



# THE BEACON

Wilkes University - Wilkes-Barre, Pennsylvania

"The news of today reported by the journalists of tomorrow."

## MVB: Early and quick success leads to boosted team morale



Top: Colonels get hyped up for their tri-match with Arcadia. Bottom: Jackson Shafer "killing" it during the home match.



Zachary Shay (left) setting the ball for Paul Binner (right). All photos are from Feb. 9. against Arcadia University.

Photos: The Beacon/Baylee Guedes Paul Binner prepping to serve the ball. Story on Page 19...



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# News

Have a breaking story or a press release to send? Contact the news editor Maddy Kinard: [Madelynn.Kinard@wilkes.edu](mailto:Madelynn.Kinard@wilkes.edu)

## Student Government notes: Feb. 8 weekly meeting

**By Kellie Scott**

*Staff Writer*

Student Government held another weekly meeting on Feb. 8 at 6 p.m. The meeting consisted of new club recognition and funding for future events.

To begin, Student Government brought the Gold Bar Club up to begin week 1 of 2 of their recognition. The Gold Bar Club currently consists of 30 members and is run by the ROTC program.

The goal of the Gold Bar Club is to serve the community through community service, while also helping the members of the club develop in professional ways. SG will vote on the club's recognition in next week's meeting.

Next on the agenda was week 2 of 2 of the casino week's budget. The new budget that was requested was \$20,717. This included some minor changes in

the food selection, such as some vegan options as well as some added decorations.

During this second showing of casino week, minor changes were also made to the days the events would be held. The new dates are Feb. 20 to Feb. 24, with a day off in the middle of

the week on Wednesday. The new budget and changes were discussed and voted on and the motion was approved for casino week.

Next, Step Team Club was brought up for week 1 of 2 of their club recognition.



Stepping is a form of dance that is performed in African American cultures.

This form of dance was described as a complex full body dance that uses a mixture of footsteps, spoken words and hand clapping. This club was formed

to help create more cultural experiences and dances for the Wilkes community, in hopes to spread more understanding and cultural awareness. The club's recognition will be voted on in next week's meeting.

Finally, the last item on the agenda was

week 1 of 2 for the Spring Fling budget.

This year's Spring Fling will be held on March 24, with a time yet to be determined.

The event will be held at the Mary Stegmaier mansion and the theme is also to be determined; however, it will include something with the color green. The Spring Fling Committee asked for \$13,705 and the amount will be voted on in next week's meeting.

The next Student Government meeting will be held next week Feb. 15.

## Beacon Briefs: Upcoming campus events

**Compiled by Beacon News Staff**

**Diploma Order Submission  
Reminder for May 2023  
Graduates**

If you have not already done so, seniors please submit your Diploma Order and Degree Audit via the electronic form for May 2023 Graduation. Use this link to access the form and more information: <https://www.wilkes.edu/academics/registrar/graduation.aspx>

Seniors are urged to follow all instructions carefully and are reminded to order caps and gowns as well.

**Apply to become an e-Mentor**

Applications are open for the position of first-year e-Mentor for the fall 2023 semester. As an e-mentor, full-time

undergraduate students are trained to provide support to a group of 12 to 25 new students beginning at summer Orientation and concluding at the end of the 2023 fall semester.

e-Mentor's are student leaders who have varied campus experiences. Applications are due Feb. 20 at 4 p.m.

To fill out the application, please visit this link <https://www.wilkes.edu/campus-life/student-development/leadership-opportunities/e-mentors/e-mentor-application.aspx> or contact the Director of Student Development, Stacy Mullen, with any questions at [stacy.mullen@wilkes.edu](mailto:stacy.mullen@wilkes.edu) or 570.408.4645.

**Second Saturday Family Hour:  
David C. Driskell Block Prints  
Rescheduled to Feb. 25,  
noon to 2 p.m.**

The Sordoni Art Gallery has rescheduled its block printing workshop to Feb. 25, occurring at noon to 2 p.m.

Create your own block print inspired by all the Driskell masterpieces displayed in the gallery. Materials will be provided. All experience levels and ages are welcome.

The workshop is centered around its artist currently being featured, David C. Driskell. Driskell American artist, scholar and curator who is recognized for his work in mainstreaming African-American Art.

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### Upcoming Events: 2023 Spring Semester

**February**  
16 - Black Artists in NEPA lecture  
20-24 - Casino Week  
22 - Last look gallery tour

*Want your event featured in the calendar?  
Email: [Madelynn.Kinard@wilkes.edu](mailto:Madelynn.Kinard@wilkes.edu)*

# Black History Month Jeopardy at Global Coffee Hour

By Amanda Montgomery

Asst. News Editor

Global Coffee Hour hosted Black History Month themed Jeopardy in collaboration with the Office of Diversity Initiatives. The event took place in the Savitz Lounge, located on the second floor of the Henry Student Center. Students were encouraged to come and enjoy snacks, coffee and tea, all while celebrating Black History Month.



Snacks, coffee and tea were provided at the event and available for all participants to enjoy.

Black History Month

Civil Rights Movement	Sports	Music	Inventors/Entrepreneurs
200	200	200	200
400	400	400	400
600	600	600	600
800	800	800	800
1000	1000	1000	1000
Bonus Question: 5000 pts			

Black History Month themed Jeopardy board containing questions categorized under Civil Rights Movement, sports, music, inventors and entrepreneurs.



Students prepare to answer Jeopardy questions.



Students preparing for the Jeopardy game while enjoying snacks provided by Global Coffee Hour.

Photos: The Beacon/Maddy Kinard

# GSA discusses Title IX and queer students with coordinator

By Amanda Montgomery  
Asst. News Editor

The gender and sexuality alliance (GSA) recently hosted a discussion on Title IX policies at Wilkes. The talk included the civil rights law, its implementation and what the future of those policies may look like at Wilkes, especially for LGBTQ+ students.

Elizabeth Leo, Wilkes' Title IX Coordinator, led the presentation and discussion of Title IX. Leo has been at Wilkes for over a year, and in that time, she has been able to talk to individuals and resolve the issues before it turned into a hearing.

"It has come to my attention that the LGBTQ+ community has to beg and plead for everything they can get," said Leo.

Title IX protection is for every student, not just LGBTQ+ students. However, as of 2021, the Supreme Court recognized that sexual orientation is a protected class under Title VII, and under the Biden administration, there are new proposed protections.

"What I always preach to everyone is that I would much rather someone come to me with something before waiting for something worse to happen," said Leo.

In these conversations, Leo speaks to the individuals involved, and explains how their behavior is being received by the other person. She is also able to talk about boundaries and the education process.

"If something makes you uncomfortable, let me know about it," said Leo. She wants students to understand that even if something seems minor, they should not have to put up with it. Instead of it becoming a full-blown conversation, it can be more educational and create awareness.

Morgan Steiner, president of GSA and sophomore political science major, explained the importance of this discussion.

"I think that a lot of us don't have a solid understanding on what Title IX is so it's important to hear it be discussed and what Wilkes does, and what is legally required because it's clear we go

above and beyond," said Steiner.

Leo wants all students to understand that even if something isn't technically categorized under Title IX, they are still willing and able to help them. If students ever feel uncomfortable or unsafe, Leo advises students to come and talk to her, or one of her colleagues.

