

# The Beacon

Wilkes University

Colonels  
"In Your Face"  
Banner Inside

February 25 thru March 2, 1999

www.wilkes.edu

Volume 51 Issue 17

## One crazy weekend

By FRANK TOMASZEWSKI  
Beacon News Editor

It was a time for weekend warriors to gather together and compare their skills in

different events. These crucial events included tug-o-war and the infamous amoeba, where the entire team formed a human wall and raced across the greenway. These amusing

Winter Weekend events all ended the same way, with lots of muddy people.

It was a prime time to catch cold, especially for the students who were squirting the complimentary bottles of water on each other in the frigid temperatures. The location of this chaos performed by underdressed Wilkes students was the frozen tundra known as the Fenner Quadrangle.

The first main event of Winter Weekend was a wild series of unorthodox volleyball games in the Henry Gymnasium on Friday night.

On Saturday the final events were held and the scores were tallied up. Team number eight Shotzee, led by Brandon Berretta, came in third. Runner up was Jason Cadwalder's Operation Intoxication. And the first place winner was Shots and Lagers lead by team captain Brian Lubenow.

Faculty members were at the door collecting cups or other containers which students could possibly smuggle in illegal beverages.

Entering the gym, there were groups wearing different colored shirts depicting their team name. Chants could be heard by students who were running around with banners and cheering in support of their team members.

One disappointed team unfortunately had to take off the shirts which they had printed. Some of the faculty members felt that the art work on the front of the shirt wasn't acceptable for the University standards.

Although there were some minor problems during this weekend, students were pleased with the event. Sophomore "Happy" Megan

"It went very well and it seemed like the people had a lot of fun. It was a good weekend to take a break from their school work."

Matt Sowcik, Student Government Vice President

Frey said, "It was a ton of fun and there were a lot of people there."

The entire event was not only kept on campus. The festivities did carry out to the surrounding apartments in the area. Games were played and students gathered to socialize in several off campus houses.

One of the residents of a popular gathering spot is Anthony Petrolonis. After his fourth and final Winter Weekend, Petrolonis is sad that it is over. He said, "I'm

really looking forward to more events like this. It's nice to get everyone together and have swell time."

Members of the Student Government also thought that this was another successful year. Student Government Vice President Matt Sowcik said, "It went very well and it seemed like the people had a lot of fun. It was a good weekend to take a break from their school work."



Photos By Frank Tomaszewski

h's Honeypot Hunt team struggles during a tug-o-war competition

### News

When is the Student Union going to be finished?

Page 2

### Features

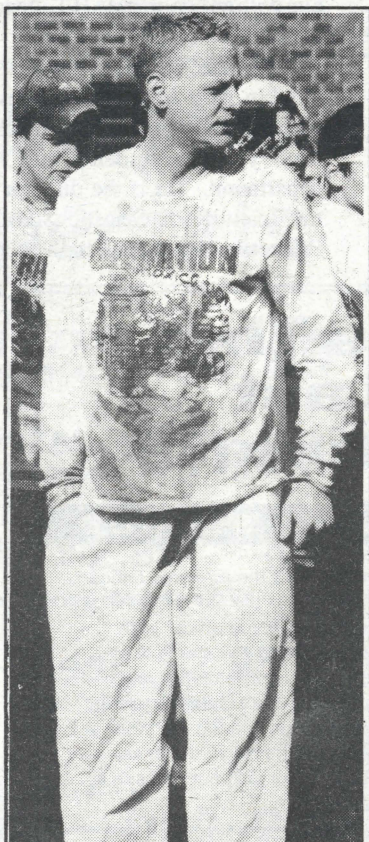
Tribute to Gene Siskel

Page 9

### Sports

Men's basketball wins Freedom League title

Page 12



A member of Operation Intoxication looks over the competition



Three zany coeds get down and dirty during the weekend festivities.



# News



One of the construction workers seen here from the large Quandel crew who have been working around the clock to complete the Student Union Building.

Photo By Frank Tomaszewski

## Slowly but surely

By FRANK TOMASZEWSKI  
Beacon News Editor

There has been an obvious amount of work completed on the Student Union Building which is being built. As the proposed date of August 1999 nears, the Quandel Group is doing everything possible to finish the project on time.

Last year Quandel was awarded the general contract to build the new \$6.8 million structure. The original agreement was for the completion date to be July 1, 1999.

Quandel was started over one hundred years ago in the coal mining village of Minersville in central Pennsylvania. The President and CEO is Noble C. Quandel who is the fourth generation of the business. The firm bases their work ethics on team work and doing the basics well. Another one of their top advertised priorities is safety.

Since last semester, the skeleton of steel on a mound of mud is actually starting to look like a building. The steel erection, which includes the main framework of I-beams, was completed on February 19. Also over the past week, the large teepee style section of the roof was put into place. The rest of the work on the roof was started on Tuesday.

Within the next few weeks, several new projects will be started on several parts of the building. The inside walls will begin being placed soon. Also coming up is the electrical wiring inspection. There must certain measures met to insure the overall safety of the structure.

No major obstacles have come in the way of the construction so far. Project Manager Joe Bruchko admitted, "of course there are going to be setbacks. There always are setbacks in construction."

However Bruchko did support the reliability of the group. He said, "we are doing everything possible to keep it on track."

## Racism lecture coming to Temple

**WILKES-BARRE**--Temple Israel, Wilkes-Barre, will host a public lecture by Dr. Ephraim Isaac, in cooperation with Wilkes University, College Misericordia, King's College, Luzerne County Community College (LCCC), Penn State University (Wilkes-Barre campus), Wyoming Seminary, and the Jewish Community Center.

Dr. Isaac will discuss ethnic relationships and racism in his lecture titled, "Racism and Anti-Semitism: A Community Responsibility?" on Sunday, April 11, 1999, at 7 p.m., at Temple Israel, 236 South River Street.

Sought after nationally and internationally, Dr. Isaac is widely acclaimed as a public lecturer on subjects such as biblical hebrew, rabbinic literature, Ethiopian history, concept and history slavery, and ancient African civilizations.

Born in Ethiopia, Dr. Isaac holds several degrees including a bachelor of arts in philosophy, music and chemistry from Concordia College, a master of divinity degree from Harvard Divinity School, and a doctorate in Near Eastern Languages and Civilizations from Harvard University.

John Jay College, City University of New York, awarded him with an honorary D.H.L. degree in 1993.

Dr. Isaac was the first professor hired in Afro-American Studies at Harvard, and was voted best teacher each year by students and the department. He is the director of the Institute of Semitic Studies, Princeton, New Jersey, and a Fellow

of Butler College, Princeton University and the Dead Sea Scrolls Foundation. He was also a visiting professor at Princeton University until 1998.

Schooled extensively in the study of foreign languages, Dr. Isaac speaks 17 different languages, several of which he has mastered fluently. He is the first translator of Handel's "Messiah" into Amharic, the official language of Ethiopia.

He is known throughout Ethiopia as the founder of the National Literacy Campaign, an organization that in the late 1970s taught millions of people to read and write. Currently, he is the international chairman of the Board of Peace and Development Committee for Ethiopia and the Horn of Africa.

Dr. Isaac is the author of numerous articles and books on Jewish and Ancient Ethiopian literature including The Book of Enoch and An Ethiopic History which deal with some of the world's oldest known manuscripts.

His current projects include a new edition of the Dead Sea Scrolls, Fragments of the Book of Enoch, History of Religions in Africa, Cultural History of Ethiopia, and is co-editing Proceedings of the Second International Congress of Yemenite Jewish Studies.

Additionally, he sits on the editorial board of two international scholarly journals on African Languages and Second Temple Jewish Literature.

For more information about Dr. Ephraim Isaac's lecture, call (570) 824-8927.

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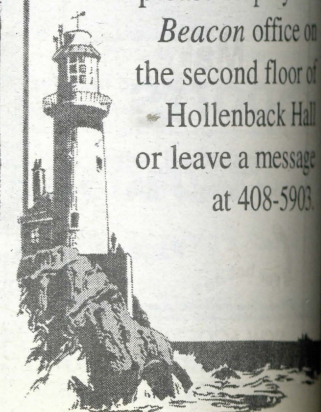
Put that college degree to use by enrolling into the Air Force Officer Training School. Upon successful completion of the Officer Training School, you will become a commissioned Air Force officer with earned respect and benefits like - great starting pay, medical and dental care, management and travel opportunities. For more on how to qualify and get your career soaring with the Air Force Officer Training School, call 1-800-423-USA, or visit our website at [www.airforce.com](http://www.airforce.com)



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WWW.WILKES.EDU**

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

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



## Setting Blo

(NAPS)—Acco National Highway Administration (N than 16,000 Ameri each year in t involving alcohol lion people are in hol-related crash Overall, these acci nation more than year.

## Illegal po

One of the way lies we can lower of alcohol-related de is by lowering the concentration (BAC) sidered "drunk driv By late 1997, 1 enacted laws which per se for a driver to .08 or more. The te se" means that it i law for a person to vehicle with a BAC regardless of whethe hibits visible signs of In most of the res try, the "legal limit" is the highest in the world. For example, and Canada have Norway, Finland Australia set the lim Sweden has a limit o

**Blood alcohol cor**

Blood alcohol con the weight of alcohol volume of blood. A can be measured by blood, breath, urine o As your BAC rises risk of being involv crash. Research has s single-vehicle crashes fatality risk for drive between .05 and .09 11 times greater tha with a BAC of zero.



