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The Beacon

The student newspaper of
Merrimack College
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Friday, February 27, 2009

www.merrimackbeacon.com

Santagati Sedated

By Courtney Cutler
Photography Editor

Finally, that dreadful week of classes is over. Maybe you had

a huge exam that you studied all night for or a presentation you worked really hard on. The weekend could not come any sooner. It is Friday night and what are we thinking? It is party time! But not for Santagati residents.

Due to the excessive amount of damage that has been caused to the building, registered event privileges have been suspended until after Spring Break. In addition, RA's and Merrimack Police will be cracking down on unregistered events and the noise level during quiet hours. Administration hopes this rule this will send a message to students that this destructive behavior will not be tolerated. If Santagati residents fail to comply with the rules, on- and off-campus guest privileges may also be revoked for a period of time, or possible harsher punishments if damage worsens.

A little harsh you say? Well, let us take a look at some of the facts. Broken windows, smashed glass bottles, broken exit signs: you name it; it has been destroyed in Santagati. One of the cleanest and newest buildings on the Merrimack campus, Santagati's floors can be found covered in trash and broken glass on a typical Friday or Saturday night. There are currently two signs posted on the third floor notifying students of the most recent damages adding up to \$830. Say goodbye to your one hundred dollar damage deposit.

However, Santagati is not the only building to have damages – Ash, Monican, the Townhouses, the Apartments – exit signs and glass bottles are getting smashed all over campus, and those residents will also have to pay. Three exit signs and a door were broken last weekend in Ash alone, resulting in off-campus visitor privileges being revoked from Ash residents for a pe-



This razor-sharp exit sign is one of many across the Merrimack campus
~Photo by Courtney Cutler~

riod of time. "That's not what I want to see happen. Responsible individuals should get the brunt of the cost. This is not what we expect of Merrimack students" Assistant Dean of Students Donna Swartwout told us.

These destructive residents may not fully understand all the damage they are causing. After a few exit signs, the money really starts to add up. Because no student generally comes forward to admit their guilt, the costs are divided up and must be paid by all building residents, regardless of whether you participated in the destruction. Although this may seem unfair, it is the only way to get things repaired. Also, if the damage exceeds our one hundred dollar deposit by the end of the fiscal year, it must come from our

own pockets. In the state of our economy these days, who has extra money to throw around?

If you witness any type of damage, feel free to give Police Services or Sean Curran a phone call – you can remain anonymous and the damage cost will go to that responsible student.

This recent punishment affects all Santagati residents; even those who did not break glass bottles or hit an exit sign. It is unfortunate we all must suffer for the actions of a drunken few. So next time you think about smashing a window or throwing your beer bottle down the stairwell, please refrain...it is probably time to go to bed, kids.

Professor Spotlight: Brandy Benedict

By Joe Bonano
Staff Writer

She looks forward to pushing snow off her car, her favorite ice cream is Baskin Robins World Class Chocolate, but only with rainbow sprinkles and she used to work at a movie theater. Any guesses?

Brandy Benedict or "Dr. Brandy," as she would like to be called, joined the Merrimack community this past August and began teaching classes in September.

At only 28 years old, she earned

her doctorate in applied mathematics at North Carolina State University in July of last year.

Presently, her favorite color is orange, she enjoys Indie music and her favorite bands include Belle and Sebastian, Radiohead, and Maids of State.

Originally from Sacramento, California, Dr. Brandy earned a B.A. in mathematics with minors in physics and chemistry from Occidental College or "Oxy" in nearby Los Angeles.

After graduation from Oxy in

May of 2002, Dr. Brandy headed to North Carolina, where she would earn a M.S. in Applied Mathematics with a concentration in Computational Mathematics in December of 2005.

At only 28 years old, Dr. Brandy has never taken any time off from her education and is one of the youngest professors at Merrimack.

However, as she has worked so hard—spending ten consecutive years in school—she didn't neglect opportunities to have fun.

During the fall semester of her

senior year at Oxy, she studied abroad at the University of Glasgow in Scotland where she claims she had one of the best times of her life.

From when she was in first grade, winning an award for authoring a book on the water cycle to solving seemingly unending long division problems on her whiteboard and now, teaching at the college level, it's clear Dr. Brandy has a passion for education.