"The biggest takeaway is that Elizabeth Leo and our Title IX office (are) more than willing to talk with you on any issues you face on campus—even if you don't think it falls under Title IX, there is that outlet in administration for you," said Steiner.

Claire Wynne, vice president of GSA and senior environmental engineering major, thought of her personal experiences, using them to demonstrate the importance of the discussion.

"As a member of the LGBTQ+ community on campus, I've encountered my fair share of discrimination and harassment and ridicule, and it's important for people to know who they can reach out to, the legal protection they have and the resources available," said Wynne.

Leo explained that "it's the how you feel that matters," and that the technical, more complicated aspects of Title IX are there to determine what road to take in order for her to help in the most effective way.

"The biggest takeaways are the ease of approaching Title IX. They can deal with problems of all different sizes; they are there for the students; and they want to help us and that they are looking to improve and get better," said Wynne.

Leo can be reached through email at [elizabeth.leo@wilkes.edu](mailto:elizabeth.leo@wilkes.edu). She encourages students to make an appointment and meet in a place where they feel comfortable and safe. Her office is located in Weckesser Hall on the second floor, though students are encouraged to email or call ahead to schedule an appointment.



Photos Courtesy of Morgan Steiner

**Elizabeth Leo, general counsel and Title IX Coordinator, discusses Title IX policies and their implementation. Leo joined Wilkes in 2022 with 25 years of legal experience that includes leading initiatives in educational and awareness for how to identify and report misconduct and how to ensure a safe workplace for students and employees.**



**Several members of GSA and ROTC attended the event, having the opportunity to learn about the implementation of Title IX into one's environment.**

**Back: LynnMarie A. Shedlock of human resources; Maj. Joshua Robinson (Operations Flight Commander ROTC Det 752); and Tech. Sgt. Matthew Ashley (ROTC Training Instructor ROTC Det 752). Front: Claire Wynne, GSA vice president; Jeremiah Eyler; and Staff Sgt. Kyler Briggs (NCOIC - Administrative Management ROTC Det 75).**

**Title IX's policies and procedures are all available under the Title IX Compliance Office at Wilkes, all of which is available to research and read at [www.wilkes.edu](http://www.wilkes.edu)**

**If you feel unsafe, you can call 911 or public safety at (570)-408-4999, or you can file a harassment report under Title IX.**

# Honors student committee holds cookie decorating contest

**By Kellie Scott**  
Staff Writer

The Honors Program Student Committee recently held a cookie decorating.

The cookies will be voted on in the weekly Honors Buzz and prizes will be awarded to the first, second and third place winners.

The first place winner will receive a \$50 Cafe Toscana gift card. The second place winner will receive a blanket and two boxes of chocolate, and the third place winner will receive two movie tickets and chocolate.

More than 24 cookies were decorated and submitted to be voted on. Results will be announced at a later time.

*Editor's note: Liz Cherinka is a Beacon staff member.*



One of the cookies decorated during the competition was by Eliana Kramer, sophomore history and corporate finance major.



Molly Blaskiewicz (left) sophomore marketing major, and Brooke Coleman (right) sophomore management major decorate their cookies.



Photos: The Beacon/Kellie Scott  
Liz Cherinka (left), junior P1 pharmacy major, and Ally Warnz (right) sophomore pharmacy majors take a break from decorating to pose for a photo.

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# Professor Profile: Matthew Jennings, biology, earth systems

**By Amanda Montgomery**  
Asst. News Writer

Dr. Matthew Jennings has joined the Biology and Earth Systems Science Department as an assistant professor.

Jennings is from Trooper, Pa., which is about 20 miles northwest of Philadelphia.

In 2005, Jennings received a bachelor of science in biology and philosophy from the University of Scranton. He then went onto receive a master of science in biology in 2010 from Villanova University. Later, in 2016, he received a doctorate in biology from the University of Arkansas.

Jennings's returned to the Wyoming Valley because he had a fondness for it.

Jennings described his experience with Wilkes as a "combination of being closer to family, a higher paying position and a more research-oriented position compared to (his) previous job."

Research opportunities are an important aspect of Jennings' personal career desires, describing his favorite part of his job as "the freedom to pursue my



**Jennings is driven by his desire to research.**

Scranton Jazz Ensemble.

"I've been playing the saxophone for about 29 years. I started in the fourth grade and have played ever since. I've played in a lot of jazz ensembles over the years."

Jennings went on to name some favorite musicians and music.

"Duke Ellington is my favorite...I'm also a big fan of ska."

Jennings got his start in elementary school, saying that "my elementary school band director made us try out

different instruments, and saxophone was the one I was best at."

Jennings also enjoys playing table top and video games in his spare time. His top five favorite games (in no particular order) are "Super Metroid" (SNES), "Chrono Trigger" (SNES), "Legend of Zelda: Majora's Mask" (N64), "Knights of the Old Republic" (PC) and "Resident Evil 4" (GCN).

"The current systems I own are a PS5 and Switch. However, I also have a fair collection of older consoles," said Jennings.

One fun fact about Jennings is that he is a certified scuba diver of eight years. He got his certification in 2015.

"I was certified as a junior in high school, but my certification lapsed. A friend asked if I wanted to get certified again and I agreed.

"My favorite dive location is Cozumel, Mexico. There are a lot of coral reefs you can explore that are relatively shallow," said Jennings.

In the future, Jennings hopes to finish some papers he has been working on,

long before the pandemic started. He also plans to attend The American Society for Microbiology (ASM) general meeting, which is being held in Houston, Texas, over the summer.

"ASM is the professional organization for microbiology in the United States, so it's a big meeting. I haven't been to one since before COVID-19, so it will be good to attend now as a professor instead of a postdoctoral.

"I'll be presenting some of the work I've been doing the past few years, including here at Wilkes," said Jennings.

One piece of advice Jennings offers students is that "the five second rule has been experimentally shown to be invalid," and provides the website with the article titled, "Longer Contact Times Increase Cross-Contamination of Enterobacter aerogenes from Surfaces to Food," written by Robyn C. Miranda and Donald W. Schaffner. It is available on the ASM Journals website, where students can learn more about it.

Photo Courtesy of Matthew Jennings

## REMINDER!

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**CONTACT:**

**News Editor:**

Madelynn.Kinard@wilkes.edu

# Life, Arts & Entertainment

Have any events or artists to be shared? Contact Life, Arts & Entertainment Editor: Jordan Daniel: [Jordan.Daniel@wilkes.edu](mailto:Jordan.Daniel@wilkes.edu)

## Programming board presents a BHM-themed bingo

By **Laury Angeles**

*LA&E Photographer and Staff Writer*

On Feb. 9, Programming Board once again hosted a high-turnout event for the student body. This week's event was bingo, in collaboration with the Multicultural Student Coalition (MSC) in celebration of Black History Month.

According to Quincy Banks, junior digital design and media arts major, he went to this event "to be a part of the community [because] everyone gets together for the bingo night."

As a result of Programming Board and MSC's collaboration on this event, the students participating in the game were asked questions about Black history. If the student answered correctly, they gained the advantage of getting an extra bingo tablet, which granted them more chances to win one of the prizes.

Students had a great time playing, winning prizes, learning about Black history and just enjoying some downtime with their friends.

