

# The Bearun



Wilkes College Wilkes-Barre, PA 18766

October 24, 1985

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Colonels will away at Moravi

# Win Pres. dines with dorms

in an attempt to have Those re social interaction with ident students, President ristopher Breiseth and his fe have announced plans attend a series of dinners th dorm students.

The first of the dinners s held on Wednesday ht, October 16, with dents of Catlin and rksen halls in the east ing of the cafeteria.

The two-hour dinner was informative session for h the students and the seths. The dinner gave President a chance to r the student's feelings cerning many promit issues about campus

faculty members were invited to the dinner.

attending Annette Gundermen and MaryAnn Saueraker from the Nursing Department and Sherry Rodin from the Commerce and Finance Department.

Paul Adams, director of Residence Life, was also present.

According to Neil Williams, resident assistant of Dirksen Hall, the dinner gave students the longawaited opportunity to be heard.

"The chance to express their ideas and receive feedback from administration," Williams said.



The First Aid Squad proudly poses in front of their new van, which was purchased for them by SG.

of Catlin Hall, assistant believes the students "responded positively due to the relaxed atmosphere and the opportunity to converse with the President."

President Breiseth also was expressed his feelings of successful because the satisfaction. He also hope students finally had a that the series of dinners will enable students to become a more active part of the College and to feel more comfortable in directing Kay Brown, the resident ideas toward Weckesser Hall.

### Circle K opens haunted house

by Brian Potoeski

A "Chamber of Horrors" will be presented by the Wilkes College Circle K in conjunction with the Sacred Heart Youth Group.

The Chamber of Horrors will run from October 28 to November 1. The hours will be from 7 to 10 p.m every night. It will be held in the Heart School basement at 601 North Main Street, Wilkes-Barre.

'We're very excited about the project. We have been waiting a long time for this, and we are very happy the time has finally arrived," Linda Morgan, president of Circle K, said.

According to Morgan, the chamber will be made up of nine rooms, each with a different theme.

"There's a torture chamber, a mad scientist room, a graveyard, Dracula's room, a possessed nursery, an Egyptian mummy room and more," Morgan said.

There will be a \$1 admission charge. Proceeds will go to United Cerebral Palsy of Luzerne County.

According to Morgan, over 40 people have been working on this project

from both the Wilkes College Circle K and the Sacred Heart Youth Group. The intended goal of the project is to raise at least \$2,000.

Morgan noted that one problem with presenting a haunted house is in finding a location.

This is the first time since my freshman year that Circle K has done a Haunted house," Morgan said.

Continued on page 3

# New committee plans faculty development

by Cindy Allen

A new committee has set up on this campus begin a program of ulty development.

The goal of the committee w contribute to the ssion of the College. It il deal with issues such as riving at an undernding of learning eories, establishing a basis r general education and egrating knowledge.

r. Robert Heaman, ector of the committee, The committee will w the faculty to assume efined roles at the College d to assume leadership es outside the classroom

well-being of the College itself. Faculty members will be retrained in areas other than their formal training. particularly as those areas become central to the stated mission of the College."

Nearly \$300,000 in funds from the Pew Memorial Trust are available to aid in supporting the new program. The College wants to integrate the traditional liberal arts and sciences with the students' needs for professional knowledge,

According to Heaman, "We want to support faculty. many of whom are tenured in the traditional areas, in their challenges to help children integrate knowledge !

Some approaches for achieving this goal will be the implementation of team teaching and of courses that foster critical and analytical thinking, effective writing, computational skills and computer literacy.

The memorial fund has made its trust available in the following areas: leaves of absence, faculty release time, faculty travel, grants, conferences and workshops, speakers and seminars and planning for retraining sessions.

Heaman also added, "The College will be integrating knowledge to support the technique of learning how others learn!

#### Inside this issue:

Campus sex on decline?

The Reminist Dilemma appears

New faculty arrive

Non-traditional club formed

Lady stickers strike again

Gabby's farewell



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### **Editorial**

### SG: Social committee

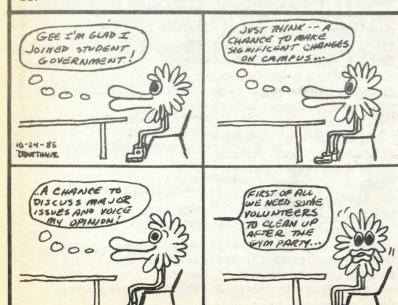
Student Goververnment has been portraying itself as a social committee, not a governing body. This should be obvious to anyone who observes an SG meeting. The meeting is called to order, the roll is taken, all the committee reports are made in five to ten minutes, and then the remainder of the meeting is devoted to discussion of social activities. An excellent example of this was the post-Homecoming meeting. The budget was hurriedly discussed, voted upon, and then the gripe session about Homecoming began.

Wilkes students by sponsoring social activities, which the students have paid for with their activity fee. But the primary purpose of Student Government is not to program social activities; it is to represent and govern the students of Wilkes College. In fact, as stated in its Constitution, SG was created to "promote the general welfare among the College community, provide for the proper and adequate management of student affairs, provide for a broader intellectual and cultural development of students, and to maintain the necessary and proper obligations and responsibilities of the students to the College."

Granted, the emphasis on social activities as opposed to governance has been perpetuated for a number of years. But the long-term effects of such a trend are substantial. For example, the fact that no one brings issues before SG is directly related to the message they send out. For instance, the posters that publicized the elections of Freshman SG representatives mentioned only gym parties, movies, and so on as lures for prospective reps. This emphasis on social activities might also contribute to the lack of comment on the issues that are discussed. Furthermore, SG members cannot expect issues and concerns to simply drop into their laps. They are the better informed students on campus; hence, they should take the responsibility to address the issues.

But all is not lost. With the advent of a new student activities director also comes the concept of an activities programming board. Although plans for the board have not been finalized, it is presently a group of volunteer students who are interested in programming social activities. According to Student Activities Director Amy Widemer, who will advise the board, "It should not take away from the special projects of SG, CC, and IRHC (Winter Weekend, Cherry Biossom, Valentine's Day, etc.). But it should centralize the programming of activities." (See the next Beacon issue for details on the programming board.)

Perhaps if the programming board lifts the burden of social planning from Student Government, then SG will have more time to address campus issues and concerns and become the governing body it was originally intended to be.