See PROFESSOR SPOTLIGHT p. 4

Contents

Submissions.....	Page 2
School News.....	Page 3
Health and Fitness.....	Page 6
Entertainment.....	Page 7
Opinion.....	Page 8
Sports.....	Page 10

In This Issue!

Relay for Life
Page 4

Importance of Protein
Page 6

Baseball Team
goes on retreat
page 10

Submissions

Notes from Abroad

By Shannon Nickerson
Staff Writer

Angers, France is located just an hour and a half TGV ride from Paris. It is a city about the size of Portland, Maine. The weather here is a lot warmer than New England. It's only February and I don't need to wear more than a light jacket most days. A river splits the city; on one side is the centre ville, the other side is more suburban.

There are four students here from Merrimack and one graduate of Merrimack that lives here. Dominique Biliato, Katelyn Morrell, Calvin Burgett, and me, Shannon Nickerson are the current students. Rebekah Poteat is the graduate of Merrimack and is currently enrolled in an English teaching program at a high school on the other side of the river. Centre ville is a maze of small streets that all connect at large squares. In one corner of the centre ville is the chateau.

The chateau is now a museum, but it is amazing to live only 2 blocks away from a castle! There are residences and foyers (dorms) all over the city; ours happens to be right near centre ville and the train station which is very convenient for traveling. The university campus is about the size of Merrimack, only there are no dorms, just classroom buildings. The university has many exchange programs; the one that we are enrolled in is CIDEF. The classes are much longer than at Merrimack, I am in class a total of 21 hours per week.

Traveling in France is very simple and organized, train is the easiest and cheapest transportation. The TGV is the fastest train Europe, and offers a schedule of overnight and daytime trains. There are street level trams in many cities, and city buses run very regularly. Cars are very compact and the traffic flow is much more smooth than in the states. Most roads are both pedestrian and bicycle friendly, with large sidewalks and bike lanes. Bicycles, or velos, are very common here. The

city of Angers rents bikes for free to students with french bank accounts. The traffic here is also much more aware of bikers and pedestrians than the traffic in the states.

The architecture of Angers is a mix of old cities and modern buildings, which makes scenery very interesting. There are many gorgeous fountains and statues scattered throughout the squares. There are

cated is crepes and galettes. Crepes tend to be filled with a variety of sweet things (jams, fruits, nutella), while galettes are filled with more savory foods (ham, cheese, veggies). We have now been in Angers for about a month. I have visited 5 different cities besides Angers. Nantes and Le Mans are both towns that are close to Angers, so we took day trips there. I found that Nantes had more

to do and see than Le Mans, though both were interesting.

Mont St. Michel and St. Malo were also towns that we took a day trip to that was hosted by the CIDEF program. Mont St. Michel is one of the prettiest places I have ever been and I recommend that if anyone has

time, they visit this town. St.

St. Malo is a short distance from Mont St. Michel and is also very pretty. Both towns are on the coast, and St. Malo has a great beach.

Dominique, Calvin, Katelyn and I took a weekend trip to Strasbourg, which is on the border of Ger-

many. In my opinion, that was the best trip so far. We stayed in a hostel near the center of the city, and we were able to easily access all of the major sights on foot. The sights in Strasbourg are interesting because, while the city is in France, there is a lot of german influence to the culture.

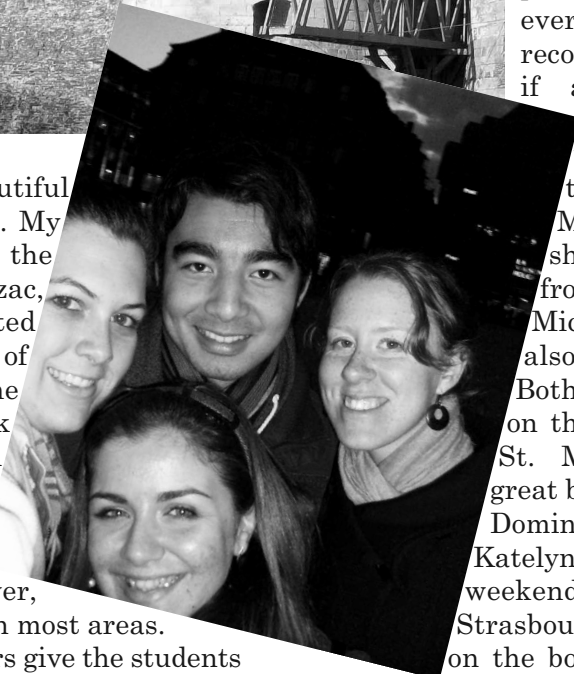
So far, Angers has proven to be a great place to live and study. There are many things to do around town, but traveling is easily accessible and user friendly. Although I was lucky to have the comfort of studying with three other students from Merrimack, I have met some great people from all over the world. A bientot! Au revwahhh!



