits in line greet you when that craving for Chinese hits. It is also now possible to get Italian two times a day; pasta bar with your choice of savory sauce and meat, or just over bacon baked in to perfection for lunch. Then appetizing pizza, a pizza that binds to your plate upon contact is over your plate without a solitary noodle?

Another brown spot in our salad bowl of an article is this. Does your omelet melt? I'm normally forced to use the quality microwave in the corner of the cafe. It probably used to have three settings, high, medium, and low, but now it is probably somewhere between split your own and you're asking for a tumor.

Realizing how many problems the student body has with the food provided at Wilkes we want to make sure that the daily individuals in the cafe and students interact with daily are not to blame. As a fact we find them to be really nice people. However, we do find problems with the quality of food products being purchased by the cafe. The food service at Wilkes. We only hope that with the new Union Building the quality of the food being purchased rises. The only problem we have with the production of the food is that the temperature upon serving is not adequate. We find lukewarm food to be dismal and dreary. It is not a hot meal now and again. Don't forget baring two breaks a day, the cafe is the only major source of food we get for nearly 15 weeks.

It is a fact that the cheese is never melted, we do realize that they try. Not to worry. We understand they are not Chef Norm and can never be Chef

Norm. Just in case you were wondering. We think it is a good idea to have the waffle bar in front of line two and not become its main

Bar. We just keep the waffle irons on all the time?

Bar. Con salsa son muy bueno.

Bar. It has its good days and its bad days. The spaghetti has good days and its bad ones too.

Bar. Stay out on the main floor, not where someone has to do it for us.

Bar. The fun in that?

Bar. Version of Line One Bar

Bar. Milled cheese with your food?

Bar. Questions, comments, or suggestions can be sent to Militant@angelfire.com.

Bar. Visit us on the web, for the uncut and unedited review, at:

www.angelfire.com/wa/MilitantReview/war.html

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Aligning the planets with Madame Zelda

Taurus: Remember that every opportunity comes with responsibility. Nothing comes for free. So when you do get a good break in life its meaning is so much more.

Gemini: This week you feel like the harder you try the less you accomplish. Try to move towards your goals little by little. You will see better results that way.

Cancer: This week you start seeing life differently. Your outlook is becoming more realistic so make sure goals match that realism.

Leo: You believe money is for spending, but first it has to be earned. Make sure you are prioritizing your finances or you will find yourself spending more than you earn.

Virgo: You find yourself on an emotional rollercoaster this week. Take things one step at a time and talk things out before you act upon your feelings.

Libra: Don't let anyone talk down your talents this week. You will attain more if others show confidence in your work.

Scorpio: You find it hard to show your emotions and this week it becomes even harder. Try to tackle problems as they arise and things will become better by the weekend.

Sagittarius: Your professional reputation is changing. It may not be what you intended, but it does show that things can only get better. Just be patient.

Capricorn: You are finding yourself uptight this week. Try to lighten your workload, as you will find it decreases your stress level.

Aquarius: Be careful what you say this week. You seem to always speak your mind and this week it backfires.

Pisces: You need to make an important decision this week about someone close to you. Don't let a relationship interfere with an important decision you have to make this week.

Aries: You like getting fast results without the hard work. But you need to start working hard this week or else you will start to lose the positives in your life.

Inner peace... with Ani



Dear Ani,

Ok, I have a problem that I'd love to get some advice about which is not as much a problem for me, but for the people who are around me day in and day out. The problem is that for the last couple months I have been the Queen of Mean to about everyone who crosses my path. I complain about everything. Every little thing someone does that isn't the way I want it done annoys me, and I feel like I am always in a bad mood. I have always been a happy, friendly person, but I just can't get out of this rut. I have tried taking vitamins to maybe boost my energy and my spirits, but it hasn't helped. I feel worn down, tired, and in a bad mood more often than I'd like to, and I'm starting to really feel bad for the people around me!!! Is there anything I can do??