#### ATTENTION !!!

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## Senior reminder

graduates Prospective must pick up their Senior Forms from the Registrar's Office before pre-registration on Tuesday. October 29. This is to insure that your graduation requirements will be completed by reviewing these forms with your advisor. Your major advisor or Department Chairman must sign the Diploma Order before returning it to the Registrar's Office.

### **Beacon** corrections

The following errors appeared in the October 10th issue of The Beacon. In the article entitled "Student Gov't passes budget," Jacqui Kramer is the Senior Class representative, not Junior Class rep. And in the article entitled "Coffee canned; Carlin confirmed," George Carlin will be on campus October 24th, not the 28th. We apologize for our errors.

# Beacon Letter policy

All letters to the Editor must be signed to insure validity, although names will be withheld upon request.

### The Beacon

VOL. XXXVIII No. 7 October 24, 1985

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Published weekly during the fall and spring semest excepting scheduled breaks and vacation periods. It views expressed are those of the individual writer and of the publication or the College. Names may be within from letters to the editor, but all letters to the editor may be signed to insure validity. Sk

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### SG Report

# Meeting 'unproductive'

by Alex Kassay

On Monday Student Government (SG) held its first meeting since Fail Break. The meeting was Wall attended but unproductive.

With the removal of its Corresponding Michealene Secretary Coffee, SG members had the task of electing a new

vacancy.

Those nominated were night, Roseann Rupp, who declined the offer, and Dawn Grabner. After a short discussion of the rules concerning the election of a single nominee, Grabner was awarded the position.

In a joint effort, the Commuter Council and the Inter-Residence Hall Council will be sponsor a Halloween secretary to fill this gym party Saturday, October

26, from 9 p.m. until 1 a.m. Awards will be given for best group costume, most original costume, funniest costume and biggest flop.

On the orders of the Student Affairs Committee, no alcohol will be permitted at this party.

This past Sunday, SG members again met with student leaders from other colleges in the area. They discussed the possibility of having a day of workshops for high school student government leaders to give them some idea of what to expect from college.

Also discussed at this forum was the possibility of having an all-college mixer. SG members would like feedback on this idea before going ahead with plans.

There will be a meeting Sunday, October 27, to work on the by-laws of the new SG

constitution. Student input is needed at these meetings.

The discussion of the constitution is behind schedule due to the fact that nobody attended the last meeting. The meeting will be at 12:30 p.m. in the lobby of Pickering Hall.

George Carlin will appear live in the Wilker College gym tonight at 8 p.m. The doors will open at 7 p.m.

### Computer Lab Hours

**SLC 127** 

M: 8:30-5:30/9-11 T: 8:30-5:30/9-11

W: 8:30-5:30/9-11

T: 8:30 a.m.-11 p.m.

F: 8:30-5

S: closed

S: 2-10

**SLC 133** 

M: 2:30-11

T: 11-1/4-11

W: 1:30-6:30/9:30-11

T: 11-1/4-11

F: closed

S: 12-4

S: closed

**SLC 134** 

M: 8:30-12:30/6:30-11

T: 8:30-12:30/6:30-11

W: 8:30-2/4-11

T: 8:30-2:30/4:30-11

F: 11-7

S: 12-4

S: 2-10

### SNACK BAR

#### SPECIALS Sept. 30-Oct. 4

#### Monday

**English Cheese Soup** Tuna Noodle Casserole Cauliflower

#### Tuesday

Onion or Cream of Mushroom Soup Wimpies Broccoli

#### Wednesday

Beef Creole Soup Beef Macaroni Casserole Peas

#### Thursday

Chicken Rice Soup Baked Lasagna Peas and Carrots

#### Friday

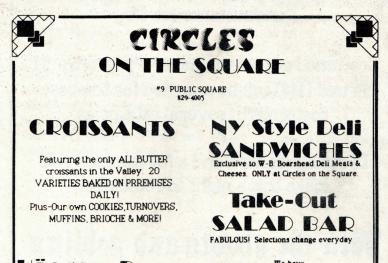
Manhattan Clam Chowder Ouarter Pounder and

french fries Mixed Vegetables

#### Horrors' cont. from page 1

Morgan is hopeful that Circle K can make this an annual event. "We hope to do this every year," Morgan







### Computer labs open for use

Are you one of the many people who still haven't used the microcomputer labs?

Wilkes College has over \$100,000 worth of equipment waiting for your stimulating fingers.

The labs are located in rooms 127, 133 and 134 in Stark Learning Center.

In SLC 127 there are 30 Apple II's and five Macintosh computers. SLC 133 there are 15 Macintosh computers; in SLC 134 there are seven Macintosh computers and 13 IBM's.

The Macintosh would probably be the best computer to use if you are just starting out. It is the most "user friendly", which means that it is the easiest to communicate with and to understand.

Lab assistants are working in the labs most of the time. The lab assistants are students on the work study program. They assist lab users in operating the and micro-equipment signing out software.

lab assistants. The however, are not prepared to teach users how to use a particular piece of software or to write programs.

The majority of the students who come into the labs do so for word processing. Some Language and Literature professor require their students w write all of their assigned essays on the Macintosh computers.

Dr. Behuniak-Long is requiring her Political Science 102 class to run i political software package on the Apple II's. The package enables students to reenal 1984 presidential the election by running against one of the democratic candidates at that time.

Accounting professor are teaching their student how to use the Lotus 1-2-3 packages.

Engineering will soon be using a powerful softwar package called the CAD System.

One problem is that the labs tend to get crowded Since peak usage hours an in the mid-afternoon, the best time to visit the labs is in the evening.

Betty McDoneld

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# Pilgrimage to Guggenheim

by Elizabeth Mazzullo

Saturday, November 9, vill give Wilkes students a hance to view modern art at he Guggenheim Myseum in v York City as part of an 1-day bus trip sponsored y the Department of language and Literature and the Fine Arts Association.

The bus will depart from the front of Stark Learning ter at 8:30 a.m. and leave New York City at 5:30 p.m.

The fee for the bus will be "about \$12.50 per person," according to Dr. Thomas Kaska, chairman of the Department of Language and Literature. Money for the trip, payable to Wilkes College, is due November 4 and can be given to Kaska or to the department secretary.

Admission to Guggenheim Museum will be \$1.75 for students.

The trip is open to all Wilkes College students and faculty. Those interested can contact Dr. Kaska at ext. 410 or Darlene Miller at ext. 418.

