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THE BEACON

The news of today reported by the journalists of tomorrow.



Mayor's Cup Upset

Wilkes bested by King's College for the cup

Full story on page 19

The Beacon/Jesse Chalnack & Purvit Patel

News

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

Beacon Briefs

Spring 2017 on-campus parking applications

Commuter and resident parking permit applications for the Spring 2017 Semester will be online starting Nov. 1, until Dec. 16 at 4:30 p.m. Any applications received after that point will not be considered for round one of spring semester parking applications.

Heroin Hits Home

The Sociology/Criminology club has invited Lackawanna County District Attorney Shane Scanlon to campus to speak from 11 a.m. to 1 p.m. Nov. 17 in Breiseth 107. He will be speaking about his "Heroin Hits Home" program. Contact Kevin Klatt at kevin.klatt@wilkes.edu for more information.

Panamanian Cultural Day

Panamanian Cultural day is from 11 a.m. to 1 p.m. Nov. 16 in the Henry Student Center. Stop by and celebrate Panamanian culture with food, dancing and traditional performances by Wilkes students.

One Day Stand at Wilkes

The One Day Stand Against Tobacco is being held on Nov. 17. A table will be set up for students to visit during club hours in the Henry Student Center.

Contact Lexie Panek at alexandra.panek@wilkes.edu with any questions.

Panamanian Cultural Day

Students are invited to experience Panamanian Cultural Day on 11 a.m. to 1 p.m. Nov. 16 in the Henry Student Center. This will be an opportunity to celebrate the Panamanian culture with dances, food and traditional arrangements performed by Wilkes students.

Invite an International Student to Dinner

For students that are interested in inviting an international student to their family's Thanksgiving, they can get in touch with Georgia Costalas at the Center for Global Education and Diversity by calling x7854 or emailing Georgia.costalas@wilkes.edu.

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Wilkes University Student Government notes

By Meghan Burns
Staff Writer

On Wednesday evening, Wilkes University's Student Government held its weekly meeting.

To begin the meeting, the Veteran's Council came in to present their fund request for week one of two.

The club is requesting \$5,400 to attend a national conference from Jan. 5 to Jan. 8. The conference will be attended by the board. Students will attend symposiums and discussions on student-veteran related issues and trends. The conference will provide students with helpful ideas to bring back to campus to help better support veterans on campus.

The Veteran's Council will return next week with updates.

Next, a fund request was presented to Student Government to provide a float for the Wilkes-Barre Christmas Parade.

Wilkes University was invited to participate in the Wilkes-Barre Christmas Parade at 3 p.m. Nov. 19. All Wilkes University students are invited to participate in the parade. The fund request was for \$150 to \$200 for crafting supplies to decorate

a float. The theme of the float will be a Gingerbread House.

The fund request will return next week with updates.

A fund request for a new event was then presented to Student Government for week one of two. The event will be Wine and Cheese. The event will help to improve the Student Government organization and show students that Student Government cares about them.

It will be held in the Student Center Lounge at 7 p.m. Dec. 6. Paper questionnaires will be distributed in order to get feedback from Wilkes University students. Food with a theme of cheese will be served.

The fund request was for \$1,000 for food, drinks and incidentals.

The IT committee met this week as well. They informed Student Government that they are currently working on a new portal for Wilkes students. The new portal will allow students to have easier access to grades and financial information and will be more streamlined.

IT also spoke about the Wifi at the YMCA. The old equipment was with Penteledata but they plan to begin working with a new company. Students can contact the Help

Desk if needed. The new equipment will run better and each student will have more bandwidth. IT is aiming to have the project done by the end of the semester.

The IT committee also spoke about exploring other options for e-learning being that the contract with D2L is up soon. They also spoke about possibly expanding the Help Desk hours to make it closer to 24-hour support.

The Operations committee reminded students the white stakes seen around campus will be where the new signage will be. The signage is part of a three-part project. They also reported the Media Center construction is underway.

MSC reported a great turnout at their coffee hour with the sister clubs. They also reminded that the One World Party will be held on Dec. 2. They are still accepting items for their food drive through the month of November.

The Treasurer's Report stands as follows: All College: \$2,1764.46; General Funds: \$623.92; Conference: \$2,853.36; and Spirit: \$113.75 for a SG total of \$5,758.49.



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Wilkes University holds Veterans Day ceremony to commemorate those who served

By Alyssa Mursch
News Editor

It's like winning the lottery.

That is the analogy that two veterans made to exemplify what it means to be an American, born in the land of the free and home of the brave.

"I've been in countries where people had to dig in the ground for a root to eat," said Veteran's Council co-advisor Col. Mark Kaster. "The opportunities we are lucky enough to have are because of the sacrifices of our veterans, and they deserve recognition."

That recognition is exactly what Wilkes University sought to promote with the Nov. 11 ceremony to honor the nation's heroes.

The pathways of the Greenway were lined with American flags, men and women attended in full uniform and speakers rose one after another to address the crowd with the American flag waving behind them.

Every year, Veterans Day falls on Nov. 11, as it is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918.

As such, the Veterans Council puts together a ceremony every year to show their respect and appreciation for those who have served.

President Patrick Leahy addressed the crowd, urging people to come together to honor veterans even at a time when the country is in the midst of a divisive election.

"We owe our way of life to our veterans," Leahy said. "Today we say thank you, thank you for your service, to all our veterans who serve our country, dramatic and subtle. The highest appreciation is not to utter words, but to live by them."

As he spoke, a veteran dressed in full uniform stood behind the seated crowd. As he stood and listened intently to Leahy and the speakers that followed, his emotions were visible. At times he nodded in agreement, at others he got choked up.

Each veteran has their own unique story of why they entered, what their experience was like, the hardships, losses and victories they faced and what life looks like after their service.

One story is that of Kelly Egan, a 38-year-old environmental engineering major that served in the National Guard for 14 years. His service came to an end when he was discharged for Post-Traumatic Stress Disorder.

"You'll get a thousand and one reasons why people joined," Egan said. "But at the end of the day you kept doing it because of the guy next to you. That's what keeps you going."

That camaraderie is one of the most rewarding aspects of his experience, Egan



The Beacon/Purvit Patel

The Wilkes University Veterans Day ceremony was held on Nov. 11.



The Beacon/Purvit Patel

Captain Jeff Homza shares his thoughts on Veterans Day.

said, as well as having the confidence of knowing that he did something that mattered and that he did help people, even it is "just the guy next to me."

He went on to talk about how the military strongly instills honor and integrity, and that veterans often have a different perspective than those who have not shared their experience.

As a veteran that faces PTSD, Egan said that it is something he "struggles with every day."

According to the National Institutes of Health, Department of Veteran Affairs, and Sidran Institute, the societal and economic

burden of PTSD is extremely heavy.

According to ptsdusa.org, one in three returning troops are being diagnosed with serious Post-Traumatic Stress symptoms.

Like many veterans, he struggled to find purpose after he was discharged. He talked about the many different paths veterans may choose to lead after their service, and his path of choice was education, for which he has two more years before obtaining his degree.

Captain Jeff Homza also touched upon what veterans' lives are like after their service.

"Veterans service doesn't end when they're out of uniform," Homza said. "They serve our

communities like they served our country. Some people slow down when they retire, but not veterans."

Every year the ceremony honors men and women that have made the same sacrifices as Egan. This year, the theme of the ceremony was: What does Veterans Day mean to me?

"Life a life that makes the sacrifice worth it," Egan said. "It's not for nothing, and people don't realize that."

Col. Kaster expressed similar sentiments, urging people to be aware of the service veterans have given to the country, not only on Nov. 11 but every day.

"If there's one theme from all the sacrifices that have been made, are still being made and will be made, it's that being a citizen is a responsibility. Freedom is not free," Kaster said. "This day is to recognize what we too often take for granted... many people are mourning today. Recognizing the sacrifices that have been made can make you a better American."

Kaster alluded to the a quote from the movie Saving Private Ryan, in which one character tells another as he is dying to "earn this." What he means, Kaster explains, is to make his sacrifice worth it, and to earn the life he has been given by the sacrifice that so many have made. That is what Kaster was emphasizing in his message that every American should wake up and "earn this," make the most of the life they have in order to best honor the sacrifices made in order for them to have it.

"The sacrifices of so many should be motivation to be your best every day, not just for yourself but for America."

Another key component addressed was what Leahy referred to as the "unsung heroes" - veterans' families. Leahy addressed families directly, saying "your sacrifice doesn't go unnoticed and will never be forgotten."

Wilkes also participates in the U.S. Department of Veterans Affairs' Yellow Ribbon GI Education Enhancement Program, which allows it to cover post-Sept. 11 veteran's tuition expenses that exceed the highest public-in-state undergraduate tuition rate. Wilkes can contribute up to 50 percent of those expenses, and VA will match the same amount.

G.I. Jobs Magazine also named Wilkes University to its list of Military Friendly Schools the past six years. This list honors the top 20 percent of colleges, universities and trade schools that are doing the most to embrace America's service members and veterans as students.

"We don't expect to be thanked. We didn't join to be praised," Homza said. "Today, if at no other time, seek out a veteran and thank them for their service. Your freedom today is because of their sacrifice"

Wilkes Celebration of Education honors Wilkes-Barre teacher as Educator of the Year

Courtesy of Wilkes University
Marketing Department

Wilkes University held a Celebration of Education event on Nov. 9 to honor alumni who have made outstanding contributions to the field of education.

