H1N1: What you need to know

By Rob Braczyk Draft Editor

Swine flu, otherwise known as H1N1, has been the primary focus of the media throughout the year of 2009. Early fears suggested that this flu was comparable to the influenza of 1918, avian (bird) flu, or the most recent SARS epidemic. However, this strain of flu is no more dangerous than the normal flu that occurs every year. While the swine flu is not as deadly as originally thought, it is still highly contagious and residents need to take the necessary steps to remain healthy.

Many public and private institutions have taken the necessary steps to prevent the spread of swine flu, and Merrimack is amongst them. A group of faculty has been convening on a weekly basis since early 2009. The members of this group include: Director of Residence Life Donna Swartwout, Director of Hamel Health Dr. Jerry Dugal, Dean of Student Life Shawn De Veau, Ron Guilmette of Police Services, Dennis Gillespie of Sodexo, Bob Coppola of Physical Plant, Public Relations, Members of the President’s Cabinet, and the Director of Human Resources. The group has developed a protocol for the response of all areas of campus in regards to H1N1. Basing its approach off of other colleges, the group has designed a plan to keep all students safe and healthy. In addition to participating in the group, Jerry Dugal keeps the group up to date with the latest information from the CDC, and acts as a public health official for the college.

Of the members of the group, the two that have the most direct connection to the residents of Merrimack are Donna Swartwout and Jerry Dugal. Donna Swartwout, the Director of Residence Life, is heavily involved with keeping residents, and the community healthy. Swartwout had a great deal of advice and directions for those who do get sick. According to Swartwout, the best thing to keep yourself from becoming sick is to practice proper hygiene. As you may have noticed, hand sanitizer dispensers are located all over campus.

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By Michael Salvucci Editor-in-Chief

Over the summer the ice bed at the Lawler Arena inside of the Volpe Athletic center has been replaced. At a cost of 1.2 million dollars, the college covered the price as the first phase of the Lawler Completion Project.

Construction started the week after graduation and was completed in early August. The replacement consisted of new ice compressors and a new ice floor.

According to the Gazette: Daniel Jeffery Meyers, 24, of Voorhees, NJ was arrested early Sunday morning on four different charges. According to the Gazette: Daniel Jeffery Meyers, 24, of Voorhees, NJ was arrested Sunday at 2:15am on charges of violating the towns open container bylaw, disorderly conduct, resisting arrest and assault and battery on a police officer after he twice fought with officers as they tried to place him under arrest, police said.

A special thanks to Mike McMahon and Warriorinkrat.com for breaking the story.

Continued on page 3

On campus fight YouTubed

Two weekends ago a fight broke out between two girls outside of a party.

The fight was located St. Ann apartments. RAs arrived on the scene promptly but due to regulations could not physically break the dispute up. Shortly thereafter Merrimack Police arrived and dealt with the dueling parties.

One bystander recorded the fight either on a cellular phone or a point and shoot camera. The video is available for viewing both on YouTube as well as the popular barstoolsports.com.

The student newspaper of Merrimack College

Established 2001
Submissions

Experimental Portfolio Program Implementation Plan

By Dean Cuomo

This fall semester the Girard School of Business and international Commerce is implementing an experiential learning program. It was developed by Girard School faculty with contributions made from representatives from a wide spectrum of the Merrimack College community. This program will give Girard School students a competitive advantage when they enter the job market as they will have participated in “real world” experiences before they graduate from Merrimack College. We will monitor the program as it evolves and make improvements based upon student feedback. It is our firm belief that this program will significantly enhance the quality of a Girard School of Business education. Here is a description of the Experiential Learning Program.

Program Description

All Girard students will participate in an experiential portfolio program comprised of an on-going series of experiential activities. Objectives of the experiential portfolio program include the following:

• Exposing students to current business issues/events
• Enhancing the ability to adapt to a continually changing environment
• Extending student experiences beyond the classroom
• Emphasizing the linkages between the academic setting and the business experience
• Engaging students in their personal and professional development

• Expanding connections between the business school and other parts of campus (highlighting and reinforcing the importance of liberal education)

The experiential portfolio program will create a formal system for coordinating, scheduling, and developing relevant learning opportunities and provide a mechanism by which students will be exposed to these experiences. Participation in this program will span a student’s entire four year college career.

Program Structure

Students will enroll in a non-credit, pass/fail course corresponding to their stage in the business program. Course numbers and titles are as follows:

• BUS 0010 Experiential Portfolio
• BUS 0015 Experiential Portfolio
• BUS 0020 Experiential Portfolio
• BUS 0025 Experiential Portfolio
• BUS 0030 Experiential Portfolio
• BUS 0035 Experiential Portfolio
• BUS 0040 Experiential Portfolio
• BUS 0045 Experiential Portfolio

Program Evaluation

Student feedback will be solicited for each portfolio activity. At the end of the first year, a report evaluating the overall effectiveness of the program will be presented to Girard faculty. The report will highlight the strengths and weaknesses of the program and provide action steps for program development.

Program Activities

The experiential portfolio program is comprised of a variety of activities/experiences/events which will prepare Girard graduates for success in the dynamic and turbulent 21st century workplace. Each of these activities will be assigned point values commensurate with the scope/duration of the activity. For instance, participation in a semester-long internship would receive substantially more points than attendance at a speaker event.

