

The Beacon - March 17, 2015



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Volume 68 Issue 16

THE BEACON

The news of today reported by the journalists of tomorrow.



Luck of the Irish
read about the holiday's history on
pages 12-13

Above: people play bagpipes during Wilkes-Barre's parade day last Sunday

The Beacon/Gabby Gliniski

News

Have a breaking story or a press release to send? Contact the news editor: sarah.bedford@wilkes.edu

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130 S. River St.
First Floor, Conyngham Hall
Wilkes University
Wilkes-Barre, PA 18766
Phone - (570) 408-5903
www.thewilkesbeacon.com

Beacon Briefs

Freshman FIFA Tournament

Freshman Class will be hosting a FIFA '15 Soccer Tournament on March 22 at 6 p.m. in the Henry Student Center Lounge. The cost will be \$5 per person. The prize will be a specially designed trophy. Sign-ups will occur every Tuesday and Thursday from 11-1 p.m.. Email cody.morcom@wilkes.edu for details.

Book Talk with Dr. Edward Bednarz

Dr. Edward Bednarz is hosting a discussion about his book *The Journey to Discover the Meaning of Life* on March 25, 4 - 6 p.m. in the Salon of Kirby Hall. RSVP for the event by March 20 to BookTalk@wilkes.edu. Refreshments will be served.

Commuter Council Washington D.C. Bus Trip

The Commuter Council will host a bus trip to Washington, D.C. on March 28. Tickets are \$30 per person. Sales will take place in the Henry Student Center during club hours. Those interested should contact CC President, Sarah Bedford, sarah.bedford@wilkes.edu for more information.

Wear the Wilkes Summer T-Shirt and You Can Win

Summer registration begins on March 16. Each day from March 16- 20, students who are seen wearing the blue I LOVE SUMMER t-shirt on campus have the chance to win gift cards to Barnes & Noble, Dunkin' Donuts, Rodano's and more.

SG Notes: Club recognition, Relay for Heat, constitutional revisions

By Taylor Ryan
Staff Writer

On March 11, Wilkes University's Student Government held its weekly meeting.

Student Government heard from a new club forming on campus. The Gaming Club has requested to be a Student Government recognized club. SG approved their request.

The Running Club, which held its annual Relay for Heat last week, asked for Student Government to sponsor every Wilkes Student that participates in the event. All of the money raised will be donated toward the Commission on Economic Opportunity's Martin Luther King Fuel Fund to heat family's homes. Student Government has allocated \$5 per student for up to 50 students plus \$75 toward the incentive for students and teams to participate. The total donation will be up to \$325.

New business from this week's meeting: The Veteran's Council made constitutional revisions and presented these to the general board. Student Government will cast its final vote during next week's meeting.

The next request came from the business club, Enactus. This club has asked Student Government to pay for 11 members to attend the 2015 Enactus national Expo in St. Louis this April. The club asked for approximately \$1,500. This will cover the airfare and hotel accommodations for the 11 students. Student Government members will cast their votes next week.

The next request came from AphA, the American Pharmacist Annual Conference.

The club requested funding for the registration fees for the conference as well as the hotel fees. The total amount totaled \$1,695.60.

The Chemistry Club also requested funds for a conference. The group is sending six members to attend the American Chemical Society National Meeting in Denver, Colo. later this month. The total project cost is \$4,800 and the club requested \$1,500 to cover the registration and transportation fees.

The last request came from Capital Projects, part two. The group proposed that Student Government fund a new neurotraining facility for the psychology department. The facility would provide interested students with new ways to train the brain in order to focus, improve studying, suppress anxiety and excel in sports. The project would cost about \$20,000 for the new office, supplies and equipment.

Next, Capital Projects asked Student Government to provide funding for new Big Event materials, such as shovels, rakes, gloves and gardening sets. All of these supplies come out to \$960.00. Student Government will vote next week for all combined funds of Capital Projects.

The council reviewed the Treasurer's report. The current budget is as follows: All College: \$16,923.60, General Funds: \$7,836.20, Conference: \$2,155.00, Spirit: \$1,250.00 for a Student Government total of: \$28,164.80



@wilkesbeacon
taylor.ryan@wilkes.edu

Corrections: In Alyssa Mursch's article in the February 24 issue, a number was incorrectly printed as \$11,00, when it should have been \$1,000. In the previous issue, an article was incorrectly attributed to Elyse Guziewicz, when it was written by Allison Rossi. We regret the errors.

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Wilkes students travel to Costa Rica for Alternative Spring Break; "Grateful" for unique opportunity to serve others

By Gabby Glinski
News Photographer and Staff Writer

During spring break, six Wilkes students traveled to Costa Rica for Alternative Spring Break, also known as ASB.

Students Elizabeth Bracco, Jimmy Steigerwalt, Shana Noon, Julie Miller, Cody Logan, and Nicole Morgan were accepted into the Alternative Spring Break program to travel to Costa Rica to do volunteer community service in the schools and the coffee fields.

Prior to departure, Bracco and Steigerwalt and the ASB committee held a drive for school supplies to give to the students in Costa Rica. They estimated they collected about 50 pounds of school supplies ranging from notebooks to markers for the Costa Rican students. Enough supplies were collected to send to two schools.

The ASB members feel that by donating the supplies, they have bettered the education of the students.

"We had a 5-year-old boy, I gave him a couple notebooks and some crayons and he started crying because he was so happy," stated Bracco on the Costa Rican students' reactions to the donations.

While at the Costa Rican school, the ASB students interacted with the children, who ranged in age from 5 to 15-years-old. They built a flower garden with the children and played with them in-between lessons. Bracco said that some of the children's favorite activities included hide and seek and tag-which the Costa Rican students called 'cat and mouse' in Spanish. The Wilkes students also taught English to the 140 students at the school.

The ASB members were also invited by a family to tour their coffee fields. The Wilkes students learned how coffee was harvested and made into the end product. They also visited a coffee co-op to view the process on a larger scale.

The ASB also provided some "down time" for Wilkes students to tour the area. They climbed to the peak of Volcano Irazu; and peaked through the clouds at 11,000 feet.

"I think that I have become a lot more grateful. We go through many things in our life, like our struggles, and you see... these people are willing to learn and willing to give and I think that is definitely something I have learned and taken away from that," Bracco states on her experience.

In the six months before departure, students prepared by attending weekly meetings, conducting numerous fundraisers,

and engaging in team-building activities. ASB held several events for funding their program including a chocolate fondue event, empanadas turnovers sale, and the group's annual pasta dinner.

Bracco gave some advice to Wilkes students considering applying for next year's Alternative Spring Break.

"I think that what you learn from the trip will stay with you for the rest of your life."

The Wilkes Alternative Spring Break program gives an opportunity for students to participate in giving back to the community and provides cultural experiences as well as self discovery. In its previous 19 years of establishment, Wilkes students have traveled to India, Germany, Peru, and the Dominican Republic including many domestic destinations.

For more information on the ASB program, contact Megan A. Boone Valkenburg, Community Service Coordinator, at megan.boone@wilkes.edu.



@wilkesbeacon
gabrielle.glinski@wilkes.edu



All photos courtesy of RAW tours

Pictured above are the six Wilkes University students who participated in this year's Alternative Spring Break Trip to Costa Rica. Elizabeth Bracco explained that after the trip she became more "grateful" for the small things in life.



Prior to the trip, the ASB committee held a drive for school supplies to give to the students. The group collected enough supplies to donate to two schools. While in Costa Rica, the Wilkes students taught English to 140 children but also played games between lessons. During their free time, the students also had an opportunity to climb to the peak of Volcano Irazu. Bracco encourages students to apply for Alternative Spring Break in the future because it is much more than an educational experience.

Beacon staff members bring home statewide awards

By Justin Topa
Asst. Life, A&E Editor

Five members of The Beacon staff have been chosen as recipients for the statewide Keystone Press Awards for the 2014 calendar year.

Shawn Carey, The Beacon's social media director and a senior communication studies major, won first place in the "Personality Profile" category for his piece entitled "Fighting ALS: How one professor's brave fight is inspiring a whole campus".

Elyse Guziewicz, a freshman English major, was awarded second place within the "column writing" category for a series of three columns.

James Jaskolka, editor-in-chief and a junior communication studies major; Sarah Bedford, news editor and a sophomore political science and communication studies major; and Alyssa Mursch, a sophomore communication studies major, were awarded an honorable mention for their continued, on-going news coverage regarding the death of Wilkes student Jonathan Ratchko.

The Keystone Press Awards are open to all Pennsylvania higher education

institutions. The Beacon staff members competed against all statewide institutions with 10,000 or fewer students.

Dr. Kalen Churcher, faculty adviser for the award-winning campus newspaper, said she is excited about the recognition her staff has received.

"I'm thrilled to see the students being recognized for their hard work," said Churcher, who also serves as an assistant professor in the Communication Studies Department. "It's quite an accomplishment for The Beacon to be recognized with not one, but three awards. It says a lot for the paper, the communication studies department and the university overall."

Churcher also pointed out that The Beacon award recipients and the staff in general span over a variety of majors, showing that working on The Beacon can be rewarding to students regardless of their field of study.

According to Churcher, who worked professionally in the journalism field since 1998, the Keystone Press Awards are prestigious and well known to industry professionals.

"All of The Beacon staffers have worked hard this semester. I'm so proud of everyone



The Beacon/ Gabby Glinski

Student Keystone Award winners are, from left to right: Elyse Guziewicz, Sarah Bedford, Alyssa Mursch, Shawn Carey and James Jaskolka.

and the effort they've put into making changes to the paper. I'm really looking forward to what's in store for the future."

For more information on the award recipients or the rest of The Beacon staff, visit

their staff profiles via TheWilkesBeacon.com.

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ST. PATRICK'S DAY CELEBRATION!

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Tuesday March 17, 2015
Henry's Food Court
11:00AM-2:00PM

 Wilkes University Dining Service  @WilkesUDining  #WilkesUDining

Misericordia group to host free medical technology seminar

By Sarah Bedford
News Editor

On March 21, Misericordia University's American Medical Student Association, AMSA, will host a one day conference entitled, "From the Classroom to Life Flight".

The conference, which welcomes Wilkes University students, will focus on emerging medical technology and includes keynote speaker, Dr. Samuel Slimmer, associate physician in emergency medicine, assistant medical director of life flight, and associate program director of emergency medicine residency at Geisinger. Slimmer will focus on technology used in the ER.

Along with Slimmer, the Geisinger Life Flight helicopter will be on campus to give tours and demonstrations of the various new technologies it contains.

In addition to the keynote address, Staff Sgt. Jason DiGangi will speak about U.S. Army healthcare careers and technology. Senior biochemistry major Jeremy Osko will also present his research on e-cigarettes, said Misericordia senior, Rachel Bohn AMSA secretary.

High schools as well as universities in the region have been invited to attend this event.


"I think that all students considering a career in healthcare would benefit from this conference, not just pre-meds, because technology is the future of healthcare," said Bohn. "I think it is safe to say that many people out there today would not be alive without it, and I hope students interested in healthcare look at that as both humbling and exciting, because medicine is going places it has never been before."

This is the second year Misericordia is hosting the event.

AMSA is a nationally recognized organization.

The conference will be held on March 21 from 9 a.m. to 4:30 p.m. in Insalaco 216 and 217 with continental breakfast and lunch provided.

Those interested in attending should RSVP to Rita Molino at rmolino@misericordia.edu as soon as possible.