Help! The Queen of Mean

Dear Queen of Mean,

Wow girl, let me just tell you I know how you feel!! I have been extra nasty to lots of people in my life lately also, and if you ask around, you may find a lot of people find themselves in a rut this time of year. It's winter. The sun doesn't come out all that often and if it does you risk an ear snapping off if you venture outside into the cold for more than ten minutes on some of these cold day we've been having. Lack of sunshine can be depressing and being cooped up indoors for months at a time can't help your mood either. As a psychology major, (oooh, a hint!! Ani is a psych major!) I have learned about something known as Seasonal Affective Disorder (S.A.D) which can produce symptoms similar to what you are complaining about. Put very simply, S.A.D. occurs because in the winter months, we are not exposed to very much bright light, i.e. sunshine!! Bright light helps our body produce a chemical which can positively affect our mood!! Of course, that's a very simple way to put it, but when it all comes down to it, what I am saying is the weather may have something to do with how you are feeling. When spring comes and you are spending lots of time outside, you may find yourself feeling a lot

better.

In the meantime, talk to your doctor about other reasons for your slump if it is really affecting your life. It could be a whole bunch of things: your diet, lack of exercise, work overload, stress, or a combination of all of these things. Lets all just set our sights on the summer, full of sunshine and lacking exams and papers and maybe we can all feel a little more happy!!! Try to focus on everything positive in your life for now and maybe you will realize you don't have as much of a reason as you thought to be so nasty. Concentrate on the good things in your life and "count your blessing" as the good old Mom says, and it may help you realize if your man leaves the seat up its not the end of the world. Are you following what I'm saying?

Sometimes we all get a little nasty every once and a while, some more often than others. I understand where you are coming from because I have been feeling the same way the past couple months. What I recommend (if thinking positive just isn't working for you) is to talk to someone in the same or similar situation as you. Lots of people are feeling grumpy, stressed out, tired and cranky lately, and sometimes it just helps to vent!! Talk about your troubles and if you don't have someone to confide in, or don't want to bother other people with your complaints, begin a journal to get your thoughts down on paper. This can really help you feel a lot better just by getting your feelings out. I hope you can find a way to deal with the negative emotions you have been having lately. My advice: just don't keep it bottled up, because eventually you'll blow! Deal with your emotions, don't ignore them, and try to focus on the positives and maybe your moods may improve. (A few days on the beach probably couldn't hurt either if at all possible.)

Good Luck!

Ani

Sports

Tennis set for fresh start

Division I transfer to bolster team as top seed.

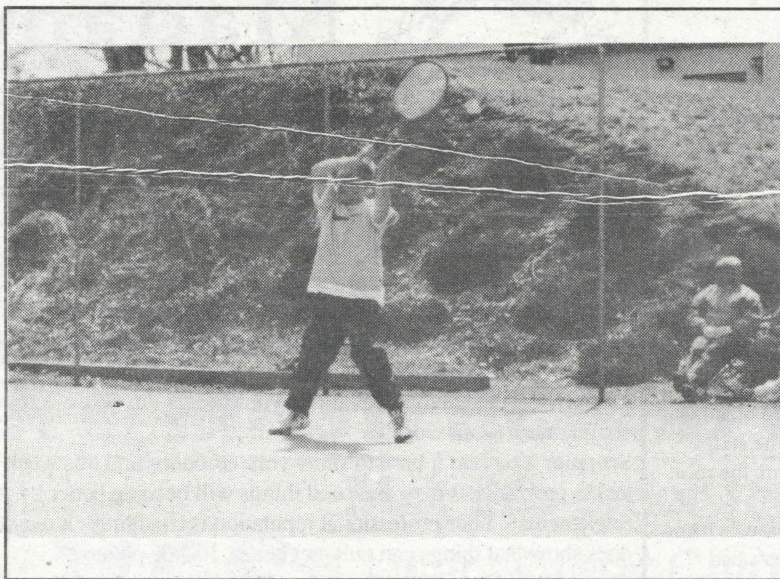
By GREG COLLINS

Beacon Staff Writer

With the 1999 season approaching quickly, the members of the Wilkes men's tennis team are experiencing something new -- optimism. After a disappointing 1998 season, in which the Colonels, and first-year head coach John Seitzenger, finished 3-9 overall and 2-4 in the Middle Atlantic Conference Freedom League, the team is looking to turn their losing reputation around.

"I want to be a respected program," said junior Joe Scordino.

Respect should not be the only thing coming to a revamped Colonel squad. Wilkes has added several players, improving the depth and strength of the team. One key addition is transfer-student Chris Small. Small transferred to Wilkes from Indiana State University, a Division I school in Terre Haute, Indiana. He is projected to be the top seed on the team this year. He is excited about



Beacon file photo

Joe Scordino will play in the number two spot this year after a solid sophomore year.

the upcoming season, however, he has never played in a Division III match and still has many questions.