The Experiential Portfolio Director will submit his recommendations for activity point allocations for approval by the Curriculum & Assessment Committee. The allocation of points will be guided by the following factors: (a) the intensity/duration of the activity; (b) the relevance of the activity to business and/or professional development; and (c) the extent to which the activity contributes to Girard School learning outcome attainment.

Incoming students will have to attain 75 activity points during each of their first two semesters. Following is an itinerary of activities for AY 2009-2010:

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>FALL 2009</th>
<th>SPRING 2010</th>
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<tbody>
<tr>
<td>McCusker Speaker Series</td>
<td>25</td>
<td>25</td>
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<tr>
<td>Site Tour</td>
<td>25</td>
<td>25</td>
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<tr>
<td>Business Presentation Seminar</td>
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<td>Business Writing Seminar</td>
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<td>GPS Workshop</td>
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<tr>
<td>Career Fair</td>
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<tr>
<td>Study Abroad Session</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Sustainable Business Session</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Interdisciplinary Session (TBD)</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>TOTAL POINTS</td>
<td>180</td>
<td>180</td>
</tr>
</tbody>
</table>

Progress through the portfolio program requires the accumulation of a minimum number of activity points. Students who fail to attain the threshold within an individual experiential module will receive an “Incomplete” grade and will be required to make up the deficit in the subsequent module. Upon successful remediation, the student will retroactively receive a passing grade in the failed module.

Girard School Mentoring Program

Mentoring experiences are integral to personal development and career advancement. In recognition of this, the experiential portfolio program will involve two significant mentoring experiences: one within a peer-to-peer setting and the other in a structured mentoring relationship with a business practitioner.

Mentoring

The transition to college is often a time of great stress and uncertainty for many first-year students. Some face difficulty acclimating to the expectations of college life, others experience the sense of dislocation associated with being away from friends and family, and yet others grapple with whether they made the right choice of colleges. Although this transition is often transparent to faculty within the classroom setting, it is significant to the students experiencing it.

Students enrolled in BUS 0010 and BUS 0015 will participate in a peer mentoring experience with an upperclass peer mentor. The peer mentoring relationship provides first-year students with an important resource for navigating the early stages of their college career. Mentors gain valuable insights from “seasoned” colleagues who have “been in their shoes.” Furthermore, mentees gain relevant exposure to the value of mentoring relationships, which in turn enhances their likelihood of success in the subsequent professional mentoring experience (discussed in the next section). Upper-class mentors will likewise benefit immensely from the experience of being a mentor. Peer mentors will gain invaluable experience serving as a role model, coach, and resource person.

Professional Mentoring

All Girard students will have at least one year of experience in the college’s professional mentoring program. Students enrolled in BUS 0030 will participate in a “cohort” mentoring experience in which mentees with shared interests, backgrounds, or majors will work with an appropriately matched mentor (e.g., accounting students might pair up with an accounting mentor, female students might choose a female mentor, etc.).

After the completion of at least one semester of cohort mentoring, students may opt into the individual mentoring program (or they can continue for at least one additional semester in the cohort mentoring program). Ideally, most Girard students will continue with individual professional mentoring into their senior year. A good mentor can help students identify how their strengths and weaknesses relate to their intending career. Professional mentors can also provide keen insights on how to obtain a job as well as some of the “inside” tricks for breaking into the field.

If you have any questions on the Girard School Experiential Learning Program, please contact Professor Donald Hanson, Professor James Grinnell, or myself.
School News

Merrimack protecting against the swine flu

Continued from cover

Currently, there are no confirmed cases of H1N1 on campus, but Residence Life and Sodexo are just in case residents do contract the swine flu. Flu kits are available from Residence Life, including a thermometer, soup, and Gatorade. Also available are take-home packages from Sodexo, including soup, Gatorade, and a few other items. It is a one-time deal and if you are too sick to pick it up, a friend can use your Mack card to get it.

Swartwout advised that residents should go home if they are sick. If you are unable to go home, Residence Life will be opening a floor in Deegan and Ash for you to stay. Swartwout's final advice: Remember, it's just the flu.

At the core of swine flu prevention is Hamel Health. Dr. Jerry Dugal has been keeping up with swine flu since spring, when the first news of the disease surfaced. Along with CDC updates, Dugal has been working with both Andover and North Andover Public Health officials. Dugal stressed the fact that the swine flu is a different strain of the flu that is no more dangerous than the normal seasonal flu, and that it is only dangerous to those who are at risk for seasonal flu. The primary reason that many institutions have acted so quickly upon the flu is due to how contagious it is.

As for treatment of H1N1, Dugal recommended that residents treat themselves like they would if they got the seasonal flu. Dugal also stressed that students should get home if they can, and that they will not be punished for missing school for being sick.

Prevention was also stressed by Dugal. “Be honest with yourself. Are you getting enough sleep, etc.” Another prevention method not known to many people is keeping your hands away from your face. Dugal referred to a study that showed that the average person put their hand near their face up to 50 times in an hour. Being conscientious to this behavior may help prevent you from becoming sick.