 [@wilkesbeacon](https://twitter.com/wilkesbeacon)
sarah.bedford@wilkes.edu

Profile of a Professor: Dr. Louise Berard, mathematics

By Toni Pennello
Staff Writer

Dr. Louise Berard, professor of mathematics, will be retiring this year after 35 years at Wilkes.

During her career, she has taught between 30 and 40 different mathematics courses, all ranging from the 100-level to graduate level. In the beginning of her career she also taught several computer science courses and later several teacher education courses for students who were future secondary and elementary school mathematics teachers.

Berard was born and raised in the Hazleton area, where she still lives with her husband. She received her bachelor's degree from King's College, and her doctorate from Brown University in Providence, Rhode Island.

Although Berard has only ever taught at the college level, she is convinced that it is the perfect match for her.

"I like this age group; college teaching is very rewarding because students have a lot of maturity, but they are still fun-loving. The students at Wilkes I have found to be fun-loving, and yet very respectful. They're just nice people."

Teaching mathematics also seems to be a perfect match for Berard, because it allows her to "not just convey information, but



The Beacon/Gabby Glinski

Dr. Louise Berard does much more than teach mathematics. In her free time, she enjoys being outside and traveling throughout the world.

help students to develop their reasoning abilities and their abilities to explain their thinking."

Berard is very passionate about education. Her passion is shared by her husband, who taught mathematics at King's College for 40 years. This shared affinity for teaching has made both her marriage and professional life very special.

"We have felt particularly gratified when our students themselves go on to be math teachers... sometimes it sticks and sometimes it doesn't, but if we've had the right kind of influence it will continue into the future. The students out there teaching mathematics will have a similar influence on their students."

Berard was the chair of the mathematics department at Wilkes for seven years and says that she hired about half of the current faculty in the department.

She also served as vice president and president of the local section of the Mathematical Association of America, which is a leading professional organization in the field of college mathematics. Her position allowed her and her husband to make many professional contacts as well as give several presentations at national meetings. She also was able to give talks in places such as Lycoming College and

Bucknell University.

Berard was particularly filled with gratitude upon receiving the Outstanding Teaching Award at Wilkes early in her career.

"I was happy that my students and colleagues felt I was worthy of that

As a woman in mathematics, Berard said she personally faced very little opposition on her track to success.

"When I was in college and graduate school, most of the students that were with me were males. Proportionally there weren't many women. I can't generalize, but I think most mathematicians and professors love the discipline, so it was a supportive environment... I don't think my being a woman has really entered much."

When she isn't teaching, Berard enjoys being outdoors. She and her husband enjoy biking and walking, and she likes to ride her 125cc motor scooter through the countryside.

She also enjoys studying foreign languages and travelling, and she and her husband have escorted seven trips to Europe with travelers that they have recruited from both inside and outside their schools.

@wilkesbeacon
toniann.pennello@wilkes.edu

Wilkes PSPE hosts career and ethics panel; Milton L. Lunch Ethics Contest

By Sarah Bedford
News Editor

On March 10, the Wilkes University student chapter of the Pennsylvania Society of Professional Engineering, PSPE, held a career and ethics panel featuring six professional engineers from various organizations.

The panel discussion featured John R. Ackerman, P.E., P.G., BCEE, F. NSPE Principal at Twin Oaks Consulting, LLC; Thomas Maheady, P.E. CEM Vice-President of Borton-Lawson Engineering; Prahlad Murthy, Ph.D., P.E., BCEE, QEP Professor and Associate Dean, College of Science and Engineering at Wilkes University; Holly Avery Ostopick, P.E., CPESC, CPSWQ Project Manager at Pennsy Supply; Eric W. Tappert, P.E. President, Pennsylvania Society of Professional Engineers; and Thomas Walski, Ph.D., P.E., F. ASCE Senior Project Manager, Bentley Systems.

The focal point of discussion was on careers for engineers, ethical situations and information on the Milton F. Lunch Ethics Contest.

The essay contest, sponsored by the

National Society of Professional Engineers calls upon chapter members to respond to a situation regarding an engineer faced with an ethical question regarding his or her firm. The scenario examines the engineer's practices in connection with a site-development study for a county with which he or she is associated through his membership on a county industrial development agency. NSPE and NSPE Educational Foundation award \$1,000 to the winning essay divided between the chapter itself and the coauthors of the paper. The winners are also recognized in PE Magazine.

Entries are due April 17.

Following the formal panel, informal discussion including a Q and A was conducted.

Junior Mechanical and Electrical Engineering major, Bernard Socha, Wilkes Student Chapter of PSPE president, explained that while this is the first year Wilkes PSPE has cosponsored this discussion, they do host other events.

"We do Mathcounts with local middle schools in February, and we also had a nuclear speaker come in last semester,"



The Beacon/ Gabby Glinski

Holly Avery Ostopick, Project Manager at Pennsy Supply addresses group along with three other panel members.

Socha said, "PSPE also does order of the engineers on March 29," Socha added, "Here, graduating seniors receive a ring to be worn on their working hand to remind them to be honest and ethical."

Wilkes PSPE club meetings are typically at 11 a.m. every other Tuesday in Stark

Learning Center. Students interested in getting involved can reach out to Socha at bernard.socha@wilkes.edu.

@wilkesbeacon
sarah.bedford@wilkes.edu

Registration Fall 2015

Seniors

Class of 2016 (73 or more current credits earned)

Online Registration for ALL Upcoming Seniors begins Monday, March 16th at 12:01 a.m.

Juniors

Class of 2017 (43 or more current credits earned)

Online Registration for ALL Upcoming Juniors begins Wednesday, March 18th at 12:01 a.m.

Sophomores

Class of 2018 (13 or more current credits earned)

Online Registration for ALL Upcoming Sophomores begins Monday, March 23rd at 12:01 a.m.

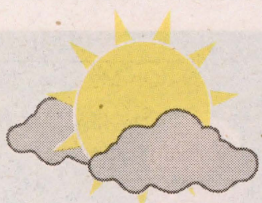
Freshmen

Class of 2019 (less than 13 current credits earned)

Online Registration for ALL Freshmen begins Wednesday, March 25th at 12:01 a.m.

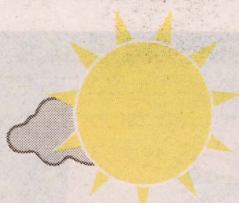
Weather Beat: March 17-20

Tues.



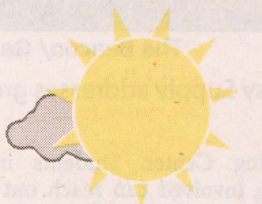
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Wed.



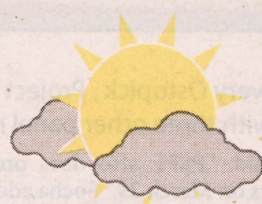
43°
26°
Mostly Sunny

Thurs.



51°
31°
Mostly Sunny

Fri.



46°
31°
Partly Cloudy

Forecast as of March 13 taken from weather.com



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Life, Arts & Entertainment

Have a story or want your event to be featured? Contact the Life, A&E Editor: Nicole.Zukowski@wilkes.edu

Jesus Christ Superstar blesses Wilkes-Barre

By Gabriella Romanelli
Contributing Writer

While individuals are fasting this Lenten season, the city of Wilkes-Barre is indulging itself in theatrical entertainment by rolling out the red carpet for a very special guest: Jesus Christ.

The Little Theatre of Wilkes-Barre picked an appropriate time to perform its production of Jesus Christ Superstar.

The community theatre will become the town of Jerusalem for the two weekends before Easter, as the musical cast takes the audience through the dramatic acts following the arrival of Jesus of Nazareth.

Director Dana Feigenblatt is enthusiastic to be directing the musical she had previously performed at the Music Box in 2004.

Feigenblatt, aware that Jesus Christ Superstar is a popular musical that has been produced numerous times throughout the area, has taken the opportunity to set her show apart from others.

"We're going for a modern 20s vision with the costumes and the props," reveals the director, wanting to do "something out of the box and different."

Actors in the musical will be sporting a variety of fashion, Dana explains, "from glamorous flapper looks, to everyday wear, to some of the more rich-wear."

"Since the show is so crowd-based, we wanted the people to look from all different walks of life, as a crowd would be."

Feigenblatt is confident that her hard-working cast will masterfully represent these characters, as the 40 men and women range from ages 15 to 66.

Chris O'Neal, 38, of Terre Haute, Indiana, is about to perform for his first time in 20 years as the character Judas.

Prior to his involvement with Little Theatre of Wilkes-Barre, O'Neal's theatre experience had been limited to high school plays, in which he had been cast in lead



Courtesy of Angel Berlane Mulcahy, On My Cue Photography

The Little Theatre of Wilkes-Barre will turn its stage into Jerusalem for a performance of 'Jesus Christ Superstar' which will be held at 3 p.m. on March 22; 8 p.m. on March 27 and 28; and 3 p.m. on March 29, which is also Palm Sunday.

roles.

He knew it was time to get back into performing when he found out that a local theatre was putting on Jesus Christ Superstar.

"This is my dream show, and Judas is my dream role," the actor said.

O'Neal is most excited about performing Judas's death scene, which will deviate from traditional performances of the musical.

"Traditionally, he hangs himself, but we're doing this play in a 1920s style, so the way that he dies is going to be a little bit of a surprise."

Now that O'Neal is back from his performing hiatus, audiences can expect to see more of him in upcoming local productions.

More familiar with being part of a Jesus Christ Superstar cast in community theatres is 52-year-old Michael Rahl, who will be performing in the musical for the fourth time in 10 years.

"I started as an apostle and moved my way up to Caiaphas," Rahl said.

This particular production is different from the actor's previous experiences, in part, because of his role as Caiaphas.

"It's weird to be the villain, but fun," he said. "I'm the guy that takes in stray animals and opens up my house for people when they have nowhere to go, and now here I am saying, 'Jesus Must Die!'"

Rahl said he is most excited for the audience to be blown away by the gifted cast of Jesus Christ Superstar, giving special

attention to the vocal talent of O'Neal.

According to Feigenblatt, the audience can "expect to see a Superstar unlike they've ever seen before."

Little Theatre, located on 537 N. Main St. in Wilkes-Barre will hold its opening night at 8 p.m. on Saturday, March 21. Admission is \$20.

Wilkes students receive free admission with their student IDs.

Additional performances are 3 p.m. on Sunday, March 22 and 29; and 8 p.m. on Friday, March 27 and Saturday, March 28.

For more information go to www.ltwb.org.

@wilkesbeacon
gabriella.romanelli@wilkes.edu

WUPB hosts 'Everything Green Bingo'



The Beacon/ Rebecca Voorhees

On March 12, the Wilkes University Programming Board hosted an "Everything Green Bingo" night on the first floor of the Henry Student Center.