The trip is being sponsored as part of a newly created Language and Literature topics course entitled "Humanism and the Humanities: A Study in

Primarily intended for engineering majors but open to all majors, the course features not only this trip but also films, videotapes and guest lectures in addition to class lectures and discussion.

Speakers this semester have included Dr. Donald Henson on Socrates; Dr. Stanley Kay on Marxism; Dr. Bryan Redmond on Galileo; Dr. Michael O'Neill on Brecht; and Richard Tutwiler on "Technology and Cultural Change."

Scheduled to speak are Rabbi Israel Kestenbaum on "The Exodus Story"; Herbert Simon and Judith O'Toole on modern art: and President Christopher Breiseth Freud's Civilization and Its Discontents.

semester, Next continuation of the course, entitled "Humanism and the Humanities: The Enduring Questions," will be offered. According to Kaska, next semester's course include lectures, lectures, films, and "perhaps another field trip."

# Survey says sex slumps at schools

erual revolution seems to have ended on campuses, some experts say.

lova State psychology orolessor Meg Gerrard's most recent survey of college sex habits found far fewer erually active women on ampus than there were just

"My research clearly indicates that there is less er on campus than five years ago," she reports.

While other observers are reluctant to endorse Gerrard's conclusion, they do sense a change in students' serval practices.

"I don't know if it is statistically reliable to say there has been a drop" in ser, says Clive Davis, a University psychology professor who monitors sex research.

"At most, I would say there might be a leveling Davis concludes. Gerrard bases her conclusion on ongoing surveys of college women since 1973.

In her first survey, Gerrard found that about 34 percent of the University of Teras-Austin female students she asked were "sexually scrive," having sex at least once a month.

In 1978-79, Garrard erpanded her research to

Ames. IA (CPS) -- The include University of Kansas women, too, and found that 51 percent of the women at both schools were sexually

> "The late seventies were definitely the height of the sexual revolution," she observes.

Now Gerrard has released the results of her latest survey, taken during the 1983-84 school year at Texas, Kansas and Iowa State, and found sexual activity seems to have declined.

Some 37 percent of the women responding said they had sex at least once a month.

Gerrard attributes the decrease in sex to the generally more conservative attitudes of students these

They will wait until they are in a relatively committed relationship until they jump into bed," Gerrard adds.

She speculates that fear of sexually transmitted diseases also is contributing to the downswing in campus sex, and that women may be more assertive in saying "no, that they are not ready yet."

But Davis contends there are not enough recent conclusive studies determine if in fact there has been a decrease of sex on campuses nationwide.

### Mock Trial

The Victims' Resourse Center will sponsor a mock rape trial to be held in the Luzerne County Court House.

The trial will take place on Tuesday, October 29th from 7 to 9 p.m.

and on Friday, November 1, from 1 to 3 p.m. For Information, call the Victims' Resource Center at 823-0992 or 823-0993.

### \*\*\*\*\*\*\*\*\*\*\*\* Halloween Party

The Halloween Gym Party will be held on Saturday, October 26, from 9 to 1 Admittance fee \$2

Costumed guests will have to pay only \$1 Prizes (\$\$\$) will be awarded for the best costumes in several catagories

D]'s, a light show, and a fog machine will make this a night to remember

Join the ghosts and goblins for a night of bewitching fun, but leave the booze at \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

### The Manuscript Society Coffeehouse

The Mauscript Society is sponsoring a coffeehouse on November 14, 1985.

We are looking for students and faculty members to perform musical selections and/or ead their favorite poetry or prose. Instrumental and vocal selections are welcome.

The coffeehouse will be held at Mostly Books, 98 S. Main Street, at 7:30 p.m.

For information, please contact Sandi Long in the Writing Lab, extension

### Quote of the week

Foolish & inconsistencies are the hobgoblins of little minds." Raiph Waldow Emerson let does have o offer. Whether suspense, the d or simple gore is probably for le I'm sure that loes not have an ard in its future ke an excellent riller.

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Simmons. rofessor of omputer sciet up the clas-Simmons said ople of Welsh area. After a nvention was n in 1983, the ity decided to ass. The class Il of 1984 and as long as remains.

# eminist iscussion

unity is invited to nd a discussion group "The Feminist ment: An Historical nma" on November 12 at n in the Annette Evans

The discussion group is ared by the the Omega (Vilkes College) chapter Phi Alpha Theta. Phi he Theta is a national tory honor society.

Students who have taken a minimum of 12 credits in history with a minimum 3.0 average in those courses and a 3.0 minimum GPA in two-thirds of their other courses may be admitted into Phi Alpha Theta.

Interested students Dr. J. should contact Rodechko (Capin Hall) or Tim Williams (Slocum Hall) as soon as possible.

# Rain

Sources, quences and Solutions," be held on Thursday, ober 24, from 2 to 4 p.m. Surk Learning Center

The Seminar is being and issues. mored by the the Wilkes ege Department of incering and the Ben Lehigh University.

The featured speaker for uniger of Technology ment for Pennsylmis Power and Light, Inc.

This seminar is the third be offered in the charge.

are vill be shown Tuesday,

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or Performing Arts at 8 p.m.

The film depicts the

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Department of Engineering's Advanced Technology Seminar Series. The series brings individuals from the scientific community to the campus to discuss current technological advancements

The Advanced Tech-Seminar Series nology continues November 7. natin Technology Center Scheduled to speak is Dr. Mark Kryder, professor of Electrical and Computer e event is Dr. Hans Engineering at Carnegie feiffer. Pfeiffer is the Mellon University. Kryder's topic will be "Magneto-ussment for Pennsyl-Optical Recording."

All seminars in the series are open to the public free of

### We Care

If you enjoy helping others, join Circle K.

Help us help others. Stop by our club room in the basement! of Chase Hall or drop in on one of our meetings on Tuesdays at 11 a.m. in SLC 316.



Sterling Hall slaves are diciplined by their new mistresses Photo by Amy Hopkins after Friday night's slave auction.

### Art exhibit featured

will feature a new exhibit entitled "Inro, Netsuke, Ohimono."

The exhibit, which opened October 20, will end December 1.

The exhibit will feature Japanese objects such as inro, netsuke, and okimono.

Inro are decorated boxes carried by Japanese men. Inro are attached to sashes by netsuke, small pieces of ivory or wood one or two inches in length. Okimono

The Sordoni Art Gallery are larger pieces of carved for this showing.