Overall, swine flu is nothing to be afraid of. If you are still concerned, vaccinations will eventually be made available to resident students once Hamel receives them. Taking the correct preventative measures, being healthy, and practicing good hygiene will keep you healthy during flu season.

Constitution day a big hit

By Molly Warren

Staff Writer

On Tuesday, September 17 Merrimack College along with many other schools celebrated Constitution Day. Constitution Day celebrates the ratification of the United States Constitution in 1787. Up until 2004 Merrimack never had to observe Constitution Day, but United States Senator Robert Byrd from West Virginia helped to pass a law which states that schools and agencies that receive government funding must celebrate Constitution Day. Byrd has stated that he wanted the law to be passed because the ratification of the United States Constitution was a big part of our history and people need to understand what happened on this historical day.

Merrimack’s Pre-Law Society celebrated this day by allowing members of the Merrimack community to make amendments to the Constitution. Some of the amendments were to allow the president to have a line item veto, to change the president’s age requirements from 35 to 40, and to allow foreign-born citizens to be president of the United States.

The day was also celebrated by having members of the Merrimack community vote on their favorite amendment. The amendment with the most votes was the first amendment, freedom of speech and freedom of or from religion, with 237 votes and 43% of the vote. The 19th amendment, which gave women the right to vote, came in 2nd with 113 votes, while the 13th amendment, which abolished slavery, came in 3rd with 79 votes.

To wrap the day up the Pre-Law Society showed National Treasure in the Library Auditorium. If you are interested in joining the Pre-Law Society please contact Jon Ravenelle at ravelnellej@merrimack.edu.

Merrimack College kicks off another year

By Molly Warren

Staff Writer

On Wednesday September 16th, Merrimack celebrated the opening of a new school year by holding the 2009 Academic Convocation.

This day celebrates not only the beginning of a new school year, but also the coming of a new class to Merrimack. Convocation was attended by many of the students from the class of 2010, faculty members, and other students.

The ceremony began with the entering of the class of 2010 in graduation robes followed by the faculty in their robes. Father Ray Dlugos started the ceremony with an invocation.

The president gave his introduction which can be found online with all of the speeches made that day at Merrimack.edu.

Lawler Completion Project sees progress

Continued from cover

The ice is now comparable to rinks such as Kelley Rink at Conte Forum (Boston College) and even Agganis Arena (Boston University). Pat Bowen, one of the Warrior’s captains, said that “The ice has been good so far, there’s ice all around the kick plates and corners of the boards which we didn’t exactly have the past few seasons.”

Not only can a difference be seen, it can also be felt. Today was pushing 80 degrees and a coolness could be felt within the arena that was missing in years past.

Along with the ice compressors and the new ice floor a new walkway floor was installed in the front of the arena. Overall the upgrade that took place this summer was the first stage of two for the Lawler Completion Project.

Next summer, if all goes according to plan, the stands will be replaced. As for what the new stands will be/consist of is still up in the air. The new stands would move Lawler Arena closer to Hockey East regulations.

Merrimack has however been grandfathered into the old system and there is no reason to fear being dropped from the league.

However Hockey East and more importantly Merrimack Fans will surely be appreciative.
By Jennifer DiStefano

Middlesex College

By Jennifer DiStefano

The dining hall is a mess, and I've almost completely stopped going to eat there. The main problem is that the food is often awful, and also not nutritious (why so much fried food?). Also, in my experience, the occasional live entertainment is not welcomed by other students, who just want to sit and talk instead of hearing music.

Response:

With our new Dining Room this fall we offer healthy options at many formats. All fresh vegetables and fruits are available at all meals as well as vegan options. As for the music, it is provided by the Merrimack Program Board once a month as a change of pace in the Dining Room.

Student Comment:

I would love to see one big master calendar!

Response:

A combined spring and Easter break is better for students who live far away.

Response:

We could have a nice long break in the fall, but we would have to cut summer even shorter and begin classes even earlier in August. When the academic calendar is constructed, the goal is to schedule a minimum number of meeting days for each day of the week (and a consistent number of meeting days for each day of the week). If you consider these parameters, you can see that we literally have no extra time to schedule a break in the fall semester.

Response:

I have gone to class assuming I had to take an exam on a snow day because I was never notified. No signs up around campus, no email, nothing.

Response:

I am assuming you are referring to the day of the ice storm. That storm presented us with an unprecedented situation as the college was unable to notify students of the cancellation of classes due to the fact that we were unable to use our phones, email, or the college website to notify students. Because of power source problems, the "Send Word Now!" announcement didn't even work in a timely manner. You are correct in saying we didn't have signs posted in the Academic Buildings however, we did notify local TV and radio stations and we did post signs in the Campus Center. After the storm, a group of employees was pulled together to discuss how we could handle this type of situation better if it were to happen again in the future.

All responses regarding calendar and school cancellation issues responded to by Jennifer DiStefano, Registrar & Chief Retention Officer.
Opinion

Got Game?