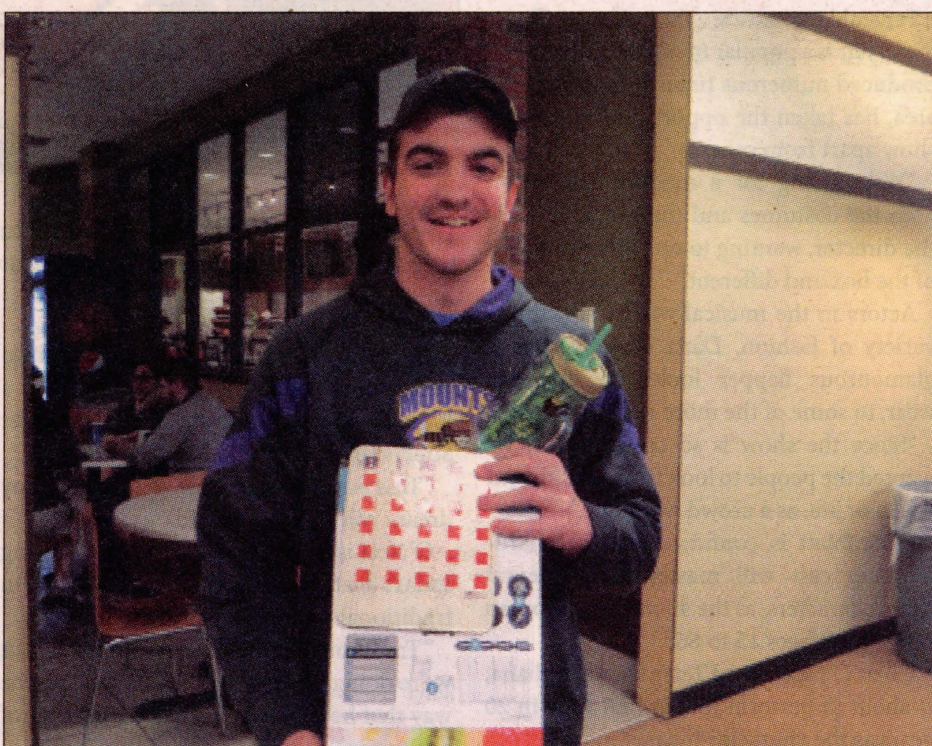
The Beacon/ Rebecca Voorhees

Freshman Lena Campisi volunteered to wear WUPB's shark suit for a free movie ticket during WUPB "green" Bingo.



The Beacon/ Rebecca Voorhees

Students played a number of rounds of Bingo to win all kinds of "green" prizes, from snacks to the grand prize blender.



The Beacon/ Rebecca Voorhees

The winner of the blender was freshman Brandon Redcay. Follow the WUPB on Twitter @WilkesUPB to learn more about upcoming events.

Sweating your way to relaxation with yoga

By Josephine Latimer
Staff Writer

The first time walking into hot yoga could cause apprehension in some people. Not knowing what to expect, many may have doubts on their abilities to make it through a session, whether it is reservations on flexibility or the 100+ degree room.

However, when the music starts to fill the heated air and muscles begin to loosen, one hardly realizes the sweat rolling from the body.

After the session is complete a cool wash cloth dipped in calming aromatic scents is then distributed, a highlight after doing strenuous work in the dense, heated room.

Hot yoga, also known as bikram yoga, is considered by many to be a great and enjoyable way to de-stress and get in shape.

Jill Price, director of the Wilkes Adventure Education program, believes those who have fears and insecurities should go and try it out, even if one needs to rest throughout the class.

"Don't judge yourself if you need to sit down. In yoga they teach you if it's too much,

sit down...it boosts your confidence to sit down on a mat having gone than to dodge it if you're afraid."

For those who still have doubts on whether or not to try hot yoga, there are easier variations available to beginners.

If one is unable to do a more advanced move geared toward those with more experience, there are poses that put less stress on your body that are equally beneficial.

"I did it the first time and really liked it but I thought it was just a one-time thrill," said Lyssa Scott, a junior integrative media student. "When I went back the second time I was getting so much deeper in the poses, it was so great."

There are also health benefits if one regularly does hot yoga. A study in *Time* magazine showed "increases in strength and muscle control, as well as a big improvement in balance."

Along with the physical boosts, hot yoga may also provide psychological benefits as well.

Boston Magazine ran a story stating, "Heat



The Beacon/Josephine Latimer

Whether it is personal problems or school related stress, hot yoga could provide the necessary calming boost one needs as exams and papers begin to pile up.

has traditionally been used to promote wellness. The heated environment may enhance the antidepressant effects of this form of yoga."

For more questions on hot yoga contact Jill Price at jill.price@wilkes.edu

@wilkesbeacon
josephine.latimer@wilkes.edu

Creativity and imagination: Wilkes Art Club

By Danny VanBrunt
Sports Writer

Students have an outlet for their creativity and imagination thanks to the Art Club at Wilkes.

"I enjoy Art Club because it is a comfortable environment where I can just relax while doing creative projects and (talk) to friends I don't get to see often," said member Nicole Kutos.

The club meets once a month in Bedford Hall, room 110. It is run by Kutos, Israel Rodriguez, Kelly Sones and adviser Sharon Cosgrove.

Kutos encourages people to join, regardless of experience.

"You just need to be willing to let yourself be innovative and try new ideas," she said.

Sones handles contacting the members of the club by letting students know when the club will meet. She also recommends students join because it is a great place to meet people, and because creating art is fun.

The club has done various activities this

year such as finger painting, card making, watercolor painting and doodling sessions. Every meeting is something different, which allows the club to appeal to a variety of students and get them involved in activities the students may not have done before.

The Art Club, along with several other campus clubs, also plans to work on a project for the school.

Rodriguez explained that one of the business-focused clubs is opening a student store in UCOM.

The store will be used for students to sell their own products to other students. The students will manage it.

Studio 20 is working with the Art Club to design the store. Rodriguez said the space lacks color, so that is a priority. Studio 20 and the Art Club will decide on a design, and then the Art Club will paint it.

@wilkesbeacon
danny.vandrun@wilkes.edu



Courtesy of the Wilkes Art Club

Last month, the Wilkes Art Club had open studio time to allow students to relax before the upcoming midterm stress.

Psychology Club welcomes new members to join

By Zachary Benedict
Contributing Writer

If you have ever been interested in the way the human mind works and behaves, Wilkes University's Psychology Club might be the co-curricular for you.

Dr. Debbie Tindell, professor of psychology and adviser to the Psychology Club, said she likes to think of the club as a way for psychology students to bond.

"The Psychology Club is a way for anyone who has an interest in psychology to get to know others with a similar interest," said Tindell. "I'm very much about inclusion and making everyone feel welcome. Students can join at any point and be involved as much as they like."

Junior psychology and criminology major, Lauren Chamberlain, has been a member of the Psychology Club since her transfer to Wilkes University. She said there is never a dull moment in the club.

"There's always something new and exciting that we can do as a group," Chamberlain said. "I like the community service aspect because we get to help out other people."

While Tindell has served as adviser since 2013, this was not her first time serving in the role. The psychology professor first held the position in 1999 and served



Courtesy of Wilkes University Psychology Club
Members of the Psychology Club pose in Philadelphia where they recently participated in the Eastern Psychological Association conference.

for a number of years until turning the organization over to Dr. Jennifer Thomas.

It should be noted that the Psychology Club is not specifically for psychology

majors. Anyone with an interest in the aspects of psychology can join.

The club commits to regular activities such as helping out with the Step-by-Step

program, which according to its website, "is committed to enhancing the quality of life and personal growth of those (served) through support for individual choice and independence."

The group also works with other organizations that assist people who have developmental disabilities.

"It is not just psychology driven," Chamberlain said. "We all do a lot of different events that aren't related to psychology. There are events that are just more about helping people."

While the club currently lists about 130 members, the Psychology Club encourages new members to learn more. Leadership positions are available.

Tindell said she very much enjoys all aspects of the club, but particularly enjoys getting to know the students at off-campus events.

"Spending time with students at the annual meeting of the Eastern Psychological Association or at an end of the year party at my house allows me to get to know the students personally, outside of a classroom setting," Tindell noted.



@wilkesbeacon
Zachary.Benedict@wilkes.edu

Misconceptions of feminism revealed and explained

By Alyssa Mursch
Staff Writer

The Merriam-Webster dictionary defines feminism as "the belief that men and women should have equal rights and opportunities."

Why then, do some continue to reject being considered a feminist?

It could be because of the common misconceptions that people hold about what feminism is and what it means to be a feminist. Seeking to bring clarity to this topic, some feminists of Wilkes University recently offered their refutes to these misconceptions.

One popular notion about feminists is that they hate men, or that feminism is harmful to men, arguing that it seeks to diminish their role in society.

"Feminism is not at all about hating men,

putting men down or demeaning men," said Dr. Helen Davis, associate professor of English and interim chair of the Women's and Gender Studies Department. "It is about striving for a more equal world. It's good for men too because an unequal society is not good for anyone."

Davis went on to say that it is incorrect that feminists can only be women, as there are many men that realize a strong culture is better for all and thereby identify as feminists. She also rejects the widespread belief that feminists are against marriage.

"As a feminist, I fully embrace the right for women to make their own life choices, whatever that looks like. It's about having the choice," Davis said.

Another argument that undermines feminism and the need for it is that gender equality simply isn't an issue.

"If gender equality isn't an issue, why do women get paid less than men? Why are women the overwhelming majority of victims of sexual and domestic abuse?" asked sophomore Danica DeMesa. "Just because people don't experience gender inequality doesn't mean it doesn't exist."

People may also shy away from being deemed a feminist because it is rumored that if you identify as such, you cannot be stereotypically "feminine."

Both women contest this claim, as DeMaesa emphasizes that feminism includes a variety of people and supports women no matter how they choose to present themselves. Davis furthers this point by saying that to reject someone as a feminist due to their appearance would mean denying a large portion of the feminist population.

Many of these widely held misconceptions discourage people from identifying as a feminist.

However, if provided with a more thorough understanding of what feminism is these hesitations could fall away.

"We [women] don't have strong media representations. We don't have women in positions of political power, we still have many women experiencing systems of discrimination in the work force, and we still have a very prevalent rape culture," Davis concluded. "Until that changes we still need women and men who are willing to fight for the rights of women to be treated fairly and equally, and I don't understand how anyone can be against that."



@wilkesbeacon
alyssa.mursch@wilkes.edu

5 Saint Patrick's Day Traditions Explained

By Emily DeAngelis
Staff Writer

St. Patty's Day. While here in Northeastern Pennsylvania we celebrate with Irish potatoes, the wearing of the green and plenty to drink, around the globe St. Patrick's Day is met with a wide variety of custom.

1. RIVER DYING

A 40-year-old tradition in Chicago turns the city very green- literally. By using an eco-friendly dye, the Chicago River is dyed green during the celebrations. In years previous, it has taken days for the river to return to its natural color. Today, however, the dye only lasts about five hours but still manages to bring in over 400,000 spectators.

The North White House Fountain also follows a similar pursuit.

2. THE BAGPIPES

The Bagpipes: While undoubtedly a time-honored element to most St. Patrick's Day parades, behind the scenes there remains debates over the legitimacy of the pipes. While Highland pipes are traditionally used in St. Patrick's Day parades around the world, these pipes are actually of Scottish origin. However, the real pipes of Ireland, Uilleann pipes, can only be played while seated making them difficult to integrate into marching parades. Furthermore, the Highland pipes have a heartier and louder quaintly that we now associate with the holiday and its festivities.

3. WORLD'S SHORTEST PARADE

World's Shortest Parade: In Hot Spring's National Park, Arkansas, all 98 feet of the World's Shortest Street, Bridge Street, are packed with St. Patty's Day festivities! The parade is famed to host over 100 Elvis impersonators, and this year the celebration is going to be kicked off by a performance of growing country stars, The Swon Brothers.