"My reason to come is that it doesn't matter if I win, I still have fun and the games make me relax by destressing a bit from classes," said Leonel Ojo, junior English literature major.

Although the room was filled with tension and anticipation from participants waiting for their numbers to be called, the laughter soon began to take over thanks to sophomore communication studies major and vice president of MSC, Zach Paraway's hosting skills. The competitive but laidback environment went well for students.

"The event was great," said Ancel Santana, first-year civil engineering major. "Even though I didn't win anything, the atmosphere and the personality of the host made the event fun nevertheless."

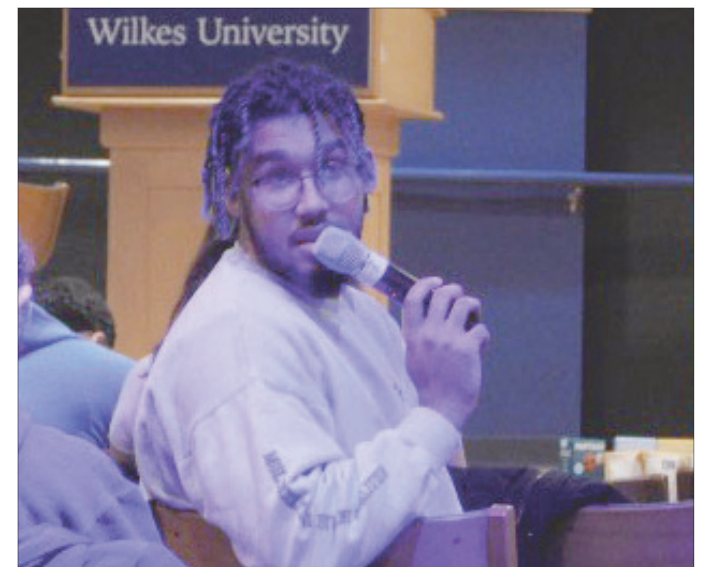
Next week, Programming Board will be taking a break from organizing their usual events, but instead will be holding a giveaway of free acai bowls.



The Henry Student Center Ballroom filled up with students excited to play some bingo, win prizes and learn some facts about Black history.



A student's bingo board, showing just how close they were to winning in two different directions but alas, luck was not on their side.



Photos: The Beacon/Laury Angeles

Zach Paraway, sophomore communication studies major and vice president of the Multicultural Student Coalition, hosting the evening's events.

# Cocktail of the Week: Bright and refreshing, amaretto sour

**By Haley Katona**  
Contributing Writer

*Our last drink featured was a very sweet one, so for something different, here we have an amaretto sour. This quick and easy drink is perfect for those of us who are not as joyous about the month of love. The almond liqueur blends into a sour making it the perfect and tame drink to pass the evening by.*

**Ingredients:**

- 2 ounces amaretto liqueur
- 1 ounce lemon juice, for best result use a half of a medium lemon and freshly squeeze it
- 1 teaspoon simple syrup, amount can vary depending on how sweet you prefer the drink
- Maraschino cherries or an orange slice for an optional garnish

Or you can add 1/2 of an orange slice as a garnish instead

**Directions:**

- Pour the amaretto, lemon juice and simple syrup into a shaker with ice. Shake thoroughly.
- Strain into a chilled glass filled with or without ice, depending on your preference.
- Garnish with whichever choice you prefer, maraschino cherries or an orange slice.

Enjoy!



The Beacon/Haley Katona  
This refreshing, yet sour drink is perfect to make and serve for parties and more.

## Beacon Bumps

*Each week, the Wilkes Beacon staff picks their favorite song of the week. Check out this week's bumps to the right!*

- |  |  |
|--|--|
| <b>Emily Cherkauskas, Editor-in-Chief:</b><br>Chapel - Nicole Dollanganger                   | <b>Zara Lantzman, Opinion Asst. Editor:</b><br>Tattoos - Reneé Rapp  |
| <b>Morgan Rich, Managing Editor:</b><br>Satellite - Harry Styles                             | <b>Baylee Guedes, Sports Editor:</b><br>Dreams - Fleetwood Mac   |
| <b>Maddy Kinard, News Editor:</b><br>The Fall - The Chainsmokers, Ship Wrek                  | <b>David Marks, Designer:</b><br>The Chain - Fleetwood Mac   |
| <b>Amanda Montgomery, News Asst. Editor:</b><br>25 - Alix Paige                              | <b>Maggie Murphy, Designer:</b><br>Sure Thing - Miguel   |
| <b>Jordan Daniel, LA&amp;E Editor:</b><br>Creepin' - Metro Boomin, The Weeknd, 21 Savage     | <b>Lara Mullen, Designer:</b><br>I Melt with You - Modern English  |
| <b>Laury Angeles, LA&amp;E Photographer &amp; Staff Writer:</b><br>ANTIFRAGILE - LE SSERAFIM | <b>Elizabeth Cherinka, Social Media Manager/Staff Writer:</b><br>\$20 - boygenius, Julien Baker, Phoebe Bridgers, Lucy Dacus |
| <b>Sydney Allabaugh, Opinion Asst. Editor:</b><br>Whiplash'd - Xavier Wulf                   |  |



# The fourth annual Douglass Day Transcribe-a-Thon

By **Bailey DeJesus**  
Contributing Writer

The Division of Global Cultures, the Office of Diversity Affairs and the Sordani Art Gallery sponsored its fourth annual Douglass Day Transcribe-a-Thon in Breiseth Hall from 11 a.m. to 1 p.m. on Feb. 14.

The focus for transcription was on the records of activist and writer Mary Ann Shadd Cary. All that came were able to stay and aid in transcribing for as long as they wanted.

Not only were students able to take part in preserving an important part of history, but it was a crucial learning moment about an incredible woman that advocated for women's suffrage and recruited soldiers for the Union during the Civil War.

"The Transcribe-a-Thon is about getting people together to help digitize important archives of Black Americans," said Dr. Chris Zarpentine, associate professor of

philosophy and division of global cultures chair.

Many students and faculty members were excited to celebrate the fourth annual Douglass Day Transcribe-a-Thon. According to Dr. Amy Sopcak-Joseph, assistant professor of history, Douglass Day is administered through the Center for Black Digital Research at Penn State and the Colored Conventions Project.

"I love a good history lecture, don't get me wrong, but Douglass Day lets us learn and make an impact at the same time instead of just passively taking in information," said Sopcak-Joseph. "It truly



Graphic by David Marks

is so much easier to learn and feel the importance of knowledge when one is actively engaging with the works of that time."

From the first Transcribe-a-Thon occurring on campus in February 2020 on the eve of COVID-19, to transitioning to virtual, and now

being able to come back full swing, it was a significant event to be able to participate in alongside many institutions in the country.

"Students had an interactive experience and the ability to make a small but really important impact on history- right here from campus," said Dr. Sopcak-Joseph. "A website held all of the documents and/or

pictures that needed to be transcribed and participants simply typed anything that they read."

Participants transcribed historical text on a document, which helped make these texts more word-searchable for researchers and teachers. It was an important way to make historical archives accessible to a broader audience.

There were light refreshments offered in Breiseth Hall during this event for all transcribers to enjoy and from the looks of it the student body was excited to be involved.