By Ashley Sarris
Staff Writer

These are the last years of your life where you have a plethora of people to find your true love. In college, it’s easy to explore your wants and needs through academia, sex, and social events. But what if the time passes you? You graduate alma mater, you have this great $80,000 salary job, and the person you are looking for isn’t at this job. So what next? You hit up the bars, dressed to impress, and you realize you’re too old for this - you’re over it. All of a sudden, being 23 doesn’t sound that cool, at least from the single perspective. But don’t worry, you’ve got time, at least one semester worth. Here are some fun date ideas at the Mack:

• Starving at 11:30 pm? Text that special someone and head on down through the Taco Bell drive-thru. If it’s nice out that night, grab a seat on the benches by Mendel Pond. You could always throw the leftover taco shells to the fish!

• Throw a football around outside in the quad. Girls like the challenge, and if there’s a group of friends out there who want to play, be on opposite teams and block each other.

• Borrow a movie from the library instead of watching it on your TV. Make some popcorn and sit outside with your laptop - you will have to sit close together in order to see the screen.

• Just remember to have fun, whether you’re interested in guys, girls, or even both, there’s plenty of ways to spend quality time together right on campus.

• Take an interest in something that they do. If they are in the school play, run lines together on the second floor of the Sak. Perhaps the piano upstairs will spark a hidden talent to share with one another. If your crush is on a sports team, don’t be afraid to make a sign and cheer real loud; it may seem embarrassing, but inside, it makes the athlete feel good.

• Take interest in something that they do. If they are in the school play, run lines together on the second floor of the Sak. Perhaps the piano upstairs will spark a hidden talent to share with one another. If your crush is on a sports team, don’t be afraid to make a sign and cheer real loud; it may seem embarrassing, but inside, it makes the athlete feel good.

• Decorate brownies. Walk across the street to CVS and pick up all the necessary items to bake brownies, plus some extra frosting and sprinkles. If you don’t have an oven, you can go to Santagati or the Deegan West fire place lounge to bake them.

Help cancer research, honor your breast cancer hero

Support breast cancer research and participate in Merrimack’s third annual pink duck ceremony.

Swing by Main Street in the Sak beginning October 1, during lunch and dinner. Pink duck sales will run until October 20. The pink duck ceremony will be held on October 20 at Mendel Pond. Don’t forget your duck!

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Beacon Opinion Policy

The views expressed in the Opinion section do not represent the views held by The Beacon or its Staff.

If you would like to comment on an article or share an opinion please contact us at newspaper@merrimack.edu
Inside college sex, love & dating

Can you really be friends with your ex?

As I lifted the red poppy card around the collage, Kara laughed at her own misfortune with her ex-boyfriend Jared at a bar this past summer. When a group of people from her hometown had gone out drinking in Boston, she found Jared and herself colliding at every end. Though he tried to speak, he continued to turn his conversations with her into phrases like, "you really are my favorite person" and plying invitations to stay with him at his lake house. Irritated, she fought back, claiming that not only was their friendship a complete sham, but the two had made it a gesture their friends generally shared. And as she defiantly recalled the night, she couldn't understand why we all have to hang on to ex's for support, in case our current flames go under, leaving us alone.

While my attempts have sometimes been comical, the night at the Celtics party at least got me thinking. As I argued for a friendship, flying down the corridor, I left my ex in his stupor shrugged and mumbled, "to each his own" beneath his breath. Was he right? Was I just incapable of finding solace? Over the past two years, Dan has failed to relinquish the embarrassment, remaining allusive as I occasionally make sound gestures to re-communicate. Maybe we will never successfully be friends with someone that we once had a monumental connection with. As I argued for a friendship, flying down the corridor, I left my ex in his stupor shrugged and mumbled, "to each his own" beneath his breath. Was he right? Was I just incapable of finding solace? Over the past two years, Dan has failed to relinquish the embarrassment, remaining allusive as I occasionally make sound gestures to re-communicate. Maybe we will never successfully be friends with someone that we once had a monumental connection with.

Perhaps it is the friendship that I have been searching for all along; possibly instead, it was the love that I have been unable to find once more. As I held down the poppies along the border, I realized that it wasn't something I was ready to discard of just yet or maybe ever. As I positioned the card back onto the board, I replaced it with a large picture of Clarissa Trineck. Even when you know it’s finished, maybe becoming friends isn’t really what we want at all. By becoming friends, it changes the relationship you once had – a relationship whose memory is more beautiful than anything that could possibly come out of casual sex. I think Dan knew that, and after finally acknowledging what I really want, I’m especially glad I do now too.

By Lauren Reilly

Layout Editor

Outside the leaves fell crisply, changing colors to brilliant reds and oranges, each one arranged differently and yet blending to create the gorgeous trees that frame our campus each year. Curiously, these trees turn faster than others, and next to the orange and barren structure out the kitchen window, my bedroom view still reflected the summer’s tones along the branches.

The start of a new school year brings too transformations of a more emotional and sexual nature, as our relationships new, old, and exhausted, filter in and out of our lives. Just yesterday I received an E-mail from a friend in Brooklyn, New York. Noticing my dismay, she suggested I look to my photo board for red accents, and as I glanced at it, I adjusted it around the collage trying to make it fit.

There are those relationships, despite how long they last, which inevitably define us and puncture us with such an impract that when they leave, we remain faithful to their memory. Dan and I had carried a remarkable long lasting and faithful relationship for several years before finally parting ways during sophomore year, and after months of uncertainty and absence, I realized despite the numerous individuals whose love I have re-turned; I only find assurance in those feelings which I shared with Dan.