Heights-Murray Elementary School teacher Kevin Sickle was honored with the 2016 Educator of the Year Award.

The event took place from 5 p.m. to 7 p.m. in the second floor ballroom of the Henry Student Center. Proceeds from the event went toward benefiting scholarships for education students at Wilkes.

Wilkes also recognized two graduates of its doctor of education program with the Diane Place Doctoral Dissertation Award.

Honorees included Jillian Mullen, executive director of the Schuylkill Community Education Council in Mahanoy City, Pa., and Dawn Sutton, who received a bachelor's degree at Wilkes in

1974.

Sutton is a math and special education teacher for high school students. Both women were awarded their doctor of education degrees in May 2016.

Sickle is a 2003 Wilkes graduate with his bachelor's degree in psychology and an elementary education certificate, and a 2009 Wilkes graduate with his master's degree in educational development and strategies. He has been a fifth grade math and science teacher at Heights-Murray Elementary School in the Wilkes-Barre Area School District for 12 years.

He has served as second vice president of the Wilkes-Barre Area Education Association for four years. In addition, he has been the director of the Heights-Murray Elementary School spelling bee for 12 years and the director of its science fair for 10 years.



The Beacon/Jesse Chalnack

Last Wednesday, Wilkes University held a celebration to honor Heights-Murray Elementary School teacher Kevin Sickle as 2016 Educator of the Year.

Spring 2017: President Leahy offers leadership course

By Toni Pennello
Asst. News Editor

A unique course is being offered for the Spring 2017 semester by the department of entrepreneurship, leadership and marketing. It is not necessarily the content of the course that makes it unique, but rather the instructor.

It is a one credit course that is called LDR398, President's seminar in leadership, and will be taught by President Patrick F. Leahy.

The course is being offered on Mondays from 3 to 5 p.m., and will include a variety of guest speakers to aid the curriculum. The focus is on successful leadership. All Wilkes students are welcome to take the course, regardless of their majors.

It is unknown at this time who these guest

speakers will be, but Leahy shared that the course would "provide upperclass students a unique opportunity to interact with some of the top leaders associated with Wilkes."

"I'd encourage every student, especially seniors and juniors, to consider taking this course to explore challenges and opportunities in leadership," read an email from Dr. Grace Xiao, chair of the department of entrepreneurship, leadership and marketing to students of the Sidhu school of business.

"I look forward to introducing this special course on leadership next spring," Leahy said.



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The Beacon/Gabby Gliński

President Patrick F. Leahy will be teaching a new course entitled "President's Seminar in Leadership" in the Spring of 2017. Students of all majors are invited to register.

*Do you like to write? Interested in current events? Want to get more involved?
Write news for the Beacon!*

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Unprecedented Trump victory leads to mixed emotions Republican party gains majority in House, Senate

By Sarah Bedford
Editor-in-Chief

In the early morning hours of Nov. 9, Republican nominee Donald J. Trump was named the 45th President of the United States of America.

According to unofficial results from the Luzerne County Bureau of Elections 38.55 percent of voters selected Democratic nominee Hillary Clinton and Tim Kaine while 57.95 percent of the vote went to Trump and Mike Pence. According to CNN, Trump received 290 electoral votes with Clinton receiving 232.

With the nation in shock over the Republican nominee's victory, uncharted by the media as most polls had Clinton ahead, the Trump win has left some in despair while others are optimistic for the future.

"I saw my country die. I watched as we gave into the hate and division," said Wilkes sophomore secondary education and history major and Clinton campaign volunteer Ian Valles. "I am thoroughly disgusted with America. We have elected a demagogue, who treats women, racial and ethnic minorities, Muslims, Jews, the LGBTQ Community, with sheer disdain and ambivalence."

"The United States of America that promised equal rights and protections is gone, and I no longer consider myself to be a willing American citizen. I am merely a human being, trapped in the United States."

During her concession speech on Wednesday, Clinton called for her supporters to give the president-elect a chance and to continue to support American democracy.

"Donald Trump is going to be our president. We owe him an open mind and the chance to lead. Our constitutional democracy enshrines the peaceful transfer of power," Clinton said. "We don't just respect that. We cherish it."

Emma Leach, a senior political science major who is currently an intern in Washington, D.C. at the Republican Attorneys General Association explained that as a female conservative, she was not expecting the Trump win but is hopeful for the future.

"I was sitting in a republican war room, less than five minutes from the White House, I saw the crowds of people," Leach said. "I was surrounded by people who

have dedicated their entire careers to GOP campaigns and they too were in disbelief. My office planned for a Hillary victory. I planned for a Hillary victory. I didn't think I would see a red electoral college for a long time. (The) experience last night was a privilege, seeing the fear, shock and to some pure joy is a memory I will never forget."

"Thursday I get on a plane to Texas to attend a meeting with the Republican Attorneys General whose careers will also change. As a female conservative my life will change from here on out. What happens to my career is in the hands of President Trump."


With thousands across the United States protesting the Republican win carrying signs with slogans of "Not My President", "Nasty Women Fight Back" and yelling chants of "Impeach Donald Trump" at the entrance of the Trump International Hotel according to USA Today, the future of Trump's presidency remains unclear to some.

Wilkes University professor of political science Thomas Baldino explained that the future of the Republican presidency will rest in his style of governance.

"The next four years will be challenging for President-elect Trump depending upon how he decides to govern," Baldino said. "If he decides to defer to the Republican congressional leadership (Ryan and McConnell), then the laws passed by Congress and signed by Trump will not appeal to Trump's voters. Things like new trade agreements, privatizing social security, means-testing Medicare, and immigration reform that doesn't keep out all immigrants will hurt working class voters. If Trump decides to push his populist agenda in Congress, the Republican leadership will block it."

"Four more years of gridlock are a distinct possibility and four years of gridlock will not please Trump's voters," adding, "Of course, many other voters will also be unhappy with four more years of gridlock."

Trump will be inaugurated on Jan. 20, 2017.

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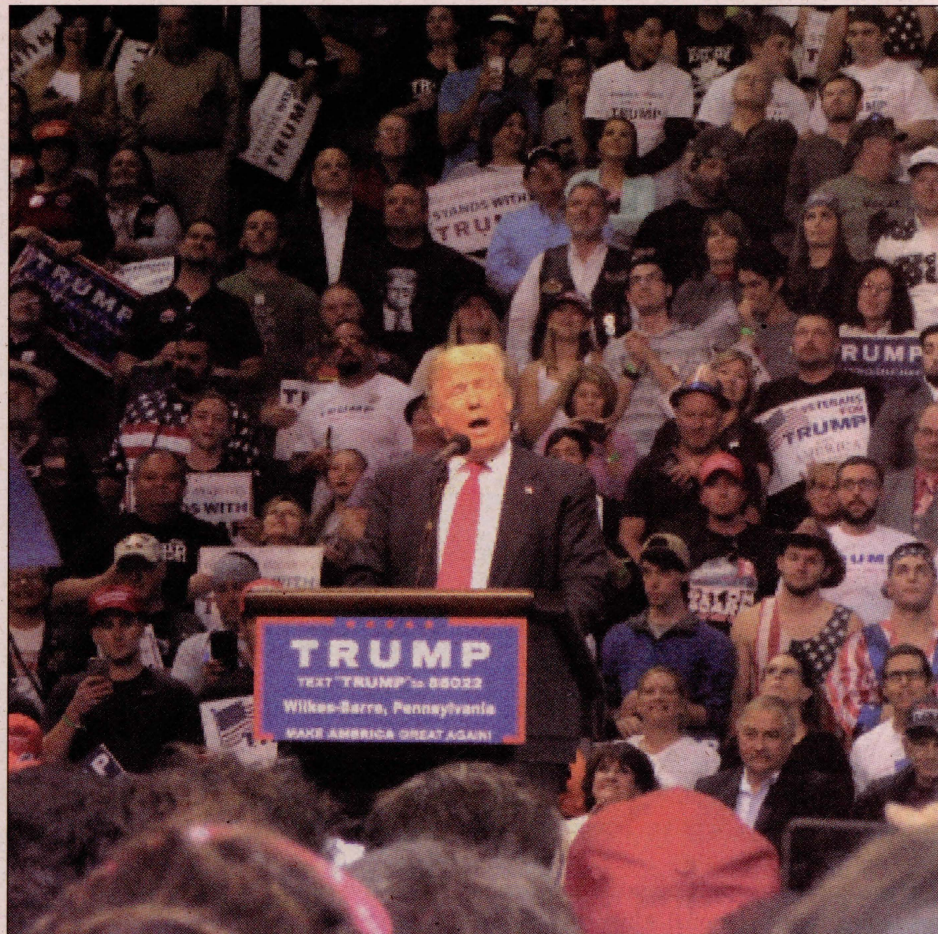


Photo from Trump's campaign visit to Wilkes-Barre in April. The Beacon/Archives



The Beacon/ Gabby Glinski
Students and members of the Wilkes-Barre community enter the Marts gym to cast their vote on election day.

Hunger and Homelessness Week

What you can do and what students are already doing

By Toni Pennello
Assistant News Editor

Every year, the week before Thanksgiving is national hunger and homelessness awareness week.

This year, it begins on Nov. 12.

According to the National Coalition for the Homeless' website, "This is a time for us all to think about what we are thankful for, a perfect time to share our compassion with our neighbors who are experiencing homelessness and work toward a world where no one has to experience hunger or homelessness."