Many of the pieces feature motifs from ancient Japanese fables and myths.

All of the objects in the exhibit were formerly in a collection belonging to Andrew J. Sordoni. Sordoni's collection was amassed before such pieces gained international popularity.

This collection was dispersed at the time of Sordoni's death and has just recently been reassembled

Following its showing at the Sordoni Art Gallery, "Inro, Netsuke, and Okimono" will be shown at the Bucknell Center Gallery.

PAGE FIVE

The exhibit can be viewed at Wilkes until December 1. Gallery hours are Monday through Friday 12 to 5 p.m., Thursday evenings until 9 pm., Saturday 10 a.m. to 5 p.m., and Sunday 1 to 5 p.m. The exhibit is open to the public free of charge.

# Wilkes Science

### Expo a success

Wilkes College held its Gap." annual Science Expo Tuesday, October 15. The day-long event gave high students 8.0 opportunity to witness many of the research projects and academic programs offered various science departments at the college.

The focus of this year's was a two-part lecture/presentation entitled "Science and the Media: Bridging the Information

Featured speakers were Mark Carmen, Pennsylvania Department of Environmental Resources, Thomas and Wilkes-Barre Times Leader.

The Departments of Engineering, Chemistry, Earth and Environmental Sciences, Nursing, Biology, Psychology, Mathematics and Computer Science and Physics prepared exhibits for the students to view and

Welsh classes s at 7:30 p.m. in vis, originally married an has lived in

The documentary will ive viewers a sense of the

The film The Courage to context in which these experiences took place. Elie Wiesel provides commentary.

and cheese A wine reception will follow the showing of the film.

Esther Davidowitz coordinating the event, which is being sponsored by Wilkes College Department of Continuing Education and the Jewish Community Center.

Attendance is open to the public free of charge.



ARIES (March 21 - April 19): Mystery and intrigue are in your future. As Halloween approaches, the forces of darkness will play a bigger and bigger role in your life. Keep cool and beware.

TAURUS (April 20 - May 20): Look forward to a visit from a long-lost friend. This friend has changed quite a bit since the last time you saw him or her, so keep an open mind. Remember, everyone changes, though not always for the better.

GEMINI (May 21 - June 22): Be prepared for a golden business opportunity. If you are one who doesn't usually take chances, be especially prepared to take a risk or two this weekend. It may be a clicke, but it's true: opportunity only does knock once.

CANCER (June 22 - July 22): Your creative talent will be at its peak this weekend. The next few days will be prime for painting, writing and similar activities. Remember that research paper that you've been putting off all semester? The time has come...

LEO (July 23 - August 22): Don't be putting your nose in everyone else's business. No one likes a critic, especially when he doesn't know what he's talking about. Be carefull not to over-step your boundaries.

VIRGO (August 23 - September 22): You've been running yourself ragged. Use the upcoming weekend to catch up on your rest. It may be true that you have a lot to do, but believe me, a little extra sleep will do you more good than anything else at this point.

LIBRA (September 23 - October 23): Try to control your impulsive desires. At times it can be good to be spontaneous, as long as you look before you leap. Don't make any hasty decisions; they could lead to your downfall.

SCORPIO (October 24 - November 21): Be persistent. The next few days you will feel like all the cards are stacked against you, but don't fret. You'll make is.

SAGITTARIUS (November 22 - December 21): This will prove to be a romansic weekend. That person whom you have been admiring from afar will finally come around. Don't rush things, and everything will turn out fine.

CAPRICORN (December 22 - January 19): Spend this weekend reminiscing with old friends. Try to remember the past, but don't live in it.

AQUARIUS (January 20 - February 18): Although the sun may be shining this weekend, your parade will unfortunately be rained on again. Seek shelter among friends and family, and try to stay cheerful.

PISCES (February 19 - March 20): I see luck in your future, especially with numbers. Be sure to play the lottery; you could win a bundle. Your lucky number on Saturday will be four.

Some Good Advice

### Dear Gabby,

Dear Readers.

I would like to begin this high heels. week's column with a heart-felt "thank you." As a side, keep a can of man result of my tremendous your purse. popularity on the Wilkes College campus, I have been asked to write for the New Musk" in your purse. York Times. Oddly enough, it was The Beacon staff who asked me to write for the Times. I know you'll all miss me, but rest assured, I'll miss you too. Therefore, it is with a heavy heart that I leave you this--my final column.

#### Gabby's 12 secrets for a successful date for Waman.

1. Plan plenty of things to talk about so you don't have to listen to your date discuss the weather or football statistics all evening.

2. Never be ready on A little anticipation never hurt anyone.

3. Wear something comfortable but not complicated.

4. If this happens to be a blind date, you might be wise to wear a good pai running shoes as oppos

5. Just to be on the

6. Just to be on the side, keep a bottle of '

7. Agree with e thing that your date s the male ego is a in thing, and you'll have play of time to destroy it later

8. Be assertive. Men women who can decisions, so don't l twice about ordering most expensive thing of menu.

Do not tuck ! napkin in the top of dress.

10. Avoid eating the like mashed creamed corn and soup! your fingers.

11. Try to sound sin when you tell your date! a wonderful time you've

12. Never be aini use the old cliche "Don't me, I'll call you."

STARTING 1



The Beacon will be accepting

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For example...

Attention: "Guess Who." I haven't guessed who yet. Please help. Hoping to hear from you soon.

The Non-ti

by Ellen (

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'coming back' by Ellen Campbell

unt (the Eugene Parley ree with every-

library), I chatted with a lov Vilkes student while he held her pre-schooler in w. I tend to latch on to nch students because I feel maffinity to anyone over 21 utending Wilkes College. he fact that she was a out ordering the nother to boot made the urge ensive thing on the u strike up a conversation

> She related to me her history at Wilkes. After nine ears of taking classes, she vill graduate next semester. remarked on her sheer indurance, and she responed that she had almost quit veral times. The reason he just about threw in the evel was not academic, but ther an overwhelming wase of isolation. She felt

he Non-traditional Student

non-traditional students is being formed at Wilkes

The difficulties of

One morning at my local College. Anyone aware of the changes that have been taking place in education can tell you that the data substantiates a significant trend of students attending college after the traditional ages of 18 to 21. The baby boomers are returning to college, and the concept of

> "The reason she just about threw in the towel was not academic, but rather an overwhelming sense of isolation. She felt she did not belong."

the did not belong. Herein "life-long learning" suggests is just one of the reasons major changes in the ages of ha a support group for people matriculating.