also some beautiful parks in the city. My favorite so far is the Parc de Balzac, which is located right on the bank of the river. The trails in the park are wide and nicely groomed, and many of them run alongside the river, shaded by trees in most areas.

Nights in Angers give the students a chance to get together outside of class, have a great time and meet tons of new people. There are many things to do close to and in centre ville. The city is safe, the streets are well lit, and for those who live a long distance from centre ville, many buses run until after midnight.

While there are many common traits in the cuisine, there are some items that are a regular buy in the states that are not found here. One such food is peanut butter. While there is a product similar to peanut butter, it is very expensive. Traditional breakfast is baguette with butter and jelly, croissants and other similar pastries, or sometimes cereal. The specialty food of the region where Angers is lo-



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The Beacon is looking for regular columnists for our submissions section.

If you are a professor or administrator and would like to work with us on a regular column for every issue please contact the Editor-in-Chief at
Salvuccim@merrimack.edu

School News

Internships: The Priceless Experience: With or Without Pay!

By Abigail Clark
Copy Editor

Students may be wondering about the kinds of opportunities Career Services can bring them. Here at Merrimack, we are lucky enough to have such a strong support system found at Career Center, located on the third floor of the Sak Center. However, it is the initiative of students themselves that can take advantage of Career Services. In an interview with Norma Herzlinger, Merrimack's Cooperative Education Coordinator, she explained all of the different kinds of opportunities all Merrimack students can take advantage of.

Internships, part-time jobs, co-ops, and summer jobs may seem confusing. However, they are all from the same place: Career Services. In most cases, a student may decide to take on an internship or co-op position that is related to their major. Some of these are paid while others are unpaid. Though having an unpaid position may pose as a disadvantage, the key point is that having an opportunity to work with others outside the Merrimack College community will gain a student experience and additional skills. This gained experience and skills can only help a stu-

dent on their resume. Also, the fact that a student went out to seek such an opportunity shows future employers that a student had the "initiative, energy, and enthusiasm" to get out to the real world. Another advantage from having an unpaid position is that in some situations, a student can get credits toward their degree while doing hands-on fieldwork.

In addition to the experience and skills that can be gained from an internship or co-op position, a student also learns about networking. Networking is a great advantage a student can have when looking for a job after graduation. Depending on a student's situation and placement, they can have person to person "connections" that can get a student a job, a job that would otherwise be unknown or unadvertised.

The type of internship or co-op a student seeks is dependent upon the careers he or she may have in mind. For example, a student majoring in business could be placed in a CPA firm. A psychology major may be placed in a non-profit hospital working with the mentally ill. A position in an advertising firm would be perfect for a communications major. These opportunities are open to all students that take the initiative to go

to Career Services for help. Advice Norma gives is for students to plan early. For example, if a student finds their dream internship, yet it is unpaid and this student wants in order to be able to afford school, then they should save up ahead of time to get the internship. Norma's suggestion is that this way, students will be able to afford school as well as gaining the experience that can lead them to getting a better job in the future. This is why, Norma says, students should be planning as early as freshman or sophomore year.

Students looking for more information about finding internships, part-time jobs, summer jobs, or co-ops should go to Advantage, Merrimack's Online Recruiting System at www.myinterfase.com/Merrimack/student. In addition to this website, Norma also recommends sites such as craigslist.com or indeed.com. And as always, if a student is looking for job search assistance or resume writing help, they can go to Career Services or contact Norma Herzlinger at 978-837-5447 or norma.herzlinger@merrimack.edu. All students are welcome in Career Services and can greatly benefit from their assistance.