After the very agonizing and silent break up, months passed without any communication, as he refused to retain an "impossible friendship" which he felt, I had admittedly experienced from a former relationship that continued to chase me.

Finally, after the death winter had passed, I arrived in New York for a weekend stay with my friends who were taking classes during my arrival, Lisa said that she would meet me farther downtown when she had completed her work. I decided to rummage the Met while I waited, eventually meeting her in front of the Modern Art wing. As we caught up, we meandered the rooms, fingered the leaflets and pausing momentarily to laugh at some of the outrageous, hanging figures and a diamond encrusted skull. Ultimately exhausted from the crowds, we sat down on a bench to recover and plan our next move. As I adjusted the buckle on my boot, I looked up to two pinkish, vivid poppies penetrating from a frame. My heart crashed. Despondent, I asked Lisa if the painting was Georgia O’Keefe, to which she laughed and less encouragingly responded that she had no idea. It felt like my whole relationship was standing in front of me, and I wanted to pick it up and carry it out of the museum to somewhere intimate and comforting.

In anguish I pulled out my phone and sent Dan a text describing my current location and hoping that by extending a word of familiarity, the void I felt between us would close. Except his response was made all the worse by intuitively knowing I was with Lia and reacting a hello, while also sharing in the moment by saying he too had just gazed at one of the cards above his desk and thought of me. But, after no sign of response, closure, no going back. Instead, the poppies represented a time that had gone by and I wondered if his mes-sages were attempting to convey friendship and of love that hadn’t or wouldn’t die. However, as much as I sought to keep him in my life, the luminous relationship we once had I all really wanted, and it seemed no longer possible that I would have that with him. Still to my disappointment, that text would be the last time we would speak as friends.

As my relationship with Dan disintegrated, I began to do the most insensitive thing an individual does; throw myself into fictitious relationships and in-compatible hookups. Surely, if I abs-tracted myself, it couldn’t be easier to remain friends, right? I have found some of them have been short, while others, de-jestedly resemble a relationship post hookup with mutual sociability between myself and the other guy, disillusioning none result in real friendships. At times I have even been fooled into thinking that some-one I have held no feelings for in many years, would sustain a light hearted friendship.

Last basketball season while at home, I had overheard that a former high school friend I was ready to discard of just a bit too much; a boy was having a b/o w o o t party that I had drunkenly completed three epic failures to come on to, even after I explained my feel-ings were purely platonic.

"...by the end of the night, he had..."
Health & Fitness

Sanitize It!

By Ashley Sarris

As the sick season is now upon us, germs and viruses are making rounds, and we must keep our hands clean and stay healthy. Here are some tips for sanitizing:

- Use Purell hand sanitizer for your hands any time you leave the classroom, including when you enter Sparky’s Place and the Warrior Den. When eating in public places, it is important to make sure your hands are clean because you are sticking your hands into containers of silverware, passing ice cream scoops, or picking up the stacked plates, bowls, and cups.
- If you are not sure whether you should attend class or not due to feeling ill, stop in Hamel Health and e-mail your professor before the start of class to give them a heads up. Professors are also taking charge in the classroom to encourage the use of keeping your hands sanitizing.
- Debra London of the Communication Arts and Sciences is one of the many professors that is taking a stance in keeping her students healthy by completing these tasks. People around campus should keep encouraging the use of keeping clean and staying healthy.

Get Motivated! How to Stay Your Goal Weight

By Ashley Sarris

Although the anorexic look of celebrity superstars is long in the past of Merrimack College, students can prevent the spread of common illnesses such as the flu, common cold, strep throat or fevers. Whether you are at a party, walking into lunch or working out at the gym, here are a few pointers to keep your life healthy:

- At your registered event, use water to fill your beruit cups that are used to shoot in. Keep your own drink in your hand. This way, you are not sharing saliva with fellow patrons.
- Did you know at the gym information desk there are now mini bottles of Purell hand sanitizer for you to take? Also at the gym are bottles of disinfectant spray to wipe your previously used machine free of any germs.
- Merrimack also offers hand sanitizer at many locations throughout campus, including when you enter Sparky’s Place and the Warrior Den. When eating in public places, it is important to make sure your hands are clean because you are sticking your hands into containers of silverware, passing ice cream scoops, or picking up the stacked plates, bowls, and cups.
- If you are not sure whether you should attend class or not due to not feeling well, stop in Hamel Health and e-mail your professor before the start of class to give them a heads up. Professors are also taking charge in the classroom to encourage the use of keeping clean and staying healthy.

Motivation is Sad

By Christopher Powell

For me, being told to stay motivated is something that feels strange to hear. When I’m told to stay motivated, it seems like someone else is asking me to have something in mind when I find a way to get through the day. But I’m wondering what I have to stay motivated for besides getting through the day and finding something more fun to do. I guess being motivated means having a goal in mind: a profession, degree, two-story house, wife and kids, whatever. But I don’t care much about any of that today. I just care about looking pleasant enough to be presentable and finishing what I need to do today, because then I don’t have to think about any of that. I’d rather distract myself from my goals than actually think about the obstacles that are in my way of them. I’d like to do what I did last weekend again and go to Maine with a friend and his roommate and see it every day, like on your mirror. I’d like to play poker with my roommate. I’d like to listen to my favorite band, Cartridge, while finishing a Kay Redfield Jamison book. I’d like to talk to my high school friend, Shawn. I’d like to play Chrono Trigger on my DS. I’d like to do a lot of things that don’t involve the vague goals I have.

