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Special Housing Edition!!!

The Beacon

The student newspaper of
Merrimack College
Established 2001

Vol. VII, Number 10

Friday, March 13, 2009

www.merrimackbeacon.com

Welcome to the Beacon's First Annual Housing Edition!!!

Should you live here? or Here?



The Saint Ann apartments
~Photo by Michael Salvucci~



Santagati Hall
~Photo by Courtney Cutler~

Turn to page 4 to find out!

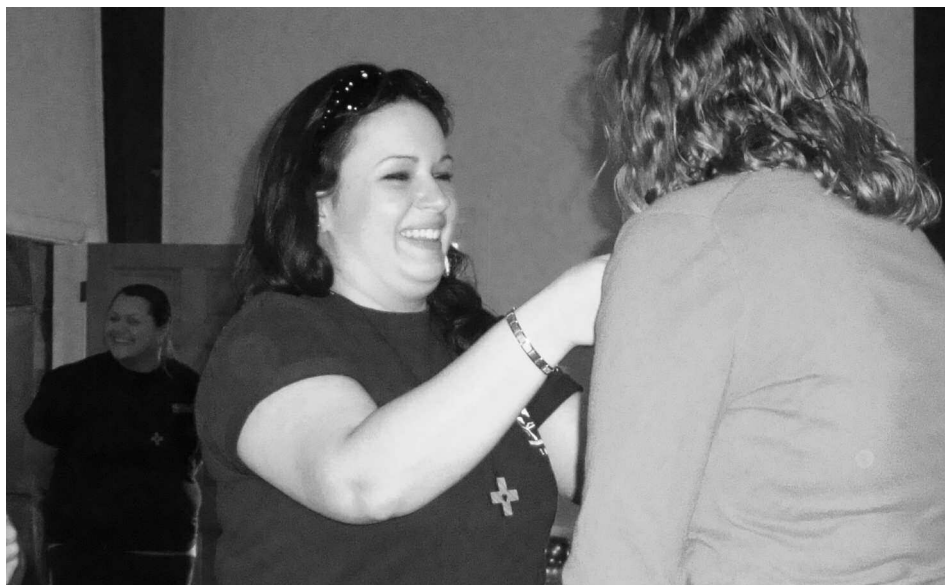
All dorms that are possible for room
selection graded by category!

Alternative Spring Break

By Molly Warren
Staff Writer

Last weekend at the five o'clock mass in Cascia Hall, the students and advisors who are going on Alternative Spring Break (ASB) were given crosses. These crosses have an open heart on them and they say "Cor Unum in Deum." The open heart represents a person opening their heart to other and "Cor Unum in Deum" translates to one heart in God. Father Bill explained that for ASB, the crosses show that those involved in ASB are not going just as good people, or because it makes them feel good, but they are going with open hearts, one heart in God--representing God to those they will serve and making God's presence felt by those that they help." "One Heart in God" is taken from the Rule of Saint Augustine which says that one should be one mind and heart with God and that this is our reason for coming together. This represents the ASB members because they too come together to be one mind and heart with God.

This year ASB is made up of five groups and a little over sixty students and faculty members. The five groups this year are going to Selma, Alabama, Bronx, New York, Philadelphia, Pennsylvania, Southwest Virginia, and Eastern Shore Virginia. The groups are made up of two advisors, two leaders, and several students. While on their trips, each group will be focusing on helping those in the area they are in in need and they will share in the local culture as well.



An ASB member receives her cross
~Photo by Molly Warren~

If you are interested in one student's last year ASB experience,
turn to page 9!

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Submissions

Join the College's Mentoring Program

In today's rapidly changing world, it is important that Merrimack College prepare its students in their career and life planning. The Girard School of Business and International Commerce has developed a mentoring program to help students in their career planning. This program is open to all Merrimack College students. Here is a description of the program

Purpose

Students gain invaluable first-hand insights from professionals who share their time, talents and experiences.

The program allows students to explore different industries, review career paths and adjust personal goals. Students gain real business world exposure, connections, and insights regarding real-life business situations, concerns and issues.

Provides students with career guidance, networking opportunities and insights into the working world.

The program provides both the mentor and student opportunities to develop lasting relationships from which both can benefit.

Mentoring Relationship

Mentoring creates a partnership between two individuals – the mentor and the Merrimack College student. Similar career goals, shared interests, or common academic backgrounds provide the foundation for a successful mentor/student relationship.

The mentoring relationship requires both the mentor and student to work together to reach specific goals and to provide each other with sufficient feedback to ensure the goals are met.

Mentoring can happen in person, by telephone, or via e-mail. Each mentor/student pair can decide what works best for them.

Time Commitment

The time commitment will be agreed upon by the mentor and student. However, it is hoped that you engage in several informal exchanges over the course of the academic year.

Between 10 – 20 hours with approximately half of these hours face-to-face.

This can be accomplished by phone, email or scheduled meetings.

Role of Mentor

Provide the link between academic theories and the realities of the business world.

Provide students with career guidance and counsel as they explore options and make career decisions.

Provide professional advice on topics such as career paths, networking strategies, and value-based career decision-making that students can use throughout their careers.

Share knowledge gained throughout your professional career with students who are our next generation of business and community leaders.

Expectations of Mentor

Share "life experiences".

Facilitate personal and professional growth by sharing knowledge and insights that have been learned through the years.

Help create a student's vision for their future by encouraging him/her to develop to the fullest potential.

Offer advice and suggestions to the student to better prepare them for professional challenges.

Role of Student

Have an open mind to accept suggestions on ways to benefit from the mentor's professional experience.

Be open to discussion about your goals, strengths, hopes, dreams and ambitions.

The student is responsible for developing and fostering the mentoring relationship. Take responsibility for initiating contact and continuing contact over the course of the academic year.

Be open to networking opportunities that may be helpful in the future.

Suggest topics to be discussed.

Expectations of Student

Take the initiative to make things happen.

Actively listen and contribute to the conversation.

Follow through on all commitments made particularly with respect to the scheduling and length of mentoring sessions.

Prepare in advance for all interactions with your mentor.

Arrive promptly - even a few minutes early to all appointments.

Dress appropriately, business casual

Possible Mentoring Activities

Job shadowing for a day

Tour of mentor's office and introduction to colleagues

Discussion of an area in which you're interested or are currently working

Participation in office meeting or seminar

Lunch on campus

As a mentor/student, what support will I have?