NEW COLUMN! NEW COLUMN!

Meet the Beacon

Name: Courtney Lynn Cutler

Year: 2010

Hometown: Lancaster, MA

Major: Fine Arts

Years at Beacon: 2

Reason for joining the Beacon: "I eventually want to pursue a career in sports photography, so it's good experience."

Current Position: Photo Editor

Favorite Beacon Article: "The one that got the President kicked out of school"

Favorite Newspaper: The Beacon of course!

What does the Beacon need: WRITERS, WRITERS, MONEY

Favorite Beacon activity: hilarious selections of the Police Log

Any other clubs or organizations:

Work in the Media Center, president of the Italian Club.

Favorite Food: Sushi

Favorite Musical Artist: Led Zeppelin

Favorite TV Show: Family Guy

Favorite Movie: American History X

Favorite Activities: "Being a teen mom."

Oh, so you have kids... "Nope"

If you had to be one animal what would it be? combover puppy

Long-Term Goal: Sports photographer/photojournalist

Short-Term Goal: "Find a paid internship this summer."



Upcoming Events at Merrimack

TONIGHT: Men's Hockey vs. New Hampshire at 7pm in Volpe, or check out Golden Dragon Acrobats at 7:30pm in the Rogers Center.

MONDAY NIGHT: Men's Basketball hosts playoff game in Volpe.

March 6: Room deposits are due. Don't forget!

March 13: Spring break begins. Have a great vacation everyone!

March 14: THINKFest: A science and engineering festival. 10am-2pm in the Sakowich Center

March 14: Men's Lacrosse has first home game vs. Dowling at 1pm on Warrior Field.

Love to ski?



**Join the
Ski Club!**

Ski trips every
weekend!

Contact Lauren at dellorussol@merrimack.edu
for more information

Professor Spotlight

continued from cover Perhaps her inquisitiveness could be attributed to her parents, both of who have strong interests in math and science. She recalls her pre-college days and how her parents enjoyed teaching and introducing her to new analytical

ology. In fact, her dissertation aims to understand how knee cartilage changes with the onset of osteoarthritis.

As for becoming part of the Merrimack community, Dr. Brandy is excited about what a smaller college has to offer.

She is impressed with the size of the math department and the resources available to students studying math, such as the math center.

Dr. Brandy believes Merrimack is unique in the sense that it pays closer attention to the student and his or her success than do most other small colleges.

As for her first year of teaching, Dr. Brandy is enthused by the prospect of trying to help students understand a particular subject. She hopes students feel comfortable asking questions and seeing her for help.

Before coming to Merrimack, Dr. Brandy participated in several distinguished fellowships. Three of her fellowships included collaboration with the National Science Foundation, the American Association for the Advancement of Science and the National Aeronautics

and Space Administration.

Out of these fellowships, Dr. Brandy claims she is most proud of her AAAS Mass Media fellowship as she exclaimed, "It was a really competitive fellowship. I was a real science reporter."

Dr. Brandy was one of eighteen students in the nation chosen by the AAAS to report on various scientific topics in a regional newspaper. In her case, she wrote for the Milwaukee Journal Sentinel.

When asked what motivated her to accomplish so much, she simply replied, "I like doing new things."

In addition to embarking on new academic en-

deavors, Dr. Brandy enjoys travelling to places she hasn't been before.

Twice she has marveled at the beauty of Paris, the city of light. In addition, she has seen the vivid colors of Tokyo, enjoyed the culture of the Netherlands and embraced the heritage of Scotland.

Not only in academia or even in travel does Dr. Brandy enjoy all things novel, but she also enjoys meeting new people and developing her talents.

Already an amateur Guitar Hero and Rock Band player, she plans to hone her drumming over the summer in hopes of joining or forming a local band. She owns a four piece Gretsch Catalina Club Jazz kit.

Also a talented dancer, Dr. Brandy enjoys an eclectic collection of dance styles. Among them are tap, ballet, Irish Step, Riverdance and traditional folk from Hungary, Germany and Russia.