Getting through school and getting a degree, and whatever else I’m supposed to do, feels like a task for me to finish and be done with until I can do something to distract me from everything that stresses me. Maybe if I get farther in life I can prove myself wrong and end up content, at least for some part of each day, in a suburban two story house with a pleasant job and wife and two kids. But I’m not terribly ambitious; I’ll take what I can get. I’m better off without high hopes that I may or may not achieve.

I think part of life is to always be missing something critical and trying to cope with not having it while we wait for it to happen; through avoidance, intellectualization, rationalization, optimism, whatever you want to pick, that helps us cope. I once read a book by psychologist Edwin Shneidman, and in it he said life is spent in a constant pursuit of immediate psychological needs; our needs for food, water and shelter, sure, but also to like and love, to be liked and loved, to avoid shame, have friends, stay emotionally secure, and to prolong pleasure and avoid pain, to name a few off the top of my head. If our psychological needs aren’t fulfilled, we either immediately try to fix it, or cope with not having it until we get it.

Now, I function phenom- enally. I’ve been writing for the Beacon for two semesters past; I haven’t gotten worse than a B- in three semesters; I’m VP of another club; I have people I say hi to on the way to each class—I take care of myself, I keep busy. I always get up in the morning. I don’t skip classes. I participate. Sometimes I call my parents and my little brother to say hello. Sometimes I call old high school friends that I don’t see any more. I do what I’m supposed to do. But I just hope it all adds up to something. I hope I can get my psych degree and then maybe be a master’s. I hope I can get that two story house and a girl I can get along with for more than a few weeks. I hope I can always think of a reason to get up in the morning. It’s been working so far. It worked this morning, actually.

I have things I need to do today to reach the goals I reminded myself of just now besides write this article. As for you, keep your goals in mind, whatever they are for the moment, no matter how vague they are. Think of them and keep them, they’re important. So finish reading this newspaper and go do those things you meant to do today, or you might soon forget them completely and end up God knows where.
Fun & Games

Sudoku

Medium

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Crossword Puzzle: Kayaking

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Entertainment

Quentin Tarantino’s Inglourious Basterds

Mark Lindquist
Sports Editor

Blink knew there would be a request for an encore, and they had planned according.

“Oh Yes! Yes! Yes! Yes! Yes!” Inglothur was a World War II summer film directed by the incredible Quentin Tarantino, and rated R for strong graphic violence and language. The main plot of Inglourious Basterds focuses on a squad of Jewish-American World War II soldiers known simply as The Basterds under the Office of Strategic Services (OSS). The Basterds are commanded by the unorthodox Tennessee native Lt. Aldo Raine (Brad Pitt). Lt. Raine also known as ‘Aldo The Apache’ calls upon his men to create psychological turmoil and trepidation throughout the German army.

The Basterds use ambush and infiltration tactics to assault as many Germans as possible without remorse or regret. The more soldiers that fell at the hands of The Basterds, the more gruesome stories the German high command hears from the surviving soldiers. One of Lt. Raine and The Basterds most frequent methods of psychological warfare occurs when they scalp the heads of every soldier they kill in battle, similar to that of an Apache Indian. Lt. Raine’s in command is Staff Sergeant Donny Donowitz (Eli Roth), known to the Germans simply as ‘Bear Jew’. Donowitz is the most feared member of The Basterds for the large number of German soldiers that he has brutally killed with his weapon of choice, the baseball bat. Other members of The Basterds include star Christoph Waltz), they decide to crash the party.

Quentin Tarantino’s Inglourious Basterds is viewed as a classic and typical Tarantino film as it did not disappoint the fans. After September 4, Inglourious Basterds had taken in over $140 million in worldwide gross. The movie received the #1 spot in the American box office in its opening weekend making, $37.6 million, an amount surpassing District 9. In its first 10 days, the movie received over $70 million. At the 2009 Cannes Film Festival Quentin Tarantino was nominated for the Golden Palm Award while the movie’s antagonist actor Christoph Waltz was honored with the Best Actor award.

Review’s for Quentin Tarantino’s latest movie have for the most part been very good. Rotten Tomatoes.com gave the movie a very positive review of 88% and quoting “A classic Tarantino genre-blending thrill ride, Inglourious Basterds is violent, unrestrained, and thoroughly entertaining.” Roger Ebert gave Inglourious Basterds 4 stars and said “Quentin Tarantino’s ‘Inglourious Basterds’ is a big, bold, audacious war movie that will amaze some, startle others and demonstrate once again that he’s the real thing, a director of quixotic delights.”

Nick Jones of Palm Springs Guides gave the film a 5 out of 5 stars and stated that “Quentin Tarantino’s ‘Inglourious Basterds’ is easily one of the most entertaining movies of the year.” One negative review from the French newspaper Le Monde said, “Tarantino gets lost in a fictional World War II.” After seeing the movie twice, I am confident in saying that Inglourious Basterds was an overall entertaining movie led by Brad Pitt that brought action, thrills, and even some comedy.