"I really don't know what to expect," admitted Small.

Seitzenger also cautions Small, knowing the pressure of the number one spot.

"He's played well in the past, but it will be an adjustment, still. The cali-

ber of the number one seed is excellent, even in Division III. He's just got to learn how to dictate matches and as he learns, he'll get better," said Seitzenger.

Small will be followed in the lineup by Scordino, a key returnee from last year's squad. Scordino, who was named to the MAC All-Academic team in 1998, brings skill and much-needed leadership to the Colonels.

"We've got five starters back, so we're optimistic," said Seitzenger. "And Small gives us a bona fide number one player."

"Things are looking really good!" commented Scordino. "Our goals for the season are to have a winning record and make the playoffs."

In addition to Scordino, other returnees from last year's team include Aaron Sherburne, Kevin Siegel, Ed Bednarz, and Dave Germick. Sherburne will fill the number three slot, the same seed that he occupied last year. Jason Brady, a recent transfer to Wilkes, is expected to play in the four seed. Matt Minielly, who is returning to the squad after a one-year hiatus, will be competing with Germick and Siegel for the five and six seeds.

The team is scheduled to begin its season next Tuesday at Lebanon Valley. Seitzenger, also the Sports Information Director at Wilkes, begins his second year as head tennis coach of the Colonels.

The Colonels home-opener will be on Wednesday, against Elizabethtown at 3:30 pm. Their MAC Freedom League season begins next Saturday when the team hosts FDU-Madison for a 1:00 pm start.

Tennis

Head Coach: John Seitzenger

Last year's record: 3-9 (2-4 MAC)

Key returnees: Joe Scordino, Aaron Sherburne, Kevin Siegel, Ed Bednarz, Dave Germick.

Key newcomers: Chris Small, Jason Brady, Matt Minielly.

Coach's Comment: "Everyone has to play their best to win every match and we need to knock off some good teams to make the playoffs."

"Scranton, King's, and Drew will be tough, but we need to beat them to make the playoffs," noted Seitzenger.

For now, the team will just wait and wait -- anxiously.

Small summed up the feelings of several players, "We can't wait to get things going!"

Seitzenger also has a reason for the anxiousness.

"We haven't got outside yet. We're going into our opener without any outdoor preparation. We're trying to battle through."

Colonels advance beyond college levels

By COREY YANOSHAK

Beacon Sports Editor

Division III athletes are said to be of the purest kind -- the kind that play solely for the love of the sport.

Unlike Divisions I and II, which are able to hand out athletic scholarships, Wilkes and other Division III schools are not allowed to give out scholarships for athletic purposes. For this reason, athletes may be prone to attend another school, either on an athletic scholarship or with the hope of receiving one in the future.

This fact also makes it much more difficult for an athlete to further his career when his college days are over. Since Division I schools can give scholarships to the best athletes, Division III students need to concentrate a little more on school than on sports. But in the upper divisions, athletes are there to play their sport and if they're good enough, a scout will find them.

But recently, two former Wilkes' football players have signed contracts to play football in Europe. J.J. Fadden and Augie Mitschke, both All-Americans from the class of 1997, are preparing for the upcoming season over-

seas. Fadden will play in Denmark, while Mitschke will join a team in Germany.

"It's a great opportunity for those guys," said head football Frank Sheptock, who coached Fadden and Mitschke. "They will get to see another culture and play some very good football."

Although these two are the first Colonel football players to continue their career, they are not the first Wilkes' athletes to keep playing after college. Kevin Gryboski, from the class of '95, is playing baseball in the Seattle Mariners organization. Gryboski, whose brother Brian has just finished his Wilkes' basketball career, will begin this season in New Haven, Connecticut, playing for the AA Ravens.

"It's nice to see his progression," said Bob Klinetob, Gryboski's catcher at Wilkes. "He's a whole different person now and you can see how much he's matured."

Gryboski has impressed scouts since his junior year at Wilkes, when he was drafted by the Cincinnati Reds. But Gryboski knew the uncertainty of professional sports and stayed at Wilkes for his senior year.

That decision landed Gryboski on the Mariners rookie team in Everett.

Gryboski advanced to the mid-A team in Wisconsin for his second year, then spent two years in high-A ball in Lancaster.