The Business Mentoring Program is a collaborative effort between the Girard School of Business and International Commerce and the Office of Alumni Relations. We will assist you with any questions you may have or challenges you may encounter. Please contact:

Dean Robert Cuomo at 978-837-5407
robert.cuomo@merrimack.edu

or

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School News

New online package notifications

Paul Dearborn
Campus Postmaster

I have been Postmaster at Merrimack College since 1986 (I realize this is before most current students were born - scary!) and have been part of the evolution of package tracking here on campus over these years. In the 1980's, hand written receiving logs along with hand written package notification slips were laboriously filled out before packages could be put out for delivery. These logs evolved to hand written manifests in the 1990's that customers had to sign off on when they accepted packages. For quite a few years in the beginning of my career all the carriers, such as UPS and the U.S. Postal Service utilized hand written logs.

Around the time we moved back to the newly renovated Sakowich Center in the early part of this decade, I had decided that our department really needed to invest in an elec-

tronic package tracking system. My colleague and now Assistant Postmaster, Jeffrey Guerra, and I, researched and reviewed demos of package tracking systems, and our current system was chosen for many features, including the option to someday add a module that allowed automatic email notification. Last semester, we decided to experiment with email notification for students without the added expense of purchasing a software add-on from the vendor.

It has been a true team effort implementing this new email notification system - as a department we have brainstormed the idea for some time and have entertained the suggestion from one previous student government. This year, we have found a simple and cost effective way to utilize the existing email system to provide an electronic package notification as a convenience to our students. Kudos go to Postal Clerk Christopher Wagner

for initiating this plan last semester on an experimental basis, and for working out the kinks and ensuring that it was manageable without any additional technology purchase or networking. At this time, students are still being required to present a hardcopy "receipt" for packages that has been placed in their mail box. We are now analyzing this process to see if further labor as well as paper, could be saved by eliminating the hardcopy slips. We have observed that on the whole, students are quicker to pick up their packages with this new email system.

The Campus Post Office handles approximately 20,000 packages in the course of a year, with many of these packages needing delivery to offices all over campus. The employees of the Campus Post Office are proud of their record of less than one unaccounted-for traceable package per year, as averaged over the past several years. Being able to

provide status and proof of delivery in an efficient manner is vital to our operation; indeed, in this age of internet commerce, we often find that a customer knows that we have just signed for his/her package moments after that package hits our dock! While an efficient and effective tracking system in our office provides the kind of information that we need, the new email notification keeps pace with the rapid flow of this information that our student customers have come to expect.

Our hope is that the new email notification for packages will provide a more timely communication to students that an important item has arrived for them, but we also hope that this convenience does not discourage regular visits to mail boxes at the Post Office to clear out the letters and other mail that continue to come in!

M.O.R.E. Retreat a secret success

By Molly Warren
Staff Writer

The weekend of February 28 - March 1st was the Merrimack Out Reach Experience, also known as the M.O. R. E. Retreat. This is a weekend in which a group of thirty students go to a retreat center in Maine. During this retreat, a group of thirty students examine their relationship with God, with themselves, and with others.

The M. O. R. E. Retreat takes place twice a year, once in November and once in March. These retreats are made up of a group of thirty students, eight leaders, two members of the M. O. R. E. Council, a campus minister, and a faculty advisor. Father Jim, the campus minister for this retreat, said that "I have made about twelve M. O. R. E.'s. As always it is the most uplifting, encouraging experience I have had at Merrimack College." Father Jim continues, "The team was very well prepared. The retreatants were completely open and receptive to the experience".

The leaders and members of the M. O. R. E. Council spend several months preparing for this retreat. However, what goes

on during this retreat is not really known except by those who have gone on it. The council has chosen to keep what happens during M.O.R. E. a secret.

Looking past the secrecy, the students who go on M. O. R. E. have lots of fun. Michelle Donnelly, a freshman here at Merrimack, says that "MORE is a bonding experience like no other and is a great opportunity to get to meet all these amazing people that otherwise you probably would have never spoken to." She continues, "The M.O.R.E. experience really helped me open up and reflect on many different aspects of my life. It allowed me to interact and have fun with such a diverse group of people and was the best experience I believe I have had at Merrimack."

Molly Whicker, a sophomore, adds, "I knew a lot of people who were also on this M.O.R.E. retreat, but I learned so many things



about them that I never knew before. I think if I did not go on M.O.R.E I would have never learned those things about them."

<p>Women's Week: March 23- April 3</p>	<p>Tuesday March 24 12-1:30pm Murray Lounge</p> <p>Luncheon and discussion with Dr. Cynthia Enloe, "Taking Women's Lives Seriously in Wartime: Making Feminist Sense of the Iraq War"</p>	<p>Thursday April 2 11:30am-1:30pm Cascia Hall</p> <p>Free luncheon and lecture, "Young Feminists and Gender Activists: Visions of Hope, Working for Change" Speakers Jaclyn Friedman and Gunner Scott</p> <p>7pm, Rogers Center Free Folk concert Vanessa and Tamara Torres, "Touching Ground"</p>	<p>All are welcome!</p> <p>Don't miss out on all these great events!</p> <p>If you have any questions, please contact the Women's and Gender Studies Department</p>
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Welcome to the Beacon's first

By Bryanna Viollette
Staff Writer

In efforts to eliminate the long hours waited in Murray Lounge during room selection, Merrimack College has followed the trend of many colleges, including Boston College, and will conduct the room selection process online this year. Much like class registration, residents will be logging into MyMack to select where they are going to live for the 2009-2010 school year. Although it is something new, Donna Swartwout, the Director of REsidence Life, says that the reasoning behind changing how room selection is done was mainly in efforts to make things easier for students. Selecting rooms online was designed to be more convenient for residents.

Room deposits have been paid and the first e-mail regarding room selection will be sent out on March 23rd. This e-mail will distribute

times in which you will be authorized to select a room. There will be three rounds of room selection and which round you are in is based on the number of credits you have earned thus far in your college career. The first round is for students with 58 or more credits and that round of room selection will be on Monday, March 30th. The second round is for students with 28-57 credits and will be on Wednesday, April 1st. Finally, round three of room selection is for students with 0-27 credits and they will be able to participate in room selection on Thursday, April 2nd. Specialty housing such as Austin Scholars and Substance Free Living will be conducted in Murray Lounge at 5:30pm on Wednesday, March 25th.

At the time you are assigned to participate in room selection (much like registering for classes), you will log into MyMack, go to the "Student

Info" tab, click on the "Residence Life" tab, and then select "Roommate Selection." You will then be presented with a screen that has pull down menus that will give you choices of buildings and then rooms that are still available for room selection.