"I would always be interested in events being held to honor and respect people of my culture," said Nate Whitaker, junior digital design and media arts major. "I think it is important for events like these to be held and for students to get involved in."

Look out for other Black History Month-related events happening on campus throughout the rest of the month.

# The controversy surrounding the 'Hogwarts Legacy' game

By **Anthony Cazun**  
Contributing Writer

"Harry Potter" is one of the largest franchises worldwide and its mythos can be found across all types of media, such as books, film, television, Broadway and videogames. The last of which is gearing up for the franchise's biggest release yet, Avalanche Software's "Hogwarts Legacy."

In "Hogwarts Legacy," players are able to create their own wizard within Hogwarts. Filled with cosmetic and environmental customization as well as choice based storytelling, immersion and capturing the magic within the world of Harry Potter are of utmost priority.

Hogwarts players will choose their house, build relationships, tame beasts, master the art of magic and be embroiled within a conflict between wizards and goblins all while trying to uncover the secrets of ancient magic. Avalanche Software have delivered an experience that nearly any Potter fan would be ecstatic to enjoy, as evident by the shattering numbers the game is pulling in both sales and viewership.

However, despite the positive reception

to the game itself, there are many factors, namely one, outside of the game that are leading many to boycott the game entirely. That variable being the polarizing author of "Harry Potter" herself, J.K. Rowling.

Rowling has been heavily criticized for her stances on transgender people. In 2020, Rowling published a statement titled "TERF Wars" on her site, "TERF" being an acronym for "Trans-Exclusionary Radical Feminist," a title given to the author.

On her site, Rowling outlines that she believes that accepting transwomen as women would invalidate the experiences and struggles of cisgender women. She also claims that changing the way sex is legally defined would hurt organizations that aim to help primarily women and how her true concern is actually the health of young women.

The statements by Rowling caused a wave of backlash that only continues to grow with each new comment by the author, as she continues to double down.

"It's unfortunate to see a creator of such a large, distinct and beloved franchise act and think the way J.K. Rowling does," said Emma Broda, first-year history major. "It is important to remember that even though

it's a franchise you're fond of, the woman behind it can be particularly immoral and controversial."

Many believe that purchasing the new "Hogwarts Legacy" video game will contribute to transphobia, as Rowling passively profits off of the intellectual property.

"I will no longer give my money or any form of support to anything associated with J.K. Rowling," said Dr. Helen Davis, associate professor of English. "As a member of the LGBTQ+ community and as a feminist, I do not condone her transphobic statements and I reject the very notion that TERFs have any place within feminism. We all must decide if we want our money to support JKR's bigotry or if we would rather use our money elsewhere. I am choosing not to support hatred."

Others believed that although not inherently immoral to engage in the Harry Potter series, people should be aware of what that money is going toward and decide from there.

"I don't think everyone buying it is immoral or a bad person or something like that," said Gene Santos, first-year history

major. "I just think that it might be hard for the average person to grasp just how harmful buying the game is. Her essays opposing the existence of trans people have been cited by members of the U.S. Senate to block the Equality Act."

While people might not be necessarily transphobic for buying the game because they love the series for what it is, their money will end up supporting Rowlings' viewpoints. According to CNBC, in 2016 the series was estimated to be worth \$25 billion, a number which has no doubt increased.

"I know I won't be buying it but I'm not going to condemn anyone who does," said Santos. "I'm sure most people buying the game aren't doing so to support these things on purpose."

Although living in the shadow of Rowling's transphobia, Avalanche Software have seemingly attempted to show their opposing views within the game, including a transgender character, Sirona Ryan.

As the complicated situation unfolds, it falls to the individual to decide whether the game is worth their purchase. "Hogwarts Legacy" released on Feb. 10 for Playstation, Xbox, PC and Nintendo Switch.

# Meet the Majors

## This week's major: History

Interviews and photos by  
Jordan Daniel  
Life, Arts & Entertainment  
Editor

Every week, The Beacon will offer a chance for majors to be placed in the spotlight. Each student who gets chosen will have a few words to express why they chose the major and how they feel it will benefit them in the future.

Kaelin Hughes  
Junior

"I'm looking forward to taking more topics courses that interest me, along with completing my final research project in capstone this upcoming fall.

"I hope that I can use the skills I've learned regarding research, reading and analyzing sources and critical thinking in conjunction with my political science education and pursue a higher degree of some kind. Whether I get a masters or eventually my Ph.D. I feel as if the major has helped me a lot."



Keelyn Myers  
Senior

"My favorite aspect of being a history major is the people and faculty that I get to work with on campus. The history program has small class sizes, which means that each student is able to really get to know their classmates and have great relationships with their professors.

"During my time in the program, I have had the privilege of working closely with many classmates and faculty that will be friends and mentors for years to come."

The Beacon/Jordan Daniel

Adam Piston  
Senior

"I am looking forward to student teaching and conveying the information I learned in my college classes to my high school students.

"I chose this major for my love of history and I want to be a social studies teacher. I hope to become the best social studies teacher I possibly can."



Eliana Kramer  
Sophomore

"My favorite aspect about this major is how flexible it is. I am double majoring in corporate finance and it allows for me to have room in my schedule for both finance and history courses.

"I love history. I love learning about the world and the different people in it."

# The Self-Help Saga



## *How to stop sweating the small stuff*

**By Morgan Rich**  
*Managing Editor*

Juggling too many things at once can lead to drowning in a sea of frustration. Anxiety builds, emotions start swarming and before students know it, the little things begin eating away at them and consuming every fiber of their being.

Everyone sweats the small stuff; however, what matters is how the situation is handled. The key is to acknowledge the situation without letting it destroy the rest of your day. When you change the way you look at things, the things you look at change.

### **How to react mindfully:**

Reacting mindfully when life seems to be falling apart is the best thing that one can probably do when it comes to the small stuff in life. Sometimes it is frustrating when even those small things cannot go right in our lives. After all, reacting to stressors in the moment is just what everyone is programmed to do.

Recall what values are important to you in your life. The easiest thing to do is to close your eyes, take a deep breath and allow your mind to become blank. Find a serene space for the mind to rest and find a steady ground. This is the best way to remain calm and float back down to reality.

Sweating the small stuff is also an indicator that someone may be doing too much throughout their day. Feeling overwhelmed can automatically cause heightened emotions and can cause one to lash out even for the smallest of frustrations. Take time to acknowledge if you are overfilling your schedule and see you can step back and make changes.

Also, do not ignore the larger issues that may be present. Most often, people overreact when they are suppressing situations, feelings or unresolved conflicts in their lives. The best way to react mindfully is to assess the situation and become aware of the conflicts that you may be experiencing.

### **How to stop wasting time on minor annoyances:**

I will be the first one to say that I bottle up every single annoyance there is until a part of me just wants to explode. It is not fair to myself and to others to not voice all of my negativity and bottle it up inside. Also, it is just an unhealthy thing to do.

The easiest way I have found to stop wasting time on minor annoyances is to air them out as soon as they happen. Writing down negative or annoyed thoughts on a piece of paper, tearing it up and then throwing it away is a fantastic way to stop letting these annoyances get to you. Plus, it benefits the mind to physically see these grievances thrown away because as they say, out of sight, out of mind.