Managaran managaran

But the lives of non-traditional students are complicated with a different set of responsibilities and concerns than the typical college-aged student seated next to them in class.

In order to attract these students and the dollars they represent, colleges and universities must be sensitive and reactive to the unique needs of this ever-expanding population of students.

Ann Calkins has put into motion plans to gather nontraditional students with similar concerns. The non-traditional students at Wilkes need to have a voice. They need a forum to discuss their feelings of isolation, their fears of failure, and concerns about their finances and child care. It is time to build that network, crystalize the concerns and account for the needs of the non-traditional student.

compiled by Sandy Platt



Largely due to the efforts of Ann Calkins (pictured above), a club for non-traditional students has begun to meet on

### Club for non-traditional students formed on campus

If you can remember when John F. Kennedy was Leib, from the Department of President, if you don't carry Language and Literature, your books in a backpack, has offered to advise the and if you talk about group. painting the living room
over Spring Break while group consisted mainly of others talk about Florida, brainstorming. Calkins enthen you are most likely a visions the group addresso, Ann Calkins is looking skills, time management, for you. Calkins is organ-stress, financial aid and non-traditional students at unique problems of women Wilkes College. The first pursuing higher education. meeting of this club was held in the Annette Evans Alumni a House yesterday.

non-traditional student. A student. County Community College another approach. and then enrolled at Wilkes in the fall of 1983.

felt lost and often wished part-time, who is not able to there was some group with attend class whom I could talk." About traditional hours because of five weeks ago, she family responsibility or presented an idea for a full-time job." She feels the support group to President non-traditional Christopher Breiseth. He need to share concerns and gave her encouragement to to help inform the college proceed with the concept.

received support from Dr. sensitive to our needs, but Mahmoud Fahmy, dean of the many are not. We need to Division of Graduate Studies educate these people," and Continuing Education, emphasizes Calkins. and Barbara King, associate director of Summer, and College.

In addition, Dr. Frank

returning adult student. If sing such issues as study izing a support group for math anxiety, as well as the

Calkins would like to see special orientation catering to the specific Calkins is herself a needs of the returning adult Speaking from mother of six and experience, Calkins noted, "I grandmother of five, she did not attend orientation. I returned to school at 42. She was not 18, and I was not a earned an associate degree freshman. I was an older in Social Sciences at Luzerne adult student, and I needed

Calkins says the target he fall of 1983.

Calkins commented, "I any Wilkes student, full- or students community. "Many faculty She has solicited and and administrators are

> For further information, Evening, contact Ann Calkins at Weekend 823-2794 after 8 p.m. or Ellen Campbell at 675-5901.



#### **HIGHT SPOTS**

Sheraton Crossgates (20 Public Square) Friday: D.J. & Dance Music Saturday: KRZ Sunday: Jazz Music

The Station (33 Wilkes-Barre Blvd.) Friday: Dance Music in the Gandy Dancer Saturday: Dance Music

The Voodlands (Rt. 315, Wilkes-Barre) October 31: Halloween Party

Jin Dandy's (Mark Plaza, Edwardsville)

Speak Easy (Marrows Shopping Center, Edwardsville)

Staircase Lounge (Pittston Plaza) friday: 2 for 1 night & music Saturday: Arcangel

Pep O'Briens (100 S. Main, Old Forge) Friday: TNT

Saturday and Sunday: "Backstreets"

The Cracker Box Palace (481 Market St., Kingston) Friday, Saturday, Sunday: D.J.s

Vho," who yet. ing to hear

# Commerce and Finance welcomes new faculty

by Sandy Platt and Beth Danzeisen

The Commerce and Finance Department has announced the addition of two new faculty members. They are Dr. Thomas Yarcheski and Paul O'Hop.

Yarcheski, who was born and raised in Perth Amboy, New Jersey, has been appointed coordinator for the new Masters degree program in Health Care Administration.

Yarcheski attended Wagner College in New York and received his Doctorate from the University of Iowa. He was formerly the director of Educational Development at the Lehigh Valley Hospital Center of Allentown and Educational Coordinator for Allentown Hospitals.

In Allentown, he provided leadership for education in a teaching hospital, assisted residency and fellowship directors and the Board of Directors Education Committee and coordinated graduate medical education among four teaching hospitals.

Yarcheski was also the assistant professor of Health Services Administration and an assistant professor of Medicine at the University of Missouri, Kansas City, between 1976 and 1981.

According to Yarcheski, his teaching goals include "college leadership and a contribution [the] to professionalization of managers in [the] health industry." He added that his focus of graduate education will be "problem-solving skills, a sense of foresight and the vision equip[ping of] students with the skills to direct and fulfill their learning needs over their career."

When asked why he chose Wilkes, Yarcheski stated, "I was impressed with the President's [Christopher Breiseth] committment to interdisciplinary studies." Also, he feels that there is an unfullfilled need in the Wilkes-Barre area in the professional health indus-

Health Administration through its infancy and adolescence, and try to guide its growth in appropriate directions."

A second new faculty member in Commerce and Finance is Paul O'Hop. O'Hop has been appointed associate professor of business administration.

O'Hop was certified in Health Care Management from the Naval School of Hospital Administration in 1969. During that same year he received his Bachelor of Science Degree from George Washington University. He received his Masters Degree in Business Administration from the same university in 1973.

From 1956 to 1976, O'Hop was employed by the federal government, and from 1974 to 1976, he served as Executive Assistant to the Secretary of Defense.

In addition, he has had extensive experience in the business field. From 1976 to 1978, he was Vice President of Libra Technology, Inc. of Rockville, Md., where he was responsible for all internal corporate operational matters.

Also, in 1978-79, O'Hop served as a management analyst at the Veteren's Administration Medical Center in Wilkes-Barre. At the center, his duties included being a staff expert/consultant on all phases of organizational management.

From 1979-85, he served as assistant professor in the Department of Business and Managerial Sciences at Marywood College in Scranton, where he taught courses at both graduate and undergraduate levels in

Management Systems.

He also is a member of many boards and committees in the area and serves as a consultant to various facilities and companies. He has had several publications in the areas of management, economics and technology.