4. FOCUS ON HISTORY

Focus on history: Although Boston, Massachusetts, is home to our nation's largest Irish population, its celebrations are limited to the traditional parade, bagpipes and drinking. Sharing

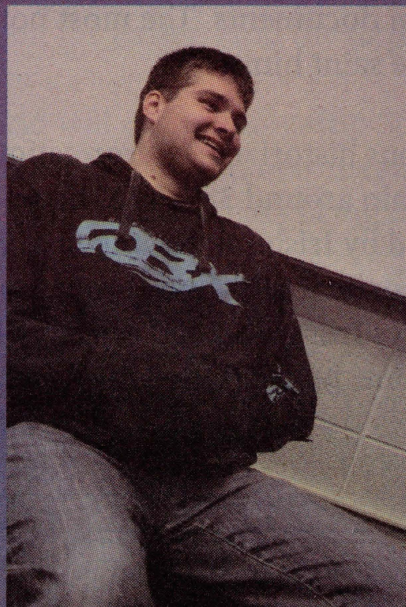
the same date of celebration is Evacuation Day, when the British troops evacuated Boston during the Revolutionary War. Used as a safe word of passage through the city by early colonists, "St. Patrick," proves their deep Irish roots.

5. EVERYONE TURNS IRISH ON ST. PATTY'S DAY

While here in the states, people pretend to become Irish for a brief 24 hours, Ireland is quite the opposite. Ireland's parades celebrate the multitude of nationalities in their country, including Polish and Welsh. Fun fact: The real St. Patrick wasn't Irish either.

@wilkesbeacon
emilyrose.deangelis@wilkes.edu

HUMANS OF WILKES UNIVERSITY

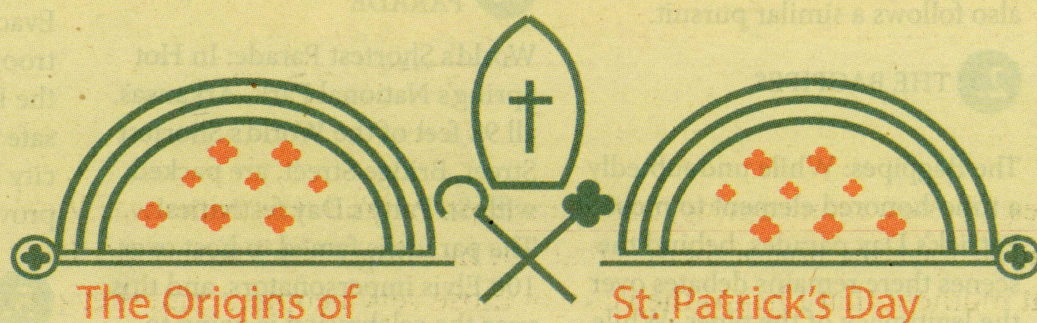


The Beacon/Danny Lykens

Question: Do you want to be in
The Beacon?

Answer: Can't you take pictures of
non-engineers?

-Corey Smithmyer



St. Patrick's Day is famous for two things: parades and binge-drinking. Named after the patron saint of Ireland, March 17 is used as a day to party in quite a few nations around the world besides Ireland.

These countries include

Canada, New Zealand, Great Britain, Argentina, Australia and the United States. Though a generally popular holiday, those who celebrate it seem to know little of its origins or, really, the point of it all.


When asked what he knew of the history of St. Patrick's Day, Taillon Staudenmeier, a sophomore at Wilkes University, knew the basics of it. "I know that Saint Patrick was credited with the removal of snakes on the island of Ireland. I also know that, on a more believable note, he used the three leaf clover as a way to teach the Holy Trinity." What Staudenmeier mentioned and what many forget is the purely Christian origin of this holiday. St. Patrick's Day is a day for church-goers. The Lenten restrictions on drinking alcohol are lifted for this day, which is most likely why this holiday has been continuously celebrated since the 1600s, according to the Encyclopaedia Britannica.

But, as Dr. Philip Freeman of Luther College said in a 2009 National Geographic article, "The modern celebration of St. Patrick's Day really has almost nothing to do with the real man." So who was St. Patrick? Nearly all the world knows about this murky figure is from two hand-written documents. The most notable is called "The Confessions of Patrick," which acts as an autobiography for the saint himself.

The following information is taken directly from his words, along with various historians' interpretation. In the first place, Patrick was not from Ireland. Born in Roman-controlled Britain around 387 A.D., he was a non-believer with a deacon father. At the age of sixteen, Patrick was captured by Irish pirates, taken to Ireland itself and turned into a slave. While being in captivity for a six-year span, he found God through prayer and reportedly began hearing voices. These voices, he believed, were messages from God and the angels. He ran away and persuaded a ship captain to take him back to Britain. Once home, he continued his study of Christianity. A few years later, he had a stunning vision.

story by Pat Walther

design by Steve Dziedziak



As Patrick himself writes, "I saw a man coming, as it were from Ireland. His name was Victoricus, and he carried many letters, and he gave me one of them. I read the heading: 'The Voice of the Irish.' As I began the letter, I imagined in that moment that I heard the voice of those very people... and they cried out, as with one voice: 'We appeal to you, holy servant boy, to come and walk among us.'"

Patrick returned to Ireland as a Christian missionary following the vision. His mission was to convert the pagan population to Christianity. This was not an easy task. Many of the Irish thought he was insane and Patrick was beaten often for his beliefs, according to his memoir.

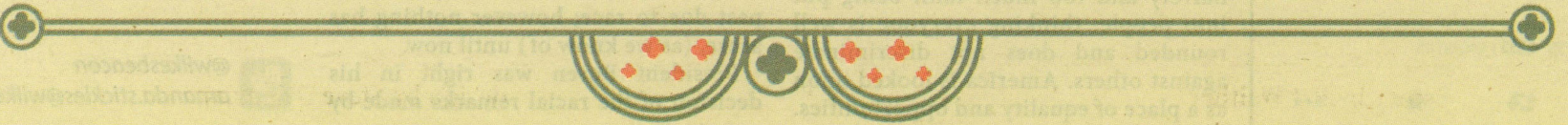
Patrick died in relative obscurity on, what historians believe, was March 27, 461 AD. Over time the myth around Patrick grew to epic proportion. Nearly the entire Irish national identity is founded around this folklore. But St. Patrick's Day itself is a different story. What we celebrate today is more or less a bastardization of the Christian feast day.

A major inaccuracy is the use of the color green as symbolic of St. Patrick. St. Patrick's color, and the color with which Ireland celebrates St. Patrick's Day, is blue. According to J.B. Bury, author of *Ireland's Saint: The Essential Biography of St. Patrick*, the color green is widespread for four reasons.

"The first reason is that green is one of three colors in the Irish flag. The second reason is Ireland's nickname, 'The Emerald Isle.' The third is the association of the color green with the season of spring, similar to the use of a rabbit for Easter. And the fourth and most obvious reason is that green is the color of the shamrock."

The world will never know who St. Patrick really was. Now all historians can do is speculate over centuries-old texts to try and find new meanings in dead words. So, as another St. Patrick's Day comes and goes, think about the history of what's being celebrated blindly but consistently.

Maybe the luck of the Irish will lead you to answers.



Opinion

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

University of Oklahoma students expelled after racist Instagram video exposure, student body unifies

By Mandy Stickles
Assistant Opinion Editor

A disturbing chant sweeps the nation after going viral on social media.

Students from Sigma Alpha Epsilon (SAE) fraternity at the University of Oklahoma were caught on camera chanting a revolting racial chant about never allowing African Americans in their fraternity.

The words used in the chant were sickening and completely disrespectful to the African American race, not to mention a complete embarrassment to the Caucasian community. The two boys that were caught on camera singing the chant faced immediate expulsion.

The president of the university, David Boren, quickly shut down the Oklahoma chapter and ended all ties they had with them the following day after the video was released.

Students of all different races came together in front of the SAE house and supported the closing of the home.

The two boys caught on camera are not the only ones facing the consequences. Boren is heavily investigating the 70 member fraternity and figuring out all

that were involved with the chant and following with appropriate disciplinary action.

However, there are some that disagree with the president's decision and think he acted too swiftly without considering all the factors.

A libertarian group, Foundation for Individual Rights in Education, said "It was unconstitutional for the university to expel fraternity members for their speech, no matter how hateful," in an article in the New York Times.

Perhaps the president did act quickly, but he has his whole student body to think of. A student feeling unsafe or uneasy on campus is not acceptable to Boren. He did what he felt would make the student body feel more at ease on campus.

"They [the two boy students] played a leading role in the singing of the chant and created a hostile learning environment for others," Boren told the New York Times.

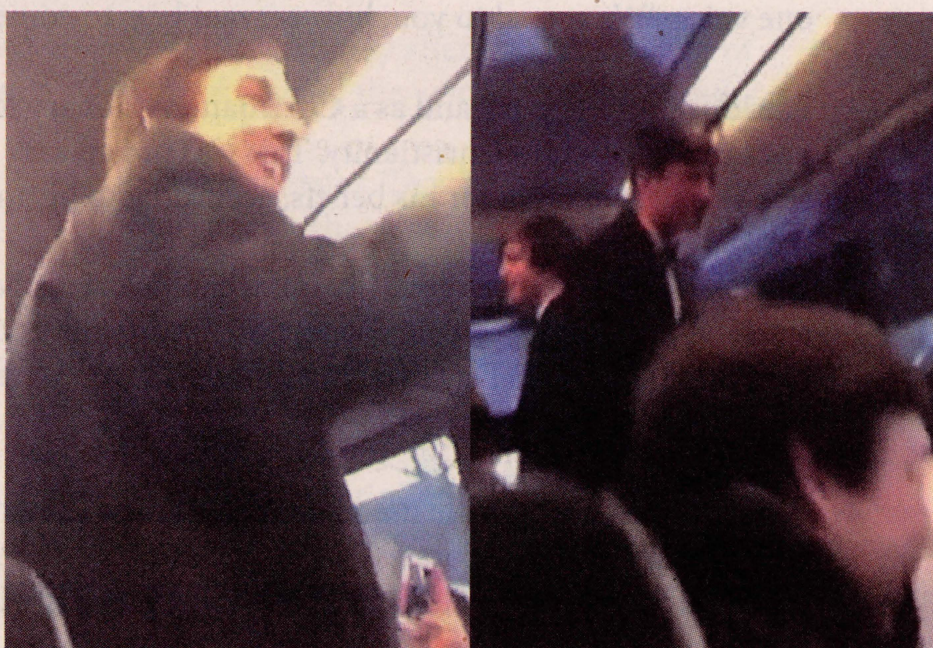
These students making such nauseating remarks need to understand that discriminating against different races is not tolerated. Frankly it is disgusting to see that we still have such racial hatred in the world.

The actions have even impacted other aspects of the university.

Many sports recruits have backed out of their commitment to play collegiately for the school.

This is the 21st century. Have we not grown as a whole that we cannot now look at one another no matter race, ethnicity or religion as our equal?

It seems there has been too much naivety and too much faith being put into people; thinking everyone is well rounded and does not discriminate against others. America is looked upon as a place of equality and opportunities.



The screenshot from the racial video taken from SAE's Instagram account helped university officials quickly identify the students involved

It would behoove us as individuals to think otherwise, apparently.

This incident adds to why people sometimes look down on fraternities. These students obviously did not come up with this chant all on their own. SAE has been around for a while; and because of this a question arises.