"He's on the right track now," said Klinetob. "These next two years are big years for him."

The next couple of years are also important for Mitschke and Fadden, since they have contracts for one year.

"If they're good enough to contribute, they'll keep playing," said Sheptock. "And they are great impact players. We're extremely proud and know they will be great ambassadors to the game."

Fadden will also be working on some team aspects as he has been signed as a player/coach for his team. That works out well for the defensive lineman who will pursue a career as a graduate assistant football coach next year.

But Fadden will also need to learn a different style and stance in Denmark, as he will be using a stand-up stance, rather than the hand-down form he used at Wilkes.

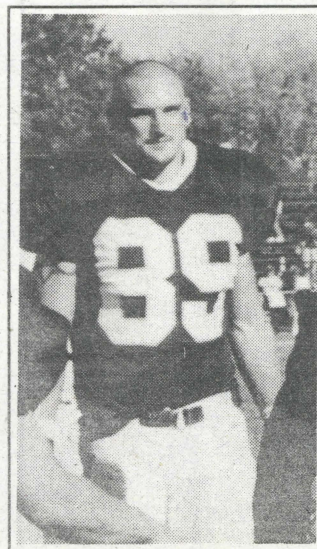
Mitschke will be used as a tight end and a punter, where he was All-American in his senior year.

Sheptock credits their post-season all-star tournaments as their first

contacts.

"They both played in all-star games and the European teams do a lot of scouting there, which is where they basically made their first contacts," added Sheptock.

Gryboski, on the other hand, relied on a strong arm to attract the scouts. At Wilkes, Gryboski was clocked at over 90 miles per hour and has reached that already in Spring Training.



Beacon file photo

Augie Mitschke will continue his football career in Germany.

"We knew he'd get drafted," Joe Folek, head coach at Wilkes, said. "It was just a matter of where and when. He was a very draftable player because his arm was fresh, he didn't throw a real lot prior to college and he was hitting around 93 on the radar."

Gryboski's teammate, Bill Noone, was also drafted, but arm problems forced him out of the Phillies organization just a few months after he was drafted. Gryboski and Noone will lead the Colonels to the MAC playoffs.

"He's had a good spring and will be used as the set-up man," Klinetob. "His chances of going AAA look good, especially later in the year."

While Gryboski deals with advancement, Fadden and Mitschke will just play football and enjoy the culture in Europe.

"The game is similar, except for the lack of history and tradition," Sheptock. "But they have experience, a salary, and they get to experience another country and another culture."

The football season consists of games from April to August, with playoffs making a 16-game season a possibility.

Beacon

The Beacon staff. The athletes, photographers and The ultimate Beacon Sports Editor. All statistics a

Robyn M

Making the transition from one sport to another is difficult. What the sports and where they are, but to end one season and start another in the matter of perseverance and dedication, Robyn Mendygral has done it. The Beacon female Athlete of the Month for February.

Mendygral's basketball season ended on February 20 with a loss at Scranton and Mendygral was the gym with the softball following day.

"It's nothing new," Mendygral. "I've done it at high school, so I'm used to it. Mendygral scored a season-high 13 points in a 73-64 win against Bible in mid-February."

Brian Gry

Four Middle Atlantic Conference titles, over 300 points, and four trips to the playoffs -- for these accomplishments, Brian Gryboski has earned the male Athlete of the Month for February.

"There hasn't been a day when I didn't give his all," commented Jerry Rickrode.

Gryboski finishes his senior season with 311 points and a points per game average of 10.7. Gryboski pulled down a season-high 188 rebounds this year in the power-forward position, averaging 6.5 per game.

From the foul line, Gryboski made 89 of his 130 attempts, 89-130.

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Sports

Beacon Athletes of the Month

The Beacon Athlete of the Month is a decision-making process that has been implemented by this year's Beacon staff. The athletes considered for this honor are recommended to the editorial staff by Beacon staff writers, editors, photographers and correspondents.

The ultimate decision of who earns the Athlete of the Month award is decided upon by Corey Yanoshak, Beacon Sports Editor and the Wilkes University sports information department. All statistics are courtesy of John Seitszinger, director, sports information.

Robyn Mendygral: Softball

Making the transition from one sport to another is difficult no matter what the sports and when their seasons end, but to end one season and begin another in the matter of a week takes perseverance and dedication and for Robyn Mendygral has been named Beacon female Athlete of the Month for February.