The most important thing to remember is to be prepared. Deciding who you are going to room with and where you would like to live is important but it is also important to have a backup plan, just in case. Because room selection will be online, it will be harder to tell what rooms have already been selected and by whom so having multiple options will be very helpful. Also, making sure that all your intended roommates have also paid their room deposits is vital to a successful room selection. Anyone who did not pay their deposit by March 6th will not be granted access to the room selec-

tion process. This is important because if you have an incomplete group and cannot fill a room, you will not have ideal choices for rooms to live in next year.

Along with the room selection being done online, there are a few changes this year in regards to residence life next year. First of all, Monican will be a dry building because of the small amount of upcoming sophomore class that will be 21 by the end of the 2009-2010 school year. Secondly, 50% of the residents in the room being selected much be of the current round that is selecting. Thirdly, Townhouses can only be selected as two person doubles.

Preparation is key in this whole process and it's not too early to start! If you have any further questions or concerns, please contact your RA or the Residence Life Office as soon as you can!

Ash Centre

Overall: C+

Location: A-

We found that the location of Ash is actually one of the best locations on campus for a dorm. Both Warrior field and the Volpe complex are short walks away. Not to mention a short walk to class and the Sak. The minus is for the fact that supposedly it's haunted. Some students claim that a fireman ghost scoures the halls putting ash on door knobs. Make sure to wash your hands kids.

Cleanliness: D

It's one of the oldest buildings on campus, and things have been damaged and it is pretty outdated. One student described it as "it's never going to look clean no matter how hard

you scrub".

Room Space: B/D

The doubles in Ash are actually fairly spacious we did not really find a problem there, however the quads can be quite a Tetris puzzle. Some rooms are drastically smaller than others forcing you to bunk beds. Oh...and where's the common room furniture?!

Entertainment: B+

The kids that usually live in Ash, are more relaxed and laid back and know how to have fun. Unlike Monican, you don't have police services just a floor below.



Overall: C-

Location: B+

We found that the location of the town houses to be okay. They are close to the Sak and the ever popular Santagati Hall. The walk to class is not too bad, but the hike over to Volpe can be annoying.

Cleanliness: F-

Take a look in the 1976 yearbook in the library. The photographs of the town houses are interesting....in that they look just as run down as today! The inside is perhaps worse than the out, and there have been reports of

Town Houses

some bathrooms having severe plumbing problems..not to mention the skunk that got into one of them last semester.

Room Space: B

The space inside the townhouses really is not too bad. There's also no front desk attendant to deal with. The shared bathrooms between town houses can get a little weird though.

Entertainment: A-

The town houses are always a fun place to visit on the weekends and should never be counted out as a place to stop by.



Saint Thomas Apartments

Overall: B+

Location: B+

The location of the S. Thomas Apartments is fairly good. You are close to the parking lot, and not too far from the football field. The close proximity to the St. Ann apartments as well as Santagati makes for some fun times. What's with that funky hill though?

Cleanliness: C+

It is quite possible that this grade is so low because of the last grade on our rubric. The amount of kids this place sees on the weekend there's no question as to why it looks a little

un-clean.

Room Space: A-

With bigger bedrooms than St. Ann's and a kitchen makes these apartments great to live in. The trade off with the bigger bedrooms comes a slightly smaller common room area. Oh yeah, the St. Thomas lounge is pretty sweet, too!

Entertainment: A

These apartments always have something happening on the weekends. It's no wonder you see flocks of kids walking from all over campus to here on the weekends.

annual housing edition 2009!!!



Monican Centre

Overall: B-

Location: B-

The location of Monican is not the greatest. While it's a relatively short walk to the apartments and Santagati, the walk to classes can be a long one, especially if you are going to Mendel or Sullivan.

Cleanliness: B-

Although it is Ash's "sister dorm", they certainly do not share the same cleanliness traits! Monican is significantly cleaner than Ash.

Room Space: B/C-

Same deal as Ash here, except that they at least give you common room furniture! (warranting the C- for the quads instead of the D).

Entertainment: C-

The weekend life at Monican is dull to say the least. With close proximity to Police Services, it becomes kind of hard not to get in trouble. Most kids vacate on the weekends and head to either Santagati or the apartments.

Santagati Hall

Overall: A-

Location: B+

With roughly the same location as the town houses Santagati Hall is living up to its name reputation of being in the center of it all. Easy access to the football field and Sak.

Cleanliness: A-

Santagati Hall is the newest dorm on campus and it certainly looks it. Nice clean carpets and lounge makes it a great place to live. The one problem would be the damages. While it might be the cleanest, it may cost you to live there having to pay for others' damages. Hopefully next year's Santagati group will not cause as many damages as this year's group.

Room Space: B+

The room space is fantastic. The HUGE common room compliments the fairly spacious bedrooms and large bathroom. The sink areas are also nice. We notched Gati down to an A- from an A simply because there is only one kitchen for the entire dorm.

Entertainment: A-

Santagati is always a great place to go when you don't want to be cramped in like sardines. Because of its spacious rooms very rarely will you find yourself "dancing" with someone simply by accident due to close proximity.



Saint Ann Apartments



Overall: A-

Location: B

Although it's the farthest from the classrooms, sometimes being tucked away in the back is not such a bad thing. If you get a bad spot in the lot, do not fear because your apartment is cloe by!

Cleanliness: C+

Very similar to the St. Thomas apartments here. The high party traffic does create some cleanliness and damages issues.

Room Space: A-

The rooms in Saint Ann are pretty good. It is the opposite of the St. Thomas apartments in that you will be squeezed tight in the bedrooms, but the common rooms and kitchens are a little bigger

Entertainment: A+

Arguably the best place to party on campus, they are tucked away in the back which creates some fun times, especially in the beginning and end of the school year when the weather is warm and kids do not mind walking there.

~All photos by Courtney Cutler and Michael Salvucci~

Write for the Beacon!!!!

**Contact one of the editors or send an email to
newspaper@merrimack.edu**

Health and Fitness

Tone those muscles, baby!

By Jeff LeBlanc
Staff Writer

Weight lifting is one of the oldest and most used forms of exercise.

But many men and women still choose not to strength train. If you are one of these individuals who do not lift at all it may help to know why strength training is so important and all the ways it can help you look better and feel better. Here are some reasons to lift weights and get motivated to start strength training today.

1. It helps you lose fat

When you lift weights, you build lean muscle tissue which is more metabolically active than fat. When you increase your muscle, you also increase metabolism which means you're burning more calories throughout the day. Regular strength training is just as important as cardio exercise for losing fat and getting fit.

2. It makes you strong

It may seem obvious that lifting weights can make you stronger...but what some people forget is that it doesn't just make you strong for your workouts, it makes you stronger in other areas of your life as well. When you lift weights on a regular basis, everything else becomes a little easier too.