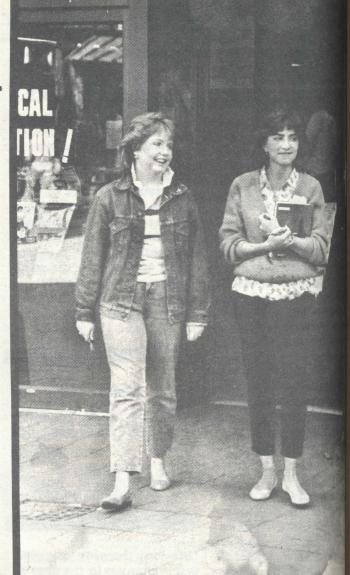
O'Hop has been a frequent guest lecturer at civic, fraternal and professional organizations. He has conducted a number of seminars for professional organizations relating to various aspects of management, including small business management, organizational behavior, stress and time management and

international business.

In addition to belonging to various professional and fraternal organizations, he is the recipient of several awards from federal government and community service groups, including Distinguished Service, Meritorious Service, and Outstanding Community and Volunteer Leadership.

When asked why he chose Wilkes, O'Hop stated, "First you have understand my philosophy of life-nothing is of value unless you can share it." He added, "I met President Breiseth and was impressed with him and what he was attempting to do with Wilkes. Also, I was impressed with how he supports the students as well as the faculty. So as soon as the opportunity arose to join Wilkes faculty, I took the position.

O'Hop related his first impressions of the college. "The students I've dealt with have been outstanding, and I look forward to working with them," he said.



The Wilkes-Barre/Scranton area of endless opportunities for shopping. Picture above, Chris Anderson (left) and Jennis Bausch take advantage of the recent in weather to do some shopping at "square."

#### SHOPPING

Photo by Brian Dorsey

Downtown Wilkes-Barre General Store Houn 10:00 a.m. - 5:30 p.m. Tues., Wed., Fri., and the 10:00 a.m. - 9:00 p.m. Mon. and Thurs.

Wyoming Valley Mall 10:00 a.m. - 9:00 p.m. Mon. through Sat. 12:00 p.m. - 5:00 p.m. Sun.









PAGE FOUR

## Pil

by Elizabe

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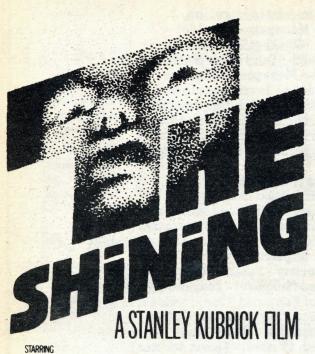
"My resear indicates that the sex on campus years ago," she re

While other are rejuctant Gerrard's conclusionse a change sexual practices.

sexual practices.
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"At most, I there might be off," Davis Gerrard base conclusion on surveys of colle since 1973.

In her firs Gerrard found the percent of the Un Texas-Austin fema she asked were active," having



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-BRUCE WILLIAMSON, PLAYBOY MAGAZINE

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It happened again. After us to think that the murders the first day and a half of are unexplainable. Unforfall break, I was bored. And tunately, the plot becomes like many people, I decided rather predictable. For to take to the movie theatres example, the climax of the in an effort to find some movie (as the person sitting entertainment.

haven't been keeping up on before) takes place the "cinema scene," Stephen Halloween night.
King has cranked out yet Despite its proanother of his popular Silver Bullet does have horror flicks--Silver Bullet.

As is "typical" of King. the story centers around common, everyday people living in an ordinary small town. Characters central to the story include Marty (a Academy Award in its future, young crippled boy), his it does make an excellent sister Jane and his drunken Halloween thriller. Uncle Red. However, as you probably the expected, situation soon anything but ordinary as this peaceful community is shaken by a series of senseless, "unexplainable" murders.

At least King would like

next to me in the theatre so For those of you who easily predicted an hour

Despite its predictability, something to offer. Whether you enjoy suspense, the supernatural or simple gore, Silver Bullet is probably for While I'm sure that vou. this movie does not have an

Who is the murderer! How does the movie end? becomes These are questions that you'll have to find the answers to for yourself. Have fun, and I'll see you the movies!

Silver Bullet (R)

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### Welsh language class offered

Have you ever heard someone speak Welsh? Do you know how to speak Welsh? Would you like to be able to speak Welsh? You now have the opportunity to

Mervi Davis is

teaching free Welsh classes Monday nights at 7:30 p.m.in SLC 342. Davis, originally from Wales, married and American and has lived in America since then.

Dr. John Simmons, professor assistant mathematics/computer science, helped set up the classes at Wilkes. Simmons said that there are a great number of people of Welsh descent in the area. After 1 large Welsh Convention was held in Kingston in 1983, the local community decided w organize the class. The class began in the fall of 1984 and will continue as long s public interest remains.

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> Communications WKRZ - Radio Intern

Office of Honorable Bob Edgar - Congressional Intern WNEP TV - Newsroom or Consumer Assistant United Rehabilitiation Services - Public Relations Assistant Pittston Dispatch - Reporter

American Cancer Society - Public Relations Intern Dow Jones Newspaper Fund (Summer) - Deadline Thanksgiving Office of Honorable Paul Kanjorski - Congressional Intern Historical Society - PR/Marketing Intern Heart Association - PR Assistant
Sports Information (Wilkes) - Sports Assistant WBRE TV - Newsroom, Sports, or Advertising Assistant

> Computer Science PP&L - Jr. Programmer

Marc Holtzman Campaign - Administrative Assistant

Pa. Gas & Water Company - Jr. Programmer Economic Development Council - Jr. Programmer United Cerebral Palsy - Payroll/Accounting Programmer Computer Internship in Harrisburg (Summer) - 6 month placement

Engineering PP&L - Engineering Assistant Tobyhanna Army Depot - Engineering Assistant Naval Air Development Center - Assistant Engineer Black and Decker - Engineering Intern EC&G Washington Analytical Services Center - Engineering Intern

History/Political Science Public Defenders Office - Administrative Assistant Wilkes-Barre City Hall - Administrative Assistant WNEP TV - Consumer Protection Intern Marc Holtzman Campaign - Administrative Assistant Historical Society - Museum Intern Office of Honorable Paul Kanjorski - Congressional Intern

Nursing/Psychology/Sociology

Act I - Counselor Admissions Office, Wilkes College - Admissions Assistant "The Bridge" - Counselor Children and Youth Services - Counselor Commission for Economic Opportunity - Counselor