Blink’s back in concert

Kyle Neary
Staff Writer

What band arguably was the single most important factor in the revolutionization of the pop-punk world? After years of being disintegrated, Blink 182 was back. If you lived under a rock over the summer, you may have not heard about their summer tour, with a variety of bands at each stop.

Blink was the icon of their genre for years, and was a favorite of thousands until their demise some years ago. They took to the stage once again this summer and performed exactly what they did. With record numbers, selling over 20,000 tickets at the Comcast Center in Mansfield MA alone, Blink 182 was seen and heard by many fans.

The concert started off with flashing lights and guitar riffs, and only got better as the music went on. Songs ranged from their first CD, all the way up to their finals release, performing only the most popular songs, and it seemed as if every voice in the Comcast Center was singing at the top of their lungs.

The show continued on in this fashion, playing hit single after hit single, and even to the end, everyone’s energy was just as high, if not higher than it had been at the start. They ended seemingly too short, and the whole crowd wanted, or should I say demanded more. Blink knew there would be a request for an encore, and they had planned accordingly.

After about 15 minutes of keeping the lights off and the curtain down, the curtain dropped and there alone sat Travis Barker, drummer for Blink 182. He started playing a multitude of drum solos ranging from rock, to hip-hop, and everything in between. After about 3 minutes of this, the stage began moving out forward towards the audience. Only feet away from the front row, the stage began to rise.

Continuing drumming, Travis showcased his talents. About 10 or 15 feet in the air, the stage started to move to the right side. The stage became slanted at about a 45-degree angle, while Travis continued his massacre on the skins. Back towards the middle of the stage now, Travis changed his beat, and the drum rises went to the opposite side. On another 45-degree angle, Travis continued his assault. After a few minutes of this charade, Travis floated back to the middle.

The drummer dipped forward to about the same angle as the sides, and then the complete unexpected happened. Everyone was in awe of his solo drum solo, but no one had been prepared for what happened next. All of a sudden the center of the platform began to rotate as if it were a record player. Barker continued his incredible solo and after multiple rotations, the stage stopped, and slowly returned back down to the stage. Now that is what a true Blink concert is.
The Warriors of the Merrimack men’s soccer team fought their way across our home turf Tuesday night, September 15, versus Malloy College of New York. Although the game ended in Malloy’s favor, looking to this non conference team will only bring more drive in the season for the games that truly count.

This was no easy game for any soccer player that night especially when 90 minutes just was not enough time to decide on a winner. The game ended up going into double overtime and with 7:15 left on the clock due to Malloy’s # 7 Dan Patino.

Yet the anticipated goal of the game was not which team would score the winning goal in overtime, but the goal that brought the Warriors into overtime. Merrimack’s Robbie Sabados once again proved his position on the field after many attempts of shots on goal, including an upset slow roller to an unguarded goal that just missed at the 54th minute of the game. With 15 minutes left, Robbie kicked a beautiful shot that soared past the goalie. This brought on a rally point for the Warriors; the shouts and cries of the players are almost everything that came up with some mutual goals centered on working with minor hockey teams, the Best Buddies program, and underprivileged children. The importance of giving back is not only a value the team would like to demonstrate but is a reflection of Merrimack College as a whole.

Day 2 also allowed everyone to see the things that each member would like to improve on and the embarrassing, best, and worst moments each member has experienced. After a day of team reflection, mixed in with lunch, dinner, and 20 minutes of downtime at a nearby lake, where everyone found out who has terror fears of bugs and frogs, everyone partook in group skits. These skits would be the climax of the retreat as everyone was brought to tears of laughter, particularly with a skit of a talk show portraying the priceless dramas of Merrimack.

After the skits, the team once again turned to the game room for some entertainment, this night included a ping-pong tournament and an exciting game of “kick the can” outside in the dark.

Day 3 allowed for spiritual reflection. This experience allowed everyone to share their thoughts on God and what it means to be spiritual. This was difficult for most, as spiritual reflection has not occurred as frequently for team members as personal and team reflection. Upon completion of the team’s spiritual reflection, everyone loaded back into the school vans and made their way back to campus.

Overall, this experience allowed for bonding that would normally take months to accomplish to be fit into a single weekend. It also allowed everyone the chance to think about who he is as an individual and who he is becoming. This was an important reminder for everyone since it is never too late to become the person one wants to be.

Although the team may not have answered meaningful questions such as the meaning of life or the curses for global hunger, the team managed to grow both together and as individuals. For this experience, the team is extremely grateful for all of the work that went into the weekend and to Father Jim and Bill for leading it. Together everyone came away with a better understanding of team and of one’s self, and for that, the Labor Day weekend of 2009 proved priceless for the Merrimack College Hockey team.
Laham and Smalls run the show

Mark Lindquist
Sports Editor

During the past week, two events occurred that were of relevance to the Merrimack community. Jay Leno returned to late night television and Chris Laham broke Calvin Bryant’s 28-career touchdown mark with 31 TD’s and counting. Coach John Perry spoke about Laham’s presence in our lives.