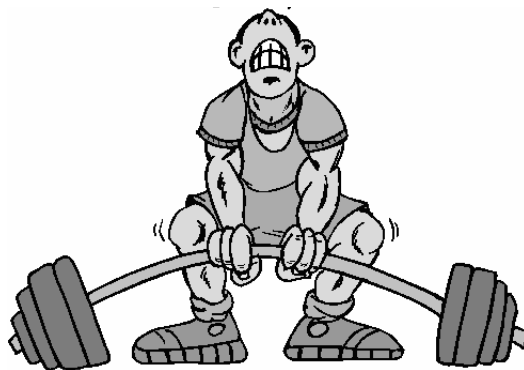
3. It reduces your risk of injury

The nice thing about strength training is that it strengthens everything, not just your muscles and bones. When you lift weights, you also strengthen connective tissue - the ligaments and tendons that keep your body moving well on a regular basis. Strengthening your connective tissue will help you continue to operate in peak condition and protect your body from injuries.

4. It can reduce arthritis pain

Recent studies have shown that arthritis sufferers who lifted weights actually reduced their joint pain. By strengthening the muscles, they

were able to cushion and protect the joints during impact activities like walking. And don't forget...most physical therapy programs incorporate strength training to help rehab a multitude of injuries, which just proves that lifting weights can make a difference in getting better and having a better quality of life.



5. It increases balance, stability and flexibility

When we don't preserve muscle mass with strength training, what happens when we grow older? We lose muscle mass and that's often what leads to weight gain and loss of balance and flexibility. Lifting weights can help you work your joints through a full range of motion, keeping them strong and flexible and keeping you steady on your feet.

6. It can make you better at sports

Most athletes follow some type of strength training program to keep them strong and avoid injuries. Training specific to your sport can also help you improve your power, strength and speed to make you a better athlete. Even kids and teens often benefit from some type of strength training when it comes to playing sports.

7. It makes you feel better about yourself

According to some studies, both men and women feel better about themselves when they lift weights. By getting stronger and noticing changes over time like being able to lift more weight and do more exercises, both men and women build confidence and, especially for women, improve body image. Lifting weights, along with other types of exercise, also helps build confidence and can even help manage symptoms of depression and anxiety.

8. Makes You Look Better

Weight lifting will make your physical appearance better! Whether your objective is to tone, or to build muscle starting a strength training routine done correctly will make your body look stronger and appear fit.

9. It adds challenge and interest to your routine

If you've been doing the same cardio workouts for a long time, that can get a little boring. Strength training is a great way to spice things up and add a completely different challenge to your body. The nice thing about strength training is that it offers so many ways to set up your workouts...there's always something new to try and you never run out of new exercises, different types of resistance, new routines and a variety of ways to work your body.

10. It makes your life better

One thing that often surprises people after they start lifting weights is how it trickles into other areas of their lives. I often get phone calls and emails from clients telling me how they were able to work in the garden without back pain or walk up the stairs without aching knees. It's those little improvements that offer the greatest rewards and it doesn't take much time with weights to see and feel those kinds of improvements.

Spring Intramurals come to an end



Co-Ed Basketball: Let's Bro
(as seen above)

Women's Basketball: We're Kind of a
Big Deal

Men's Basketball: Big Bears

~Photos courtesy of Nick Lowery~

2009 Spring Champions:

Indoor Soccer: Short Bus & the Special Stars

Women's Hockey: The Power Playas
(as seen below)



Entertainment

Passion fills the stage with Greycourt

By Alicia Cyr
Staff Writer

The rising band, GREYCOURT, is making themselves known among the rock crowd. The members of GREYCOURT are Pat Allen, bass and background vocals; Steve Cyr, lead guitar; Chris Gagne, guitar; Jess Morrison, vocals; Madison Morrison, drums. GREYCOURT plays all original music and does not play any covers. They write all of their own music and lyrics. The band members range in age from nineteen to twenty-three. Their sound is amazing. Independent from other younger bands of the alternative rock genre, GREYCOURT breaks the barrier.

For a little insight into how the band was formed, GREYCOURT was initially started in 2005. The band's members changed, some came and went, and one was brought back by high demand. The band members are from Methuen, MA. They each bring their own set of talent, which blends perfectly. Madison can bang the sticks on the drums like no other. Steve and Chris are two amazing guitar players and Pat rocks the bass. With Jess singing the lyrics, GREYCOURT's sound comes full circle. When Jess sings, she shows so much emotion on her face that the passion of the lyrics can be seen in her eyes. One of the songs, "Left Behind," was written for Jess's friend who recently passed away. On February 21, 2009, the band released this song to the public for the first time on stage at

their concert in Manchester, NH. Jess sang the lyrics with sorrow and pain in her eyes, as the crowd watched, her eyes filled with tears. The music itself is mind-blowing. There is so much talent on one stage it is unbelievable. The audience watches in astonishment, disbelief, and with awe-struck eyes. Each of the final five members possesses great amounts of talent that can't be touched.

At each concert, GREYCOURT plays a set that consists of five songs. The songs are "Forever," "Left Behind," "Heroine," "Kiss the Sun" and "Hidden Lies." Each song is equally amazing. I can say firsthand that the energy the band exerts on the stage only adds to the quality of their music. The members manage to move around, interact with the crowd, and maintain a sound that makes everyone in the crowd rock their heads to the music. The entirety of the band's music and talent cannot be put into words. Their sound is intriguing. As of now, GREYCOURT is not signed to a record label, but are considered Indie.

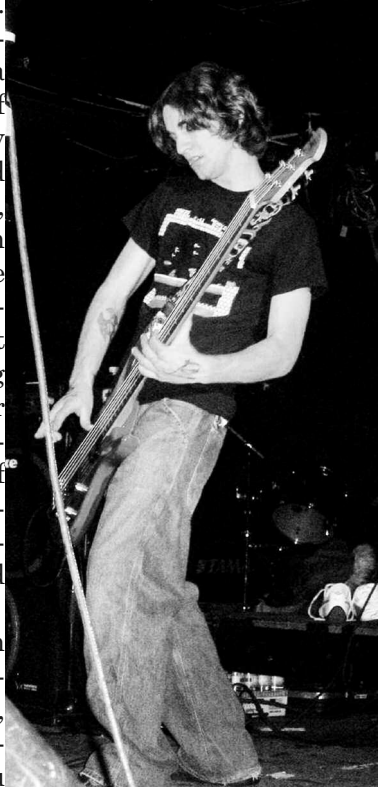
Although I have seen GREYCOURT in concert numerous times, I was fortunate enough to be able to sit in on one of their private practices. The dynamic of the band is new and fresh. Having a female lead vocalist definitely does not change the attitudes of any of the musicians in the band. The guys are hilarious and down-to-earth, and definitely do not act differently with a

female band-mate.