Mendygral's basketball season ended on February 20 with a 91-54 win over Scranton and Mendygral was in the gym with the softball team the following day.

"It's nothing new," said Mendygral. "I've done it all through high school, so I'm used to it."

Mendygral scored a season-high 13 points in a 73-64 win against Bap Bible in mid-February. But

Mendygral's main role was as the point guard, where she also concentrated on defense. For the year, Mendygral finished with 47 steals and 60 assists.

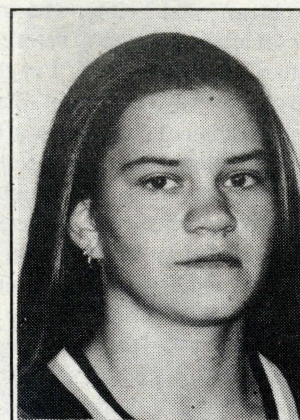
With just a week of practice under her belt, Mendygral and the Lady Colonels went to South Carolina to start their softball season.

While in Myrtle Beach, Mendygral started all four games as Wilkes went 2-2, beating Bridgewater University, 7-6 and 3-2, while losing to Philadelphia Textile, 2-0 and 3-1.

"I didn't practice at all until basketball was over, so it was tough, but I'm used to it," said Mendygral.

Mendygral, a sophomore, batted .273, going 3-11, while using her speed to safely steal three bases.

Mendygral begins her second sea-



Beacon file photo

Robyn Mendygral earned the female Beacon Athlete of the Month for February.

Brian Gryboski: Basketball

Four Middle Atlantic Conference Freedom League titles, over 1,000 total points, and four trips to the NCAA playoffs -- for these accomplishments, Brian Gryboski has earned The Beacon male Athlete of the Month for February.

"There hasn't been a day when he didn't give his all," complimented coach Jerry Rickrode.

Gryboski finishes his senior year with 311 points and a points per game average of 10.7. Gryboski pulled in a season-high 188 rebounds this year from a power-forward position, averaging 6.5 per game.

From the foul line, Gryboski nailed 89 of his attempts, 89-130, while

connecting on 57% from the field.

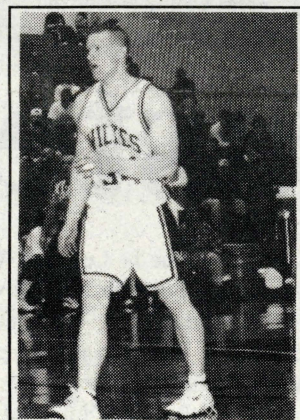
"He was a big key to our success and he really stepped it up," said Rickrode. "I'm gonna miss him."

Gryboski, who helped the team to a fifth straight MAC Freedom League title and their second consecutive overall MAC championship, saw his season come to an end with a 60-50 loss to Richard Stockton in the Sweet 16.

Gryboski netted a season-high 21 points twice this season, while hauling in a season-high 18 rebounds once.

"After his sophomore year, we expected him to reach the 1,000 point mark," said Rickrode. "But he really didn't care, as long as the team was doing well and winning."

son as the shortstop, where she was a third team All-Region selection as a freshman for coach Kevin Vrabel.



Beacon file photo

Brian Gryboski earned the male Beacon Athlete of the Month for February.

Gryboski will graduate in May with hopes of working as a wildlife biologist.

Softball starts .500

The Lady Colonels softball team began their season in Myrtle Beach, South Carolina, over Spring Break, and went 2-2, beating Bridgewater University twice, while dropping two games to Philadelphia Textile.

"It was a positive trip, especially since it was our first time outside," said sophomore Robyn Mendygral.

Wilkes' wins came by scores of 7-6 and 3-2, while losing 2-0 and 3-1. Alice Fink and Lisa Hartman each earned a win, while taking a loss.

Tami Thomas was 4-12 on the trip, knocking in three runs with three doubles. Shanna Henninger was 3-5 with a triple, adding two RBIs, as did

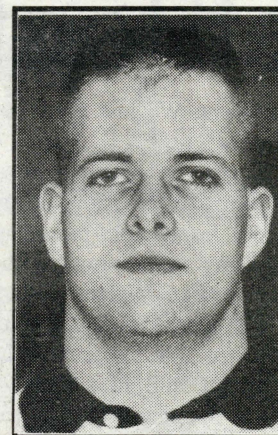
Danielle Benson. Kim Chapman hit safely three times in seven attempts.