The mission of The National Coalition for the Homeless is, according to its website, "to prevent and end homelessness while ensuring the immediate needs of those experiencing homelessness are met and their civil rights protected, reflecting the purpose of the awareness week itself."

This year, Hunger and Homelessness Week is primarily focusing on local laws passed throughout the country that, in effect, criminalize homelessness and prevent those experiencing homelessness from life-sustaining things.

Homelessness can happen to anyone. According to the National Alliance to End Homelessness 2015 report, there were 15,421 homeless people in Pennsylvania alone.

Lynn Bell, who is currently homeless and sleeps under the Wilkes-Barre Pierce Street Bridge, was making 40,000 a year as a union technician only nine years ago. Everything changed when she was diagnosed with breast cancer and, even after she went into remission, she was too shaky to return to work, resulting in her living on the streets.

Stu Glazer is a veteran who was homeless for a few months over the summer, before he received housing. Not everyone is lucky enough to get the housing they need in the colder months, however.

For those seeking to help those less fortunate, especially during the holidays, there are opportunities at Wilkes to help pacify the epidemic of homelessness.

Some ideas for events can be "One Night Without a Home," where students may raise awareness by inviting others to sleep out in

front of a city hall or on campus. In addition, students can participate in a Dining Hall Fast to raise hunger awareness.

In addition to those things, a few Wilkes students are participating in Food 4 Kids food drive for Thanksgiving, a program being held by the Commission on Economic Opportunity (CEO) and located at 140 Westside Mall in Edwardsville.

"The mission of CEO is to promote

***"We will be feeding
over 10,000 families
this holiday season
and we would not be
able to do it without
the support of Wilkes
students."***

-Megan Pitts,

**Food 4 Kids program
manager**

self-sufficiency among low-income and vulnerable populations by confronting the causes and reducing the effects of poverty," reads its website.

CEO has been recognized by the Commonwealth of Pennsylvania for its "outstanding contribution and leadership in Luzerne County's Continuum of Care Planning for homeless individuals and families," according to the website.

Megan Pitts is the program manager for the Food 4 Kids Meal Program, and is working closely with their Thanksgiving Project as well as coordinating volunteers. She invites Wilkes students to participate.

"It is so important for us to have community involvement with our Thanksgiving project. We will be feeding over 10,000 families this holiday season and

we would not be able to do it without the support of Wilkes students," Pitts said. "It is truly amazing to see students take the time out of their day to come and support such a great cause. We really appreciate it!"

Student body vice president and junior student of pharmacy, Cody Morcom, was informed of the tradition of the Pharmacy School's volunteer work with CEO and decided, along with Big Event coordinator Katelyn Jimison, to spearhead the student participation.

"We felt that by taking on this effort and carrying on the tradition, we could give back to the community in a fantastic way," Morcom said, adding that it was especially rewarding to do so around Thanksgiving, "when those who are not well off truly need food."

Cody shared that more than 68 pharmacy students and faculty will be volunteering for the program on Nov. 19.

Another Wilkes student, Evan Sedor, has been volunteering for the CEO food bank since grade school.

"...(I)t wasn't until I was a bit older and assisted in the delivery of food boxes to a nearby low-income senior citizen apartment complex that I realized just how many people were in need of the kinds of programs that the CEO Food Bank provides," Sedor said. "Many people don't realize that there are people in their neighborhood that are in need -- some temporarily and some for longer."

"I think it's important to help our neighbors, and volunteering for CEO's Food Bank, their Food 4 Kids program, and their various other programs are great ways that you can really make a difference in our community."

For more information about the food drive and how to get involved, contact Megan Pitts at:

mtribenidis@ceopeoplehelpingpeople.org.



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toniann.pennello@wilkes.edu

Types of Homelessness Criminalization Measures:

- Sweeps; confiscating belongings like tents, bedding and clothing
- Making panhandling illegal
- Making it illegal for groups to share food with homeless in public
- Enforcing an ordinance for "quality of life" regarding public activity and hygiene

Life, Arts & Entertainment

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

Ying Li creates one-of-a-kind pieces shown in Sordoni Art Gallery

By Catherine Rose
Staff Writer

The Sordoni Art Gallery is currently displaying works from Ying Li's exhibit, "Geographies." It contains paintings that center around landscapes in New York City, Colorado, Maine and Switzerland.

Born in Beijing, Ying Li obtained a degree from Anhui Teachers University (1977) and taught there from 1977-83. Li fell in love with a man she met at the top of Yellow Mountain in China.

She and Michael Gasster, who was at the time studying Chinese history abroad, soon married and she immigrated to the United States to live with him. Li earned her MFA from the Parsons School of Design in 1987. She is now the Department Chair and Professor of Fine Arts at Haverford College outside Philadelphia.

Heather Sincavage is the Director and Assistant Professor of the Sordoni Art Gallery. She said that Ying Li has been painting all of her life but her work was always realistic in nature until she came to the United States. She sort of "exploded" in a way and began painting expressionistically.

"You can see the budding of a person within her paintings. Her art moves from very controlled work to a person with a lot of energy."

The exhibit is curated from a larger showcase at Haverford College. Bringing it to Wilkes was "a team effort spearheaded initially by Stanley [Grand]."

Sincavage said an interesting aspect about her position is that by the time she started her position at the university, this exhibit was already arranged and she had to begin planning the next shows. With art, she is constantly moving forward.

"Geographies" is different from the last exhibit at the gallery in that it is a solo exhibition.

Having an expressionistic style, Li seeks to convey her inner experience by distorting rather than directly representing natural images. For this reason, visitors may not first recognize the scenes she has depicted.

"What interests me is movement and change in nature instead of capturing something still," Li said. "It's not about describing or illustrating what I see. It's about something more permanent."

She utilizes unconventional techniques to create one-of-a-kind pieces. Li uses her palette knife, incorporates broad strokes of her brush, and even directly applies paint from the tube to the canvas.

Margaret Galatioto, a student who holds a work-study job at the gallery, finds the texture of the paintings interesting. "The artwork comes out at you."

Traveling to and from different locations inspired Ying Li's compositions. While there are four main geological locations from which the collection stems, Sincavage comments that it "all seems to blend into a cohesive body of work."

The locations acted as a "catalyst of Ying's paintings." "A lot goes into arranging art in the gallery," says Galatioto. In the Sordoni Art Gallery, Ying Li's art is arranged by different locations.

Besides traveling, Ying Li also educates. One thing she does not do is show her pupils her own work. Galatioto said she thought it was neat that she "never wants to influence her students."

Ying Li is all about the artistic response and is not pushing any personal agenda.

"She is a lovely person," attests Sincavage.

Ying Li's exhibition, "Geographies" will be on display until December 18.

Sincavage is looking forward to the new home for the Sordoni Art Gallery in the building that previously housed Bartikowsky Jewelers. The move is in motion and the new gallery is planned to open next academic year. The new location will be more visible downtown on Main Street, and it will have double the space of the current location in Stark Learning Center, giving it a significantly greater presence on campus.

The change in location will certainly "spotlight the art space," says Sincavage, who likes to think of the art gallery as an "alternative to the traditional classroom."

Sincavage wants to use the gallery in a way it hasn't been used in recent years by expanding programming to include concerts and pecha kucha, a fast-paced Japanese style of art presentations. She is in the process of getting Wilkes-Barre involved in the Pecha Kucha 20x20 organization.

Art is not a standalone process. Sincavage hopes to "draw from other thinkers" with the new gallery. "I'd really love to engage the community way beyond the walls."



Ying Li's piece that is titled "City Paintings".

The Beacon/ Kimberly Hein



The Sordoni Art Gallery is located in Stark Learning Center near the elevator. Students are encouraged to visit at any time.

The Beacon/ Kimberly Hein

RECIPE OF THE WEEK:

FALL IN LOVE
with Breakfast to go

INGREDIENTS:

- 4 tablespoons of oats
- 1/3 cup of milk
- 1/2 cup of vanilla yogurt
- 2 tablespoons of Chia Seeds
- 1/4 cup of Kashi Go Lean Toasted Berry Crisp Cereal
- raspberries and blueberries

INSTRUCTIONS:

1. Fill mason jars with oats and pour in milk.
2. Refrigerate for 30 minutes so the oats absorb the milk.
3. Layer the following ingredients: vanilla yogurt, Chia Seeds and Kashi Cereal.
4. Top with fruit.
5. Enjoy!!



Do you have a favorite dorm room recipe that's convenient for college students always on the go?

Submit it to Amanda Bialek, LA&E Assistant Editor

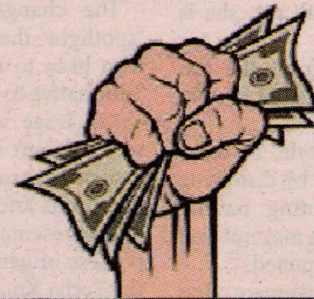
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Conquer college campus hunger at Wilkes University

By Amanda Bialek

Life, Arts & Entertainment Asst. Editor

Many colleges throughout the United States are opening on-campus food pantries. Wilkes University has recently joined this movement to combat hunger among college students.

"The concept of a food pantry came to fruition about two years ago when there was a budget impasse roughly two years ago in Harrisburg," Megan Boone, coordinator of student development said.

Since students were not receiving the loans they needed to afford groceries and books, the Wilkes Food Pantry was created to supplement food insecurity. Food security is when someone is without reliable access to a sufficient quantity of nutritious food.