At the practice, before the band did a run-through of their set, they played around with new ideas, had random jam sessions, and were actually able to impress me by just simply goofing around with their instruments. Individually, each of the five band members is an extremely talented musician.

Add them up, throw them together in one room, call them GREYCOURT, and you

have just discovered one impressing, unique band. Every time I listen to the band play, I am overwhelmed at how awesome they sound. I still cannot believe that the lead guitarist is my younger brother. Tell me, why did all of the musical talent get passed on to just one of us?



Merrimack Survivor

By Abigail Clark
Copy Editor

Imagine being trapped in the Sak center for 36 hours...could you hack it?! Well, 18 students here at Merrimack attempted to do so in order to be the only Survivor left and win the \$500 prize when they participated in "Survivor", Merrimack style! Arriving to the Multi-Purpose Room of the Sak at 5 PM on Friday, March 6, the participants brought with them sleeping accommodations and one gallon sized Ziploc bag. In this bag, they were only allowed a toothbrush, toothpaste, deodorant, and one luxury item. Cell phones, iPods, and other electronics were not allowed. Lining up to listen to the rules, the participants were split into two teams, Team Abenaki (Green) and Team Wampanoag (Red). They would participate in group competitions such as the Relay Race, Rock Band Competition, Scene It Movie Competition, and the noteworthy Breakfast Smoothie. A lovely combination of egg, sausage, pancakes, maple syrup, and orange juice was blended together to make the Breakfast Smoothie. Five people from each team were selected to finish a vat of said smoothie. The team that finished the smoothie in the least amount of time won. After each team competition was over, the losing team had to vote off a member of their team. This voting process occurred in the confessional, the stairwell in the MPR leading upstairs to the gym. After eight people were voted off after eight competitions, ten contestants remained. At this point, the contestants were not in teams any longer and it was "every (wo)man for themselves". The next competitions had individual winners and these winners were granted immunity from being voted off after that particular round.

Speaking to some contestants, they entered the game with strategies. Nick Hammond, 2012, said that he planned to try to work with his friend, Krysten Moore, 2012, before they went to the competition. They hit a bump in the road after realizing that they were on two separate teams and were left to their own devices. Speaking with Timmy Smith, 2011, and Merrimack Survivor's winner, his strategy was to stay to himself. He stated that "...the more people talked, the more paranoid people got". After realizing that alliances were beginning to form, Timmy said he stayed quiet and tried not to single anybody out.

As the winner of Merrimack's Survivor and over \$500, Timmy Smith's strategies were successful. Being in the final five, Timmy was closer than ever to being the one who "outwitted, outplayed, and outlasted" everybody else. He gained immunity by winning a basketball game of Knockout and by getting the most questions correct in the Trivia Quiz that asked questions about the weekend. The twist came in the end. The first eight people who were voted off were brought back to vote for Merrimack Survivor's winner. Because of Timmy's strategy of keeping to himself and not singling people out, he was voted to be Merrimack Survivor's winner. When asked what he would do with the money he won, Timmy was not sure what he would do. His initial thoughts were to have a shopping spree and buy fresh white Adidas sneakers.

To see footage of the competitions and the confessionals of the participants, go to YouTube.com and search for "Merrimack Survivor". Will you be the next one to "outwit, outplay, and outlast" your opponents at next year's Survivor, Merrimack style?!

Urinetown!

By Ashley Sarris
Staff Writer

It is true America's got talent, and it is right here at Merrimack College. The Onstagers is presenting their Spring Musical Urinetown the last weekend of March. Showtimes are 8 PM on Thursday-Saturday, March 26-28 as well as a 2 PM matinee show on Saturday, March 28.

Urinetown is not your basic musical full of boring songs that lull you to sleep. It is a satirical comedy that will provide you with an abdominal work out by the end of Act I. The play takes place in a small, poverty stricken town that has been experiencing a drought for several years. The people of the town have to use a public amenity, number nine to be exact, in order to relieve themselves. The catch is that you have to pay to pee. If you are caught doing your business any place other than public amenity number nine, the two lead officers, Lockstock and Barrel, played by Justin Murray and Amanda Medeiros arrest you and you are then taken off to Urinetown.

The poor people have an extremely hard time finding enough money to pee and one by one are shipped off to Urinetown, like Old Man Strong played by Timmy Smith. After such terrible events, Bobby Strong, played by Bill Stiles, decides to "follow his heart" and listen to the girl of his dreams that he had just met, Hope Cladwell, played by Ashley

Skeffington. Hope is the daughter of Caldwell B. Cladwell, played by Ricky DeSisto, the owner of the amenities. A riot breaks out and Bobby leads the poor to fight the Urine Good Company workers in order to have the privilege to pee for free. Their first step is to capture Hope Cladwell and hold her hostage until they get what they want. But we all know, you cannot always get what you want. You will have to check out the play to find out what happens.

As far as the cast goes, they are all really excited for this play, especially since they spend most of their time in the WES Zone, the choreographer for the play, Wendy Smith, has put together some intense and vibrant dance moves that will blow you away. But the dancing is not even the part that will shock you the most, the amazing voices that are able to emerge from these moving bodies is the part that will really blow you away. The cast is lead through vocals by the music director Mitch Cooper, who travels from Pennsylvania to work with these talented performers. Character work and blocking has been under the call of Dr. Kathleen Sills, the director of Urinetown.

Being a part of this production is a huge commitment and these actors know that it is worth every second, for being a part of such a performance is their passion.

Opinion

Meet the Beacon



Name: Michael Anthony Salvucci
Year: 2010
Hometown: Belmont, MA
Years at Beacon: 2
Reason for Joining the Beacon: "I enjoy photography, design, and journalism."
Current Position: Editor-in-Chief
Favorite Beacon Article: "Same as Courtney's, the one that got the President kicked out of school."
Favorite Newspaper: Wall Street Journal
What does the Beacon need: "Money, writers, and more input from the student body."
Favorite Beacon Activity: shooting sporting events.
Other clubs and organizations you're involved in: Auto Club, Italian Club. "Most of

my time is spent at the Beacon."
Favorite Food: Ravioli
Favorite Musical Artist: Rolling Stones
Favorite TV Show: The Shield
Favorite Movie: Shawshank Redemption
Favorite Activities: skiing, biking.
If you had to be one animal, what would it be: Eagle
Long-Term Goal: to be a lawyer
Short-Term Goal: "make it through Merrimack and law school."
Anything else you'd like to add?: I would really appreciate it if Physical plant did something about the water that pour down into our office, it's only a matter of time before it hits our computers and costs the school thousands!!