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# News

## Setting Blood Alcohol Concentration Levels

(NAPS)—According to the National Highway Traffic Safety Administration (NHTSA), more than 16,000 Americans are killed each year in traffic crashes involving alcohol. Another million people are injured in alcohol-related crashes annually. Overall, these accidents cost the nation more than \$45 billion a year.

### Illegal per se

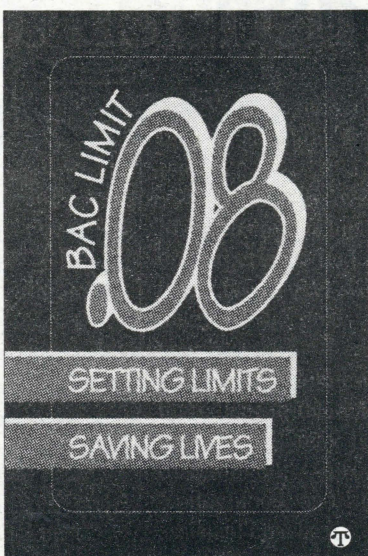
One of the ways NHTSA believes we can lower the incidence of alcohol-related death and injury is by lowering the blood alcohol concentration (BAC) that is considered "drunk driving."

By late 1997, 15 states had enacted laws which made it illegal per se for a driver to have a BAC of .08 or more. The term "illegal per se" means that it is against the law for a person to drive a motor vehicle with a BAC of .08 or more, regardless of whether he or she exhibits visible signs of intoxication.

In most of the rest of the country, the "legal limit" is .10, which is the highest in the industrialized world. For example, Great Britain and Canada have limits of .08; Norway, Finland and most of Australia set the limit at .05; and Sweden has a limit of .02.

**Blood alcohol concentration**  
Blood alcohol concentration is the weight of alcohol in a certain volume of blood. A driver's BAC can be measured by testing the blood, breath, urine or saliva.

As your BAC rises, so does your risk of being involved in a fatal crash. Research has shown that in single-vehicle crashes, the relative fatality risk for drivers with BACs between .05 and .09 is more than 11 times greater than for drivers with a BAC of zero.

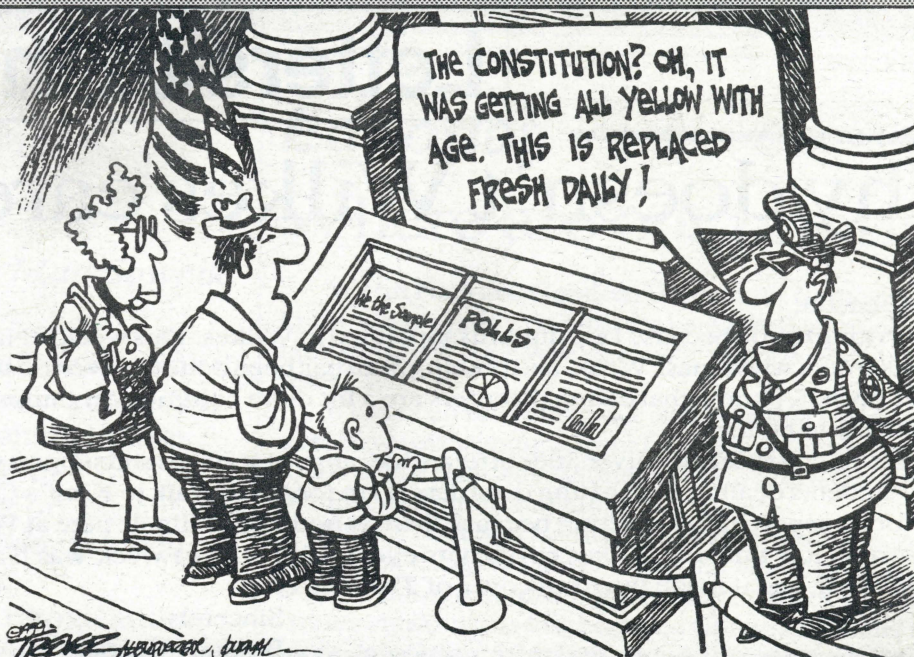


Lowering national BAC levels could lower the incidence of alcohol-related deaths.

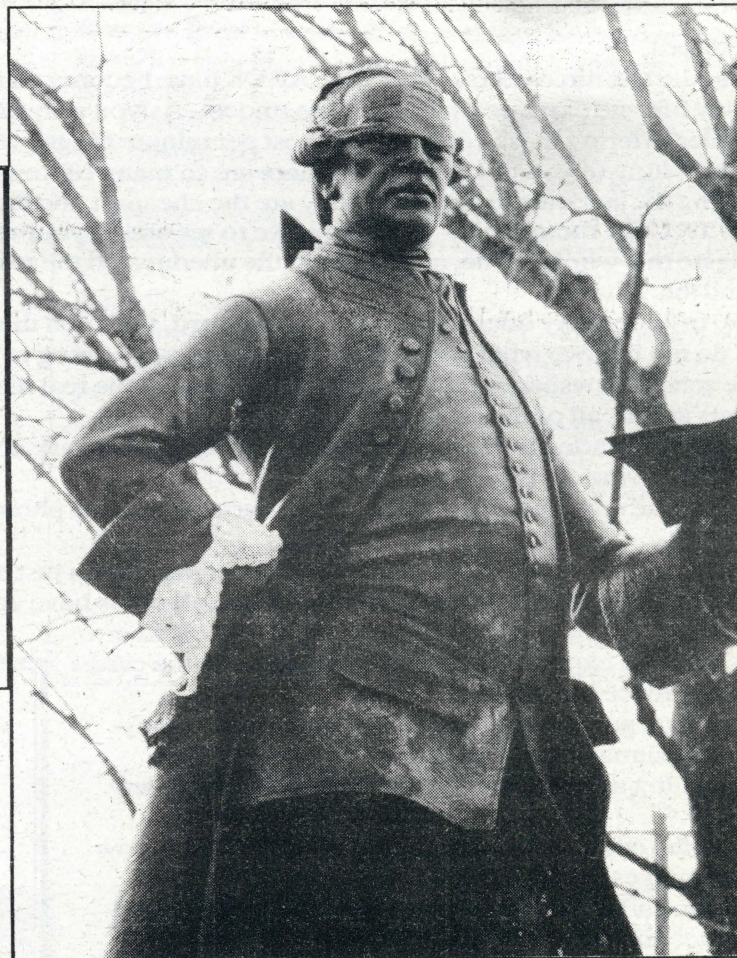
NHTSA recommends that all states set BAC limits at .08. This would lower the boundary to a point at which driving skills are proven to be compromised. At .08 BAC, all drivers, even experienced drinkers show impairment in driving ability. For the great majority of drivers, there is serious deterioration in driving performance at .08.

Recent studies have shown .08 laws to be effective in reducing alcohol-related fatalities in the states that adopt them. Lowering the limit to .08 should be one component of a comprehensive effort by states to reduce impaired driving.

For further information on .08 BAC laws, and other impaired driving prevention initiatives visit NHTSA's web site at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) or call at (202) 366-9588.



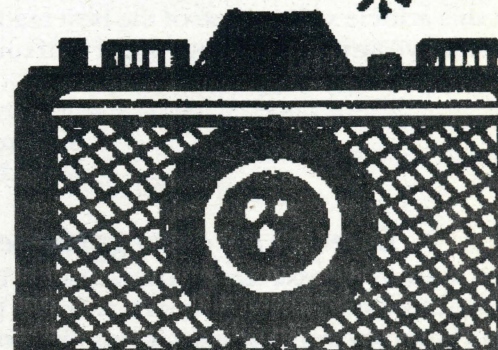
## Pic of the week



This new section of *The Beacon* was created by News Editor Frank Tomaszewski. It was added mainly to let students express themselves. It allows the opportunity for others to see how they view the world through their own eyes, or in this case, through a viewfinder.

Above: John Wilkes himself was even into the Winter Weekend spirit. Mr. Wilkes was unavailable for comment.

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



## Campus Specials

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# Opinion

## Letters to the Editor

### Why doesn't Wilkes care?

Dear Beacon,

I am writing to you because I am quite disappointed in Wilkes. This week is National Eating Disorders Awareness Week, and nothing at all has been done to advertise this. As a sufferer myself, I know that eating disorders are a lot more common on campus than we would like to believe.

Other local colleges and universities offer a wide range of services and support groups for those students dealing with eating disorders. I am forced to walk to King's College weekly for a support group meeting because there is nothing available here at Wilkes.

I just think it is time for Wilkes to open its eyes! After all, last week was National Condom Week, and it made the front cover of *The Beacon*.

Sincerely,  
Bethany Jenner

### PHONECARDS: The wave of the future

Dear Editor:

Over the last three years, PHONE CARDS have become an important part of everyday life and expense of the average student. As you may know, there are many companies offering these cards and the cost per minute ranges wildly.