Personally, I also love to put things into perspective. I would like to say that this is perhaps the thing I have the hardest time doing because I, like most people, hold myself to high standards. If I fail a test, I automatically think that it is the end of the world. If I mess up a combination in ballet class, I am hard on myself because I know I can do better.

But do you want the truth? None of that will matter in a month from now, in a year from now or in five years from now. Remember that you too deserve the benefit of the doubt and are allowed to feel annoyed, frustrated and upset at situations that happen. The best way to stop sweating

these challenges is by thinking about if they will matter in the long run or if keeping them bottled up does anything for you. A majority of the time you will not remember them anyhow in years to come.

### **How to look for all of the little things that make you feel grateful:**

As I mentioned last week, it is always important to think about what we have to be grateful about in life. Was there ever a time when you wished you were where you are now? Was there ever a time in your life where your goals felt impossible to achieve and yet you achieved them anyways?

Gratitude is an incredible thing and is extremely powerful when it comes to not sweating the little things. Practicing shifting focus to all that you can be grateful for is a perfect exercise for anyone who is struggling to see the bright side of things.

When the feeling of annoyance and frustration is beating down upon you, make the active decision not to dwell on it. Allowing it to ruffle your feathers will only make the day worse. Besides, who needs that negativity anyhow, certainly, not you.

### **Weekly book and song recommendations to get back into reading:**

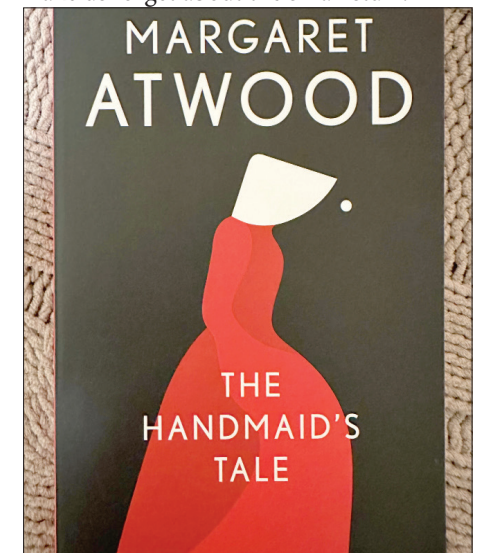
A perfect book that helped me to not sweat the small stuff was, "The Handmaid's Tale" by Margaret Atwood. This has been one of my favorite books for years now and made me feel incredibly fortunate for what I have right now.

Though, it made me much more aware of political climates, I feel as though this book is a perfect reminder of what we have in our lives and how we should sometimes feel grateful over what we have.

This book is set in Gilead, a totalitarian society in what used to be the United States. Offred is the central character in the book and is one of the "handmaids" who is forced to produce children for the "commanders," who are the ruling class in Gilead.

I had the pleasure of seeing Atwood when she came to campus last spring and I obtained a signed copy of the book. I also was fortunate to listen to her speak for an hour and a half about her writing process of the book and had the opportunity to ask her questions. Shoutout to our campus' English department, you rock.

The song that spoke to me for the song suggestion of the week is "The Ballad of Mona Lisa" by Panic! At the Disco. This song tells the story of a man who deals with two moral struggles at once. Kind of relevant, kind of not, however, who does not love some good old 2011 alternative to make us forget about the small stuff?



The Beacon/Morgan Rich  
**Rich shows off her book of the week.**



Basketball Photos: The Beacon/Lauren Bowers  
Hockey photos: The Beacon/Julia Mazur  
Graphics and Page layout by Baylee Guedes



Junior Julia Marino focused on her next movement as she drives towards the basket.



First-year Yamirelis Matos looking for a quick drive. Matos was the high-scorer.



Senior Brenna Babcock making a hard step cut to get past her Arcadia defender.



Left to right: The Reed's, Smith's, Horton's and Jones's being honored before the win.

Photo courtesy of GoWilkesU.com



# SENIOR NIGHT



First-year Christian Blomquist sneaking into positioning for a chance to score.



First-year Patrick Roginski setting up to receive the puck from a teammate.



Graduate-student Phil Erickson gaining control of the puck, looking to pass to another Colonel.



Left to right: The Nieto's, Berry's, Godfrey's and the Paterson-Jones' being honored before their matchup with Stevenson University.

# Opinion

Have an opinion or want to write a guest column? Contact the assistant opinion editors: [Sydney.Allabaugh@wilkes.edu](mailto:Sydney.Allabaugh@wilkes.edu) or [Zara.Lantzman@wilkes.edu](mailto:Zara.Lantzman@wilkes.edu)

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Clayton and Theresa Karambelas  
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Wilkes University  
Wilkes-Barre, PA 18766  
Phone - (570) 408-5903  
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## Our Voice

Each week, The Beacon's editorial board will take a stance on a current issue.

# Black History Month begins with education

Black History Month is supposed to be a time to honor Black historical figures and remember their struggles and triumphs. Unfortunately, remembrance cannot always be carried out as many are not taught Black history to begin with.

For many public school students in America, their knowledge of Black history does not go much further than slavery and Martin Luther King Jr. According to Ken Miller and Michael Melia of AP News, there is no national curriculum or standardization of Black history in America, and only a few states require it to be taught.

This lack of standardization can lead to some receiving inadequate education, leaving many uninformed or misinformed.

In some states, education about Black history is even legislatively restricted. Although Florida is one of the states that requires Black history to be taught, Governor DeSantis's "Stop WOKE" act prevents certain topics involving white privilege and systemic racial disadvantages from being taught, claiming that it will be harmful for adolescents.

Other states like Georgia, Mississippi, Oklahoma and more have passed similar

legislation regulating how teachers can talk about race and systemic issues. Censorship of speech and education based on personal beliefs is wrong, undemocratic and unconstitutional.

Further, learning about these subjects, although difficult and sometimes uncomfortable, is necessary if we want to perceive our history and modern reality in an honest way. Systemic oppression has been an unfortunate reality for many Black people throughout history, especially in the criminal justice system.

In the 19th century, Black Codes reinforced exploitation of Black labor after slavery and restricted their rights to property. In the 20th century, Jim Crow laws mandated segregation in all public facilities and Black people were disproportionately murdered and brutally attacked by police. In the 21st century, Black people are still twice as likely as white people to be shot and killed by police officers, according to NBC News.

It is clear that Black people are—and have always been—treated differently and unfairly in the justice system. Ignoring the issue does not make the issue less real. Intentional censorship of race history

prevents us from receiving the necessary context to understand hardships and rectify inequalities in America.

Empathy and justice are impossible without accurate understanding and abolition of potential prejudices. Taking the time to learn and reflect on accurate Black history can help alleviate misunderstandings today to make tomorrow a better future.

Black History Month is not all about the negatives though. It is equally important—if not, more so—to learn of Black triumphs and successes. Success stories grant us with hope that things can change for the better. We must celebrate all the heroes that allowed for such progress.

The future generation has a right to know, and Black historical figures have a right to be remembered. Until adequate education in K-12 schools becomes a widespread reality, there are luckily ways we can take initiative to learn more about Black history.

We encourage all to attend events hosted by the Multicultural Student Coalition or the Sordoni Art Gallery. There is no better time than during Black History Month to continue learning.