Is texting making you miserable?

By Christopher Powell
Staff Writer

It's safe to say that internet communication is popular.

Really popular. Probably way more popular than the telephone or in-person talking nowadays. It's not that difficult to wonder why: it's easy, it's convenient, and you have time to think about what you want to say before you say it, to name a few common reasons. Text conversation has seemingly overtaken all other forms of it. Who can turn down a medium that lets you edit what you're going to say before you say it?

So what's wrong with online communication? You might think I'm going to go on some tirade about how it's totally impersonal, that it's not a substitute for hearing someone's voice, and that it actually makes you lonelier (all of which, I think, is true). I won't, though. Instead, I'll tell you that online communication, aside from all of that, can actually be harmful to your ability to communicate.

The primary problem is with one's suggested

tone in a text or instant message. You can't hear someone's tone through text, obviously. But there is a tone in your text—one you might not be aware of, nor intend. Text has the quirk of having a tone implied, since a lot of people imagine the text as actually being said out loud. So what determines that tone? Many are under the notion that their tone is interpreted just as they say it. But this is often not the case. Rather, one's tone is interpreted by what the other person perceives. That's influenced, primarily, by his or her mood, effectively coloring everything you say to them.

For instance, imagine a conversation where you're discussing a recipe for brownies, one which you're really proud of. You had an argument with someone earlier about something unrelated, and the subject's changed to your recipe, and at one point he sarcastically says, "I'll bet they're good. You must bake so well, huh? Why don't you invite me to your place sometime to try them if they're that great?"



What the heck? Who does he think he is? You're proud of your damn brownies. Other people have said they liked them. How can he put down the brownies you've put so much effort into? Why doesn't he make his own brownies if he hates yours so much? After you promptly end the conversation, you decide not to talk to him about it again.

Fast-forward to your next gathering, one which he's not invited to, and you make your brownies and everyone says they really like them. The guy you were talking to contacts you later and says, "I was hurt that I wasn't invited to your party. I wanted to try your brownies so badly." You soon recognize your mistake: After all that, he meant what he was saying. He really was saying that he wanted to try your brownies, but because you had had an argument before, you interpreted sarcasm when it wasn't there.

Because of the innate volatility of one's tone being determined by another's mood, every sentence you say is vulnerable to misinterpretation.

In the end, online communication might not be as harmless as we might think. So pick up your phone—it's a lot safer. And it's nice to hear someone's voice when they're expressing themselves to you, don't you think? :)

Overheards

Girl 1: "It's like a koala octopus thing..."

Girl 2: "It's a koalapus!"

"It's colder out here than a grave digger's ankles!"

Guy: "Yeah, I usually wear snowpants when I sled."

Girl: "I don't even know what a snowpant is..."

Guy: "It's like a jacket for your butt!"

"I didn't call you FAT. I called you CORPULENT!"

Heard anything absolutely ridiculous around campus lately?

The Beacon wants to know about it! E-mail us at
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We look forward to hearing some great stories!

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Memories from ASB...

Lauren Dello Russo
LAYOUT EDITOR

Last spring, I opted to go on Alternative Spring Break, otherwise known as ASB. This trip was one of the most memorable adventures of my life because I experienced a completely different way of living, and gained a new perspective of life. I traveled to Fries, Virginia, located in Appalachia. The town is very small and has a population of about 500, which gives you the feeling that you are a part of one big family. This trip opened my eyes to see the way the less fortunate live. The humility of the people that we met in Fries touched my heart forever and made me feel thoroughly constantly elated.

The trip only cost each student \$50; however, there was a lot of fundraising necessary. Each student needed to write letters to twenty family members and friends which asked them to donate money. We were required to collect money from students and faculty, and go to dorms on campus to sell 50/50 raffle tickets. We needed to fundraise about \$30,000 total, and we did. Everything that was paid for included: plane tickets, housing, transportation, and food. I spent my money solely on airport food and souvenirs.

Fries, Virginia has a very elaborate and interesting history. It is located on the New River in Fries. Fries is named after the textile mill owner Colonel Francis Fries, used to be a town with a population of

2,000 people because the mill employed thousands when it opened in 1903. However, currently each year the population depletes drastically more and more. It was hard to envision that the town could have ever had a pulse to it because it appeared so abandoned. The town is currently filled with people who think that there is still a chance for the town to go back to the way it was.

The people of Fries need to take on so many tasks just to have the town run smoothly. For example, I was shocked to find out that the Head Police Chief, Head Fire Chief, and tow truck driver were all the same person. This shows how dedicated these townspeople are to keeping their town alive. It was sad realizing that they were so far behind in terms of technology and other advancements. Their lives are so complex because people are constantly emigrating from Fries making it very difficult for the residents to hire people to get work done or find jobs. For example, when we were helping this family paint their house, they shared with us that they could not hire anyone to paint their house, or keep up their garden because there were no services available in their area. This really shocked me because I never realized how fortunate I am to have those services accessible to me when I needed them. The reason this town needed our help was because when the mill shut down in 1989, people fled in search for jobs which left the town desolate.

Regardless of the rigorous way of life that the people of Fries had to attain to keep the town running, they placed such value on living simply, and it was envious to me. The people truly loved their town; everyone was so incredibly welcoming and wanted to share with us their history. They needed our help to do simple repairs to houses, schools, and recreation centers, and they appreciated our help so much and were incredibly thankful. These people were not rich, yet they were so generous with their love. It was the simple aspects of life that they cherished the most.

One night, we ran a middle school dance in the town's recreation center. I blew bubbles outside the center, and danced with the little girls. I had the time of my life! The kids were so happy, and did not have a care in the world. However, some of the conversation hinted towards hardship. One student told me, in her adorable southern accent, that her family did not own a car and her baby sister almost died one night because she stopped breathing for a couple of minutes, and the closest hospital is 13 miles away. Luckily, the baby survived because one of their friends had a car and brought her family to the hospital just in time.