I am writing to you today, because there are so many of these companies which are fooling the students to think that they are the cheapest and therefore the best. This is NOT TRUE. I thought that you might like to set one of your reporters out to investigate this whole scene, and report to the uneducated the real world facts that surround this industry.

Yes, my company does represent a calling card. I tell you this only for honesty's sake. I do not believe what some of my competitors are doing is "correct" and I felt that the school newspapers could easily find out what the real reality behind what the real costs are for all of the cards.

To get you started here are some of the hidden costs to ask about:

- \* What are the costs per minute?
- \* Are there any connection fees...if anyone answers the phone, there is an instant charge!
- \* Is there a monthly maintenance fee...a cost per month just to have a card?
- \* What is the charge for using a pay-phone...all cards have one but charges are different!
- \* Is there an expiration date...if you don't use the card by 'x', you lose the time!
- \* Can you get access to the 800# every time...many give a busy signal at peak times!
- \* Is calling anywhere in the world guaranteed at any time?
- \* Can the operators speak anything but English...how many languages?
- \* If you call the service department are you charged for minutes and connection fees?
- \* Will the company be around next year...are you sure!

I promise you that if your reporter does even a reasonable job, this article will be one of the best read and most informative articles that your paper will run this year. Thank you for your interest.

Sincerely,  
CSA, Inc.

#### Letters to the editor guidelines:

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

### It's hard work

Dear Editor,

I am writing in regard to the letter that Brian Verhoeven submitted to *The Beacon* last week in the Opinion section. First of all I would like to point out that people have no idea how much time is spent publishing a weekly publication. Second of all, if you actually read *The Beacon* each week, you would have noticed the Editor in Chief as well as several other positions have changed. Working with a new staff takes time to see improvements. Scott Veith, the Editor in Chief, knows what he is doing and already has made numerous improvements to make the paper more visually appealing.

As for your comment, "Stop printing eight pages. If I wanted a campus newsletter I would ask someone else." Well if you would like to see more pages, then why don't you write for *The Beacon* and help them out? They are always looking for writers.

Even though I am not a part of *The Beacon* staff, I can personally relate to how much work it takes to produce a weekly publication which the public tunes into each week. I direct several television shows here on campus and I see how much hard work goes into each show. People who work at *The Beacon*, WCLH (our campus radio station), and our television station work numerous hours each week to produce quality work. Without the help of many hard working students on campus, you would not have *The Beacon* to read, or the television shows to watch, or the radio station to listen to. Before you make negative comments in the future, perhaps offer suggestions on how to improve *The Beacon*. I know at the television station, we are always looking for suggestions to help improve our broadcasting quality.

Sincerely,  
Will Taylor

### The Beacon

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### Background Info.

- Established in 1947
- Awarded by the Association Scholastic Press Association
- Printed on Thursdays, with exceptions for school holidays and final exams
- 1,100 to 2,500 papers are distributed weekly
- We're on the World Wide Web:  
<http://wilkes1.wilkes.edu/~beacon/index.html>

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

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# Opinion

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

with Matt Sowcik

Well Winter Weekend is finally over. Finally. Not that I don't think that it is the single greatest time at Wilkes, but I also think that it consumes a lot of time and energy to run. I'd also like to start off by thanking those individuals who gave me some feedback on last week's column.

Well I've decided that I was best served to take a week off from the column. Instead of trying to feed you some junk that I whipped up in ten minutes, I figure you can find better ways to waste your time.

I'd like to congratulate "Shot's and Lager's," "Operation Intoxication," and "Shotzee" for their fine performance over the last weekend, and say thanks to all the teams participating.

Here's a quick run-down of the top five things that happened over Winter Weekend:

5. The once quiet restaurant Perugino's packing the place for Wilkes 1st Wet T-shirt Contest.
4. Aunt's in my pants - Wow this is two years in a row that the tee-shirt thing has gotten to you guys.
3. Team Operation Intoxication - or Team "Naked" what ever you prefer.
2. About 700 canned goods for charity.
1. The simple point that individuals will care nothing about classes or grades, but when it comes to three points in volleyball watch out!

Well, once again, sorry about the short (all right non-existing) column this week, but don't we all deserve a break once in a while?

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## Editorial

### Where are our priorities?

We hit National Condom Week right on the head. We all know what's going on with the basketball team. We all had a blast during Winter Weekend. We've got everything covered, right?

It has been brought to our attention that we, as a campus, don't have everything covered. Bethany Yenner wrote a letter to the editor basically stating that we're missing out on some of the most important things. We agree.

This is National Eating Disorders Awareness Week. Everyone on campus knows someone who has or is suffering from an eating disorder, but we concentrate on fun and games. Are eating disorders less important than basketball? Is it really more important to splash around in mud puddles on the Greenway and drink some beers?

We at *The Beacon* are just as guilty of this neglect as everyone else on campus. We try to give you what you want to know and sometimes we miss out on what you need to know.

However, this oversight cannot be blamed on just *The Beacon*. In all honesty, most of us at *The Beacon* didn't even know it was National Eating Disorders Awareness Week. This is a problem.

Usually, when an organization on or near campus is sponsoring an event, one of the first organizations they contact is *The Beacon*. We received nothing. Not a notice of an event or support group meeting about National Eating Disorders Awareness Week. Not a press release from an eating disorders awareness group. Not a phone message to run a story on the week. Nothing.

Could it be that nobody knows? Could it be that Bethany Yenner is the only person on campus that even cared? Can we be that shallow and self-centered? If that is the case, we as a university should be ashamed of ourselves.

During Spring Break, the last thing on most college students minds is anything about school. We realize that. All we ask for is ten minutes. We ask each of you to take ten minutes out of your eventful week to ask yourselves, "Where are our priorities?"

If you can honestly say that you are doing the best you can to make Wilkes a better place, go back to your fun week. If you can't, we suggest you reassess your priorities.

## Schedule of Events

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

**Thursday, February 25**

\*Men's Basketball vs. Elizabethtown, Marts Center. 7:30 pm

\*Readings by Jamiaca Kincaid, Dart Center, 8:00 pm

**Friday, February 26**

\*Spring Break begins. 5:00 pm



Opinion

On Campus

with Mike Rosh

Well, it appears everyone survived Winter Weekend, with the possible exception of the Greenway (don't worry Seniors, they planned on reseeding it before graduation anyway). I've decided that this week, my column would be a little different than usual, which is to say that instead of 70% news and 30% opinion, it's going to be the opposite.

So on with the news. Tonight at 8 pm in the Dorothy Dickson Darte Center, there's "Readings by Jamaica Kincaid." Ms. Kincaid will be talking about her books and doing readings from them. I've been told that she is an incredible writer and that this event is worth attending.

Tonight is also another big night for the Colonels on the B-Ball court. We're playing Elisabethtown and this is going to be good. By the way, I was really depressed with the number of fans in attendance at Tuesday's game. Everyone keeps talking about going back to the Final Four and how awesome it would be.

NEWSFLASH! We need to win these games to get a high seed in the tournament and have home court advantage for a while, so all of these games are important. Not just the ones in the tournament! It's pretty sad when your team is in the playoffs and there's a few hundred empty seats in the stands.

O.K., Spring Break is here (phew, it's about time), and some of you will be going to Florida or some other warm, relaxing spot. Have fun, stay out of trouble, and play it safe. For the rest of us stuck somewhere here in the Arctic Northeast, stay warm and enjoy. Although I don't know how possible that is when it's two degrees outside.

All right, enough with the formalities. I saw a few things this weekend that really ticked me off (although they happen almost every week, I've just had enough). On the way to Saturday's games, one of my friends took the liberty to redeposit all the plants that had been uprooted the previous night. This kind of thing has been going on for a while now. This includes the lack of respect for the shrubbery around campus, the occasional bench knocked over and the weekly replacement of at least one parking gate. The list goes on. Not to mention the crap that happens directly around campus such as mailboxes being tipped over, car windows being smashed, etc.

Now who's to say that Wilkes students are doing these things. I don't know. But I do know that the community blames us for it when it happens. As far as the B.S. on campus, show a little respect and stop acting like two year old's who don't know any better.

Students are always complaining about how tuition keeps going up. Well, when the University has to pay a few hundred bucks a week to repair the damage the morons do, go figure! It's not like there's a maintenance fairy who magically appears and fixes everything you do. Grow the hell up, show a little respect for the university you attend, and act like college students instead of little boys and girls.

AAAgghh!! (frustration!) I'm going to go now before I throw my monitor out the window.

C o m e  
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Wilkes  
Community

March 29

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Reminder

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emergency.

All calls will be responded to  
promptly and cautiously.  
There is no need to dial 9  
before 911. The call will  
automatically go to emergency  
operators without dialing 9.

Do you know me?

Faculty Quiz



1. I am the oldest professor on staff at Wilkes.
2. I am a columnist for the Times Leader.
3. I can bench press over 500 pounds.
4. My mother is still alive, and will be 100 years old soon.
5. I have connections with every television station and news paper in Northeastern Pennsylvania.
6. My office is on the second floor of Capin Hall.
7. I give current events quizzes every Monday in most of my classes.
8. I still have a type writer in my office.
9. I toured with The Dave Matthews Band last year as a pyrotechnics operator.
10. I took up cigarette smoking during military service, but gave it up shortly thereafter.