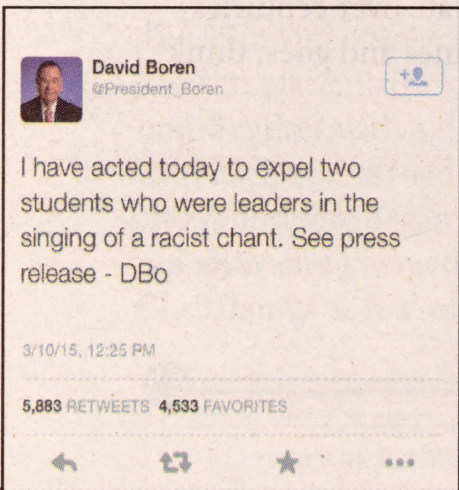
Did the University really has no idea about this racial chant sung by this fraternity for so many years? Or are they only doing something about it now because it was exposed and posted on social media?

Students at Oklahoma University have claimed to feel some tension in the past due to race; however nothing has arose, (as we know of) until now.

President Boren was right in his decision of the racial remarks made by

the SAE fraternity boys. Let this be a lesson for all the members, students at Oklahoma University and others that have viewed the video of the fraternities chant.

This is unacceptable behavior that should not and will not be tolerated. People that support that type of behavior are absolutely unpalatable and deserve any punishment or discipline given to them.



Boren commented via Twitter

[@wilkesbeacon](https://twitter.com/wilkesbeacon)
amanda.stickles@wilkes.edu

The Diary of a Young Girl, the Anne Frank story

By Sara Pisak
Asst. Opinion Editor

As the Nazi Party swept through Holland, a wave of anti-semitic laws were passed which barred hard working individuals of the Jewish faith from owning businesses, practicing law and holding other forms of employment. Hitler began rounding up members of the Jewish community and imprisoning them in concentration camps. Otto Frank, a businessman, anticipated his family's suffering and on July 6, 1942, they entered hiding in the "secret annex." The small attic space above a business required the inhabitants of the attic spend their days in complete silence and little movement as the businessmen downstairs kept their secret.

While living in the "secret annex," 13 year old Anne Frank composed daily entries in her diary, where she revealed an intellect gift for writing and insight into the world beyond her years. The Franks and their friends resided in the attic for 25 months until a Nazi informant revealed their position, leading to their deportation to Bergen-Belsen concentration camp. Anne Frank, her older sister, her mother and their family friends were separated and died at the hands of their captors in deplorable conditions. The exact date of Anne Frank's death is unknown but historians estimate the date of her death may have occurred in early March, just days before Allied Forces liberated the camps and before her sixteenth birthday.

What is known however, is Anne Frank's lasting impact on the literary world and society in general. After the war, Otto Frank, the only surviving member of the family returned to the annex, where he found his daughter's diary, which he published. In just 20 short years after the diary's first publication, Anne's diary has been published in 31 languages and has sold over 4 million copies. In honor of Anne, I am counting down my five favorite quotes from her novel, The Diary of a Young Girl.

5. "Sympathy, Love, Fortune... We all have these qualities but still tend to not use them!"

This quote selected as number five makes me question, why as a society do we not use our strongest qualities more often? Are we so preoccupied with

life that we breeze through each day without even the slightest consideration of how we can use our best qualities for the betterment of the world? Anne considered herself fortunate. In a time when Anne and her family had very little, she considered herself to have more than most as she acknowledged the suffering of others. Anne's desires for people to be more sympathetic, to love others without prejudice and to spread our good fortune, is still relevant in our tumultuous world. Anne merely wishes for us to utilize and share our best qualities.

4. "No one has ever become poor by giving."

Anne's quote is a simple statement that always rings true. I believe it is often assumed that giving has to be a grand gesture. A donation of a large sum of money is often the grand gesture that first comes to our minds when we describe giving. Large monetary donations may be something that many are unable to afford. What Anne is discussing is giving the gift of your time and although it may seem cliché, the gift of a kind word or a smile could make someone's day. These are gifts that do not wield us poorer for giving them but richer for taking a moment to share them with those around us. Having little in the "secret annex," Anne does not take for granted the simple gestures that brighten her day and neither should we, as we should make a point to become richer through giving.

3. "I know what I want, I have a goal, an opinion, I have a religion and love. Let me be myself and then I am satisfied. I know that I'm a woman, a woman with inward strength and plenty of courage."

How many of us were this confident when we were 13 or 14 years old? Probably not many. How many of us are this confident at this point in our lives? Anne is a hundred percent sure of herself, unwavering in her beliefs. She wants to share her goals and her opinions on every subject. Anne recognizes that she holds steadfast to her love of life and her religion. When she recognizes these elements in her life, Anne is satisfied with herself and more importantly with who she is becoming. Anne was persecuted

because of her religious beliefs but as a woman Anne also faced other challenges. Anne identifies her qualities as a woman of strength and of courage, who was fully aware of the ideals she would contribute to the world.

2. "In spite of everything I still believe that people are really good at heart."

This quote places Anne's life in perspective; she is a young teenager living in constricting and confining conditions. Considering the situation Anne, her family and others of the Jewish faith have endured during WWII, it would be justified if Anne was filled with bitter contempt. Instead, Anne believes that people are good at heart. The word that always strikes me in this quote is "people". Anne does not distinguish types of people. She does not state, "I believe the Jewish people" nevertheless, she encompasses all people not excluding those who are persecuting her. Like all of Anne's work, she shows a compassion for the human spirit.

1. "I want to go on living even after my death. And therefore, I am grateful to God for giving me this gift, this possibility of developing myself and of writing, of expressing all that is in me."

Finally, this is my favorite Anne Frank quote for many reasons. The two main motives behind my favoritism for this quote are the infinitive spirit of the first sentence and Anne's acknowledgement of her talent. The first sentence is biting as it strikes a blow to the reader. Anne has more than accomplished her goal of continuing to live after her unwarranted death. It is as if Anne, who was easily able to peer into the human soul, was able to predict the outcome of her writing. Each time anyone reads The Diary of a Young Girl, Anne's words continue to ensure her legacy. Secondly, Anne also acknowledges and thanks God for her writing talent. As always, Anne is self-aware of the notion that her diary was a way of expressing not only her emotions but the emotions of people. I always read this quote with a sad air of inevitability. As if Anne discerned her death was inevitable and if she could leave behind one wish, one thank you



Courtesy of Creative Commons

note and one quote to be remembered for, she decided to write what has become my favorite quote.

The uncertainty and horrible circumstances surrounding the date of Anne Frank's death serves as a reminder of the cruel intentions caused by discrimination. However, the stirring wisdom behind Anne's poignant quotes illustrate the power and the lasting effect the written word can have on society, while moving humanity towards a more humane and tolerant culture

Sara's Score:



@wilkesbeacon
sara.pisak@wilkes.edu

I do: the status of relationships and marriage in 2015

By Allison Rossi
Staff Writer

Everyone claims that an individual should go into college free of a relationship and or commitment.

Not many college students want a relationship while they are in school for many reasons. People, in general have gotten told over and over again that longterm relationships in college are a bad idea. College is meant to focus on lifelong friendships, academics and career paths. The question now becomes: are these statements and opinions actually accurate?

For many individuals, college is a time to figure out who they are, what they want to create, pursue, enjoy and where they are headed next after they are graduated. It can be nice to bring someone along in that moment in time but this can possibly create obstacles in their journey as well.

There must be a reason why so many people have this mindset of college combined with romance, love and sex.

Our generation is no longer looking for that typical romantic relationship such as the relationship portrayed in *The Notebook* by Nicholas Sparks. Our generation rarely goes on dates anymore. A romantic gesture is no longer receiving flowers or sneaking out past curfew to be with a significant other. A romantic gesture now is equivalent to a good morning or a good night text. Some people even prefer texting rather than talking in person. Small talk has unfortunately become the new deep and drunk words are sometimes more valued than sober conversations.

This generation is becoming increasingly comfortable with just a hook-up.

The "hook-up" stage is increasing in many teens and other individuals in their twenties as well. In a college environment intoxicated and sober hook-ups are bound to occur (*Ed. note: The Beacon staff does not endorse underage drinking, nor drunken sexual activities*). People get together at parties and other social events to hook up with someone or to have good

times with their friends, acquaintances and other students.

Some students look at relationships as if they're being confined or restrained. Individuals have become less focused around the idea of a relationships and marriage in general.

One of the reasons why people are becoming less focused on relationships and marriage is the fact that people are becoming more career driven then they were in the past. The declining economy in the United States has caused an increase and a demand for a college education.

Many individuals are beginning to put less of a significance on marriage.

This has an enormous impact on the marriage rates of the United States. According to pewsocialtrends.org, only fifty-two percent of all adults in the United States were married in 2008; back in 1960, seventy-two percent of the population was married.

Our generation is influencing various social changes in today's society.

The definition of family has become very controversial in the recent years. Pewsocialtrends.org explained: "eighty-six percent of people say a single parent and child constitute a family; nearly as many (eighty percent) say an unmarried couple living together with a child is a family; and sixty-three percent say a gay or lesbian couple raising a child is a family."

Just like the definition of family has changed in the recent years the significance and view point of marriage is changing simultaneously.

The "hook-up" or "no commitment" mentality is becoming increasingly popular, especially on college campuses. This mentality can become contagious but how far will it spread? Will this mentality completely change the traditions and customs of marriage? Or maybe marriage might cease to exist all together.

@wilkesbeacon
allison.rossi@wilkes.edu

Hitchcock's Rear Window re-release now in technicolor

By Sara Pisak
Asst. Opinion Editor

On March 22nd and March 25th Alfred Hitchcock's *Rear Window* will be re-released in theaters.

The 1954 classic follows photojournalist L.B. Jefferies, who after an accident is wheelchair bound. Confined to his apartment in a wheelchair, Jefferies uses a pair of binoculars to break-up the monotony of his day. While looking through his binoculars, Jefferies believes he witnessed his neighbor murder his wife in cold blood. The old-school, psychological thriller stars famed actors of the time James Stewart, Grace Kelly and Raymond Burr. Popular director Alfred Hitchcock, known as a pioneer of the psychological thriller/mystery genre as well as the first director to employ 3D, directed the movie during his peak years behind the camera.

Although being snubbed for any Oscars during its release year, *Rear Window*

quickly gained acclaim. The American Film Institute ranks *Rear Window* at number 48 on its list of "The 100 Greatest Movies of All-Time."

Further acclaim comes as *Rear Window* is listed 38 on the International Movie Database's ranking of "The Top 250 Films." Alfred Hitchcock and his work became so popular, the term "Hitchcockian" was coined to describe his unique brand of suspense.

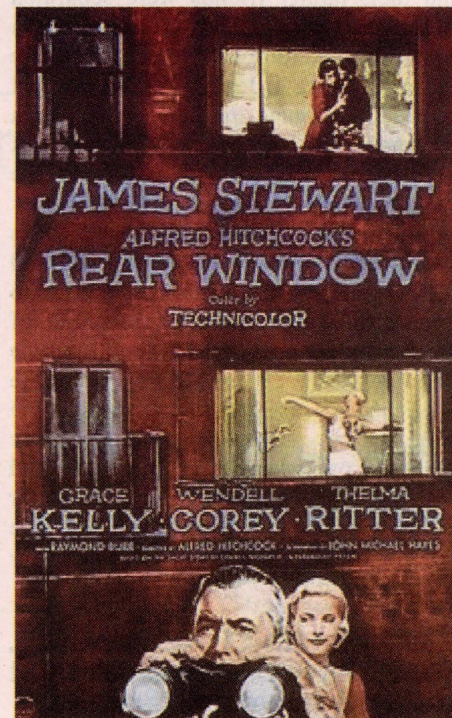
In the case of *Rear Window*, the movie's popularity has flourished. The film has been adapted to a stage play and recreated in episodes of popular television shows as well as loosely served as the basis of the Shia LaBeouf movie *Disturbia*.