Domestic Violence Service Center - Counselor Drug and Alcohol Services - Counselor Commission for Economic Opportunity - Counselor Nesbitt Memorial Hospital - Coordinator of Volunteer Services Small Wonders - Teacher Assistant United Rehabilitation Services - Counselor

Sciences

March of Dimes - Biology Intern Michael Reese Hospital and Medical Center (Summer) - Fellowship Northeastern Environmental Associates - Staff Intern NPW Hospital - Lab Assistant Pa. Gas & Water Company - Lab Assistant Red Cross Blood Services - Blood Services Intern Soil Conservation Service - Environmental Technician Western Controls - Chemical Assistant Susquehanna River Tri-State Association - Environmental Intern

If you are interested in COOP, you should plan early (pre-registration period is not too soon for Summer 1986). There are some COOP positions that are full-time and out of the local area that have very early deadlines. If you decide to pursue COOP locally, you can take 12 hours of courses and 6 hours of COOP for the same price as a 12 hour load.

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## occer has hectic break

v Frank Wanzor and Mark Tobino

College Wilkes ters had a hectic two s over a 17-day period. of this stretch, the Is posted a 4-3 record, their season record

The Colonels opened the with a heartking 1-0 loss at the of Muhlenberg Throughout the , the Wilkes booters singled but couldn't put ball in the back of the Vilkes missed several scoring opportunities, ch led to its downfall at hands of the Mules.

The booters then got on a vinning their next matches. The first to prey to the Colonels were Juniata Indians. Mike o got the only goal

which the booters would need 22 minutes into the match as he converted a Jeff Wertz pass. Wertz later added an insurance goal with assists going to John Pursell and Frank Wanzor to close out the scoring. Don Shaw was credited with his third shutout of the season in this conference game.

The men of Wilkes came out the next day to take on another tough conference opponent in the Lycoming Warriors. Gerard Piazza started the scoring at the four-minute mark for a 1-0 Wilkes lead.

Lycoming answered back at the 15-minute mark when John Cheevers placed the ball in the upper left corner for a 1-1 deadlock. Piazza got the Colonels going later in the half as he fed Hung Pham for his first goal as a Colonel and for a 2-1 lead. Wilkes added its third goal of

the half with 10 second. remaining as Roy Delay volleyed a John Pursell corner kick past the stunned Warrior keeper for a 3-1 lead.

The Colonels' play deteriorated in the second half due to fatigue, but they still managed to trade off goals with Lycoming. Mike Armao scored what proved to be the game winner at the 11- minute mark and Pham added his second goal of the game to ice the victory at 20:15. Don Shaw recorded 10 saves in securing the victory for Wilkes as the Colonels upped their record to 7-5 and 3-0 in the conference.

The Colonels continued their winning ways as they headed home for break with a 1-0 victory over Moravian College. Neither team play for a controlled prolonged period of time. While the Colonel defense

back the was turning Greyhounds' scoring chances, the booters got a break when Hung Pham was tripped in the penalty area. The referee awarded a 1-0 victory. Don Shaw recorded his fourth shutout of the season as the booters improved their record.

The Colonels returned only to encounter tough times as well as tougher opponents. On October 16; the Colonels hosted the fourth-ranked team in the nation in the Elizabethtown College Blueiays. Bluejays flew high as they outplayed the Colonels en route to a 4-0 victory over Wilkes.

problems continued against Lehigh University as they were shutout for the seventh time this season, 1-0. This loss dropped the Coloneis' record to .500, as they

prepared to FDU host Madison.

The Colonels dominated play from the start en route to their fifth shutout of the year, a 3-0 victory. Hung Pham opened the scoring for the booters as he headed in a

John Pursell kept the ball rolling as he scored an unassisted goal at the 35 minute mark. Wilkes' third goal came courtesy of an FDU Madison defender, as he tried cross from Frank Wanzor. Mike Armao also was credited with an assist to add to his team leading point total. to pass back to his goalie and

pushed the ball by himself for the final margin of victory. Bill Hankins and The Colonels' scoring Don Shaw combined for six saves in registering he shutout.



#### country at tickers host best teams tourney

by Stacey Baldwin

The lady stickers started fall break with a great mph. The field hockey rs were the only team ampus Saturday, Oct. 13. use both the soccer and ball teams were away.

he stickers capitalized eir opportunity to be in limelight as they beat 44-1. It all started in

Large Pizza \$5.00 Delivered Mon., Wed., Sat. expires Oct. 30th Casablanca Pizza 829-3938

the locker room when the Wilkes team got dressed in blue and yellow--not just their uniforms. The Colonels were dressed from head to toe in blue and yellow. Football players get mowhawks; field hockey get players paint their hair!

The game started at 1 p.m. and the first goal was scored at 1:03. Yvonnne Pierman, Allyse Croft and Zig McGrath combined a few short passes, and Pierman banged the ball into the goal from outside the circle.

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One minute later, the Colonels scored again. Sally Vojtek chipped in the goal off a Pierman shot to give the Colonels a 2-1 lead. Juniata got into the scoring action near the end of the first half when the team popped on the Colonel net. This disturbed the Colonels so much that after the second half they scored two more

Joyce Dait displayed hard work as she moved the ball throughout the field. Jane Zeller and Debbie Marquart were also key factors in keeping the ball constantly moving to the forwards.

Ten minutes into the second half, Stacey Baldwin flat passed the ball across the goal where Zig McGrath connected with the pass for the third goal. The final goal of the game came 10 minutes later when Alysse Croft drove in a hard shot off a backpass from Baldwin.

This past weekend Wilkes hosted a tournament. Some

of the top teams in the nation were present, displaying some of the best field hockey in the country. The Colonels came out with a 1-2 record, but their skills

improved greatly. Each of the four and came out winning 2-1. The Colonels were playing very well and it showed. Sharon Domzalski swiftly maneuvered the ball and tackled many players. Pierman sent in a pass which Zig McGrath rammed into the opposite corner of the cage.

Mount St. Mary's scored a goal, but the Colonels came back when Sally Vojtek flicked in the winning shot off a Domzalski assist.

The Colonels had a disappointing game against Cortland State, which is currently ranked fifth in the nation. Kim Cooper and Margo Serafini had some excellent saves.

The Colonels played again on Sunday but came up on the short end of the stick. They played a very competitive game against Bloomsburg, the number one

team in the country, but the Huskies were too strong for the Colonels.