Mendygral, who just finished her basketball season, was 3-11 on the trip with three stolen bases, while Jamie Derhammer was 3-12 with a double.

"We should be a good team this year," complimented Mendygral. "And we should be very competitive."

Hartman and Fink combined to throw every inning, with Fink striking out six and Hartman three. Fink's ERA stands at 2.50, while Hartman starts off with a 1.08.

As a team, the Lady Colonels are hitting .221, with a slugging percentage of .337.



Training Hard

with Brian Kephart, ATC

Muscle Soreness

At some point during participation on a sports team or working out in a fitness facility, you may have experienced sore muscles. You may have heard someone say to you "no pain, no gain," but this theory does not necessarily hold true. Pain is a way for your body to let you know that there is damage being done. The "pain" that some people refer to is actually muscle soreness. There are two types of soreness that you may experience: acute and delayed. The type of soreness is determined by the time frame in which you experience the soreness.

Acute muscle soreness is experienced during exercise. What you may feel is a burn within the muscles that are performing at a maximum level. This burn will be felt during the contraction at maximum levels and for a short period of time after the contraction. Why does this burn occur?

A possible cause may be a lack of blood flow to the muscles. This can occur when the contraction, or tension within the muscle, is great enough to pinch off the vessels that supply it with oxygenated, nutrient-rich blood. This decrease in blood flow also reduces the removal of the waste products of exercise. An example of those waste products is lactic acid. Lactic acid may build up within the muscle and alter the hydrogen ion concentration within the muscle tissue. The nerve endings in the muscle tissue that are sensitive to the change in the chemical environment within the muscle will allow us to perceive this burn or soreness. When the tension is released, the blood vessels expand and the influx of blood restores the muscle's energy stores for the next contraction as well as removes the waste products from the previous contraction.

Delayed muscle soreness is just what it says. It is soreness that is experienced in the days after the exercise or work out. This can be illustrated in beginning an exercise regimen at a relatively low intensity and being sore in the one to three days following the exercise. Exercising at a sub-maximal level is appropriate for the start of an exercise program, but soreness may still result.

A possible cause of delayed muscle soreness is tissue tearing in the muscles and tendons performing the contraction. The tissue damage occurs during the exercise, but may not be severe enough to cause pain during the activity. The tears can be of the muscle fibers themselves, in the tissue surrounding the muscle belly and in the tendons of that muscle. This tearing is on the microscopic level and should not be detectable by touch. If a defect is felt in the muscle, an injury has occurred and a physician should be consulted. The tearing of the muscle fibers and tendons may be due to an intensity that is greater than the level of exercise during the previous days or weeks. The tearing of the connective tissue surrounding the muscle belly can be a result of an increase of muscle size due to and increase of blood flow due to the increased demand of the muscle.

Muscle soreness can be avoided. Working at a very low intensity for several exercise sessions coupled with a stretching regimen is the best advice I can provide to avoid soreness. This will allow the body to adapt to the intensity of future bouts of exercise and prevent injury. Any true pain that is experienced is not good, but what may be perceived as pain is actually muscle soreness. Knowing your body will help you distinguish which is which. You should not be so sore that walking or activities of daily living like brushing your teeth, for some of you, should be painful because of a work out.

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Sports

Baseball off to strong start, go 6-1 in Florida

By COREY YANOSHAH
Beacon Sports Editor

This year's baseball season provides a fresh start for every team in the Middle Atlantic Conference, and Wilkes is no exception.

The NCAA decided to adjust its bat limitations and requirements, and the MAC chose to make the change to wooden bats for the 1999 year.

But the change could not hold back the Colonels as Wilkes jumped out to a 6-1 record after their trip to Cocoa Expo, Florida, over Spring Break.

The Colonels only loss came to cross-town rival King's in their next to last game of the trip, 4-0. But, Wilkes will have the chance to avenge their only loss when they travel to King's on March 21, for a 1 pm MAC Freedom League double-header. Wilkes is also in action at home on Saturday against Muhlenberg and opens its season on Friday against Marywood.

"The Florida trip, which is the first part of our season, was a success," said Steve Toth. "But we can't get too

overconfident. We just need to take one game at a time."