LaBeouf is a teen serving a sentence of house arrest when he becomes convinced his neighbor is a serial killer. Besides the movie's differences in plot and ages of the characters, the viewer will quickly notice that the loosely based remake, contains more violence and blood than the original *Rear Window*.

What accounts for these differences? I have seen almost every Alfred Hitchcock movie that has been released and I categorize each one as terror not horror. The differences in both films can be found in the differences between terror and horror. Ann Radcliffe, a forerunner of the Gothic Literature movement, explains the difference between these terms in her essay "On the Supernatural in Poetry." Radcliffe states, "Terror and horror are so far opposite that the first expands the soul, and awakens the faculties to a high degree of life; the other contracts, freezes and nearly annihilates them."

Radcliffe views terror as the more sophisticated form of frightening the viewer. Terror creates an active viewer of the film as it plays on their psychological states and their ability to reason through events. Horror on the other hand, is intrusive to

Continued on page 17



Courtesy of Creative Commons


Rear Window continued...

the audience. Horror is filled with shocking images which leaves the viewer helpless as the fear annihilates their other senses.

Hitchcock, in all of his works including *Rear Window*, strives to create terror. He plays with camera angles, lighting and props in order to keep from shocking the audience so greatly that they cannot solve the mystery presented. Along the way, Hitchcock uses these film elements to toy with what the characters and audience saw, heard and believes, thus employing terror to the fullest. Hitchcock has a more difficult task than directors of modern horror films. As a director in 1920s-1970s, Hitchcock produced a greater quality of work with less technology.

Personally, I am excited by the re-release of *Rear Window* as it means a new generation will be introduced to a

classic film and director. When I began composing this article, I asked several individuals of varying generations if they were more familiar with *Rear Window* or *Distrubia*. Although not a definitive study, I found individuals in my generation have heard of *Rear Window* but have never seen the movie while others, who consider themselves movie buffs such as myself, have seen both *Rear Window* and its loosely based remake *Distrubia*. By re-releasing *Rear Window*, a new generation familiar with the technologically produced gore of today's horror films will become well-acquainted with the master of terror as they unplug from the technologically enhanced movies of today and dive into a world of suspense and terror.

 @wilkesbeacon
sara.pisak@wilkes.edu

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Love the skin you're in: skin care tips for the changing seasons

By Elyse Guzewicz
Staff Writer

Spring months are a difficult time for skin care. As the weather changes, it vacillates between cold and warm temperatures, meaning basic summer or winter routines are ineffective at best. Dry skin is indicative of a frigid and windy climate, while sunny days can mean a buildup of oils from sweat and sunburnt skin.

Skin care is more than vanity. Taking care of your skin can help prevent major health problems either immediately, like painful cracking around the lips or fingertips from the cold, or later in life, like skin cancers caused by overexposure such as melanoma.

Taking care of your skin in the spring means mixing necessary steps from winter and summer weather skin care to combat the elemental mood swings.

One of the first, most important tools

for skin care, especially in the spring, is knowing the kind of skin you have.

This can depend on a lot of factors, including how much melanin you have and the natural moisture of your skin.

Melanin is what contributes to the color of your skin. The more melanin you have, the darker your skin is. The darker your skin is, the less susceptible you are to UV radiation and sunburn, meaning you won't need heavy sunscreen. Lighter skin tones will require more sunscreen sooner in the year.

Knowing whether or not you have dry, oily, or combination skin can also help set you up for success.

Naturally dry skin means you'll likely need moisturizer daily year-round. It would also be in your best interests to avoid "oil-control" cleansers, which could irritate your skin.

Conversely, oily skin means you have

to watch out for clogged pores and means it's important that you keep your skin – especially your face – clean from sweat and other pollutants like make-up.

With cold weather skin care, moisturizer is the name of the game. Wind, ice, and salt mean red, irritated, and dry skin, especially in exposed areas like the face and hands.

Keeping in mind your skin type, pick a moisturizer that's lightweight and won't clog your pores. If you struggle with oily skin, choosing something with salicylic acid could keep your face from getting windburned without polluting your skin or causing breakouts.


When the weather gets warmer, sunscreen and keeping your skin clean get even more important. For people who have very light skin, wearing spf30 sunblock daily is essential to avoid

sunburn – sunburn plus windburn is a painful combination.

Regardless of skin tone, sunscreen should be a part of your daily routine and can be found at about spf15 in a lot of drugstore moisturizers.

For people with oily skin, it may be in your best interests to wash your face morning and evening, as warmer weather can mean sweat irritating your skin and causing breakouts or redness.

Balancing the essential parts of skin care in both winter and summer is the key to surviving the spring months while keeping your skin clear and comfortable.

 @wilkesbeacon
elyse.guzewicz@wilkes.edu

2015 NFL Scouting Combine Results

By Frank Passalacqua
Opinion Editor

40 Yard Dash

QB	Mariota, Marcus	4.52
	Marshall, Nick	4.54
	Sims, Blake	4.57
	Hundley, Brett	4.63
	Fajardo, Cody	4.63
RB	Langford, Jeremy	4.42
	Williams, Karlos	4.48
	Williams, Trey	4.49
	Johnson, David	4.50
	Gordon, Melvin	4.52
WO	Nelson, J.J.	4.28
	Dorsett, Phillip	4.33
	Conley, Chris	4.35
	White, Kevin	4.35
	Lockett, Tyler	4.40
S	Cox, Justin	4.36
	Rowe, Eric	4.45
	Randall, Damarious	4.46
	Tartt, Jaquiski	4.53
	Collins, Landon	4.53
DB	Waynes, Trae	4.31
	Darby, Ronald	4.38
	Grant, Doran	4.44
	Shaw, Josh	4.44
	Mager, Craig	4.44
LB	Beasley, Vic	4.53
	Alexander, Kwon	4.55
	Anthony, Stephone	4.56
	Dupree, Bud	4.56
	Heeney, Ben	4.59

Vertical Jump

QB	Marshall, Nick	37.5
	Bennett, Bryan	37.0
	Hundley, Brett	36.0
	Mariota, Marcus	36.0
	Petty, Bryce	34.0
RB	Abdullah, Ameer	42.5
	Johnson, David	41.5
	Zenner, Zach	41.0
	Crockett, JohnRB	40.0
	Ajayi, Jay	39.0
WO	Conley, Chris	45.0
	Strong, Jaelen	42.0
	Bell, Kenny	41.5
	Hall, Rannell	41.0
	Coates, Sammie	41.0
S	Drummond, Kurtis	39.5
	Rowe, Eric	39.0
	Randall, Damarious	38.0
	Cox, Justin	38.0
	Whitehead, Jermaine	37.0
DB	Jones, Byron	44.5
	Johnson, Kevin	41.5
	Darby, Ronald	41.5
	Carter, Alex	40.0
	Williams, P.J.	40.0
LB	Tull, Davis	42.5
	Dupree, Bud	42.0
	Beasley, Vic	41.0
	M., Benardrick	40.5
	Kendricks, Eric	38.0

Draft Analysis

After the annual NFL scouting combine, we can rest assured knowing that this draft class offers some depth at multiple important positions. First things first: the quarterback debate just got hotter.

Marcus Mariota and Jameis Winston are the obvious leaders in the QB pack, while both will go as the first two quarterbacks selected. Even though Mariota had a better college career (looking at purely stats), Winston seemed to steal the QB show.

Winston came out and immediately addressed the elephant in the room- his maturity. During the news conference, he acted very confident, giddy and ready to take the step to the next level. His performance showed that as well.

While both QB's participated in throwing drills, Winston was on point 24/7. Mariota proved the critics wrong when they address his drop-back issues and his injury past, but he was still obviously lacking compared to the spotlight of Winston.

Many mock drafts have Winston going number one overall to the Tampa Bay Buccaneers, and I can't ever argue. But where will Marcus go? Tennessee? New York? Cleveland? Philadelphia? Only time will tell, but my money is in Philly (regardless of the Bradford acquisition).

Next is the significant emergence of Trae Waynes as the obvious best defensive back in the entire draft.

Waynes came out and silenced the crowd with his 4.31 40-yard time. It should be noted that only one person, a wide receiver, had a faster time in the entire combine. Waynes will immediately be an impact player in any defense he is placed into.

Lastly is a player I have been big on for months, West Virginia's Kevin White. This receiver I feel has the characteristics and skill set to be the best receiver in this draft, even over Amari Cooper.

Amari Cooper may be the most natural receiver, but there is something special about Kevin White that shines through. His fluid performance at the combine was one for the books.

The 2015 NFL Draft officially kicks off April 29. I can tell you one thing, I will be glued to my TV all night.

Go Eagles!

Top 32 Prospects

1. Leonard Williams	DT
2. Jameis Winston	QB
3. Marcus Mariota	QB
4. Dante Fowler Jr.	OLB
5. Kevin White	WR
6. Vic Beasley	OLB
7. Danny Shelton	DT
8. Amari Cooper	WR
9. Randy Gregory	DE
10. Shane Ray	DE
11. Brandon Scherff	OT
12. DeVante Parker	WR
13. Andrus Peat	OT
14. Alvin Dupree	DE
15. Trae Waynes	CB
16. La'el Collins	OT
17. Malcom Brown	DT
18. T.J. Clemmings	OT
19. Landon Collins	SS
20. Todd Gurley	RB
21. Ereck Flowers	OT
22. Jaelen Strong	WR
23. Melvin Gordon	RB
24. Doran Green-Beckham	WR
25. Owamagbe Odighizuwa	DE
26. Cameron Erving	C
27. Marcus Peters	CB
28. Maxx Williams	TE
29. Kevin Johnson	CB
30. Jordan Phillips	DT
31. Eddie Goldman	DT
32. Shaq Thompson	OLB

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Sports

Want your sport covered? Contact the sports editor: Brandon.Gubitosa@wilkes.edu

Women's tennis motivated to win ninth straight

By Grant Rogers
Sports Writer

The Wilkes University Women's Tennis team is on the verge of capturing its ninth consecutive Freedom Conference Championship. The Lady Colonels have had 19 wins in the last three seasons. Currently Wilkes is 9-1 and is ranked 19th in the Atlantic South Region.

"The team and I are excited and motivated to play our best so we can hopefully capture the title for the ninth straight year," sophomore Kendra Croker said.

This month, the Lady Colonels headed south to Hilton Head Island, South Carolina, for their annual spring break trip. Wilkes came out in style sweeping Central State University 9-0 in the first match. Wilkes won every match while in South Carolina.

"Hilton Head was great. We had a couple of tough matches but everyone played really well and had a lot of fun," sophomore Alanna Denauski said.