Mr. Tom Bisler, Professor of Communications

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# Wilkes University Colonels Men's Basketball

## How far will they go?

The Wilkes University Colonels Men's Basketball Team has the best fans in the Middle Atlantic Conference. We wear T-shirts that boast "Marts Madness" and T-shirts that emphasize the strength and presence of "Grybo." We voice chants that make opposing players wonder why they even got on the bus to come to our house. Now, we show our support the same way the big schools do.

The Dukies and their fans do it on Tobacco Road. The Spartans and their fans do it out at Michigan State. Even the West Coast wackies at UNLV do it. We've never done it here, until now.

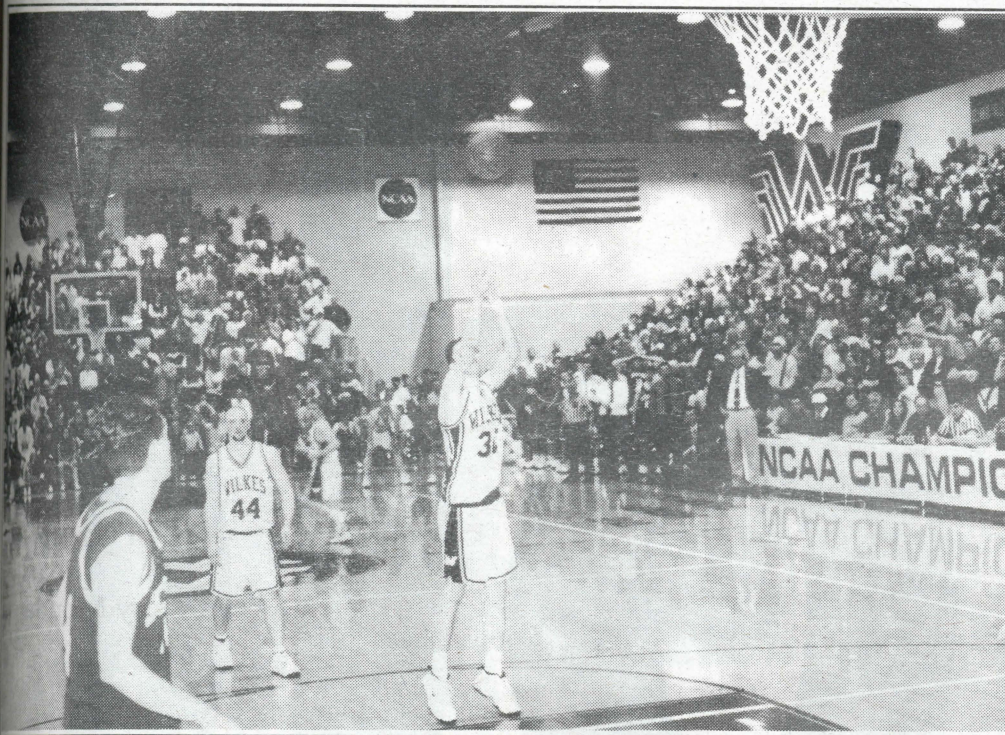
The back side of this pull-out is an "in your face banner." Hold it up when the opposition is being introduced, when they are at the foul line and any other time the point their ugly heads in your direction. This will do three things:

**Show support for your Colonels.**

**Create a huge distraction for the opponent.**

**Protect you from the profane language and poor sportsmanship that is often displayed by visitors to the Henry Gymnasium.**

Remember, these pull-outs are portable. They can be taken anywhere the Colonels travel this season. They can go to places like Lebanon Valley College, Salem, Virginia and anywhere else that destiny takes us.



Beacon File Photo

Wilkes Senior Scott Cleveland takes a foul shot in front of a packed house against The University of Scranton last season as junior Dave Jannuzzi looks on. Imagine an opposing player at the charity stripe in a pressure situation staring at 3,500 "Go Colonels" banner from *The Beacon*.



Photo by J.J. Fadden

Colonel head coach Jerry Rickrode cuts down the nets in the Marts center after the team captured the 1998 Middle Atlantic Conference title.

## Why aren't you watching?

By FRANK TOMASZEWSKI  
Beacon News Editor

Did you know that several of Wilkes University's basketball games were televised locally this season? Did you know that the games could be seen on Service Electric Cable as far away as Phillipsburg, New Jersey? Well a small group of Communication students at Wilkes have been working hard all season to try and cover as many home men and women games as possible.

The problem is that many people do not know about the coverage of these games. Part of this could be because the individuals who are involved with the coverage do not advertise enough. However, there is no help from the school to let alumni or any other sports fan in the area know about these games. Also the television studio does not have a big enough budget to be advertising the games.

The coverage time and station is not listed in the local newspapers, the campus memos, or even the athletic sports schedule. The quality of the game coverage is top notch for the resources available and deserves to be announced as much as possible. Producer Will Taylor said, "I think we've come a long way in such a short amount of time."

There is a lot of hard work

involved with running any type of television program. It is especially difficult doing a live program with such a small group of people. An average game which is televised by Wilkes usually has about an eight person crew. Taylor said, "I think the people have no idea how much time and effort it takes to put these games on the air."

This is almost impossible to do, because some individuals have to do a job that usually takes three people. Tasks such as doing the audio, tapes, and instant replay is usually all done by one student.

The students involved also deserve to have the games listed because they are doing all of this work for no money at all. An average double-header game can consist of up to eight hours of work for each student. Jason Evans, who is one of the commentators for the basketball games said, "I don't care about getting respect or appreciation, but I do think the school could do a better job publicizing when the games are going to be on."

The lack of publicity could be due to the fact that this was the first year that the games were televised. Right now, word of mouth is the main source of advertising. So maybe in the next few seasons, as the coverage improves, there will be more publicity.





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UNIVERSITY**

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with a wealth of info  
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**New**

BY JUDITH SH  
Special to The Bea

The Food and Dr  
Administration is con  
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new drug sold in some  
food clubs, health food  
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Revitalizer, Gamma G  
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The Features sect  
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Beacon office at Ext.  
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# Features

## NEA CD-ROM Offers Sweeping View of Higher Education's Future

Washington, D.C. - How will technology change higher education? Will dorm rooms and residential campuses become obsolete? How do we create campuses for lifelong learning in an ever changing technology driven economy? A newly released CD-ROM produced by the National Education Association (NEA) dives head first into these provocative questions.

"The best way to predict the future is to create it," declares the CD-ROM — *The Future of Higher Education*. NEA publicly unveiled the first of its kind CD-ROM for faculty, administrators, policymakers, and students to help them plan for higher education's future with a wealth of information and viewpoints on the needs of

the next generation of students.

"This CD-ROM virtually explodes with information and penetrating discussions about higher education in the 21<sup>st</sup> Century," said NEA President Bob Chase. "It is a valuable tool for charting a course for a productive and vibrant future, with an emphasis on what colleges and union members can do to shape change and sustain the highest quality education. The future is up to us. We're the ones who can make an enormous difference."

Using video clips, futuristic scenarios, charts and graphs, the CD-ROM tackles tough questions about how technology will change higher education, if state investments in higher education will yield returns, increasing access to higher

education, and the role of business and community in producing quality higher education.

Change on America's campuses is occurring at a breakneck speed. Demand for higher education is increasing as funding dwindles. Students from diverse backgrounds and cultures are enriching campus life in new ways. Technology is revolutionizing the way teachers teach and students learn. Distance learning, e-mail, and two-way video free education from the old restrictions of time and place. The dynamic careers of a technologically driven economy are returning more adults to college campuses for lifelong learning. "It is essential for us to embrace these changes and channel them in a way that

produces quality education for students," said Chase. "The best way to accomplish that goal is to be informed and collectively develop strategies that meet the needs of the future."

NEA aims to get the new CD-ROM into the hands of as many higher education stakeholders as possible. Those who tap into the CD-ROM will find:

- \* State-by-state breakdowns of faculty numbers and student enrollments projected to 2010.

- \* Future scenarios of what higher education will look like under market and quality driven approaches.

- \* Data on state demographic and employment trends.

- \* Teaching tips.

- \* Video clips representing all sides of the debate over the

future of higher education.

To order your complimentary copy, send an e-mail with your name and address to [HigherEd@nea.org](mailto:HigherEd@nea.org) or write Office of Higher Education National Education Association, 1201 16th St. NW, Washington, D.C. 20036.

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

## New Drug Alert

BY JUDITH SHELDON  
Special to The Beacon

The Food and Drug Administration is concerned about a potentially dangerous new drug sold in some health food clubs, health food stores and on the Internet under various names including Revivariant, Blue Nitro, GH Revitalizer, Gamma G and Remforce.

Touted to build muscles, induce sleep and enhance one's love-making abilities, the drug can, according to the FDA, lead to comas and even death.

The FDA said the product contains gamma butyrolactone, or GBL, a chemical that when taken orally is converted in the body to gamma hydroxybutyrate -- which is a potent drug currently being tested as a possible treatment for certain sleep disorders -- and which can have serious side effects.