Wilkes opened up their season with an 8-3 win over Division II Clarion University. Jason Lenko picked up the win, tossing six innings with six strikeouts. Mike Viglone went 3-4, while J.J. Sodaro knocked in two runs with a triple. Joe Doran also had a triple, while Dan Borden doubled.

Game two saw Wilkes defeat the Rochester Institute of Technology, 4-3. Ryan Lobb threw five innings of one-hit ball, but it was Toth who earned



Photo by Corey Yanoshak
Head coach Joe Folek will look to lead the team into the playoffs.

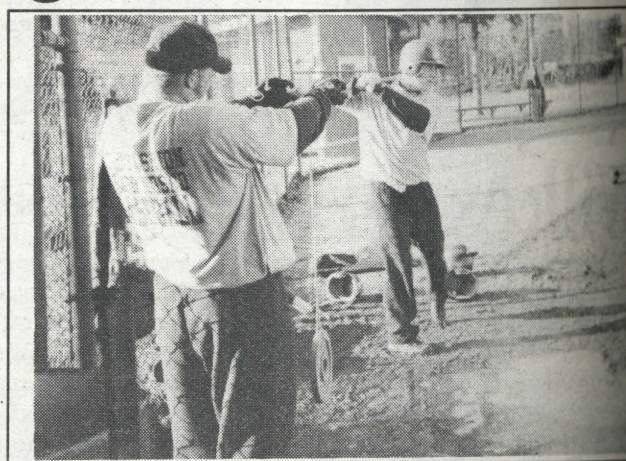
the win, with Lipton taking the save. Nick D'Amico and Sodaro each had two hits, as did Rick Leibig, who also had two RBIs.

"I like the pressure, it's never been a problem," said Leibig, who took a year off after high school, before joining the Colonels this year. "I'm glad to help out any way I can, but it's hard to come back after taking a year off."

The Colonels then faced Catholic and came out with a hard-fought 5-3 win, scoring three runs in the sixth. Sodaro hit safely twice, as did Rich Jasnowitz and Brian Boyer. Jasnowitz knocked in two runs with a triple in the sixth. Tim Popovich was impressive on the mound, hurling a complete game with seven strikeouts and just one walk.

"I really don't feel any pressure," said Sodaro, last year's MAC Rookie of the Year. "I just go out and perform like I know I'm capable of."

Wilkes then beat College Misericordia, 9-4, with Jim Casey throwing three innings of relief for the win. Viglone, Toth, and Doran all plated two runs. Toth and Borden added two hits apiece. Lipton earned the win with six innings of work.



J.J. Sodaro (right) and Dan Borden warm-up before batting practice.

The Colonels ran to 5-0 with a 7-2 win over Clarion. Rick Leibig was 3-4 with two RBI and a triple. Scott Garger scored two runs and had two hits, while D'Amico and Sodaro had two hits.

"It's great to play in such nice weather and to do so well as a team," said Leibig.

The Colonels then fell to King's, 4-0, with Lenko absorbing the loss, striking out seven and walking none. To close the trip, Wilkes scored

three times in the eighth inning to defeat Catholic, 4-3. Scott Garger knocked in two runs in the extra inning, then threw the game-tying run out at the plate to end the game. Viglone had three hits and D'Amico two, as Garger. Ryan Lobb tossed eight innings to earn his first collegiate victory.

"We've got high expectations, but we need to keep our heads. It's a long season and we're going to be competitive," concluded Leibig.

Colonels ousted in Jersey

By COREY YANOSHAH
Beacon Sports Editor

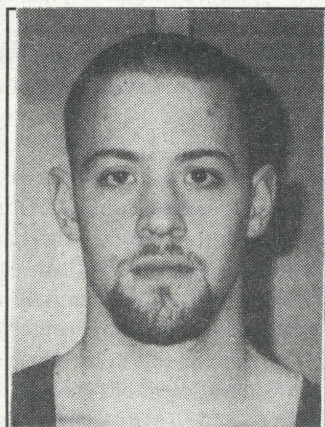
The Wilkes University men's basketball team saw their season come to an end last weekend in the NCAA Sweet 16 tournament. The Colonels were defeated by Richard Stockton College, 60-50, at William Patterson University, in New Jersey.

Wilkes ends its season at 25-4.

"It was close the whole game, but they made the foul shots at the end," said head coach Jerry Rickrode. "But, I thought we improved as the year went on and as a coach, that's important."