On the trip, we spent time with people of all ages. The older people told such great stories and shared memories of the town with us. The middle aged told us of their dreams of leaving the town, yet shared their attachments to it, and explained

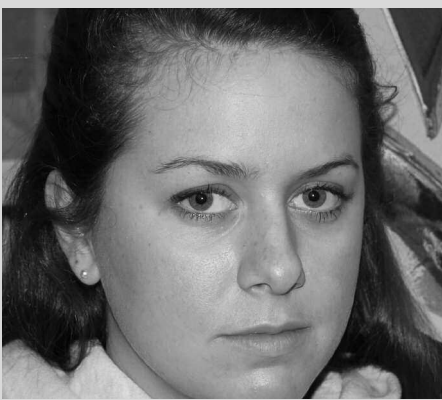
why they have stayed so long. The young kids shared their innocence and jokes with us. Life was simple and great in Fries. One night all of the ASB students went to a local store with our host and listened and danced to the live bluegrass music playing, which relies on acoustic stringed instruments like banjos, fiddles, upright basses, and guitars. All the local folk were so inviting and kind to our group. I was dancing with a little baby all night that was really malnourished. I spoke with the family, and tried to immerse myself as much as I could into their culture. This family shared with me their immense faith in God and really emphasized on how life was truly a gift.

These people helped me more than I could have ever helped them. This trip showed me how easy it is to take daily accessibilities and fortunes for granted. This experience opened my eyes, and made me realize how fortunate I truly am. It showed how wonderful the simple life truly is! So Merrimack students, I beg you to take advantage of this opportunity. Talk to the people who just got back this past break and let them share their experiences which will seem -to them- to only diminish the greatness of ASB when put into words. The experience is unfathomable, and almost indescribable to those who have not experienced it. So, next year join ASB and indulge yourself into another way of living and come back with new appreciation. Fries ASB-2008 - Miss you all!

Questions on the Quad

~Compiled by Kyle Neary~Photos by Courtney Cutler~

What are you doing for Spring Break?



Going to Jamaica!
- Liz Temple, class of 2010



Doing outdoor activities.
- Pete Kenyon, class of 2012

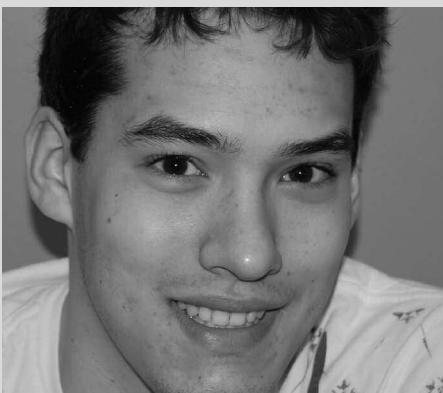


Going to Canada.
- Maureen Rooney, class of 2012



Going to Aruba...sort of.
- Matt Ballard, class of 2011

What's your favorite YouTube video?



Benny Lava.
- Brandon Lang, class of 2010



Goin' to get the Christmas Tree.
- Alexa Healey, class of 2011



Nervous fat kid.
- Shawn Louiseau, class of 2012



Old Greg.
- Michael Salvucci, class of 2010

Hockey shines on senior day: finishes 9th in conference play

By Michael Salvucci
Editor-in-Chief

Lawler was packed Friday night as Merrimack fans came to watch their Warriors battle, not for the playoffs, but for pride. What was on the line? The number 9 spot in Hockey East...to finally get out of the basement. Also winning a series (2 out of 3) games with UMass.

The Minutemen led 2-1 until 4:17 left in the third when Jesse Todd tied it up while one-timing a pass past the UMass goaltender Dainton who was terribly out of position.

The Warriors had yet to win a game in overtime this year. In fact, as we know, the warriors have been mostly on the losing side of one goal games. With 34 seconds left in overtime, Marcou of the minutemen was called for tripping. Just 10 seconds later Sollery one-timed a bullet over the blocker of Dainton to win the game in overtime which marked the first overtime win since almost exactly three years prior.

Are we in the playoffs? No. However, we are out of last place for the first time in five years. The Warriors finished with 13 league points, actually two points less than last year, but in fact two points closer to the playoffs (only four points out this year as opposed to six). That's only two wins! The Warriors have to "learn how to win". In losing so many one goal games this year it can be



The Senior Warriors line up on the ice with their parents

~Photo by Michael Salvucci~

said that a mental block as been formed. They played excellent the past few weeks especially against UNH (even though we lost both games).

The Warriors were just one spot out of the playoffs this year instead of the usual two. With some good shooting talent coming in next year combined with our already stifling defense, I

would not be surprised to see Merrimack finish eighth if not seventh place in Hockey East.

Coach Dennehy has done a great job bringing this team to the level it takes to win. However, can he have the team cross that level is something yet to be seen. As us Bostonians like to say, "Next year....is the year".

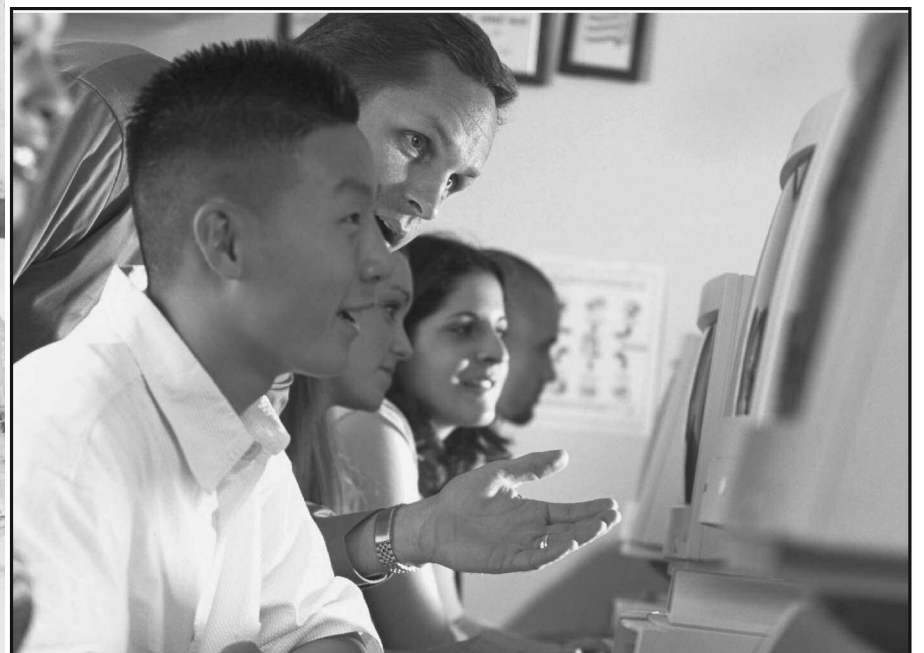


Freshman Jesse Todd slams a pass into the back of of the net against UMass at home in the season home finale

~Photo by Michael Salvucci~

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Sports



Warriors enter the fray

By Mark Lindquist
Sports Editor

March Madness has once again begun and the 2008-2009 men's basketball team, under Head Coach Bert Hammel, have punched their ticket into the Division II NCAA Tournament fray. The Warriors ended the 2009 season with a terrific 20-8 record with a 16-6 record in the NE-10 conference. The team's 16 conference wins this season has set a new school record for conference wins and the first time that the Warriors basketball team has won 20 games in a season. The Warriors finished 4th in the NE-10 conference behind UMass Lowell, Stonehill College, and Bentley College. They also finished 5th in the Division II East region and received a #6 in the tournament.