The university is a "food desert," meaning that there are not any grocery stores within walking distance that are substantial enough for students to purchase quality groceries, according to Catherine Conte, student development graduate assistant.

With the new addition of the food pantry, students will now have access to groceries at their fingertips. The pantry is located on the second floor of the Student Union Building in the Interfaith Office. Tentatively, it will be open after regular hours from 5 p.m. to 8 p.m. Monday through Friday.

Students can fill out a form for the items they are taking with their WIN number. This will help keep track of what items need to be replenished. Utilizing the WIN number and non-traditional business hours allows students to remain as anonymous as possible.

Researchers have found that one in four college students is hungry, according to Medline Plus. (<https://medlineplus.gov/>)

"With growing awareness of the level of food insecurity amongst our students and even their families, we would never want a student to have to choose between books or food or even medication or food," Boone and Conte said in an email.

"Supplementing food to our students and families in need is something we as Wilkes University can afford to do."

Both Boone and Conte understand how costly tuition is. Many students are also employed at a place of work full-time or part-time while attending college.

"If we can alleviate an added stress, food is the best thing we can provide at very low/to no cost," Boone and Conte said.

Besides food, the pantry also stocks personal care items such as feminine hygiene products, laundry detergent, dental care and

shampoo and conditioner.

It is entirely comprised of donations. The pantry accepts any items that are not open or expired.

If you are interested in volunteering to help organize the food pantry or wish you to donate some items, please contact Catherine Conte at catherine.conte@wilkes.edu.

"If you want to eliminate hunger, everybody has to be involved"

- Paul Hewson

The Wilkes Food Pantry is also currently in search of a clever name that reflects the "Be Colonel" lifestyle here at the University. If you have any suggestions, please contact Megan Boone at megan.boone@wilkes.edu.

Every year, National Hunger and Homelessness week is held prior to Thanksgiving. In lieu of this movement, Wilkes encourages to spread awareness by talking about food insecurity and the pantry. If students wish to volunteer in the local community during this season of giving thanks, they can contact the Saint Vincent DePaul Soup Kitchen (570) 829-7796 or the Commission on Economic Opportunity at (570) 826-0510.

"If you want to eliminate hunger, everybody has to be involved," Paul Hewson, co-founder of the ONE campaign said.



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Visit the Wilkes Food Pantry today!

Location:
2nd floor of the SUB in the
Interfaith Office

Hours:
Monday - Friday
5-8 p.m.



The Beacon/ Jesse Chalnack

The Wilkes Food Pantry offers a variety of food for students on campus.



The Beacon/ Jesse Chalnack



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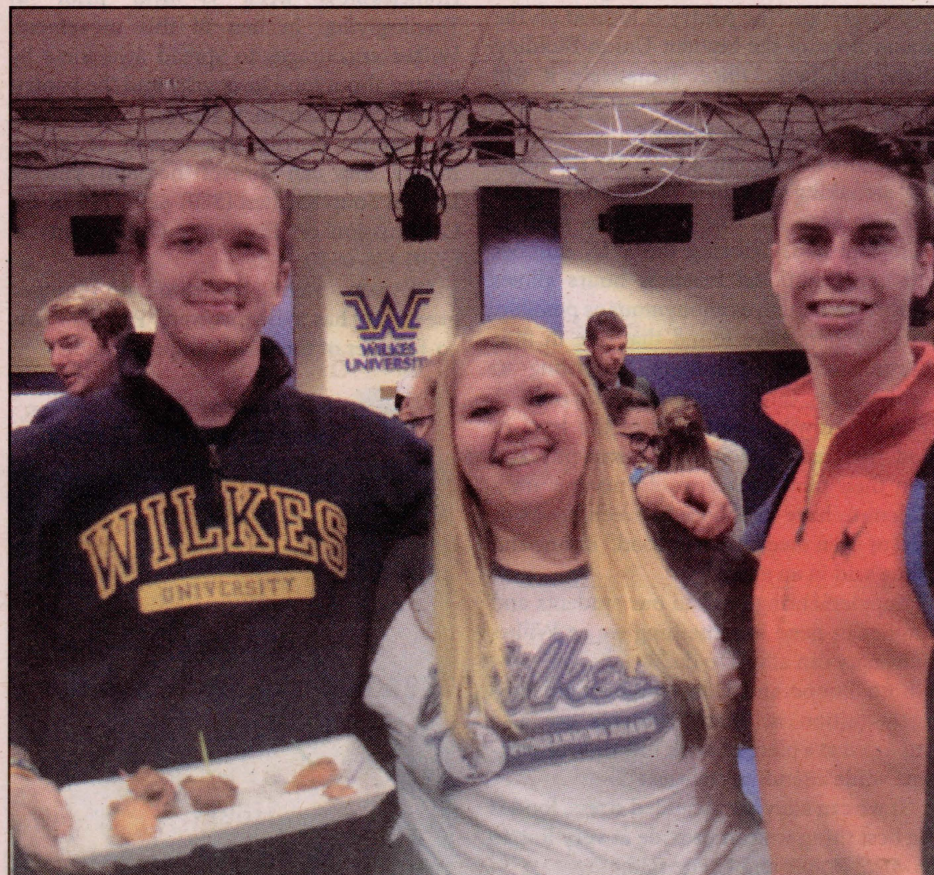
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Programming Board hosts Wing Wars



The Beacon/Purvit Patel
 Elliot DeMesa serves up wings at Wing Wars to another student.



The Beacon/Purvit Patel
 Jordan Lindley, Valerie Woods and Cody Morcom enjoy their wings at Wing Wars.

Humans of Wilkes



The Beacon/Jesse Chalnack

"My name is Angel Salceda. I am 25 years old, and I am in the MEDUCA Bilingual Panama Program. I came here with 19 other students on Aug. 24, and we will be leaving on Dec. 14. This program sends students not only to different states throughout the United States of America, but also to the United Kingdom and Canada. The purpose of the program is to learn the SIOP model and different strategies we can use within the classroom and our daily lives. During my time here, I have gone ice-skating, bowling, traveled to Knoebel's, Dorney Park and New York City, where I saw Ellis Island, the Statue of Liberty, Central Park and Time Square. What I really like here at Wilkes University are the classes I have with Mr. Vito and Mrs. Domicella. I have learned a lot with them. When I return to Panama, I aspire to teach like them. I also look forward to spending time with my son, friends and family, practice breakdancing with my crew, and share all the information I have learned here."



Wilkes-Barre MAYOR'S CUP

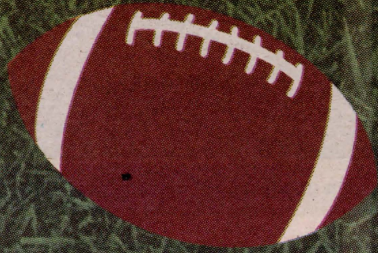


Over 1100 fans gathered to watch another edition of the Mayor's Cup.



Multiple defenders scoot by #66 Ryan Dupre to tackle #4 Jose Tabora.

WILKES vs. KING'S



Players from both King's and Wilkes collide in an effort to scoop up a loose ball and #6 William Deemer.



#97 Mike Hauck kicks an extra point held by #6 William Deemer.

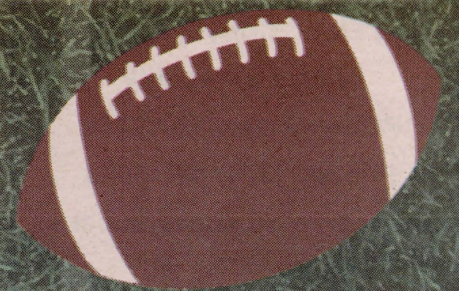
Design by Israel Rodríguez, Photos by Jesse Chalnack and Purvit Patel



#18 Jeff Steeber jostles with two King's defenders in an effort to secure the pass.



The Colonels gather during a break in the action to talk over strategy.



Opinion

Have an opinion or want to write a guest column? Contact the opinion editors: mark.makowski1@wilkes.edu or andre.spruell@wilkes.edu

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Our Voice

"The system did not fail you. Your fellow Americans did."



By Sarah Bedford
Editor-In-Chief

I have written and rewritten this piece three times now. Uncertain of how to express how I'm feeling because in our current state of affairs if you are not angry, if you are not expressing hurt, if you are not chastising and criticizing, you are silent.

I have been relatively silent.

I have been silent because as I eagerly took in the election results on Nov. 8, watching red state after red state appear on my living room TV I knew this was going to be like no other election.

I have been silent because I am a Trump supporter. Donald J. Trump was not my first choice candidate but he soon became the best choice for me. Though his words have been hurtful and his past questionable, what he proposes to do is a beacon of hope to me and my family. Because I believe actions speak louder than words and the actions and arguably inactions of Hillary Clinton were something I could not support.

I voted on principles of economics, healthcare reform and foreign policy. Social issues have not been my top priority. Not because I am ignorant to others suffering, not because I do not care. Because I simply do not align with either party. Because I live by the mantra of you live your life and I'll live mine. Because I consider myself a true believer in minimum government where they should not be in my healthcare, not in my school and not in my bedroom.

But my values and principles are not what I wish to discuss, nor the reasons why I choose to support Donald Trump.

I wish to write about what it is to be an

American, what it is to have patriotism and why the results of this election have shown that we have lost that.