At least one death has been attributed to the overuse of GBL and dozens of other users have suffered serious effects that

include losing consciousness or becoming comatose. There are also reports of people suffering from seizures, bouts of vomiting and breathing and heart rate changes.

The FDA is asking the manufacturers of these products to recall them voluntarily. For those who will not comply with the request, the FDA said it will consider "all potential regulatory actions at its disposal."

This is another example of how products that are allowed to label themselves as "dietary supplements" can avoid the strict testing required by the FDA for drugs.

The FDA and the Justice Department are also looking into the possible illegal market of GHB, a powerful cousin of GBL, that may have been used to treat sleep disorders. GHB, a tasteless, odorless drug, has been used as a so-called "party drug" and is linked to three deaths, numerous hospitalizations and several incidents of date rape after women had become helpless after drinking drinks laced with GHB.

BY COLIN JONES  
Special to The Beacon

Only a few decades ago it was no big deal to see your favorite television star smoking a cigarette or a cigar during a program. Just flip through channels today and you will see Sargent Joe Friday on "Dragnet" chain-smoking cigarettes while interrogating a suspect or Archie Bunker, in "All in the Family," puffing on a cigar in his favorite chair on a rerun being aired on cable.

Today, it is hard to find a main character in a drama or in a sitcom on during primetime who is a smoker. We know that through studies that have been done on smoking, less people smoke today because we as consumers are more aware of the repercussions that smoking may have on a person. But are we to believe that only a handful of people smoke?

That is how television programs depict life today.

When we do see a smoker on a television show today, the character is usually an evil villain or a criminal, such as the "Cigarette Smoking Man" on "The X-File." So why isn't the smoker being represented on television anymore?

One obvious reason is the danger to one's health that cigarettes carry with them. Another reason is that smoking is not as socially acceptable as it once was. Smoking has been banned in almost every public place imaginable, including bars and restaurants across the country. Not only is cigarette advertising banned in this country, but also manufacturers such as Phillip Morris must air commercials discouraging the use of their product.

One other main reason that smokers are not as prevalent on television as they once were

may be the influence of the media on children. If children see their favorite television hero smoking week in and week out the impression that they may get will be that it is all right to smoke.

Ultimately what people have to realize is that what is seen on television isn't always representative of what is seen in real life. Not all smokers are criminals and villain, and likewise not all criminals and villains are smokers.

Even though smoking is not seen as often on television as it once was, people are still going to smoke, and many people will die this year from smoking related illnesses. And that may be the underlying reason why television producers opt not to include smoking as a habit of one of their characters, because television can have an overwhelming influence on a viewer.

## EXPANDING

The Features section of *The Beacon* is looking for new ideas. If you are interested in writing a column or writing articles for this section, bring your story ideas and/or columns to *The Beacon* office on the second floor of Hollenback Hall. Call *The Beacon* office at Ext. 5903 (ask for Joanna). All ideas are welcome and will be considered for print.

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## GUARANTEED APPROVAL

## Weekly Top Ten Web Sites

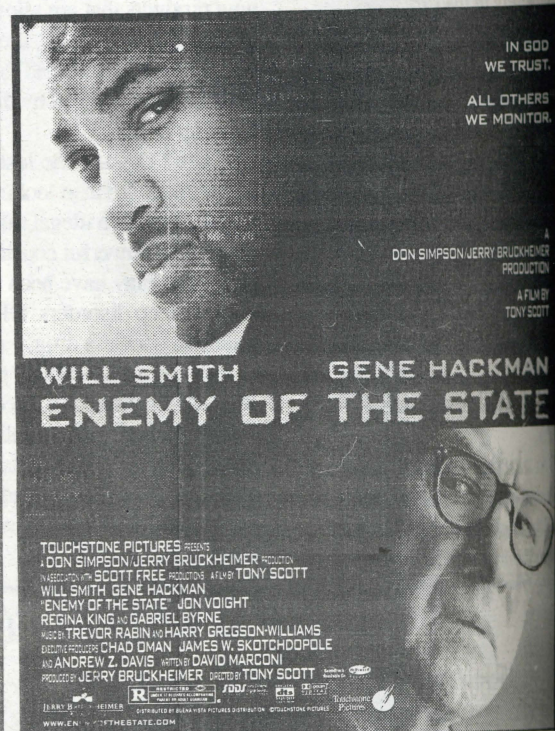
Top ten list courtesy of The Beagle.

coming March 12

**SLC 101 7:30 p.m.**



FRIDAY



# The Mili

Col.

“A

On Saturday, Feb. 10, 1978, he died away. Gene Siskel, had at the age of 53. Best Ebert traveled into new showing. On a more p weekly articles printed Siskel graduated f Chicago Tribune in 19 begin until 1975, when Times, the Tribune's la "Sneak Previews," whi present name of "Siske physical appearance — where Siskel looked for more adult-like films.

During the first five minutes, it was obvious that they were not going to. But eventually, they began to talk in conversation. Where before they had been silent, their trademark "Thum" (a digit, they could make) was heard. The dreaded Village Idiot Society was no longer a threat, for the information it yielded, by the time it was choices and remain great.

The character of Co  
Mr. Siskel. He is tall and  
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Colonel Hogan is pa  
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the past three years:

1998  
"Babe: Pig in the City"  
"The Truman Show"

1997  
"The Ice Storm," "L.A.  
End of Violence"

1996  
"Fargo," "Secrets and  
Sins"

A great man was passed.  
The Colonels, Klink & Ho  
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Gene Siskel.

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WE BUY AND SELL

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# Features

## The Militant Movie Review & More by

Col. Hogan and Col. Klink

### "A Tribute to Gene Siskel"

On Saturday, February 20, 1999, one of the greatest movie critics of all time passed away. Gene Siskel, half of the "Siskel and Ebert" tandem, lost his battle with a brain tumor at the age of 53. Best known for bringing movie criticism to the small screen, he and partner Ebert traveled into new territory, giving families a glimpse of the motion pictures that were drawing. On a more personal note, he helped to inspire this column and the structure of the weekly articles printed in *The Beacon* weekly.

Siskel graduated from Yale University in 1967 and began writing criticism in the Chicago Tribune in 1969, thirty years ago. The televised version of his column did not begin until 1975, when he was paired with the roly-poly Roger Ebert of the Chicago Sun-Times, the Tribune's largest rival. They began the original version of the show called "Siskel and Ebert's Movie Previews," which later became known as "At the Movies" and finally settled into its present name of "Siskel and Ebert" in 1986. The two provided a good contrast, in both physical appearance — the tall, balding Siskel and rounder, shorter Ebert, and opinion, where Siskel looked for family values in a movie, while Ebert searched for entertaining, more adult-like films.

During the first five years of their relationship, the two hardly spoke to one another. It was obvious that they wrote for rival papers six days of the week and sat together for one. Eventually, they became such close companions it was almost impossible to break their conversation. Where before they didn't speak much on the air, now they didn't shut up. Their trademark "Thumbs Up, Thumbs Down" became a nation trademark. With the flip of a digit, they could make or break a movie, and an actor or actress' career (just like the dreaded Village Idiot Scale). The best part of watching their show was not the movie information it yielded, but the fact that they could rip the shreds out of each other's movie choices and remain great friends and colleagues.

The character of Colonel Klink, the movie critic, alone was created in resemblance of Gene Siskel. He is tall and lanky and usually commiserates with the films of family values or at least films that have an underlining meaning of good quality morals. Now that Siskel has passed away, Klink can only represent the great man that Siskel was for the movie business spirit. Siskel will be missed greatly throughout the movie business, if not by the Colonels themselves.

Colonel Hogan is patterned after Roger Ebert, the plumper, more aggressive of the two. For the rest of this season, Mr. Ebert will be paired with Tom Shales, the movie critic with the Washington Post. After 24 years of collaboration, Siskel and Ebert are no more. In future, this column will begin to feature guest critics, in honor of the memory of the fallen master. Even if you cannot get out to the movies, at least rent one of Siskel's favorites over the past three years:

1998

"Babe: Pig in the City," "The Thin Red Line," "Pleasantville," "Saving Private Ryan," "The Truman Show"

1997

"The Ice Storm," "L.A. Confidential," "Wag the Dog," "In the Company of Men," "The End of Violence"

1996

" Fargo," "Secrets and Lies," "Breaking the Waves," "The English Patient," "Lone Star"

A great man was passed away this past weekend and a phenomenal tandem is left as one. The Colonels, Klink & Hogan, encourage all of the Wilkes University Colonels to go out to the movies at least once over break, with friends or your significant other, in memory of Mr. Gene Siskel.

Disclaimer: We don't really care what you think, but if you have a comment e-mail it directly to us, you know whom I mean! [MilitantReview@hotmail.com](mailto:MilitantReview@hotmail.com) We will get back at you.



## Aligning the planets with Madame Zelda

**Taurus:** You haven't been the most adaptive person lately. Try to open your mind to all possibilities and you will see the brighter side of things.

**Gemini:** You seem to be opening to others more this week. Let those in who want to be there for you. There will be the day when you really need them.