**Letter to the editor policy:** *The Beacon* welcomes letters to the editor from differing viewpoints. Letters must contain contact information, including name, city, state and phone number. Phone numbers will not be published but may be used for verification purposes.

**All letters to the editor must be sent using one of the following methods:**

Email: [Emily.Cherkauskas@wilkes.edu](mailto:Emily.Cherkauskas@wilkes.edu)

Phone: (570) 408-5903 (Voicemail: 30 seconds or less, please.)

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The Beacon/Zara Lantzman

Check out next  
week's opinion  
piece on the Disney  
College Program by  
Assistant Opinion  
Editor  
Zara Lantzman.

Flynn Rider and Rapunzel showing Zara Lantzman Rapunzel's real \$10,000 crown from the movie "Tangled" during Mickey's Very Merry Christmas Party.

# Separating the art from the artist: an ongoing debate

By **Lauren Gardner**

*Contributing Writer*

Art versus the artist. How do we differentiate the two? How is it possible to separate our favorite songs from the artist? It is not an easy task but it definitely begs the question: at what point do we stop supporting our favorite artists?

Many of us look to these people as some type of outlet and inspiration where we can channel our feelings and emotions through them and their work. Many take inspiration from the artists themselves. We use their lyrics for captions on our Instagram posts to even dress like them. We become disappointed when our idols aren't who we thought they were, as we perceive them to be "above" others and place them on a pedestal.

The first major band that rose to international fame was, of course, The Beatles. Paul McCartney, John Lennon, George Harrison and Ringo Starr all saw themselves in the front of international stardom causing "Beatlemania" in the 1950s. Fans could not fathom them doing any wrong or even being capable to do so in that matter.

Lennon strived for world peace and was at the forefront of peace, love and happiness in the late 60s to the 70s

and was an important figure in the hippie community. With someone who appeared to be such a loving and caring person, it was impossible to imagine him doing any wrong, but that is not the case.

Lennon married his first wife, Cynthia Powell, in 1962 and later welcomed a son, Julian, in 1963. Lennon later ended up abandoning his family and was barely in his first son's life, leaving him and his mother to struggle financially as he did not support them.

In later years, Lennon married his second wife, Yoko Ono, and welcomed his son, Sean, who he adored. He later wrote the song "Beautiful Boy" about him with no thought for his first son Julian.

Lennon was created into a myth of peace, love, and happiness but certainly was not behind closed doors.

In the early 2010s, the group Odd Future Wolf Gang Kill Them All (OFWGKTA), more commonly known as Odd Future, was a group of young aspiring artists that were infamously labeled as "dangerous" by many including media figure Piers Morgan. The members of this group

include Tyler The Creator, Frank Ocean, Syd Tha Kid, Jasper Dolphin and Earl Sweatshirt to name a few. These artists were not in a musical group with each other, however, they did feature each other in some of their work and made notable collaborations.

This hip-hop collective was deemed rowdy and outlandish. Their merchandise included tee shirts with upside-down crosses and vulgar sayings. The group was deemed too violent, which left Tyler The Creator being banned from entering the United Kingdom by then Prime Minister

Theresa May.

Fast forward to the present time, the collective dissolved and Tyler The Creator essentially rebranded himself. He made the clothing company Golf Wang that does not have upside-down crosses and has toned down his style in music.

With this being said, why can't Kanye West take inspiration from him? West, now known simply as Ye, has had major success in his 20-plus years in the music industry. With legendary albums

including "The College Dropout," "Late Registration," "Graduation" and "808s & Heartbreaks" to name a few.

When it comes to music, Ye knows how to produce incredible pieces with Trevor Noah stating that "he has turned samples into symphonies." Ye also created his fashion brand, Yeezy, which featured creative and avant-garde looks that were outside the fashion norm that inspired how many of us dress today.

Ye was on top of the world. But that all came crashing down in recent years with him recently admitting that he liked Adolf Hitler and made more anti-semitic comments. Hitler was responsible for the mass genocide of six million Jews during the Holocaust. How someone can even think of admiring Hitler is absolutely disgraceful and extremely disturbing.

Ye has a mass following and with this, he has a very large impact. In recent years, we have seen a rise in anti-semitic hate crimes, and what Ye says is extremely dangerous and terroristic. In times like these, we need to stand with our Jewish brothers and sisters and offer support and compassion to the Jewish community.

Ultimately, it is up to the person who enjoys their artist's music, but some may say when it comes to Ye, he should have his jaw wired shut again.

**"We become disappointed when our idols aren't who we thought they were, as we perceive them to be 'above' others and place them on a pedestal."**

## We want to hear your voice!

Let your thoughts be known within the community. Join the Opinion section!

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Politics, culture, social issues

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# Sports

Want your sport covered? Deserve to be Athlete of the Week? Contact the Sports Editor: [Baylee.Guedes@wilkes.edu](mailto:Baylee.Guedes@wilkes.edu)

## MVB: Early and quick success leads to boosted team morale

By Baylee Guedes  
Sports Editor

*From front cover...*

After coming off of a 9-22 season, the Colonels already have more wins than last season after only being 13 games into the season.

Wilkes' most recent wins include 3-2 over Widener College, 3-0 over Bryn Athyn and a 3-1 win over John Jay College this past week.

The young team this season seems to have clicked early on under the leadership of two seniors, Casey Shipman and Zachary Shay.

Shay leads the team with 352 assists, adding to their 523 overall kills. Shipman

follows Shay with 53 assists.

Junior Jackson Shafer's 143 kills leads the team in scoring, equalling out to a colossal 167.5 points. He also recorded the single-match kills record at Wilkes with 22 to lead the Colonels to a five-set win over Widener.

Junior Paul Binner follows with 98 kills and 135.0 points.

"The energy in practice and games has been fantastic this year," said Shafer. "We have been a much tighter team this year and continue to develop chemistry and trust within ourselves."

The Colonels will travel to Wilson College tomorrow and then head over to Messiah College on Saturday for their two matchups this week.



**TOP:** Pumped Colonels come together with Noah Taylor (right) after a kill.  
**BOTTOM:** (left) Paul Binner estatic. (right) Zachary Shay assiting Wilkes.



**Jackson Shafer with a kill during the Arcadia University game on Feb. 9.**



Photos: The Beacon/Baylee Guedes

# MIH: Colonels honor four for senior night celebration

By Baylee Guedes  
Sports Editor

In a celebration of teamwork, the Colonels honored four seniors on Feb. 11. during the second day of their doubleheader with Stevenson University.

Wilkes went 0-2 with Stevenson with a 1-2 loss in overtime for the first game and then lost in a shootout after a 3-3 score on senior night.

The seniors that were recognized were goaltenders Garrett Nieto and Michael Paterson-Jones and forwards Billy Berry and Nick Godfrey.

“This is an incredibly important senior class, to our current team and our program as a whole,” said head coach Tyler Hynes. “For most of their time here, this year’s senior class was overshadowed by the class of 19 student-athletes that graduated last season. But Billy, Nick, PJ and Garrett were handed the baton this year and they have done an outstanding job at the forefront. Each has been tremendous on the ice for us this season, driving our pace and guarding our gate. More importantly, they have been perfect role models of what it means to be Colonel.”