I want to fully express that I do not blame the Democratic Party for the things I will be referencing. Hillary Clinton made a gracious and tactful concession speech on Nov. 9. She expressed her hope that her supporters would respect and accept Trump as their president. She admitted there would be hurt but she did not call for what unfolded in the 48 hours following the election. No Democrat did.

I found myself disgusted, disturbed and ashamed of the individuals whom I know and those I do not. Those who claimed Trump is "not my president" and who destroyed the American flag. Who harshly ridiculed those who supported the Republican candidate because in their heart of hearts, that's what they felt was best.

I am not sitting here on my protected soap box saying that those who felt so strongly should not feel hurt. You are entitled to your pain. You are entitled to express yourself. In our great, beautiful country you are given that right. You are protected under the First Amendment to burn the American flag, even though most of you doing so never fought to protect it with your own life. But I digress.

I am disgusted that in America, a nation among few which has democratic elections, Americans have been acting the way they have. Rioting in the streets (though again--I know they can.)

Though at the time of this story no reports of deaths have been made, I was watching TV and I heard a young woman say on a broadcast that lives on both sides would be lost to make a change.

But why? In America, we have this amazing opportunity to become involved in the political scene. You can volunteer, campaign, lobby, write. You are not told that you cannot actively participate.

You actively decide not to.

I read so much on Americans saying the electoral college must go. The system is a failure. Both sides reported this all along. But as the popular vote rolled in for Clinton and the electoral college rose in Trump's favor, winning him the election, it was not the system that failed the American public.

It was the public itself.

According to the Insider Business, 131

million ballots were cast. The difference between Trump and Clinton was not huge. But out of all eligible voters only 57 percent bothered to show up at the polls.

The system did not fail you. Your fellow Americans did.

As I sit here writing this piece, I already know there will be people who scoff. Who will claim I have no right to say what I am saying. Though isn't it funny how I absolutely do?

I am not chastising those who feel differently than I do. Because we do have the right to speak, to assemble, and to petition. We are given this right because we live in a country that has given us that because of the men and women who have fought and some lost their lives to protect that.

I do not write this to shame and to cause more unrest. I write this to say that in all of the chaos this election season has given, how amazing is it that we have the right to conduct ourselves the way we have. To protest. To speak out. To live.

I know people fear for the future. But I do not because we live in a nation of checks and balances--yes, even with a Republican majority in the House and Senate. We live in a system of hope, that other nations only dream of achieving. The turmoil will end. Time will go on and hopefully the Trump presidency will bring about positive change for all Americans.



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**Each week a Beacon editor
will take a stance on a
current topic.**

**Note: The views expressed
are those of the writer.**

The stark reality for two fantasy football owners



By: Andre Spruell & Mark Makowski
Opinion Co-Editors

For our last article of the semester, the Opinion Co-Editors wanted to write about something that we both love and enjoy in our world of sports.

We decided to talk about our adventures this season with fantasy football. This was the first year that we both joined the same league, but no money or prizes are being handed out to the winner; it's all about bragging rights, and just having fun.

We decided to discuss our fantasy football teams because fantasy football is something that is very popular among NFL fans.

According to the Fantasy sports trade commission, 57.4 million people play fantasy football.

It has become such a popular hobby that there is a popular magazine for it, Fantasy Football Index, a popular show based on it called The League, which lasted 7 seasons on the FX network, and an ESPN radio and television show on it.

The way fantasy football teams are usually set up is to start one quarterback, two running backs and receivers, one tight end, one team's defense, a kicker, and a "flex" position which can be any position except for quarterback, defense, or kicker.

As far as the points system, every touchdown is worth 6 points (4 for a passing

touchdown), 1 point for every 10 yards rushing or receiving, -2 for any interception or fumbles.

Kickers get 1 point for an extra point, 3 points for a field goal 39 yards or less, 4 points for a 40-49 yard field goal, 5 points for 50+ yard field goals, and lose a point for a missed field goal.

We are now entering week 10 of the season, and with playoffs starting in week 14, it's a mad dash to the finish line and to squeeze into the top four of the standings to make the playoffs.

Andre's team Manziel's Party Posse owns a 3-6 record, and is currently on a two game losing streak.

My team, Packer Smacker also has the same 3-6 record. However, I am fresh off a win, and may be able to start a hot streak. Although the way this season has been going, anything can happen.

MANZIEL'S PARTY POSSE

Towards the end of August with the NFL season fast approaching, I was itching to join a fantasy football league because I have played fantasy football the past 4 years and was in jeopardy of breaking that streak, but then I received a call from Mark who invited me to join his league, which I gladly

accepted.

Coming into the fantasy football season I was feeling pretty confident since I finished third out of ten teams last year. Unfortunately, we as a team have not gotten off to a hot start. Despite our 3-6 record, there are four games left and are third place in the standings, giving us hope of making the playoffs and ultimately winning the championship.

Although this my fifth year, I have never claimed the throne as fantasy football champion in any of my previous leagues.

This year the players that have been doing well for me are Arizona Cardinals running back David Johnson and tight ends Jordan Reed of the Washington Redskins and Jimmy Graham of the Seattle Seahawks.

A weak spot for me this year has been wide receivers, who are vital because each team has to start at least two. Getting zero to single digit points from that part of my team can be blamed for our poor record and need to pick it up so I can claim my first fantasy football championship ever.

PACKER SMACKER

Fantasy football is something that I always loved to play ever since I started high school. I would typically join a league with random people from the fantasy football universe, and have at it.

Over the last two seasons I was in a league where money would be involved, yes I was still interested in it, but it lost that fun feeling because it was more about cashing in than winning.

So I decided to do something different this season and create my own league, the only part that worried me was finding nine more people to join me.

One of the first people I asked was Andre, and he was pretty excited to see which Opinion Editor would be a Fantasy GM.

I decided to get some of my closest friends in the league who were excited, and even my dad joined, who I happened to beat last week, but I won't rub it in his face. My girlfriend also was excited to give fantasy football a shot, she beat me into the ground during the first week of the season.

As our time to start our fantasy draft was quickly approaching, I was unsure of who to pick.

Los Angeles Rams Running Back Todd Gurley was someone that was very high on my list. Wide Receivers Julio Jones, and Antonio Brown were also picks I was interested in, however these three players would be selected within the top four picks of the draft.

I would have the 10th overall pick, which I used to select Houston Texans wide receiver DeAndre Hopkins, hoping that he would continue the success that has been seen though his first three years in the league. Hopkins has been hit and miss all season long.

One of the picks that I have been my number one provider this year has been Cowboys rookie running back Ezekiel Elliott.

Elliott has burst onto the scene this year and he is averaging 17.3 points per game which is fourth among all fantasy players. It has been a year where all players have either been hot or extremely cold, so as the season enters the homestretch, I hope that I can put the right pieces together, and propel myself into the playoffs for a chance to be the best.

Fantasy football is not only fun, but it is important for the NFL because it brings even more fans to watch the sport.

The reason for that is even if your favorite team is not playing, you are willing to check out other games no matter the score just because a player you own in fantasy football is playing and you want to see how well he is doing.

As for the future of fantasy football, it is something that will be around for as long as there's internet access because it connects so many people to the game of football.

Photo Courtesy ESPN.com

The cycle of celebrity drug and alcohol addiction

By: Andre Spruell
Opinion Co-Editor

Fame brings about a following of admirers and fortune, which leads celebrities to turn towards things like drugs and alcohol.

When it comes to fame, there are many celebrities who have made millions of dollars and can maintain it. Unfortunately for most people that achieve the status of fame, they end up losing the majority of their money if not all of it.

The saying "money brings happiness" is true when someone has tons of money and everything is going well, but that happiness disappears once it is gone because of how that money is spent.

Celebrities spending money on drugs has been well documented for many years.

Names like Lindsay Lohan, David Hasselhoff and Robert Downey Jr. are examples of celebrities who aside from acting, are well known for their abuse of drugs and alcohol.

Unfortunately for other actors like Heath Ledger and Corey Haim, both ended up losing their lives over their addiction to prescription drugs.

Many celebrities who have achieved fame through music have also lost their lives due to their addictions to drugs and alcohol.

Although there has been documentation of many other celebrities outside of the music and acting business who have substance abuse issues, the world of entertainment seems to be popularized with drugs and alcohol.

Despite having the funds to have access to whatever they want, the biggest issue as to why so many celebrities abuse drugs and alcohol is because people are afraid to tell celebrities.

Along with money comes power and because of that, most celebrities feel like they can do whatever they want and do not have to succumb to anyone beneath them because the average person does not make nearly close to the money celebrities make. Feeling like you are better than someone based on what is in your bank account is an attitude that is never good to have.

Hiding behind millions of dollars seems fine but once it disappears, they are just like everyone else.

Even when celebrities are sent to rehab because they have people in their lives that care for them enough to send them there, there are many instances where celebrities

either leave in the middle of the stay.

There are even more instances where they leave rehab but end up going back and starting a cycle of going in and out of rehab.

Going in and out of rehab multiple times is a prime example of celebrities thinking they are above the law and better than everyone else.