All in all, the weekend was a success, bringing many fans and many field hockey supporters from neighboring towns and high schools. The team thanks all who supported the Lady both Colonels, enthusiastically and financially.

The stickers are home on Tuesday and away Saturday Susquehanna Albright.





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Vol. XXXVIII No. 7 October 24, 1985



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Fun & Fitness

# Muscle fatigue- make it work

by Bill Buzza

At some time in his life. everyone is hit with muscle fatigue. One does not have to be an athlete for this to occur, although athletes are the most likely recipients: Anyone who works out with any intensity will most likely feel muscular fatigue. Everyone is always trying to improve on his physique. For this reason, more and more intense training routines are being used. However, no matter how successful a method was when you first started using it, constant use can, in the long run, bring on injuries. The most discouraging thing is that injuries need rest, and this takes away from your training time.

One of the main ways people achieve muscular fatigue is by using maximum weight (90-100 percent) in their training routines. Such routines are typically used powerlifters, but now almost everyone is using this method to increase stength.

However, such workouts are extremely taxing on the body. When performing this routine with high numbers of set, it can take the body two or three days to recuperate. Such workouts stress not only the muscles,

but also ligaments and reach restoration. tendons. If done for long periods of time, the stress can become too great for the body, and injury will occur.

If you choose to go with this method of training, the best way to go about it would be for a cycle of no more than four to six weeks. After this amount of time, try some other type of training to give your muscles time for full restoration. Also, stretching is a good idea because prolonged use of this method tends to shorten your muscles. So, if you want to be able to comb your hair in a year or two, incorporate stretching into your workouts.

Another common way to get muscle fatigue is by working your muscles to exhaustion. In this method, very high repetitions are done with low amounts of weight. This type of workout is popular with women, gymnasts and runners because it is very beneficial for increases in strength and endurance. This method is also taxing but lacks the stress on the tendons and ligaments.

The best way to cope with muscle fatigue from this form of exercise is by resting one day between workouts. This will give

Another method for reaching muscle fatigue is by constantly placing stress on one muscle. In this method, one uses many different exercises, but with different levels of stress to the muscle, there is a more complete exhaustion of all the energy supplied to the muscle.

This type of training is even more taxing than using maximum weight.

Also, the effects of such workouts are similar to the going to exhaustion routine but more taxing. As a result, the worked muscle is maximally stressed. What this does is put you in a very weakened state. To deal with this, recuperation must come quickly after the workout. Keep in mind also that pushing yourself past your limit doing this method of training will result in

A good way to train intensively and keep from muscle fatigue injury is through Dynamic Isometric Routine. This can be done with or without weights. The resistance used is submaximal, but because of the extremely slow movement together with holding positions in the full range of movement, your your muscles 48 hours to muscle remains contracted

all the time. This will lead to a maximum contraction.

Each set of this type will take between 20 and 30 seconds to perform. And since they are done in an isometric fashion, they elicit stronger muscular contraction than if the exercise were performed in any of the aforementioned

Although these workouts are maximally intense and just as taxing as any of the other methods, they do not have the same potential for injury. There is constant movement and the holding periods are for a very short time. Therefore, you do not get the stationary intensity developed to a point where it can be detrimental to the body. Such routines are effective very developing strength through a full range of motion and at sticking

We already know that muscles grow through stess. A more accurate measure of the total stress that your muscles have undergone is to look at the total work done. For example, if you performed five sets of ten repetitons on the bench press three times a week, even though the average weight used might have only been 100 pounds, you would have lifted 15,000 pounds the week.

For best growth, y muscles respond more w total work done. This is long-term method to mus growth and fitness. The to this method is the W work done by the mu The effects of the works are cumulative.

All of the methods vh I have mentioned prof muscular fatigue thro

high intensity. The type workout which you chook totally up to you and you level of fitness.

Restorative methods a as massage, sauna electrical muscle stimul help your body recupe from its stress. Aerobic such as running, swimm and cycling is also needs develop your cardiovascu system, which plays important role in reco as well as in withstand the training loads.

In any case, anyone is going to work relatively hard should right and get enough These two things, more any other, will help to and build your muscles satisfactory level. I also advise you to see 10 for a full check-up if want to start working hard. Enjoy your worken

neeting as 'discussion" and s t is crucial t iscussed open According t rom Arthur J.

onsultant to co niversities, in Pennsylvania Sur ruled that "any erves a minor beverages will boolutely liable arm that resu ecause the act law eimbursement

Georg

by Brian Poto

Comedian Ger eared at t lege Gymnasiu ll house on ight, October 24. According to

resident, ap 300 people atten Carlin's app likes was largel forts of Chas dent Governm tive Council.

We sat down and decided that campus needed v oncert, " Chase s said ntacted Parties abooking agency

# ilkes football

by Bill Kern

College Wilkes The football team suffered its worst defeat of the season, as Juniata handed the Colonels a 34-6 loss Saturday at

Juniata jumped out to an early lead when Mike Cottle caught a six-yard touchdown pass from Mike Culver. The conversion kick was good, and the Indians had a 7-0

better for Wilkes as Culver threw his second touchdown pass to Cottle from six yards out. The conversion kick was good, and Juniata had a 14-0 first-quarter lead.

Following a poor Wilkes punt, Juniata running back Greg Townsend ran the ball in from 33 yards out for the touchdown. The kick was good, and Juniata built its lead to 21-0.

Late in the first half,

Juniata was again in scoring position, but Dave Roebuck steppped in front of a Culver pass at the one-yard line to end the scoring threat.

Things didn't get any better for Wilkes in the second half. On their second possession of the second half, the Indians marched 44 yards on four plays with lan Malee running the ball in from six yards out. Schaffer's fourth kick was good, and the Indians had a

Juniata intercepted a Brad Scarborough pass and marched the ball 68 yards on two plays. Malee scored his second touchdown of the game on a 23-yard touchdown run. The try for two points failed, and Juniata had a 34-0 lead.

Wilkes' only score of the game came when Randy Rice hit wide receiver Tony DiGrazia for a four-yard touchdown pass. Dan Kolar's kick was no good, and final score read Juniou Wilkes 6.

Wilkes set two records for most attempted (49) and passes caught (22), Tony DiGrazia catching

passes for 90 yards.
Wilkes will be s
Saturday against Albrid the Colonels try to be two-game losing steat time on Saturday is 13