Nieto’s short time as a Colonel was prosperous as he recorded 408 saves and

a .923 save percentage in goal. Nieto had a game-high of 37 saves in goal during the Colonels’ 4-3 win over Manhattanville College on Nov. 12., earning him the Middle Atlantic Conference (MAC) Defensive Player of the Week award. Nieto also received the United Collegiate Hockey Conference (UCHC) Goaltender of the week honors on Feb. 6. He also set the new record for saves in goal during a single game with 42 saves on Feb. 11.

Berry’s four years as a Colonel have led him to record 11 goals, 20 assists and 31 points, with six of his goals being scored this season. Berry has won 206 face-offs

this year along with adding 20 blocks to date.

Godfrey also completed four full seasons for the Navy and Gold, scoring eight goals, assisting 20 and adding 28 points.

Paterson-Jones’ four years at Wilkes earned him many accolades: He recorded 1472 saves in goal with a .896 save percentage. 260 of those saves were recorded this season with a .906 save percentage. Paterson-Jones received the MAC Defensive Player of the Week award twice this season to date. Peterson-Jones also earned the UCHC Goaltender of the week honors on Nov. 28. for the sixth time

throughout his career.

“While small in size, this group of seniors had a huge impact on our success as a hockey program,” said graduate-student Phil Erickson. “They absorbed our culture on day one and immediately began to enhance it. Overall, this class of seniors has worked hard, stayed patient, and taken advantage of the opportunities that they have earned. As leaders, they’ve helped push our culture forward and have set a great example for our young group of Colonels.”

While Erickson has been with these men throughout their entire careers, even first-year members of the team have noticed the impact and leadership of these seniors.

“I am very grateful to have met such a great group of guys,” said first-year Cam Lowe. “They built our program from the ground up and have gained the respect of everyone on the team, people around campus and many others in the Wilkes-Barre community. An incredibly hard-working group of guys have shown us what it takes to be a part of the Wilkes hockey culture.”

The Colonels will finish out their regular season game-play on Feb. 17. and 18. at Neumann University.



The Beacon/Julia Mazur

From left to right: Honoring Nieto, Berry, Godfrey and Paterson-Jones.

# WBB: 61-55 senior day triumph over Arcadia University

By Baylee Guedes  
Sports Editor

Four Colonels were recognized on Feb. 11. during the senior day celebration against the Arcadia Knights where Wilkes triumphed with a score of 61-55.

After coming off of a 67-24 win and a 63-57 overtime loss, Wilkes looked to pick up another win for the celebration, which they did successfully.

Graduate-student and guard Kendra Smith along with guard Brianna Horton, center/forward Ariel Reed and manager Alexa Jones walked on the court with their families, applauding their careers.

“This graduating class will certainly be leaving a lasting mark on the Wilkes Women’s Basketball program,” said head coach Tara Macciocco. “These seniors can

proudly look back on their careers knowing that they established a new culture.”

Smith added 288 points, 110 steals, 83 assists and 224 rebounds throughout her career thus far. Horton recorded 438 points, 100 steals, 136 assists and 378 rebounds during her time as a Colonel up

to this point. Reed scored 91 points, had 17 steals, recorded 11 assists and tallied 115 rebounds to date. Jones played last season with the Colonels after transferring from Delaware Valley University. As a guard, Jones scored 58 points, assisted six and grabbed 21 rebounds in a single season.

This season she supported the team by managing and helping coach when needed.

“They (the seniors) have been leaders on and off the floor this season and I truly believe they have left their mark on this program,” said junior point guard Julia Marino. “Their presence on the court as competitors and off the court as friends is what every player hopes for in a teammate.”

“This year I have had the privilege of meeting and playing among some of the best role models, players, leaders, and amazing people, our seniors,” said first-year Yamirelis Matos. “Every senior brought something unique to the team and as a first-year, I can already see and experience the culture they helped build.”

Wilkes will end their regular-season this Saturday at Delaware Valley.

All statistics are as of Feb. 11.



Photo: The Beacon/Lauren Bowers | Graphic: The Beacon/ Baylee Guedes

# MLAX: Colonels looking to leave mark on MAC Freedom

By Adam Grundt  
Sports Staff Writer

Men's lacrosse returns to action for the spring 2023 season starting tonight at Schmidt Stadium.

Head coach Curtis Jaques is entering his eighth season as head coach of the Colonels and his last season coaching the team in the Freedom side of the Middle Atlantic Conference (MAC).

"Entering the Landmark Conference next year, I feel that this will be our last hurrah in the MAC," said Jaques. "We are going to play every game like a MAC Championship and stay focused on performing at our best one game at a time."

The Colonels finished last season with a record of 5-12 and are looking to bounce back through veteran leadership and team chemistry.

"This team is very versatile and tough," said Jaques. "We will be attacking the pipes with big bodies on offense and we will see our poles being much more involved with the transition game and scoring. We have young talent on offense that will be playing together for the next few years and it's great seeing the chemistry develop. We also have great senior leadership and our goalies keep us honest shooters in practice."

Last year, Eric Ormsby (graduated) led the team with 38 goals and 24 assists, leading the team in each category. Current

senior Tyler Knappenberger netted 14 goals last season—the most of any returning player on this season's roster.

The Colonels return five current seniors: Knappenberger, Hunter Riley, Bradley Anacreon, Jacob Kudysch and Dillon Kadis.

The majority of the Colonels' roster is made up of 11 juniors: Joseph Marino, Colby Opromolla, Austin Seames, Tucker Parmer, Tommy Steffney, Blake Billingsley, Brendan Keegan, Henry O'Connor, Matthew Warns, Tyler Haasis and Bryan Schulcz.

The sophomore class adds nine to the roster: Joseph Kozlowski, Cameron Krisko, Luke Weakland, Aiden Battista, Luke Wawrzynek, Charles Gordon, Nicholas DeVitis, Jackson Casper, Justin Wawrzynek and Anthony DelDuca.

Joseph Markey, Michael Rauch, Caleb Miller, Cole Bourgeois and Tim Hartka are the five first-year students that the Colonels are welcoming to the team.

Senior face-off/midfielder Bradley Anacreon is looking to give his all every step of the way this season, along with the rest of his teammates.

"I expect this season for us to work hard in practice every single day and also to compete in every single game we play, no matter who it is against," said Anacreon.

Anacreon, who also is a member of the Colonels' men's basketball team, realizes

the value of being a veteran mind on a mainly younger roster.

"Lacrosse has been a sport I have played ever since I was in middle school," said Anacreon. "Last season was my first season playing on the team at Wilkes and after playing last season I now have a good understanding of college lacrosse. Being one of the older guys, my teammates can trust me and rely on me."

As a result of the nice weather in the area recently, the team played in their first Passing scrimmage on Feb. 5.

"We still need to get rid of some rust before our first game," said Anacreon, who is still in basketball season. "But the guys had their first scrimmage and that was a good experience to play against another team and get the in-game feeling again."

The Colonels are looking to make their mark in the MAC Freedom. The team is working hard every single day, on and off of the field to produce their best efforts.

"Every Monday morning lift, our seniors and captain leadership set the tone for the week," said Coach Jaques. "We are here to work and play fast."