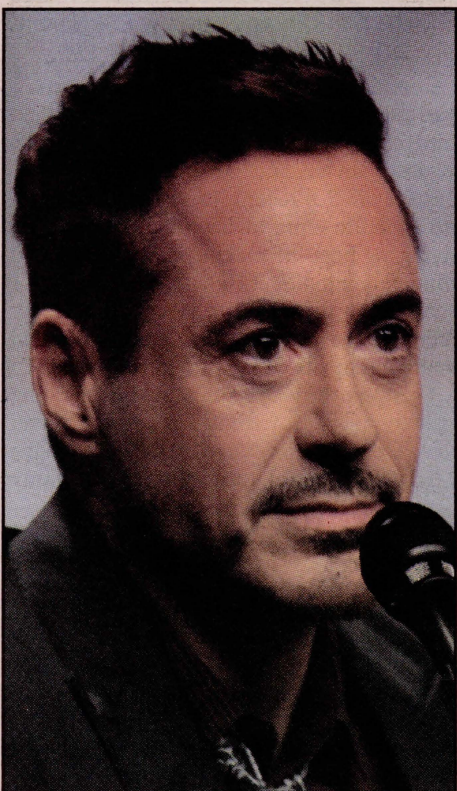
The issue over celebrities abusing drugs and alcohol is something that has been going on for many years and will continue to be an issue.

Unfortunately, it is an issue that will never be resolved because it is an issue involving people who have millions of dollars.

Another reason why this trend will continue is because in most cases, the celebrity's talent outweighs their personal issues and as the consumers, we continue to feed their addictions by paying to watch their movies and listen to their music.

At the end of the day of the public is getting entertained, which is the goal of the business.

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Actor Robert Downey Jr. battled a drug addiction problem in the late 90s and has recovered and made a big comeback since.

Have a an opinion or want to write a guest column?

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Colonels Talk Back

Food for thought: The on-campus dining experience

Interviews by
Luke Modrovsky
luke.modrovsky@wilkes.edu

Photos by
Jesse Chalnack
jesse.chalnack@wilkes.edu

Wilkes University offers multiple options for on-campus dining. Whether it's catching a quick wrap or salad at the P.O.D., or having a sit-down dinner on the third floor of the Henry Student Center, students have different opportunities to fill their appetite between busy class schedules and studying.

The Beacon asked members of the Wilkes Community their thoughts on the current state of on-campus dining. Want to be in the next Colonels Talk Back? Email luke.modrovsky@wilkes.edu

Greg Albertson
Freshman
Undecided

"First of all, I definitely think they should have more food upstairs in the cafeteria for the buffet, especially later. The football players get out of lift at 7 p.m., they usually don't leave us anything but the scraps. The food downstairs isn't too bad. I like how we have our picks to order and usually whatever we order is made pretty well."



Ammar Sabanovich
Senior
Criminology

"It's pretty bad. It could definitely be a lot better than it is. The selection and taste of food could be better. Our late night is horrendous. I walk up there and I see one slice of pizza every time I walk up there, so that could definitely be fixed."



Cody Puza
Sophomore
Marketing

"I think they give us a good variety of food. It could be a little more healthier. I feel like they should use meal swipe for more of it. An example would be the sushi (in the P.O.D.). There does seem to be a lot of potato options though."



Patrick Speakman
Sophomore
Pharmacy

"I think that it could be pretty hit or miss. Some days it's pretty good, some days you get (upstairs), and there's not much to choose from. My favorite place to eat is the P.O.D. I'm a big fan of the chicken caesar wrap. I think that the meal swipes should cover all items. If you get one of something, you shouldn't have to worry about using your Dining or Flex."



Alexandra Garcia
Sophomore
Sociology/Psychology

"I think the school offers some pretty diverse choices when it comes to our food. We have the buffet style, sandwiches and fast food. I think it's really convenient to have places like that."



Jordan Adkins
Sophomore
Sports Management

"I don't like that there's never any food I like, so I have to get pasta every day. They need to have more pierogis and more raviolis. Fresher chicken would be nice too. They need to have more variety. I feel like they do the same stuff a lot. Chicken nuggets should be something they have almost every day."



Book Review: *High Fidelity* Does not receive high mark

By: Nicole Kutos
Opinion Writer

Originally published in 1995, Nick Hornby's novel *High Fidelity* was on my reading list for quite sometime before I got around to actually reading it. I had heard great things about this book and had enjoyed screen adaptations of one of Hornby's other works (*About A Boy*), so when I received the book for my birthday this past year, I was excited to dive in.

High Fidelity follows music junkie Rob Fleming as he essentially has an early-mid-life crisis in mid 90s London: he owns a failing record shop and his girlfriend has left him for a guy that lives in the apartment above him.

I'll have to admit that from the moment I first began reading I wasn't sure about how I'd feel about this one: The novel begins with Rob listing his top five most memorable split-ups during his lifetime and how each of those breakups has negatively affected his life.

At this point, less than 40 pages into the novel mind you, I was already completely not intrigued by this self-pitying narrator, a guy who lists how hurt he was after a girl

wouldn't let him touch her within three months but let her next boyfriend do so after less than a week.

Needless to say, I was disgusted by Rob's character early in my reading. As the novel continues, Hornby has some occasional witty dialogue between Rob and his store clerks, Dick and Barry, but I still couldn't help but envision these three men as burnouts who would probably use the #notallmen hashtag on Twitter.

Obsessed with top five lists and a desire to only talk about how much obscure b-sides from unknown bands were better than pop music, Rob, Dick, and Barry, didn't do much more than that.

After his girlfriend Laura leaves him for the guy upstairs, all Rob can do is obsess over whether or not Laura's new guy is better in bed than him. (Seriously, that is one of this guy's main concerns.) By this point, I was really annoyed with his character, so I took to the internet to see what other reviewers had said about the book.

Most of the reviews I had read were written by guys who seemed to enjoy the book; maybe this was just one of those books that couldn't appeal to women; I continued reading nonetheless.


As the novel nears its end, Rob comes to terms with his whiny, self-absorbed nature and eventually kind of pulls it together after he realizes that fear of commitment has been holding him back (who would've thought).

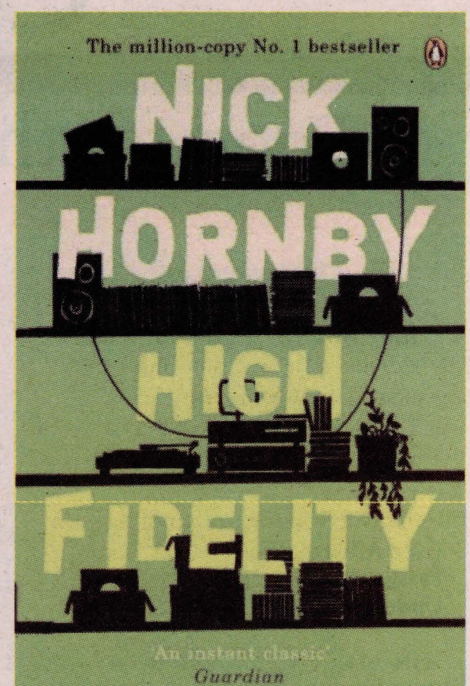
There's an awkward scene or two at the end and some quotes that I bet made it into the screen adaptation of this story starring John Cusack.

Overall, I enjoyed the novel's moments of witty dialogue that I got a glimpse of in the screen adaptations of Hornby's other works, but I think I disliked the main character enough that I couldn't become as interested in this book as I wanted to be.

For me there was a disconnect between the humor I loved and this self-pitying character I hated, but maybe that was the point and maybe there is more humor in there than I was getting.

Rating: 2.5/5 stars

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<https://suchabooknerd.wordpress.com/2011/09/09/high-fidelity-by-nick-hornby/>

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Sports

Want your sport covered? Contact the sports editor: taylor.ryan@wilkes.edu or daniel.vanbrunt@wilkes.edu

Four years later: Dailey passes important (QB) position to Tabora.

By Danny Van Brunt
Sports Co-Editor

The Colonel's late-season momentum was no match for the Monarchs. At Schmidt Stadium, King's College took home the Mayor's Cup after defeating Wilkes, 42-14.

Four-year starting quarterback Ryan Dailey started his senior season off slowly, claiming two wins prior to their first win of the season against Misericordia. Dailey went on to lose three more games until he faced a season-ending injury in the game against Albright.

The back-to-back losses against Delaware Valley, 10-52 and Albright, 13-69 were two very disappointing games for Wilkes. First-year second-string quarterback Jose Tabora took over the game and may not have affected the Albright game very much, but he had a significant impact on the results of the final three games.

Tabora's first two starts both resulted in wins. The first game he started in was against Lycoming at home, and the Colonels won a narrow 28-26 win. The offensive run game was doing exceptionally well, along with Tabora running and passing effectively to various receivers.

Tabora's most impressive achievement was going to Stevenson University, in MD, to deliver the first and only loss of the Mustang's near-perfect pre-season record. Tabora broke the school record for yards passing in the game by throwing for 453 yards, and tied the record for five total touchdowns in a single game. Stevenson was ranked as high as the No. 12 team in the country.

"The season didn't show how our team is. We are not a 3-7 football team. Jose has a bright future and I'm proud of him," said Dailey.

In the final game of the season, Tabora passed the ball 19 yards to William

Deemer in the end zone early in the first quarter of the game. The early touchdown seemed promising, but the Monarchs then scored shortly after to tie the game. Before halftime, the Colonels gave up two more touchdowns and one touchdown was scored with only 36 seconds left on the clock.

In the second half, the Monarchs set the tone in the third quarter by scoring two more touchdowns. Before the third quarter ended, Wilkes was able to score one last time until the Monarchs took the game away with one more touchdown in the fourth. The final score was 14-42.