Their first test of the tournament will be facing the UMass Lowell River Hawks for the third time this year. The Warriors struck first this year with a victory over UMass Lowell. Later in the year, the River Hawks, in a hard fought battle, defeated the Warriors to even the season series. The game will take place Thursday 12th at C.W. Post in New York.

The Warriors received a tough loss at home in the NE-10 quarterfinals versus Assumption 83-77. It was overall an unfavorable tournament for the high seeds as Merrimack, UMass Lowell, Stonehill, and Bentley were all defeated. The Warriors three all-conference members, Darren

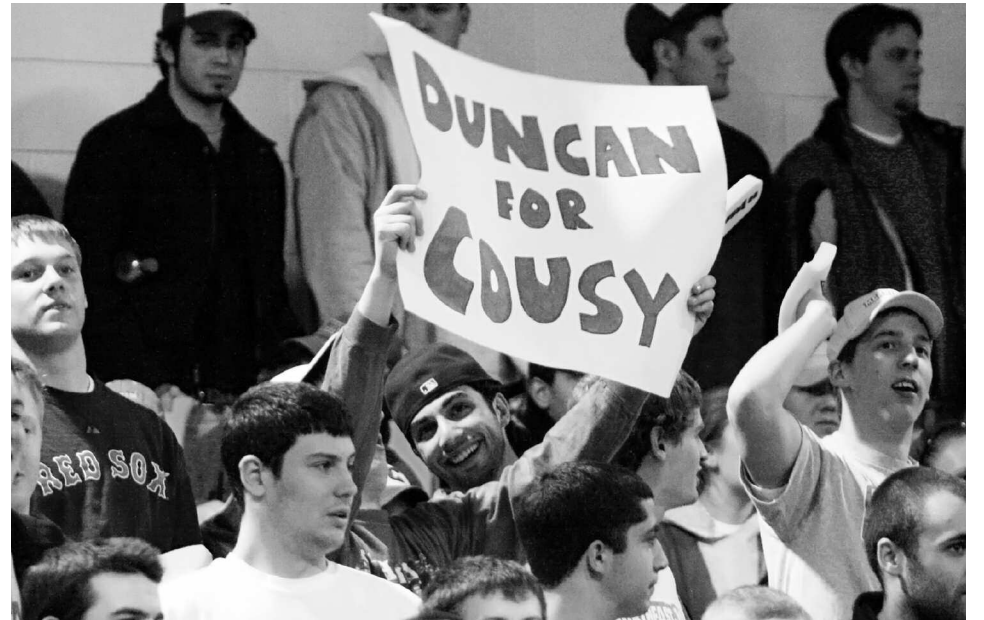
Duncan, Dee Mency, and Wayne Mack, all had strong offensive numbers versus Assumption.

Bob Cousy Award finalist Duncan had a double-double with a team leading 20 points and an outstanding 14 assists. This year, Duncan has already crossed the 1,000 point plateau and set the school record for free throws in one season and career with this - his senior year is yet to come.

Mency dropped 16 and went 4 for 9 from beyond the 3-point arc.

Mency is 8th in the conference in scoring. Freshman Wayne Mack was second in team scoring against Assumption with 19 points and has been named to the NE-10 All Rookie Team.

Freshman guard Roland Davis and junior Craig Woehner will be key players off the bench in the tournament because of their fearless shooting abilities from 3-point range. Senior starting forward Chris Winters and forwards senior Dave Kennedy, freshman Aaron Strothers



A fan holds up a "Duncan for Cousy" sign at a packed house a few weeks ago as Merrimack was upset by Assumption

~Photo by Michael Salvucci~

and junior Jared Brownlee will be very important rebounding factors for the team's ability to go deep into the tournament. Jeff Hansbury, Wilfredo Pagan, and Juan Carlos Rosich have been very vocal for their teammates all season long and will provide support in the tournament. Welcome back March Madness.



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Spring training at last

By Michael Sukiennik
Beacon Contributor

Ah yes, spring training is well upon us. Major league baseball fans can look forward to the promise of winning the world series. For Red Sox nation this hope of winning a World Series is more like a possible reality, that is not farfetched by any means.

Last season the Sox dealt with the injury bug to Curt Schilling, David Ortiz, Josh Beckett, Mike Timlin, Mike Lowell, Julio Lugo, Tim Wakefield and countless others yet the Sox managed to make it deep into the playoffs, coming a game within the World Series.

As for the Yankess, they failed to even make the post season last year. The new beast of the east is Tampa Bay, and all signs point to them continuing to be the team to beat. With their great youth and quality pitching the sky is the limit. Look for the AL east to continue to be a two horse race, however. The Rays and the Sox will be fighting for fist. At this point you may be saying to yourself, has this guy be asleep the entire offseason because the Yankees got some big name players.

Unfortunately for the Yankees they have gone back to the spend money like there's no tomorrow philosophy, acquiring old, proven, experienced veteran players for tons of cash. They got CC Sabathia who may be in his prime but who is coming off a tiring season in which he was over worked by the Brewers because they knew they could only afford him for a year. AJ Burnett has had tons of injury issues in the past, and Mark Texeria has yet to live up to his humongous contract for multiple years \$180 million.

Commiser Bud Sielg has be quoted as saying "baseball is recession proof", the Yankees have proven this and so has the commissioner's salary worth \$18 per year. This style of putting together a team by flashing the green has not worked for the Yankees since 2000, thus causing a world series drought, eight years in the running and counting. It looks like the Yankees evil Empire will continue to falter, can you say the Yankees are on their way not win it all for 86 years. As KG would say "Anything is possible!" You know what else is possible, the Red Sox going all the way, they did it in 2004, 2007, and they will do it in 2009. All I can say is hope Sportscenter stops talking about A-Rod or A-Roid and starts covering the team that's has a legitimate chance of winning. Sorry Manny and TO but Sportscenter covers A-Rod a little more than you.

Duncan leads Warriors into second straight post season

Darren Duncan goes up for a layup in the match against Assumption at home
~Photo by Michael Salvucci~

Story Page 11