In the second match against Wartburg College, Wilkes earned wins from

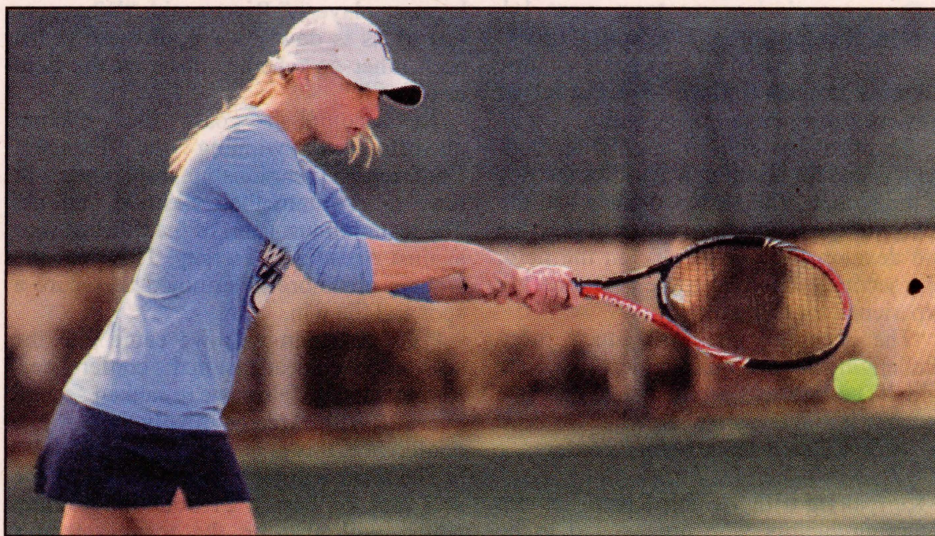
sophomore standout Kendra Croker at the No. 1 spot, Taylor Hoffmann at the No. 4 spot, Olivia Hewison at the No. 5 spot and Alanna Denauski at the No. 6 spot. Final score of was Wilkes coming out on top 7-2.

The Lady Colonels sailed past Mount Union in their third match in South Carolina beating the Lady Raiders 7-2. Wilkes took four of six singles matches and won all three doubles flights against Mount Union. The four singles winners for Wilkes were Madison Salmon, Taylor Hoffmann, Olivia Hewison, and Alanna Denauski.

In the final match of spring break Wilkes took on St. John Fisher College and defeated the Lady Cardinals 9-0. Singles winners for Wilkes were Croker, English, Salmon, Parker, Stanton, and Markulics. Wilkes also swept St. John Fisher in the three doubles flights.

"South Carolina was amazing. We all played incredible tennis and we went undefeated. It was great!" Croker added.

The Wilkes University women's tennis team had perfect 4-0 record on their spring break trip to South Carolina, bringing the team record to 9-1 for the 2014-2015 season.



Courtesy of gowilkesu.com

Sophomore Madison Salmon hitting the ball to her opponent in a match.

"With everyone hitting well, we're expecting to have another great season," Denauski said.

opening Freedom Conference play against Eastern University on April 2.

The Lady Colonels have three matches against Lebanon Valley College, Haverford College and Bloomsburg University before

@wilkesbeacon
grant.rogers@wilkes.edu

Men's tennis wins five of six games on spring break trip

By Danny Van Brunt
Sports Writer

The Men's Tennis team won five out of six games played over spring break in Hilton Head Island, South Carolina. The Colonels defeated Wartburg College, Central State University, University of Mount Union, John Fisher College, and Roanoke College.

The Colonels lost their first game of the season to the University of Findlay (1-5).

The team hopes to dominate and capture its eighth straight conference title this spring. Head coach Chris Leicht, has been coaching for 13 years and feels confident his team will continue to dominate.

The team captains Steven Wilson, Brendon Blachowski, and Throy Austero all contribute to the team's

success.

Steven Wilson is the two-time Freedom Conference Player of the Year, and has a MAC Individual title in both singles and doubles play. Brendon Blachowski has earned a second team All-Conference honor, and has two MAC Individual singles crown. Some other important players are Max Appello, Dominic Parfianowicz, Michael Kranz, Adam Lefkandinos, Troy Haas, and Jacob Parfianowicz.

The first three games against Lebanon Valley College, Bloomsburg University and the University of Scranton will be played away.

On March 29, the tennis team play shome at the Ralston Athletic Complex against Keystone College.

@wilkesbeacon
danny.vanbrunt@wilkes.edu



Courtesy of gowilkesu.com

Sophomore Jacob Parfianowicz prepares to hit the ball to his opponent.

Women's lacrosse opens up the season with a win

By Cara Basile
Sports Writer

The women's lacrosse team went 1-1 in New Haven, Conn., over spring break. The team dominated its first game against Albertus Magnus College 18-2, but fell to Western Connecticut State 17-21.

The team was able to learn from both the win and loss, setting a mark for the rest of the season. The Lady Colonels had the opportunity in their first games to practice and develop team chemistry on the field. The second game was more of a learning experience for the team.

"The second game was much more challenging for us," midfielder Tori Kerr said. "The loss was a blessing in disguise because it makes us realize what we need to work on as a team before conference play."

Kerr, along with Melanie Rivera are two returning juniors who are excited to be back on the field and hope to encourage their teammates in order to be successful.

"On the field I try to motivate my teammates by maintaining a positive

outlook and a positive attitude," Kerr said. "Off the field I try to motivate my teammates by setting realistic goals."

"Three of my roommates and I are all lacrosse players," Rivera said. "Whenever one of us is down, we're all there to lift each other up whether that's on the field or off of it."

To accomplish goals like making playoffs and winning the Freedom Conference championship, the women will have to maintain their positive outlook. The team fell just short of the title last year against Arcadia University. This year the women are more determined to secure a spot and the win.

"My freshman year we came into the season ranked dead last in the conference," Rivera shared. "Now we're ranked second overall. With Arcadia finally out of the conference, this is our year to win it all."

The team will take on Maritime College at 2 p.m. on March 21 Schmidt Stadium which will also be the team veteran's game.

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Softball wraps up spring trip

By Andre Spruell
Sports Writer

Over Spring Break, the Wilkes University softball team took a 12-hour bus trip down to Myrtle Beach, South Carolina where members began their spring training. While in Myrtle Beach, the softball team went 4-4 and grew closer together as a team.

Almost all of the games that the girls played were done at 2 p.m., so after they worked up a sweat on the diamond, they were able to soak up some sun and enjoy themselves by doing things like going to the beach, doing team bonding activities in their hotel rooms and going to team dinners.

All these activities brought the girls closer together as a result and will look to use their closeness and togetherness as a team to their advantage this season.

The women were able to have fun while playing the sport they love.

"The weather was pretty nice so that was a plus and we played pretty well. We could

have done better, but we went .500 overall so we can't really complain, and we got along as a team so overall it was pretty good," said freshman shortstop Grace Sanzalone.

While in South Carolina, team members were able to face some pretty tough competition, including a Division II school. The Lady Colonels seem eager and ready to start the season as they just ended having to wake up for 6 and 7 a.m. workouts and currently practice every day at 4 p.m., waiting for the weather to get warmer so they can start practicing outside.

The team's opening game was supposed to be at King's College but was postponed. The opening game now will be home against SUNY Canton at 5:30 p.m. on March 20.

"I think our outlook is really good, the team meshes well together and we have really good players so if we practice hard and play as a team we will do well," Sanzalone added.

@wilkesbeacon
andre.spruell@wilkes.edu

Wilkes baseball team opens spring break with two wins

By Brandon Gubitosa
Sports Editor

The Wilkes baseball team wrapped up its spring break trip with a record of 3-5. The team opened its season with a pair of wins against host Paine College in Augusta, Ga.

In the first game, senior Dan Pisanchyn put the Colonels on the board early with an RBI single driving in Stephen Ruch.

The Colonels then went on to score seven runs in the top of the fourth. Junior Ryan Herbst tripled in two runs while Nick Preston and Matthew Reese added RBI singles. They would go on to win the first game 8-4. Sophomore pitcher Quinn Kelly would go on to pick up his first win of the season.

In the second game of the double header against Paine College, Wilkes started off the game scoring two runs in the first. Reese dove in senior Bobby Schappell, while senior Stephen Ruch homered for the Colonels. The Colonels went on to score three more insurance runs in the top of the sixth.

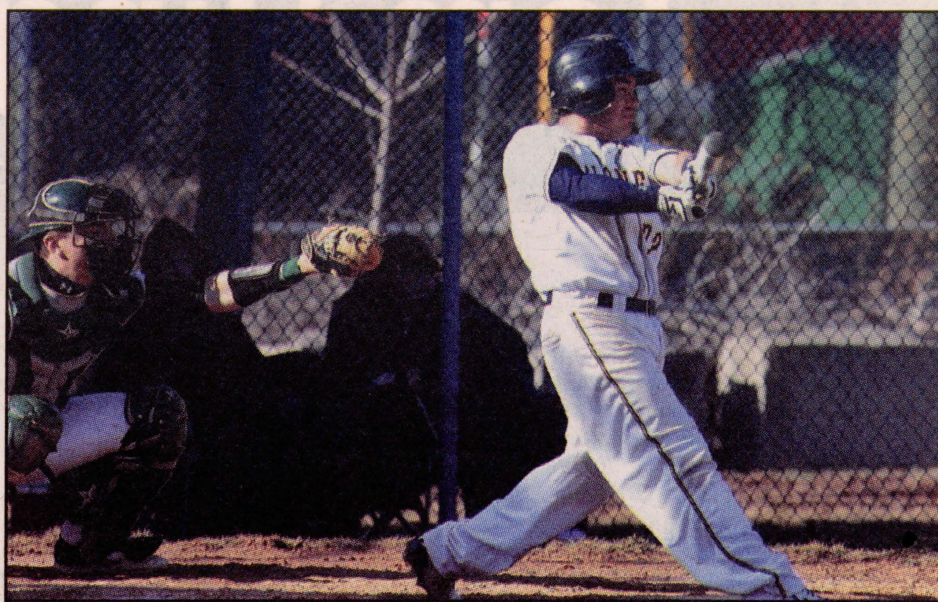
After losing three straight down in Florida, the Colonels picked up their first

win against Lebanon Valley College. After trailing in the first inning, Wilkes went on to tie the game in the third as Jay Clymer would on to score on a past ball. Lebanon answered right back in the bottom of the third as shortstop Zach Smith scored on a past ball.

Trailing by one going into the fifth inning, the Wilkes bats exploded scoring four runs to take a 5-2 lead. Sophomore James Brown flied out to right field scoring Clymer, and Reese followed that with an RBI single. Pisanchyn flied out to CF scoring Reese followed by Josh Slocum singling in Ruch. Quinn Kelly would go on to win his second game of the season, while Matt Kaster picked up his second save of the season. The Colonels went on to shut out Lebanon Valley after scoring four runs to win 5-2.

In the final game of their spring break trip Bethany College defeated the Colonels 6-1. Bethany scored four in the first inning and never looked back from there. They then went on to add two runs in the top of the eighth giving them a 6-0 lead. In the bottom of the eighth Tom Ring singled home Ruch for the Colonels lone run for the game.

The Colonels return to action on March 20 as they take on Misericordia University

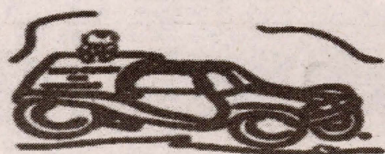


Courtesy of gowilkesu.com

Junior outfielder Tom Ring swings at a pitch.

at home to open up freedom conference play. The Cougars are the favorite to win the freedom conference this upcoming season.

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Getting to know...

Tom Ring

Junior Baseball Player

By Evan Willey
Sports Writer

Tom Ring, originally a computer science major came to Wilkes for the Math/CS department and the baseball team. Now Ring is a marketing major, but is still on the baseball team. Ring was born in, and adopted from, Paraguay, South America. He now lives in Massapequa Park, New York. He went to St. John the Baptist High School, a private Catholic school. Ring plays right field and played and started in 23 games.