Last year, Wilkes took the Mayor's Cup home after playing on the other side of Wilkes-Barre. The Colonels scored 17 points in the first quarter after a field goal, a 37-yard run for a touchdown and a fumble recovery touchdown. Their early lead held strong and the game ended, 24-17. The seniors have experienced the excitement of winning the cup, but they want their

younger players to experience it too.

"The season was one with trials and tribulations. Overall, I wouldn't want to have played the season with any other group of guys. As far as the final game, it hurts but I know the guys still on the team will bring the cup back next year," said senior defensive back Ondre Roberts.

"This team has a bright future. The season was a blast with my brothers and I gave everything that I could for them. We fell short in the final game, but we never die easy," said senior offensive lineman Ryan Dupre.

The football team concludes their season with a record of 3 wins and 7 losses. After four years of Dailey's incredible work, Dailey passes the baton off to their new quarterback, Jose Tabora.



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The Beacon/Purvit Patel & Jesse Chalnack

#4 quarterback Jose Tabora runs downfield and sidesteps his opponent.



#74 offensive lineman Mike Osayi protects Tabora as he looks to pass.

Senior athletes came to play but leave with much more

By Pankil Chander
Staff Writer

You know how the old saying goes, when one door closes, another one opens.

The inevitable reality most collegiate athletes face during their senior year is that they will no longer be able to compete in the sport that has molded them.

Although their competition days are over, they are now granted with the opportunity to integrate the virtues they've developed through their hard days of training and to carry them through their life as they build their future careers.

Field hockey forward Taylor Ryan takes pride in what she's learned about herself with 13 years of play under her belt.

"I have learned how to overcome adversity, and any obstacles. This sport, like any sport has truly made me who I am," said Ryan.

There was a common theme among Senior Wilkes athletes, Taylor Ryan, John Stoner and Vanessa Zottoli - athletics is the initial reason they are here.

As they've let their love of the game dictate the trajectory of their college decision, they've allowed these formative years to help them build their purpose beyond their athletic craft.

Vanessa Zottoli, Wilkes Women's soccer defensive player reflects back on her career as a catalyst to force her to step outside her comfort zone in order to evolve her mindset. "It's encouraged me to take risks and have determination in everything I do," said Zottoli.

A graduate of Red Land High School in Etters, PA, John Stoner simplifies his journey as an avenue to overcome trials and display resilience while forming lifelong bonds.

"There have been numerous ups and downs throughout the sixteen years I played soccer. Playing soccer, you meet new friends and those friends eventually end up becoming your brothers," said Stoner.

Ryan, a native of Fredericksburg, VA entered her collegiate campaign with a vision to make an impact on her new team. She ended up gaining a gift that would serve far more valuable as she acquired communication skills and created bonds that she will always express gratitude towards.

A consistent force on the Colonels' field hockey squad, Ryan led the team to four playoff appearances and played a decisive role in their 2013 MAC Championship team.

"I had to prove myself, and show how much I wanted to be on the field and contribute for my team. I learned to work

with people from all over, and all different backgrounds. I have met some of the most amazing people while playing at Wilkes. I have met my best friends, mentors, and coaches that I will value for the rest of my life," said Ryan.

Zottoli began expanding her abilities at the age of four in her hometown of Mercerville, New Jersey.

Zottoli's hard-nosed attitude on the field resulted in an abundance of success throughout her ride as a Colonel as she steered the women's soccer squad to three MAC Freedom playoff berths including a runner-up finish in 2015.

The psychology major enjoyed winning on the field, but what she truly cherished was the relationships she forged with her teammates.

"I'm grateful for the relationships that I've formed with my teammates. They're like sisters to me, I have gained so many memories since freshman year till now that I will never forget," said Zottoli.

John Stoner, an accounting major at the Jay S. Sidhu School of Business values his time competing, for his focus on continuing to play soccer made him keep an open mind on furthering his education past high school.

Stoner viewed his career as a testament to

his parents' devotion to him. They ensured he would be granted every opportunity possible to excel in his pursuit.

"It's not always easy for parents to drive their kids to tournaments every weekend, pay for hotel rooms, and pay the team fees. It was a sacrifice they had to make to allow me to play soccer," said Stoner.

The most significant skill Stoner took away from his time as an athlete is learning how to become a compliant team member. Soccer has prepared his psyche as he enters his respective profession.

"This will carry over into the workforce because in the accounting profession, you work a lot as a team; you need to carry your own weight and be accountable for the type of work that you do," stated Stoner.

The bittersweet feeling of having to hang up their cleats and walk away from the grind will allow them to get some relief on their bodies from countless hours of demanding training.

As they get ready to walk across stage and collect their bachelor's degrees in May, their legacy as Colonels will forever remain.



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Wilkes wrestling wastes no time preparing for 2016 season

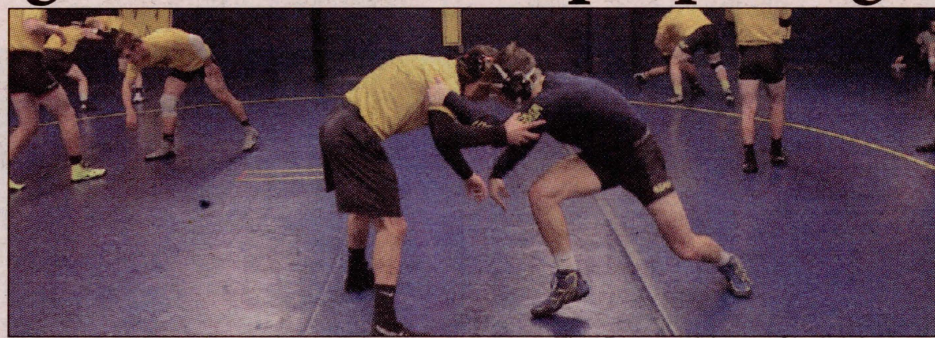
By Rachel Leandri
Managing Co-Editor

The Wilkes University wrestling team has stepped foot into the upcoming winter season finishing third place at the Monarch Invitational hosted by King's College on Nov. 5. Six Colonels placed in the top finishes of the tournament, while two wrestlers claimed individual titles.

Wilkes attends the Monarch Invitational each year as it allows multiple wrestlers from each school to participate giving every wrestler a chance to compete with the team during opening weekend. Head coach Jon Laudenslager, beginning his 14th season of the Wilkes wrestling program, is extremely pleased with the efforts of his team at King's.

"Sophomore Jesse Lopez had a terrific day beating the No. 1 ranked wrestler in the county and closing out finals with a pin," Laudenslager said. Both Joshua Evans and Zachary Faust showed tremendous improvement this Saturday since past seasons, and Denzel Tovar turned many heads when he beat a returning national qualifier in his very first match."

Junior Joshua Evans, individual title holder



The Beacon/ Jesse Chalnack
Nick Racanelli and Jesse Lopez go head to head during an intense practice

of the Monarch Invitational, stated that being the first competition of the year, the team had its moment to showcase all of the hard work put in during preseason. The first official practice for Wilkes wrestling was held Oct. 10, aside from preconditioning runs and workouts instructed by upperclassmen of the team since the second week of the semester.

Since wrestling is a commitment, Laudenslager and staff emphasize the importance of excelling in the classroom just as much on the mat. If wrestlers are struggling at practice, chances are they are struggling in a 101 class that doesn't suit their interests, he said. The true goal of the

coaching staff is to instill the mindset of dedication and being able to overlap that mindset into all daily routines of the team.

"Our coaches keep us at high intensity in our matches and hold us accountable for being at practice physically as well as mentally," said individual title holder of the Monarch Invitational, sophomore Jesse Lopez.

With the season just kicking off and finals and holiday breaks quickly approaching, wrestlers strategize so they don't stray from both their personal and team goals.

Sophomore wrestler Zachary Faust finds it tough with a major in pharmacy, but plans to

take one step at a time whether with a school assignment or match to push through the end of the semester with confidence.

"It's all about time management and sacrifice," explained freshman Denzel Tovar. "In this way, I can foresee my team knocking out a lot of nationally ranked opponents and finish top 10 in the country, and maybe even meet my goal as a freshman to finish the season as an Academic All-American with 25+ wins."

Faust feels coach Laudenslager is always helpful when it comes down to the stress of academics allowing him not to worry too much.

No matter the obstacles, Wilkes wrestling program is ready to tackle the upcoming season as a unit.

"The most rewarding part of Wilkes wrestling is being a part of something that's bigger than you," Evans stated. "On this team I'm held to a higher standard that is measured by alumni who have demonstrated success not only in this program, but also within professional careers. It sets a standard signifying that hard work pays off."



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Wilkes men's swimming pulls it together for a winning streak

By Luke Modrovsky
Sports Co-Editor

While Jose Tabora and the Colonel football program made history south of the Mason-Dixon line, the Wilkes men's swimming team achieved a feat of its own. For the first time in program history, the team is on a winning streak.

In the waters of the Wilkes-Barre Catholic Youth Center, the Colonels took down Lebanon Valley College 112-91 in Middle Atlantic Conference action. Their third victory in a row puts the Colonels at 3-2, with a 2-1 record in Middle Atlantic Conference meets. Wilkes has also surpassed win totals for the first two seasons combined.

Chris Bright, Nick Walker, Thurman Fogleman and Matthew Nevers officially sealed the deal for the Colonels against the Flying Dutchmen when they placed 2nd, 3rd, 4th and 5th, respectively, in the 20th event of the afternoon, the 100 yard breaststroke.