**Cancer:** A minor insecurity this week will turn into something major by the weekend. Try to accept your fears and deal with them as much as possible to avoid conflict with those who are important.

**Leo:** Friends will seem to annoy you this week. Every little thing they say and do will pile up on your nerves. Let off some steam soon, you will thank yourself later.

**Virgo:** Nothing seems to go your way this week. Remember that the mind has an effect on the self so everything will go your way if you let it.

**Libra:** Friends have been dragging you down lately. Tell them how you feel and resolve the conflict before it becomes too unmanageable.

**Scorpio:** Try to talk with that family member who you haven't been as close with lately. Remember that hesitancy could get thrown back in your face, so act fast and be confident.

**Sagittarius:** You will meet someone this week that seems to have a positive effect on your life. Get to know this person before making any definite decisions.

**Aquarius:** You will have an opportunity to improve your life this week. It is up to you to work out your priorities and see if you are going to take the chance.

**Pisces:** Appreciate what you have in your life right now because it may not be around forever. Settle revolving conflicts before it's too late.

**Aries:** Someone will make you an offer you can't refuse this week. Look into it closely before you accept. Remember that everything has a price.



## Inner peace... with Ani

\*please send your questions to  
[inner\\_peace@hotmail.com](mailto:inner_peace@hotmail.com)\*

next week: Ani tries to help the Queen of Mean



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## Sports

# Expectations high for baseball team in '99

Switch from metal to wood bats will affect the MAC.

By MIKE SCHREIBER  
Beacon Staff Writer

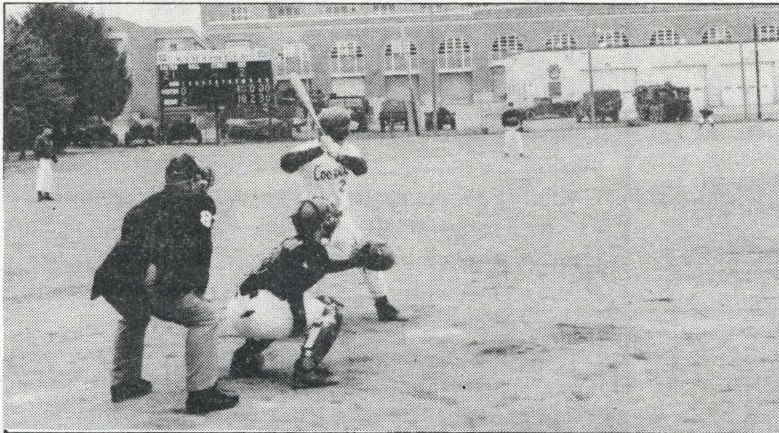
After finishing an even 6-6 in the Middle Atlantic Conference Freedom League last season, the Colonels goal for the upcoming season is simple: Make the playoffs.

"We definitely expect to be a contender for a playoff spot this year," explained head coach Joe Folek. "This team has the potential to have a very successful season."

The Colonels' greatest advantage this year may be their experience. Having lost only three players from last year's team, they return starters at almost every position.

Tri-captains Mike Viglone, Nate Lipton, and Nick D'Amico will lead the Colonels' attack. Other key returnees include Dan Borden, Joe Doran, Jason Lenko, and J.J. Sodaro—last year's MAC Rookie of the Year.

Around the horn, the Colonels will look to senior Mike Evans and sophomore Steve Toth at first base and designated hitter. Freshman



Beacon file photo  
Sophomore JJ Sodaro earned the MAC Rookie of the Year in 1998 with 12 homeruns and a .400 average.

Rick Leibig will figure into that mix, while also seeing some time in the outfield where Viglone will hold down centerfield.

With D'Amico and Sodaro handling two of three infield spots, junior Jamie Connell and freshman Bryan Boyer will also see time in the infield.

"We're deep and we should be solid," said Viglone. "But we need to win early. It's going to be a lot more equal this year. More games will be decided by one or two runs, rather than seven or eight."

Injuries to freshman pitcher Ryan Pelos and sophomore catcher Corey Yanoshak will open up positions for

the large freshman class.

Freshman Rich Jasnowitz and Borden will split time behind the plate, while a host of freshman will have the opportunity to contribute in the outfield.

The Colonels also expect contributions from many of the freshmen on the pitching staff. Jason Liedel, Ryan Lobb, and twins Jim and Joe Casey may all see action early in the year.

Junior Tim Popovitch will join Lenko and Lipton as the top-three hurlers going to Florida, while Doran, the team's leading hitter from a year ago, will patrol the outfield and possibly pitch.

Viglone, the senior captain, is optimistic about the team's chances this season.

"Ultimately, we hope to win the MAC championship," he stated. "With our experience and our strong freshman class, I feel we can accomplish many of the goals we have set this year."

Coach Folek described another key ingredient in the team's success, and the one that may be the most often overlooked: Jerry Bavitz, Mark Youngblood, and Bob Klientob—the assistant coaches.

"They are the unsung heroes of this team," Folek offered. "They invest many hours into the team on a part-time or voluntary basis and they are a major part of our success."

Wilkes will be using wood bats this year as the MAC has passed a rule to use wood bats during the 1999 season, but may be forced to compete with metal against teams that do not use wood. Only certain teams and conferences have made the switch from metal to wood, but most in Division III have made the change.

"It'll be a challenge but one we're up to," said Viglone. "Teams are going to earn every hit and every run. It's going to be a lot different than last year."

The Colonels open their season

## Baseball

Head Coach: Joe Folek  
Last year's record: 22-14 (6-6 MAC)

Key returnees: Mike Viglone, OF, Sr; Mike Evans, IF, Sr; Dan Borden, C/OF, Sr; Nate Lipton, P, Jr; Nick D'Amico, IF, Jr; Jason Lenko, P, Jr; Joe Doran, P/OF, Jr; JJ Sodaro, IF, So

Key freshmen: Ryan Lobb, P; Jason Liedel, P; Rick Liebig, OF; Jim Casey, P; Joe Casey, P; Rich Jasnowitz, C; Bryan Boyer, IF

Captains: Mike Viglone, Nate Lipton, Nick D'Amico

Coach's Comment: "This team has the potential to have a very successful season and we expect to be a contender in the playoffs."

over spring break in Coco Beach, Florida. Their first 8 games will be at the Coco Expo, and their first home game is on March 16 against Marywood.

The Colonels open up the MAC Freedom League season at King's College on March 20, in a double-header. "we won't lose," exclaims Folek.

# Wrestlers end stand-out season, ready for MAC next year

By COREY YANOSHAH  
Beacon Sports Editor

The Wilkes wrestling squad capped off their excellent season with two wins in a quad meet at Old Dominion University this past weekend.

Wilkes beat an undermanned Norfolk State 39-12, while defeating Howard 22-17. The only loss of the weekend came at the hands of host Old Dominion, 30-12.

The Colonels, in the final year of a two-year waiting period, will begin competition in the Middle Atlantic Conference Freedom League next year. Without a conference affiliation, the Colonels will have no post-season, but their independent season this year is sure to make teams take notice when they wrestle the Colonels next year.

The Colonels, led by head coach Al Zellner, were forced to switch around some wrestlers at different weights, but they got the job done.

Chris Shannon, a senior who hasn't wrestled since high school, went 1-2 on the afternoon, but was

wrestling at heavyweight, rather than 197. Heath Fleisher, the regular heavyweigfht, did not make the trip due to an illness. Shannon's losses both came in overtime, where he was giving up nearly 50 pounds to the opposing heavyweight.

"We wrestled well against some good competition," said Shannon. "For me, it was tough because I wrestled up a weight, but I should've beat those guys."

Junior John Conte went undefeated, as did captain Duane Ritter and freshman Joe Smith.

Conte scored a 17-5 major decision over ODU's Chris Blair, while defeating Howard's Henry Hilton 7-4. Conte also picked up a forfeit against Norfolk State.

Ritter won his three matches by a combined 20-4, taking a 9-2 decision over ODU's Alex Plasencia, a 5-2 win over Howard's Milton Yates, and a 6-0 shutout of Norfolk State's Patrick Royster.

Smith, bumped up to 197, was given a forfeit against Norfolk, while decisioning Brad Krepps of ODU, 10-5. At 184 against Howard, Smith took a 15-12 win from Isaac July.

"I didn't expect to be that close to being undefeated. But coach Zellner did a good job in getting us ready."

-Chris Shannon  
Senior wrestler

"We've got a young team," said Shannon. "The freshmen have a lot to learn, but they've got good fundamentals."

Shannon's win came against ODU, a 4-2 decision over Leevi MacDonald. Shannon lost to Howard's Adrian Thompson, 3-1 in double overtime, and Norfolk's Landen Cuff, 5-4 in overtime. Shannon ends his season at 11-3, surprising to even him.

"I didn't expect to be that close to being undefeated," said Shannon, whose three losses were each in overtime. "But coach Zellner did a good job in getting us ready."

Corey Luce dropped a 4-3 decision to ODU's Joel Jimenez, but rebounded for a 8-5 win over Derek



Beacon file photo

Coach Al Zellner and the wrestling team have opened some eyes this year as they finished 18-6.