Q: What do you plan on doing with your major when you graduate from Wilkes?

A: I plan on becoming an entrepreneur and introducing a new product to the world or just running my own business.

Q: What are some of your favorite foods to eat before and after a game?

A: Before games, I'll usually have some Flavor Blasted Goldfish and after will sometimes celebrate with Angelos.

Q: How long have you been playing baseball and how did you pick up interest in the sport?

A: I've been playing baseball since I was about 4 since I picked up my first wiffleball bat. I think I actually fell in love with the game because at the beaches at home I would just hit rocks with a branch I'd find lying around for hours.

Q: If you won the lottery tomorrow what would you do with the money?

A: If I won the lottery, I would definitely save a great portion of it and finish school even if I had enough money to live off of. I would surprise my parents with gifts as a way of thanking them for putting up with me for the past 20 years and every sacrifice they've made for me.

Q: What's one memory you won't forget from Wilkes?

A: My best memories from Wilkes so far

would have to be the trips we go on as a team for Spring Break. The past two years we've went to Myrtle Beach and then this year we went down to Florida.

Myrtle Beach didn't have the best of weather, but playing at the Cal Ripken complex was an amazing time. In Florida, it was incredible playing in eighty- degree weather on beautiful fields where we actually got to experience an actual Spring Break. A nice plus is that we got to go to the beach and wear shorts and tank tops everyday

Q: What are your expectations for the season?

A: This season I can expect us to do much better than my past two years being here. We are a very young team, but have brought in a great amount of talent that can only improve. Also this seasons increased success can be greatly attributed to the addition of our pitching coach, Matt Hochstatter and hitting coach, Nate Ramsey.

They are both great guys who have a great knowledge of the game and help us get better every single day. I believe that we will disprove the doubters who have placed us in 5th place in the preseason poll because we know that we have the ability to make a run for the top spot."

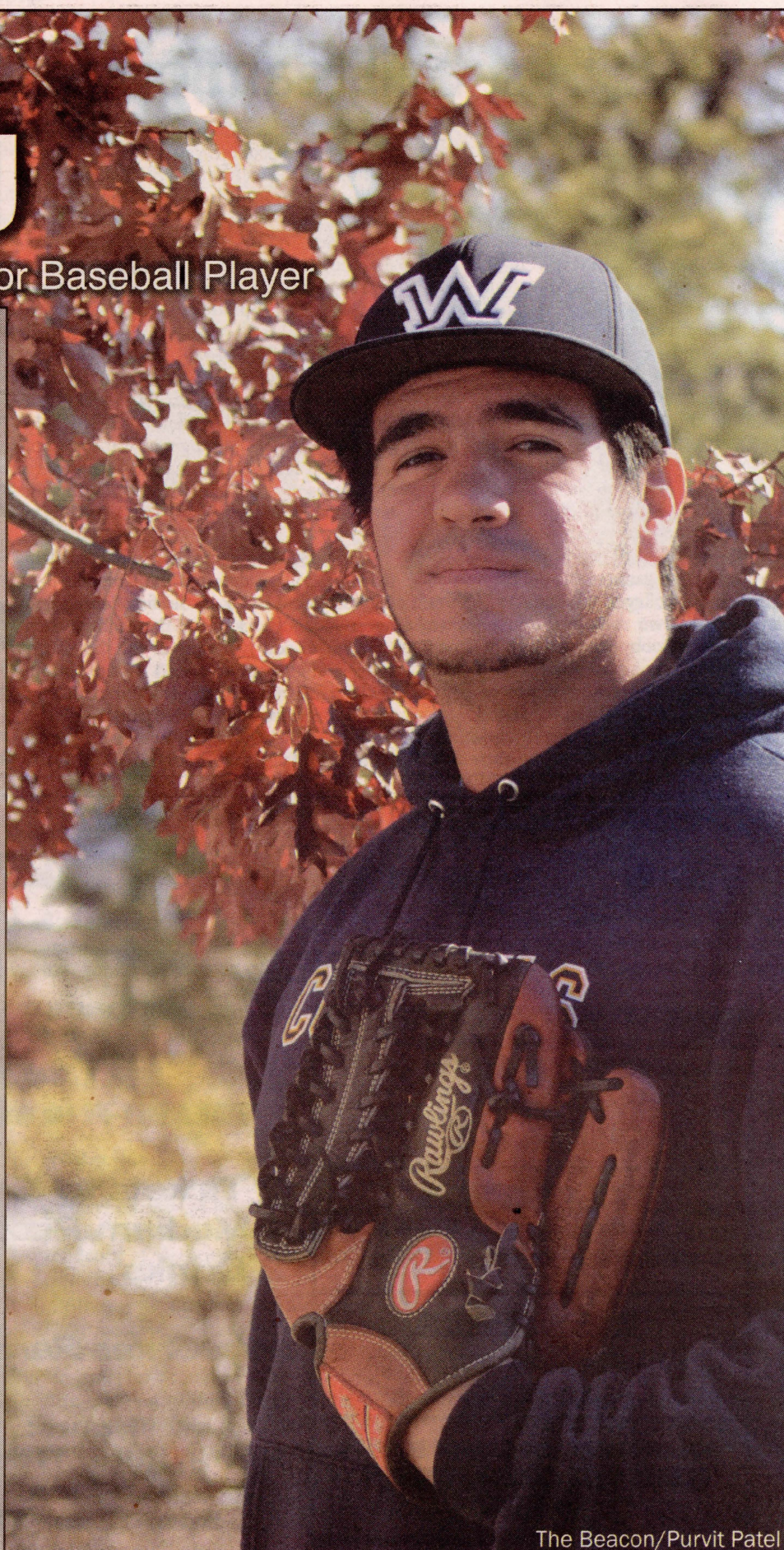
Q: Who is your role model in life?

A: My role models are my parents who love me and do everything for me. Being adopted helps me appreciate them even more considering they chose to bring me here and take care of me for life.

They are both hard working and dedicated people who have made incredible sacrifices to allow me to be where I am today. My dad has taken so much time out of his life to coach me, have catches with me and throw batting practice to me. My mom works long hours as a teacher constantly traveling and running around and still makes it to many of my games. I thank them for everything and just want to make them proud.



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evan.willey@wilkes.edu

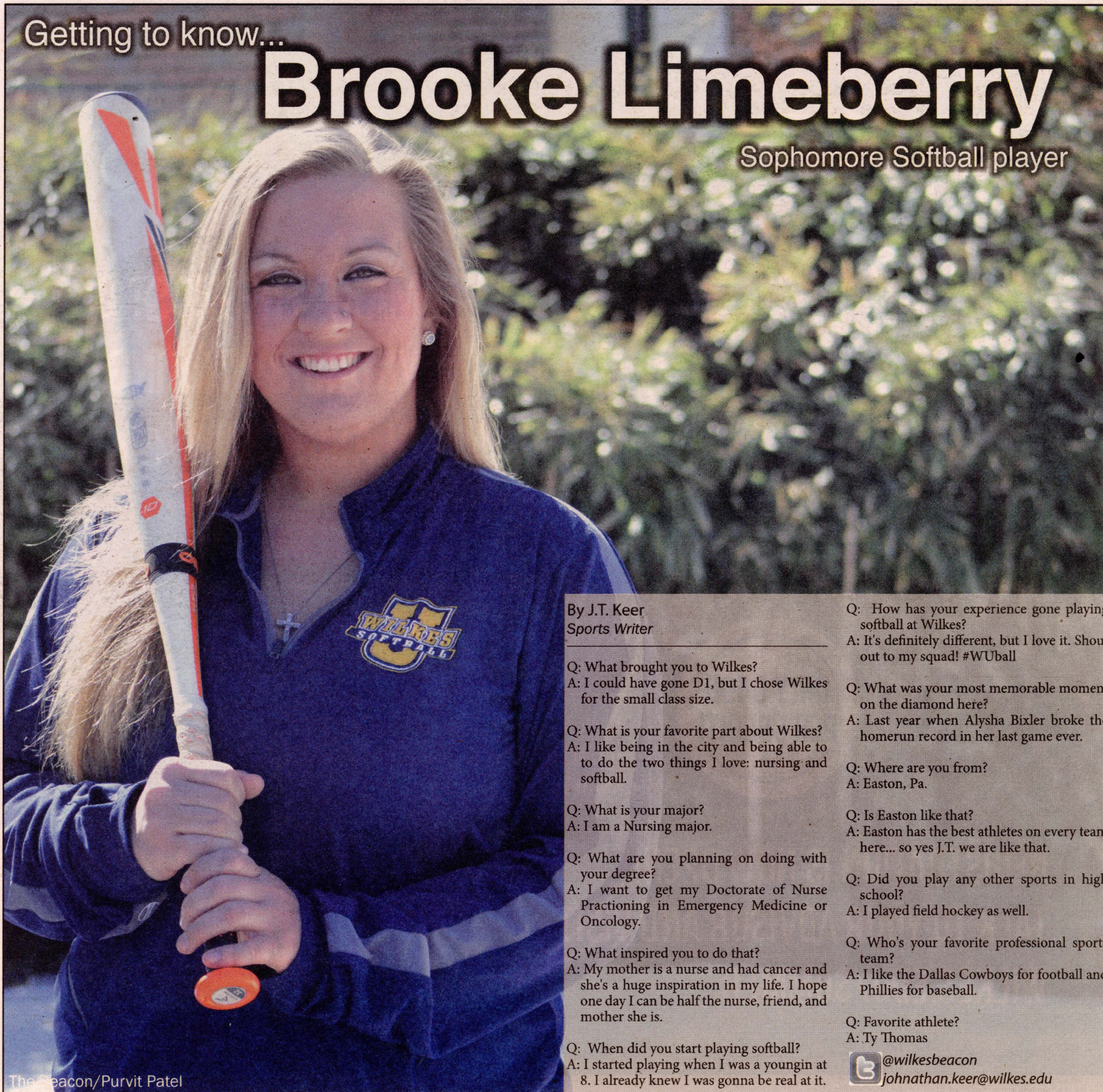


The Beacon/Purvit Patel

Getting to know...

Brooke Limeberry

Sophomore Softball player



The Beacon/Purvit Patel

By J.T. Keer
Sports Writer

Q: What brought you to Wilkes?

A: I could have gone D1, but I chose Wilkes for the small class size.

Q: What is your favorite part about Wilkes?

A: I like being in the city and being able to do the two things I love: nursing and softball.

Q: What is your major?

A: I am a Nursing major.

Q: What are you planning on doing with your degree?

A: I want to get my Doctorate of Nurse Practicing in Emergency Medicine or Oncology.

Q: What inspired you to do that?

A: My mother is a nurse and had cancer and she's a huge inspiration in my life. I hope one day I can be half the nurse, friend, and mother she is.

Q: When did you start playing softball?

A: I started playing when I was a youngin at 8. I already knew I was gonna be real at it.

Q: How has your experience gone playing softball at Wilkes?

A: It's definitely different, but I love it. Shout out to my squad! #WUball

Q: What was your most memorable moment on the diamond here?

A: Last year when Alysha Bixler broke the homerun record in her last game ever.

Q: Where are you from?

A: Easton, Pa.

Q: Is Easton like that?

A: Easton has the best athletes on every team here... so yes J.T. we are like that.

Q: Did you play any other sports in high school?

A: I played field hockey as well.

Q: Who's your favorite professional sports team?

A: I like the Dallas Cowboys for football and Phillies for baseball.

Q: Favorite athlete?

A: Ty Thomas

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