Tyler Weatherby, Anthony Stampone, Jacob Parfianowicz and Dominic

Parfianowicz teamed up to win the 200 yard freestyle relay in 1:33.96.

The Colonels also scored another victory when Thomas Burner, Bright, Phillip Bennett and Scott Hefflefinger were the first to touch the wall in the 200 yard medley relay. They finished their race in 1:56.57.

D. and J. Parfianowicz, recently featured in *The Beacon*, posted other big wins as well. J. Parfianowicz also scored a win in the 100 yard freestyle in 54.06 seconds, while also taking second in the 200 yard freestyle in 2:06.45. D. Parfianowicz won the 50 yard freestyle in a crisp 23.40 seconds, and also finished as runner-up in the 100 yard backstroke in 1:00.10.

Weatherby also posted a victory in the 1000 yard freestyle with a 11:21.51 performance.

Both the men and women's teams still have plenty of action left. They will return to the Wilkes-Barre CYC on Nov. 19 and 20, but rather crosstown rival King's College will play host in the Diamond Invitational.

Both teams also have a long road ahead before the Middle Atlantic Conference Championships in York, Pa., in March.

Young returns to Westfield State due to "unforeseen circumstances"

By Luke Modrovsky
Sports Co-Editor

The Wilkes University Athletic Department announced a delay in the start of the Men's Ice Hockey program. The University and recently hired head coach Michael Young have parted ways.

According to a release on the Athletic Department's website, Young made the decision to return to his previous role as associate head coach at Westfield State. The move was cited as "unforeseen circumstances".

Due to his departure, Wilkes has made the decision to suspend the program for the 2017-18 season. The University plans to conduct a national search for a head coach this upcoming spring.

Young was hired on Oct. 13 and became the first men's ice hockey coach in Colonel

history.

This decision will allow the new coach to use an entire season to recruit student-athletes for the inaugural season in 2018-19.


The team is slated to compete at the

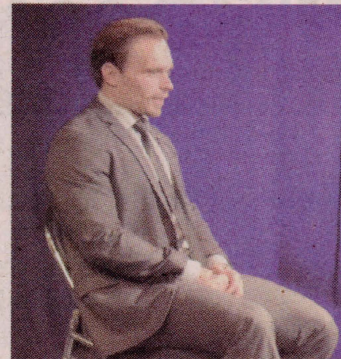
Toyota SportsPlex at Coal Street Park after forming an affiliation with the Wilkes-Barre/Scranton Penguins.

King's College's new ice hockey programs are both slated to start on time in the 2017-18 academic year.

On Aug. 29, Wilkes University's President, Patrick Leahy, announced Wilkes would offer both men's and women's ice hockey in 2017-18.

The move targets an expanded approach from the traditional recruiting tactics The university hopes to attract student-athletes on a national and international level.

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Beacon Archives
Above: Young

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The Beacon - November 15, 2016

Sports

Getting to know...

Jarret Colvin

Senior Soccer Player

By Purvit Patel
Sports Writer

Name: Jarret Colvin
Year: Senior
Major(s): Chemistry Major
Hometown: Stroudsburg
High School: Stroudsburg
Position: Left Bench

Q: What was the driving force for your decision to come to Wilkes?

A: The new Cohen Science Center.

Q: What are your post-graduation plans in terms of a career?

A: Working for a brewery and eventually becoming a brew master.

Q: What are your hopes for 2016 season as a Colonel?

A: To continue working hard and do the best we can.

Q: When/Why did you first begin playing soccer?

A: I started playing soccer around kindergarten.

Q: If you had to choose one thing about Wilkes' Soccer Program that you could improve, what would it be?

A: I would make the field closer to actual campus so we could potentially get more fans.

Q: Do you have other sports/interest/hobbies off of the field?

A: I like to snowboard and hang out with my friends.

Q: Who would you say is the most influential person in your life?

A: My parents

Q: A quote you live your life by?

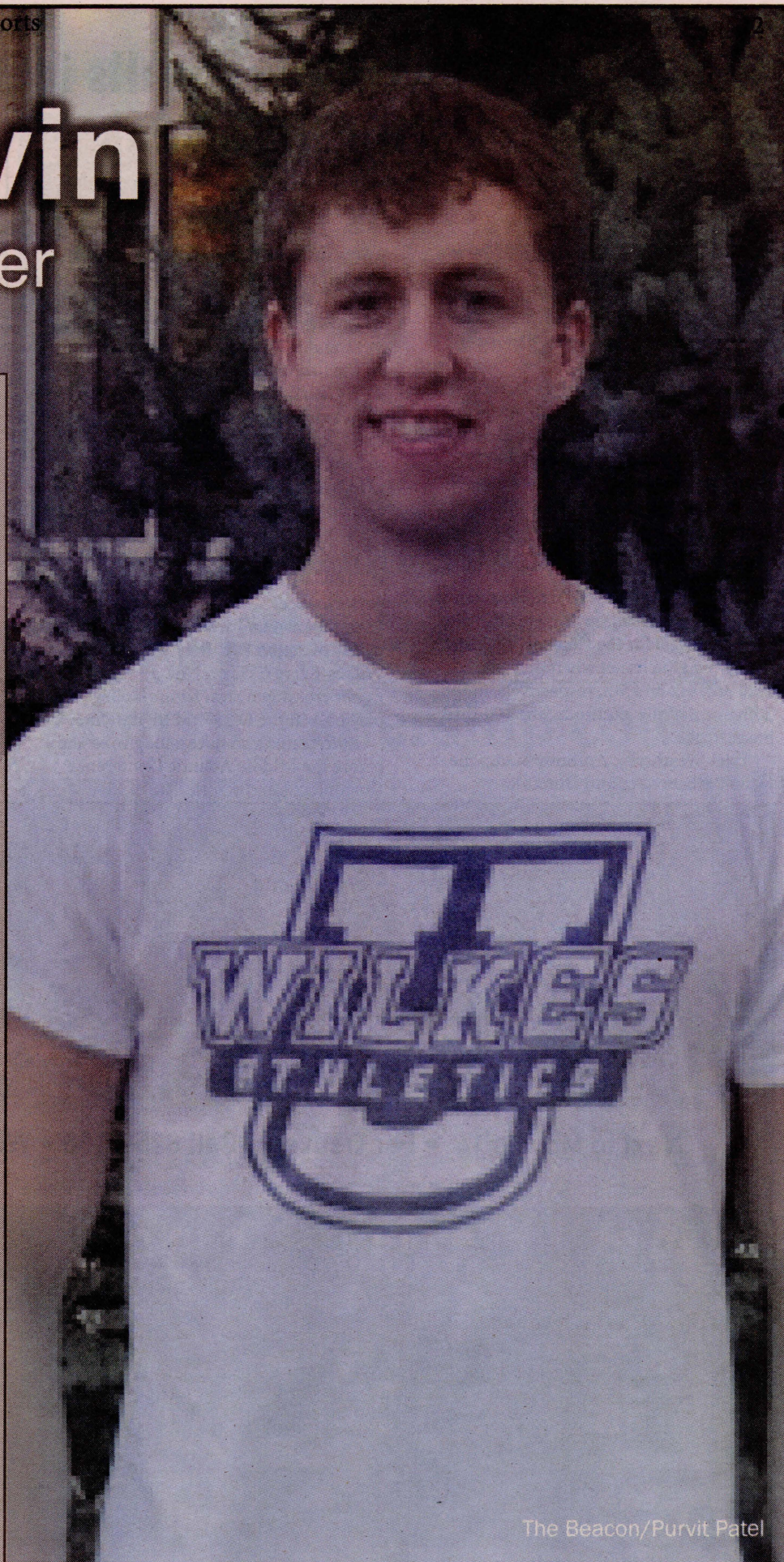
A: "Save that money"

Q: If you could have dinner with a famous person from the past, who would it be?

A: Blackbeard the pirate



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The Beacon/Purvit Patel

Getting to know...

MC Treuting

Sophomore Soccer player and Swimmer

By Purvit Patel
Sports Writer

Name: MC Treuting
Year: Sophomore
Major: Nursing
Hometown: Warrenton, Va.
High School: Highland School
Sport: Soccer and Swimming
Position: center mid

Q: What was the driving force to come to Wilkes?

A: I absolutely loved the campus when I came to do my overnight for Women's soccer. It's completely different from where I'm from.

Q: What are your post-graduation plans in terms of a career?

A: I plan on becoming a nurse in the navy, then potentially coming back to school and getting my doctorate.

Q: What are your hopes for current season:

A: For soccer it was definitely making it to MAC championships again. Unfortunately we didn't make it, but we have such a good fight. It was really hard not making it.

For swimming it's to make my first appearance at the MAC championship meet and qualify for relays and individual.

Q: When did you first start playing soccer and swimming?

A: I first began playing soccer when I was 4. I was super hyper active as a child and I was born a natural baller. I began swimming when I was 11.

Q: If you had one thing you would improve about the Wilkes Soccer or Swimming programs what would it be?

A: Soccer would definitely be the grass field. For, swimming, maybe having our own pool on campus would be nice.

Q: Do you have other sports / interest/hobbies off of the field?

A: I guess the other sport I play.

Q: Who would you say is the most influential person in your life?

A: Definitely my mom, I would be absolutely no where without her.

Q: What is a quote you live your life by?

A: "Don't be what you ain't. Be what you is" -unknown

Q: What does "Be Colonel" mean to you?

A: I guess just going out and being the best you can possibly be.



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