Butts of Howard. But against Norfolk, Luce fell 5-3 to Derrick Green.

Elijah Shutt major decisioned Howard's Camilo Martinez, 13-3, while earning a forfeit against Norfolk State. Shutt earlier dropped a 21-5 technical fall to Paul Jimenez of ODU.

Scott Henshaw had the Colonels only pin of the day when he caught Norfolk's Tirie Murphy in overtime.

Chad Rovner was also caught in overtime against Norfolk's John Muse.

Steve Tornambe and Kevin Baker both picked up forfeit wins against Norfolk State.

"Coach has been really relaxed and I think if we were in the MAC, we would have won the 'Coach of the Year'," said Shannon.

The wrestling team finishes a season at 18-6, while Shannon, who wrestled only the second half of the season, wanting to go out in a "blaze of glory," is satisfied with his finish.

Fre

She came expecting to make a name for herself, but wasn't until she became a leading scorer. She was as effective as a field goal for the second year.

This week's man is Lauren Wilkes, a basketball team.

Elwood, a native, chose to go to college because of the staff, consisting of Renee Casterline.

"I didn't expect to be in New York," said Haag. "We're coming in with a lot of talent."

Elwood won a year with a scoring 191 total, averaging 8.3 points per game. Elwood also had a three-point attempt, completing 77% of the free throws.

"The season was well," said Elwood. "I was happy to be here, and I was happy to be a part of it. It was a great experience."

Elwood, who comes from a family of athletes, has a career highlight in one game, scoring 19 points.

Elwood has a transition to college basketball, and coach Haag and his staff are helping her to adjust.

"I like the way we've been very helpful," said Haag.

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# Sports

in '99

## Baseball

Coach: Joe Folek  
Year's record: 22-14 (6-6)

Turnouts: Mike Viglone, Mike Evans, IF, Sr.; Jordan, C/OF, Sr.; Nate P, Jr.; Nick D'Amico, Jason Lenko, P, Jr.; Joe P/OF, Jr.; JJ Sodaro, IF.

Shmen: Ryan Lobb, P, Riedel, P, Rick Liebig, Casey, P, Joe Casey, Jasnowitz, C, Bryan IF

as: Mike Viglone, Nate Nick D'Amico  
Comment: "This is the potential to have a successful season and to be a contender in the playoffs."

g break in Coco Beach, their first 8 games will be at Expo, and their first home on March 16 against

Colonels open up the MAC league season at King's College on March 20, in a double-header close," exclaims Folek.

next year

ON

Beacon file photo  
ened some eyes this

ornambe and Kevin Baker up forfeit wins against e. has been really relaxed we were in the MAC, he won the 'Coach of the Shannón. stling team finishes its 6, while Shannon, who the second half of the ng to go out in a "blaze of fied with his finish.

## Freshman Feature Lauren Elwood

She came into the season expecting to make an impact, but it wasn't until an injury to second-leading scorer Jill Ronkowski that she was as effective as she has been for the second half of the season.

This week's featured freshman is Lauren Elwood, a guard on the Wilkes University women's basketball team.

Elwood, an Edison, New Jersey native, chose Wilkes University because of the fine coaching staff, consisting of Karen Haag and Renee Casterline.

"I didn't go see her play 18 times in New Jersey for nothing," said Haag. "We knew she was special coming in here."

Elwood wrapped up her freshman year with the Lady Colonels, scoring 191 total points, while averaging 8.3 points per game. Elwood also connected on 14 of 67 three-point attempts, while completing 77% of her shots (63-82) from the free throw line.

"The season has gone pretty well," said Elwood. "The first semester was harder, but once I adjusted to it, it wasn't that difficult."

Elwood, an accounting major, comes from J.P. Stevens High School, in New Jersey, where her career highlight was scoring 35 points in one game.

Elwood has had little trouble in the transition from high school to college basketball, but notes coach Haag and the team as helping her to adjust.

"I like the team and they've been very helpful," commented

Elwood. "It's easy to get along with coach Haag and the season went well."

Coach Haag sees the difference from when the season started and now, "She's starting to score more. She's really stepped up. We definitely have a great player here."

Teammate Robyn Mendiagral, who also plays guard for the women's team, had nothing but praise for Elwood.

**"She's an outstanding player and she really knows what she's doing. She's got a great feel for this level."**

**-Robyn Mendiagral, teammate**

"She's an outstanding player and she really knows what she's doing. She's got a great feel for this level."

Elwood has stepped up in other areas, also pulling down 2.4 rebounds per game, while dishing out 1.4 assists per game. Elwood is second on the team in steals with 23, second only to Mendiagral's 47.

With Ronkowski injured, Elwood stepped up to support leading-scorer Katie Watkins, who averaged 17.1 points per game.

"They're a tough duo to defend," complimented Mendiagral. "They can both score and are both dangerous all over the court."

Elwood intends to play women's



soccer next year, after giving herself a year to adjust to college life. But the biggest surprise has been the difficulty of the season, which Elwood thought would be a little harder.

"I thought it would be harder. The first semester was harder than the second, but I just thought it would be more difficult."

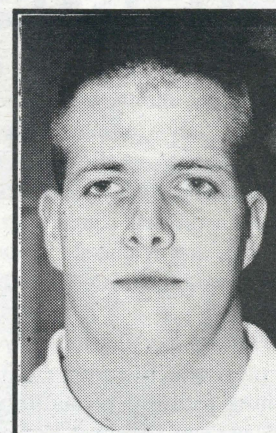
Coach Haag believes Elwood is a strong candidate for the Middle Atlantic Conference Rookie of the Year Award, which Elwood has never really thought about.

"I haven't set any long-term goals. I didn't know what to expect, so if I got an award, it would be an added bonus. I'm just glad the season went well."

Elwood recorded a season-high 17 points against FDU-Madison on January 30. Elwood also pulled in five rebounds and four assists against Lycoming College on January 27. And on January 20, against Delaware Valley College, Elwood recorded a season-best three steals.

Mendiagral looks forward to next season, when the pair will team up for their second season together.

"Next year should be a lot of fun. We'll both have matured and have at least a year under us."



## Training Hard

with Brian Kephart, ATC

Let's face it, nobody likes feet. They are crammed into shoes all day without a thought as to how their intricate function keeps us from pain. With warmer weather coming, it is important to take care of our feet when participating in outdoor activities.

Many of us will take to the trails and parks to shed the extra weight that came with the winter and holiday feasts. Some of us may experience aches and pains from these activities. Some of these problems can be eliminated by taking care of your feet.

The foot is composed of many bones and is responsible for the bodies contact with the ground. How the foot reacts to the surface it comes in contact with determines how the body reacts to those surfaces. The foot must react to the terrain as well as the weight of the body coming down on top of it. The many bones of the foot will move together to adapt to the terrain. The movement of the bones help absorb the shock of the body weight coming down onto the foot through the ankle. If the bones do not function properly, the forces will be improperly transferred to other areas of the body. One of those areas can be the shin. This can result in a condition generically called shin splints.

The mechanics of the arch on the inside of the foot can wreak havoc on the lower leg if there is too much or too little motion when adapting to the terrain or absorbing the shock of the body. The muscles that help control the motion of the arch are attached to the leg between the knee and ankle. The tendons from these muscles cross the ankle and travel on the inside of the foot and then under the foot. As the foot strikes a surface, these muscles will contract to support the arch so that it does not expand too much. If the arch were to expand beyond its limits, a strain would be placed on the tendons and the corresponding muscles, as well as the tissues holding the bones together. If the strain on the muscles is repetitive over a long period of time those muscles can become damaged and cause pain. Due to the attachment location of the muscles, the pain may be felt on the inside edge of the shin bone. If this condition is not treated, the bone can be damaged and over time, may lead to stress fractures. This same condition can arise if the arch of the foot is not giving enough — meaning the bones of the foot are not flexible enough in relation to each other. More of the force is then absorbed by the tibia which is not elastic. The tibia does absorb the body's force but how well depends on the density of the bone. The density of the bone can be increased to meet the stress demands through proper conditioning and slow progression into activity. This cause of shin pain can be alleviated by resting until the pain has subsided and then resuming activity gradually. This will allow the body time to increase the bone density to tolerate the pounding during activities like running. The arch mobility can also be increased through stretching and flexibility exercises.

Another source of pain in the lower leg which is not related to the mobility of the bones of the feet is pain in the front of the lower leg. This may be caused from a muscle imbalance between the large calf muscles and the much smaller muscles in the front of the lower leg. If the smaller muscles are not accustomed to working against the larger calf muscles, they may become sore and inflamed, causing pain. This pain may also involve the front edge of the tibia and may lead to stress fractures.

The resulting stress fracture's may occur at the extreme conditions from other less severe conditions that are not realized and treated properly. Treatments may range from rest, ice and slowly beginning the activity again, to therapy directed by a medical professional.

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## Sports

# Women end frustrating season

By COREY YANOSHAKE  
Beacon Sports Editor

The Lady Colonels ended their season on a sour note as Wilkes was routed by the University of Scranton 91-54.

Scranton advances as the number one seed in the Middle Atlantic Conference playoffs, while the Lady Colonels injury-plagued season comes to an end. Wilkes finishes their season at 10-13 overall, 4-10 in the MAC.