Again, the Colonels will be opening up their season at Schmidt Stadium tonight against Susquehanna University. Following their first game, Wilkes will host Juniata College on Feb. 18. MAC Freedom play begins on March 29. when the Colonels face off against Arcadia University.

MEN'S LACROSSE SCHEDULE	
FEB 15	4:00 P.M. HOME
FEB 18	1:00 P.M. HOME
FEB 25	1:00 P.M. HOME
MARCH 4	2:00 P.M. AWAY
MARCH 7	4:00 P.M. HOME
MARCH 18	1:00 P.M. HOME
MARCH 22	4:00 P.M. HOME
MARCH 25	1:00 P.M. AWAY
MARCH 29	7:00 P.M. HOME
APRIL 1	1:00 P.M. AWAY
APRIL 5	7:00 P.M. HOME
APRIL 12	7:00 P.M. AWAY
APRIL 15	1:00 P.M. HOME
APRIL 19	7:00 P.M. HOME
APRIL 22	1:00 P.M. AWAY
APRIL 26	7:00 P.M. HOME
APRIL 29	1:00 P.M. AWAY

Graphic/Baylee Guedes

# SWIM: Colonels MAC Freedom Championship results

By Baylee Guedes  
Sports Editor

The Colonels competed in the four-day Middle Atlantic Conference (MAC) Swim Championships and placed 14th overall, concluding their season on Feb. 12.

**Day one:** Wilkes started off in the 500-freestyle preliminaries with graduate-student Shane Miller and senior Liam White. Miller finished with a time of 5:33.48 and White followed with a time of 5:38.13. The 200 IM preliminary featured junior Stephen Verosko, who placed 30th with a time of 2:10.29. First-year Ashton Dainty placed 41st in the 50 Freestyle preliminary with a time of 23.79.

None of the four made it past the day one preliminaries in their solo-events.

Later in the day, Dainty, White, Miller and Verosko competed in the 200 Medley Relay. The team placed 13th and earned 34 team points with a time of 1:47.99, beating their seed time by two seconds.

**Day two:** Senior Maddy Kinard started off with a chance at qualifying for the 100 Butterfly finals, but just missed the top 24-cut. Kinard placed 25th with a time of 1:07.32, just a second after the 24-cut time. White placed 21st in the C Finals of the 400 IM with a time of 4:54.41. Verosko placed 31st and Miller 32nd in the 100 Butterfly during the prelims. Neither Verosko nor Miller advanced to the Finals. Dainty,

White, Miller, and Verosko placed 11th in the A relay 200 Freestyle Relay, earning 38 team points with a time of 1:37.12. The four also placed 13th in the A relay 400 Medley Relay, earning 34 points with a time of 4:01.96.

**Day three:** Kinard placed 11th with a time of 1:02.49 in the 100 Backstroke prelims, just 0.02 seconds short of her own school record. In the B Final, Kinard swam a 1:03.01 to earn 15 team points and fourth place. Miller qualified for the C Final in the 200 Butterfly with a prelim time of 2:10.97. In the C Final, Miller placed seventh with a time of 2:12.82, earning two team points. Dainty entered the C Final with a prelim time of 57.04 in the 100 Backstroke. Dainty

placed fourth in the C Final with a time of 57.44 and earned five team points.

**Day four:** White had a 12:06.59 seed time in the 1650 Yard Freestyle and finished with a 19:31.87. In the 100 Yard Freestyle, Verosko had a prelim time of 53.25 and a seed time of 54.56. Dainty also competed in the 100 Yard Freestyle with a prelim time of 53.90 and seeded with a 54.08. In the 200 Yard Backstroke, Kinard swam the prelims with a time of 2:17.95, breaking her own school record and then finished with 2:21.19 in the C Finals. Dainty, White, Miller, and Verosko finished in 14th with a time of 3:33.09 in the 400 Yard Freestyle Relay.

Wilkes placed 14th out of 14 teams.

# Athlete of the Week

## Zachary Gula Junior Basketball Guard



### ***The Beacon:* Male Athlete of the Week**

Gula was chosen as our Athlete of the Week (AOTW) after his performance during the 78-71 win over FDU-Florham. Gula recorded a career high of 22 points as well as having the overall game-high score for the Colonels. Gula also grabbed four rebounds during the win.

**Major:** Mechanical Engineering  
**Hometown:** Tunkhannock, Pa.  
**High School:** Tunkhannock

### **What had been your favorite sports memory from your time as a Colonel?**

Sophomore year, when we beat an undefeated Desales team on a last second shot from Drake Marshall.

### **What is your favorite professional sports team (any sport)?**

Philadelphia 76ers.

### **What is your favorite thing to do away from sports?**

Hang out and chill with my friends.

### **What is your favorite part of being an athlete at Wilkes?**

All of the close relationships I have been able to build with my teammates.

### **What sports movie is your go-to for movie night?**

“Winning Time: Reggie Miller vs. The New York Knicks.”

### **If you did not play your current sport, what sport would you have wanted to play?**

Football, never played as a kid, wish I would’ve given it a try.

### **What has been your favorite sports memory overall?**

Playing in my first game after I had knee-surgery.

### **What is your favorite post-game meal?**

Buffalo Wings.

### **How do you feel about being selected as the Athlete of the Week?**

Just happy that my performance was good enough for us to get a big comeback road win.

The Beacon/Baylee Guedes

*Editor's note: Athlete of the Week selections are determined by the sports staff each week. At the end of the academic year, we will post a reader poll on Twitter @WilkesBeacon to crown an "Athlete of the Year."*

Compiled by Baylee Guedes, Sports Editor

# Athlete of the Week

## Jules Askins

### Sophomore Basketball Guard

#### ***The Beacon:* Female Athlete of the Week**

Askins was chosen as our Athlete of the Week (AOTW) after her performance this past week as she had the team-high of 14 points in the team's 67-24 win over FDU-Florham.

Askins went 4-8 from the 3-point line and collected three rebounds.

**Major:** Psychology  
**Hometown:** Carlisle, Pa.  
**High School:** Carlisle

**What had been your favorite sports memory from your time as a Colonel?**

Beating Stevens last year and making it into playoffs.

**What is your favorite professional sports team (any sport)?**

Golden State Warriors.

**What is your favorite thing to do away from sports?**

Hanging out with friends.

**What is your favorite part of being an athlete at Wilkes?**

Having a built in family/friends.

**What sports movie is your go-to for movie night?**

"Love and Basketball."

**If you did not play your current sport, what sport would you have wanted to play?**

Soccer.

**What has been your favorite sports memory overall?**

Traveling along the east coast for tournaments.

**What is your favorite post-game meal?**

Chicken nuggets.

**How do you feel about being selected as the Athlete of the Week?**

Great opportunity to be recognized for the work spent to become the best athlete I can be.



The Beacon/Baylee Guedes

Compiled by Baylee Guedes, Sports Editor

Editor's note: Athlete of the Week selections are determined by the sports staff each week. At the end of the academic year, we will post a reader poll on Twitter @WilkesBeacon to crown an "Athlete of the Year."

## **Door's open!**

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## **Contact:**

*Faculty Adviser:*

[Kalen.Churcher@wilkes.edu](mailto:Kalen.Churcher@wilkes.edu)

*Managing Editor:*

[Morgan.Rich@wilkes.edu](mailto:Morgan.Rich@wilkes.edu)