“Records such as the ones Chris has broken are the product of an individual’s commitment to excellence for a long period of time. Chris has worked hard to create a winning tradition here at Merrimack College and these records will etch his name in Merrimack football history.”

After a rough season opener versus AIC, Merrimack’s record improved to 2-1 with victories over Husson and Stonehill with Senior Captain wide receiver Chris Laham and sophomore running back Anthony Smalls running the show.

Two weeks ago, in a game versus Husson, the Warriors earned their first victory of the 2009 season with a 23-0 shutout. Sophomore quarterback James Suozo had a nice outing throwing the ball 15 for 26 (57%) for over 200 yards and 2 touchdowns. He also scored a TD running the ball. Anthony Smalls carried the majority of the running load with 24 rushes for 188 yards, averaging nearly 8 yards a carry. Freshman Michael Wheeler backed up Smalls with 8 rushes for 24 yards. Chris Laham was Suozo’s #1 target with 9 catches for 96 yards and his long touchdown that tied Calvin Bryant’s career touchdowns record. Senior tight end Patrick Easley played a solid role with 3 grabs for 17 yards. Sophomores Omary Mobley and Devin Gordon each made contributions with 2 catches for a piece, with Gordon pushing his way to the end zone.

Merrimack’s defense, after a high scoring game against AIC, was in no mood to be pushed around as they allowed Hussein running back Julius Williams only 40 yards on 19 handoffs.

Sophomore inside linebacker Shawn Loiseau led the defense with 9 total tackles, while sophomore outside linebacker Tony Johnson recorded 8 tackles, with 2 for a loss, a forced fumble, and a shared sack with sophomore pass rusher Nick Desjardins, who recorded 6 tackles and a fumble recovery. Sophomore strong safety Andrew Rebello and junior defensive end Garrett Boyd each dropped the ball carrier 7 times. In addition, Boyd also had a tackle for a loss of yardage. Others worthy of mention are senior linebacker Marc Benjamin, who recorded 6 tackles, and junior safety, Ryan Slattery, who recorded 2 tackled, including one for a loss.

The Warriors then defeated Stonehill College in a 42-21 hard fought victory. Chris Laham did a fantastic impersonation of Wes Welker with 13 catches for 211 yards and 3 TDs. His touchdowns were on record breaking 29th, 30th, and 31st TDs. Anthony Smalls brought balance to the passing attack running the ball 22 times for 180 yards, averaging about 8 yards a carry. James Suozo overall had a solid night throwing for 53 TDs and interceptions, while running the ball into the end zone twice. Jeremiah Watts also had a strong outing with 5 receptions for 51 yards.

The strong offensive line of Dave Bellmont, Alex Sharp, Dylan Register, Rob Maggiacomo and Jacob Bradley did not allow Stonehill to record any sacks on Suozo. Merrimack’s defense held strong the whole game and made plays when needed. Senior captain inside linebacker Shane Brown recorded 12 total tackles to lead the force. Shawn Loiseau came in second with 10, including one for a loss. Senior corner Richard Johnson made 8 tackles. Nick Desjardins had a big night with 5 tackles, with 1 for a loss, a forced fumble, and 2 fumble recoveries, including one for a defensive TD. Tony Johnson was not to be outdone as he contributed with 4 tackles, with 2 for a loss and a sack.

The Warriors started off slow, but have gained serious momentum going in to their next battle.

Sports

Lady Warriors fall to St. Rose

Kayla Morong
Staff Writer

On Saturday, September 19th, the Merrimack Women’s soccer team faced a tough loss against The College of Saint Rose, losing 4-0 on their home turf. Although the Lady Saints experienced a difficult loss, they worked hard by playing solid defensively and offensively, attempting fifteen goals against the Golden Knights.

Given the outcome of the game, Senior Captain, Gabrielle Gramprey said, “As a team we could have been more aggressive and assertive on the field, and be intimidated by the other team’s previous achievements and titles.”

Putting the St Rose game behind them, the Warriors goal is to step up their game by working on communication as well as their aggression. Although they need to make some changes for their upcoming games, the Lady Warriors exhibit great camaraderie. Sophomore Melissa Garabedian says, “The chemistry on our team is great. We are a very close team. I consider all my teammates my best friends!”

For the remaining of the season, the women’s soccer team will continue to face challenges. One challenge will be this Sunday against number two, Adelphi in New York. Hopefully the Warriors will play hard and show Adelphi that they are the better team.

When asked, ‘how do you think your team will finish the season?’ Gramprey stated, “I think our team will finish in the top 3 of the NE-10 Conference and make it to NCAA’s.”

Come cheer on the Warriors!

Upcoming Fall Home Games

Men’s Soccer vs. Franklin Pierce Saturday September 26 at 1pm
Volleyball vs. SNHU Saturday September 26 at 1pm
Women’s Soccer vs. SNHU Wednesday September 30 at 7pm
Football vs. Bentley Saturday October 3 at 1pm
Field Hockey vs. St. Mike’s Tuesday October 13 at 4pm
Men’s & Women’s Cross Country Alumni Meet Saturday October 17 at 10am

The Beacon Page 11 September 25, 2009
James Suozzo threw for three touchdowns and rushed for two during last Friday's game against Stonehill.

Photo by Michael Salvucci

Suozzo honored with Gold Helmet