Katie Watkins continued her fine play with a game-high 21 points in the losing effort. Allison Pikulski also continued her strong play, chipping in with 12 points.

Scranton's Kelly Halpin netted 20 points, while Gillian McGovern added 17.

Robyn Mendygral and Lauren Elwood each hit a three-pointer in the losing effort, while Steph Huber capped off a productive career with six points.

Wilkes trailed the overpower-

ing Lady Royals all game and took a 41-26 deficit into the half.

The Lady Colonels have been without the services of Angela Collins, who is recovering from a knee injury. Jill Ronkowski had a great start to the year, but saw it ended prematurely when she was injured mid-way through the season.

Watkins has been the Lady Colonels most effective player this year, finishing with 394 points for a 17.1 points per game average. Ronkowski, before her season-ending injury, averaged 9.9 points per game. Watkins also led the team in rebounds with 198, while Huber pulled in 160 on the year. Elwood stepped up her play to score 191 points in her first year, averaging 8.3 points per game, while Tracy Zaykoski averaged 7.9 points per game. Mendygral ended her season with a team-leading 47 steals, while hitting 50 of 70 shots from the foul line. Ronkowski and Elwood combined for 32 treys.

The team as a whole shot 26% from three-point range, 68% from the foul line, and 40% from the field.

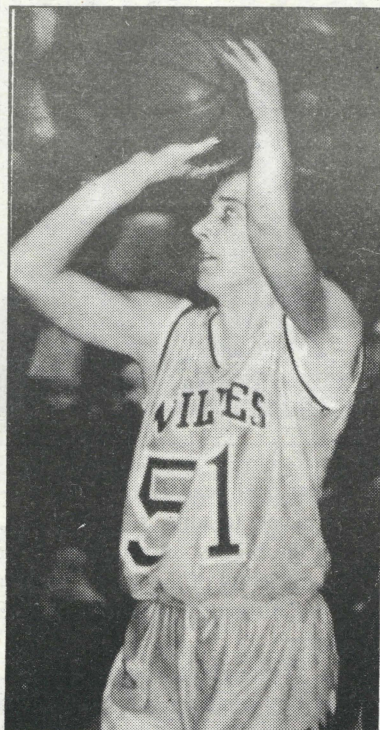


Photo by Frank Tomaszewski  
**Katie Watkins has had an all-star-caliber year for the Lady Colonels, who were hit hard by the injuries.**

## Wilkes 68, Widener 59 Host Elizabethtown tonight

Down by four at the half, the Wilkes University men's basketball team regrouped and bounced back for a 68-59 win over Widener in the quarterfinal round of the Middle Atlantic Conference playoffs.

Wilkes, 22-3, entered the playoffs as the number one seed out of the Freedom League, while Widener, 14-11, earned the fourth spot from the Commonwealth League.

Wilkes rebounded from a 28-24 halftime deficit, outscoring the Pioneers 44-31 in the second half to advance to Thursday night's semifinal game with Elizabethtown at the Marts Center. Elizabethtown comes to Wilkes-Barre as the number two seed from the Commonwealth League.

"We underestimated them," said senior Scott Cleveland of his team's game with Widener. "We thought they'd roll over and we weren't as intense as we usually are."

For the second straight game, freshmen have stepped up and played an integral part in Wilkes' wins.

Brad Sechler connected on two three-pointers, while Greg Barrouk and Kevin Walsh each netted seven points coming off the bench.

Chad Fabian was 2-10 from the three-point arc, finishing with a team-high 14 points. Cleveland was a perfect 6-6 from the foul line, scoring 12 total. Brian Gryboski also tossed in seven points for a well-balanced Colonel attack.

"We came out flat and played awful," commented Fabian. "But it's important to be well-balanced, especially this late in the year."

Wilkes' regular season leading-scorer Dave Januzzi was held to just seven points in the game, including an 0-4 showing from the three-point arc. Januzzi did dish out five assists, though.

Widener, whose starting five consists of freshmen and sophomores, was led by Chris Hightower with 16 points. Markiese Mercer followed with 15, while Mike Siuchta added 11.

After a dismal first half, the Colonels looked to get the ball inside more and get some open looks in the paint.

And with their three middle-men combining for 20 points, it appears as though the Colonels' strategy payed off. Walsh and Gryboski accounted for 14, while Jason Sheakoski added six in the paint.

"We looked to penetrate inside more," said Cleveland of his team's second half surge. "We were wide-open in the middle and we wanted to take it to the basket more."

Wilkes' three big-men each matched their points with rebounds, as the three combined for 20 boards. Barrouk and Fabian each added five boards, while Barrouk assisted twice.

Cleveland and Hightower both blocked three shots, while Walsh and Januzzi blocked two apiece. Fabian added two steals.

"We have a great group of players," complimented Fabian. "We knew we had a good freshman class coming in and they have proven themselves, especially in the past few games."

Elizabethtown defeated FDU-Madison to advance to the semi-final at Wilkes. Elizabethtown comes into the playoffs as the number two seed from the Commonwealth League. Scranton, the number two seed from the Freedom League, will play at Lebanon Valley for the right to play the winner of the Wilkes/Elizabethtown. The championship game will be played at the highest seeds home court. If, for example, Wilkes and Scranton won, the game would be at Wilkes, but if Lebanon Valley wins, they will host the title game no matter who else wins.

"They're a different team now," said Cleveland of Thursday's foe. "They're playing well and it will be a big test. We can't take them lightly like we did Widener."

The Colonels will be putting their 29-game home winning streak on the line, which dates back to last year's Final Four team.

## Men secure Freedom League Title

*Freshmen step up, seniors claim fourth title.*

By COREY YANOSHAKE  
Beacon Sports Editor

It wasn't a must-win for the men's basketball team on Saturday, but it was a game they were not going to lose.

With first seed in the Middle Atlantic Conference playoffs already secure, the Colonels traveled to the University of Scranton on Saturday night with the outright possession of the MAC Freedom League hanging in the balance.

With a Scranton win, Wilkes and Scranton would have been crowned co-champions of the Freedom League, but with a Colonel win, Jerry Rickrode would claim his fifth consecutive Freedom League title.

"We didn't want to share it," said Scott Cleveland, of the Freedom League championship.

The conference rivals lived up to the hype that was placed on the game, but it was Wilkes who came out with a 73-67 hard-fought victory over the Royals.

A balanced scoring attack helped alleviate the pressure off Wilkes' top two scorers, Dave Januzzi and Chad Fabian, who were closely guarded all game. Instead, freshmen Brad Sechler and Greg Barrouk stepped up and



Beacon file photo

**Coach Jerry Rickrode won his fifth consecutive Freedom League Title**

combined for 20 points as the Wilkes defense held off the potent attack of the Royals.

"It's important to be balanced," said Fabian. "We knew we had a good class coming in and they've proven themselves."

Seniors Cleveland and Brian Gryboski netted 15 and 14 points, respectively, in closing out their regular season careers with four Freedom League titles. Januzzi scored 11, while Fabian added 9. Sechler finished with 12 and Barrouk eight in the win.

"It was a real big game, especially after losing at Scranton last year," said Fabian.

Scranton's leading scorer Jason Fisher scored a game-high 26 points, but fellow guard Mike Reno was held scoreless by a stifling Colonel defense. Al Callejas netted 13, as did Mike Dunphy.

"We just wanted to keep the winning streak going. We knew it was big, but we wanted the win and the outright title," said Fabian.

With Wilkes down by one midway through the first half, Sechler came off the bench and hit a three-pointer to give Wilkes a 16-14 lead. Sechler then added a three-point play to put Wilkes up 21-14. Later on, Barrouk and fellow freshman Kevin Walsh each added a deuce and Wilkes led 36-19 at the half.

"We were worried about going to Scranton," said Cleveland. "We knew it'd be tough, but fortunately, we played well, well enough to win."

Scranton came within one late in the game, but the Colonels held off the rally and hung on for their 21st win this season, finishing with a 12-2 record in the MAC, second only to Lebanon Valley, who the Colonels will meet in the MAC finals if both teams win out.

Of his fourth straight title and the team's fifth, Cleveland said, "We wanted to win it outright. If we lost the game and tied and were co-champions, it wouldn't have meant as much. We didn't want to share it and we played well."

Fabian sees the freshman class as being big contributors, but warns of their future.

"They're a good class and they have proven themselves already. But they will be a class to be reckoned with in the future. They're a great group of kids."

### February 25

\*Men's Basketball Playoff @ home vs Elizabethtown, 7:30 pm.

### February 27

\*MAC Championship at site and time to be determined.

March 18 th

## Local

By FRANK TOMASZEWSKI  
Beacon News Editor

A popular among Wilkes students of some unlawful week.

Perugino's Street in Wilkes location mentioned appeared in the newspaper Saturday bar supposedly had contest a few involved several u which also inclu various athletic t

Mark Davis Relations said, "t occurred, was given and dealt with. It Thursday and bef team even left for want to cause an u was dealt with, so An assistant age, was also m article. Pictur anonymously to t to the Times Le showed underag the bar.

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