Seniors Scott Cleveland and Brian Gryboski closed out their career with four Middle Atlantic Conference Freedom League titles and four trips into the NCAA tourney.

Wilkes, looking to advance to the Final Four for the second straight year, scored a season-low 50 points in front of nearly 900 people, half of which were Wilkes' fans.



Dave Januzzi earned MVP honors in the MAC.

Wilkes cruised to the MAC title after defeating Scranton to end the regular season for the Freedom League championship, finishing 12-2 in the MAC.

Wilkes hosted Widener in the first round and came out with a 68-59 win. The Colonels then hosted Elizabethtown College in the semi-finals, in front of 1800 fans. Wilkes routed Elizabethtown, 69-56 to advance

to the title game at Lebanon Valley College. The Colonels defense was at its peak, holding Leb. Val's leading-scorer Andy Panko to just 15 points, seven from the foul line.

"We tried to box him and Scott (Cleveland) and Greg (Barrouk) did a good job," complimented Rickrode. "He's 6'9" and is usually a lot bigger than anyone else, but we had a little size to us."

After receiving a bye in the first round of the NCAA Playoffs, the Colonels hosted Franklin and Marshall. Wilkes cruised to a 77-58 win over the Diplomats and advanced to the Sweet 16 in front of 2300 people.

"We played as good in the last two weeks of the season as we ever have," said Rickrode. "But it was really good to go on the road to win the MAC and beat Leb. Val and F&M so soundly, because they are the top teams in the region."

Dave Januzzi, who was voted the MVP of the MAC and a 1st team MAC selection, was the Colonels leading-scorer this year, averaging 19.2 points

per game. Januzzi connected on 90% of his free throws, while sinking 75 three-pointers. Januzzi also recorded a team-high 181 field goals in his junior campaign.

Chad Fabian, also voted onto the 2nd team MAC, was second on the team with a points per game average of 14.5, while netting a team-high 78 treys. Fabian was also solid from the foul line, hitting on 80%.

"They make one of the most explosive backcourts in the region, if not the country," commented Rickrode of his junior guards.

Gryboski and Cleveland handled the inside duties, with Gryboski averaging 10.7 points per game and Cleveland scoring 10. Both forwards connected on over 50% of their field goals. Gryboski hauled in 188 rebounds this year, while Cleveland pulled down 180. Fabian also added 103 from his guard spot, while Jason Sheakoski came on to start in the second half of the year, finishing with 123 boards.

Freshmen Greg Barrouk, Kevin

Walsh, Brad Sechler, and John Boylan all played key roles in the Colonels' late-season run. Barrouk averaged 4.3 points per game, while Walsh chipped in 4.3. Walsh pulled in 116 rebounds while Barrouk added 76. Sechler's main weapon was his outside shot, which he hit 14 times out of 20. Boylan's role was that of the point guard and handled the ball to Januzzi and open up the offense.

"We've got a good freshmen class returning and we'll have 12 or 13 players returning next year," said Rickrode.

Januzzi finishes the season with 125 assists and 557 points, followed by Fabian with 421. Gryboski and Cleveland totaled 311 and 292, respectively.

Cleveland led the team in steals with 63, along with 49 blocks. Fabian and Januzzi tallied 53 and 32 steals, respectively.

"Both of our guys deserve to be complimented Rickrode of his team's post-season honors. "But in my heart, I feel some other guys deserved it too."

March 19

*Softball @ Maryland, Salisbury Tournament
*Baseball vs Marywood, 3 pm.

March 20

*Baseball vs Muhlenberg, 1pm
*Softball @ Maryland, Salisbury tournament

March 21

*Baseball @ King's, MAC Double-header, 1pm

March 23

*Baseball @ Muhlenberg, 3pm
*Tennis @ Lebanon Valley, 3:30 pm

March 24

*Tennis vs Elizabethtown, 3:30 pm

March 25 thru

Wilkes

Gender decides who receive a free cruise.

By FRANK TOMAS
Beacon News Editor

It was the males females Monday Stark lobby to see more dominant comes to trivia. The the Sexes was h traveling group w from college to colleg their free trip pac students.

The Family F contained trivia based on surveys fill college students. The consisted of a variety related material such substances found in room and things on y that come in pairs. So resposes were off-the-

News

New parking mete "watchbugs" in P the Week

Feature

Roller Hockey club headed to tourname

Sports

Monarchs out-joust Colonels in hardball action

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