In addition to keeping up with so many interests and activities, she constantly tries to emulate the qualities of her favorite role model—her grandmother—who she admires so much. She exclaims, "I think my grandma is awesome. I've never met anyone more outgoing, friendly, and upbeat. She's just so outgoing."

Issues of personal importance to Dr. Brandy include preserving the environment, protecting human rights, and educating the general public on scientific topics.

As she described, one of Dr. Brandy's larger, "life" goals is to "Make an impact, somewhere, on some group of people in appreciating mathematics more."

When asked if she had any general advice for students trying to choose a major she replied, "Pick what you like doing the most. As long as you like doing something, you'll do it well and that's the most important thing."

She concluded the interview with a thought-provoking quote. Known as an ancient Hebrew saying, she quoted, "If not now, when? If not me, who?"



concepts.

One particular event she is proud of as she reminisces in her past is being part of her high school's academic decathlon team, which placed first in Sacramento County and tenth in the state.

When asked why she is so interested in math, Dr. Brandy replied, "Math is intuitive; I like solving puzzles. It's about the big picture. I'd like to use math to help people and learn about how the world works." Indeed, Dr. Brandy intends to help people with her research.

As an applied mathematician, she is particularly interested in the applications of math in bi-

Relay for Life comes to Merrimack



Did you know what 1 in 2 males will be diagnosed with cancer in their lifetime?

The risk for women is 1 in 3.

The Relay is the most well known event of the American Cancer Society

Merrimack's goal for this year was to have 40 teams with 400 participants, raising \$40,000.

The results: 41 teams, 425 participants, \$40,500. Donations are still being made.

Well done, Merrimack!



SUMMER SESSION 2009



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Northeastern University
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New Column! New Column! “Overheards”

Male student talking to himself: “Come here, it’s time to shave your ears.”

“This is college, it’s time to experiment.”

Drunk girl to drunk boy: “We have the same cell phone...we have so much in common!”

Operator: “This train does not go to Kenmore or Hynes. This is a E.”
Guy, loudly: “An E.” (under his breath: “DAY-um,” shaking head in irritation)

“Ya know what’s weird? Donald Duck never wore pants. But whenever he’s getting out of the shower, he always puts a towel around his waist. I mean, what’s that all about?”

“What are the cops doing out there?”

“Oh, maybe they see a cat”

“SEE! This is what happens when you start clapping and get excited prematurely!”

Heard anything absolutely ridiculous around campus lately?

The Beacon wants to know about it! E-mail us at
merrimackbeacon@gmail.com

We look forward to hearing some great stories!

Don't forget your Room Deposit for
2009-2010!!!
\$500 Deposit is due Friday, March 6
Don't be late!

Police Log

02/21/2009 01:34

SUSPICIOUS - Odor

Dispatch received a call from Monican reporting an odor emanating from the second floor. After arriving on the scene, officers confiscated 1/2 ounce of Marijuana and a Hookah from the room.

02/19/2009 22:04

FIRE ALARM - Panel

Deegan West front desk reports receiving trouble with an alarm on the fire panel. Officers were notified and arrive on the scene. Units report they are unfamiliar with the alarm sound. It cannot be silenced and believe it may be power related. The Physical Plant and on-call electrician have been contacted and will advise. Officers cleared.

02/18/2009 09:56

SUSPICIOUS - Person/Activity

Caller reports that while teaching in O'Reilly, she noticed a male subject, approximately late 30's with short brown hair and a gruff beard, walking up and down the hall and looking into the classroom about 5 times within one hour. Officer responded and was unable to locate the subject.

02/17/2009 08:22

PHYSICAL PLANT - Assistance

Police received a call from front desk attendant in Ash requesting that the Physical Plant be notified of a gas-like odor coming from the Ash front desk. Officer responded and reported that the smell was due to a burnt out light by the fire place. Physical Plant will be taking care of the situation. Officer cleared.

02/15/2009 12:52

MEDICAL - Injury

Officer reports he was flagged down by a student. Student reports he has a swollen foot because it was stepped on. Student transported to LGH. Unit clear.

Write for the Beacon!!!!

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

Health and Fitness

The importance of protein

By Jeff LeBlanc
Staff Writer

Protein is one of the most important nutrients that our bodies need. If we don't have proteins in our diet every day, our bodies will not be strong enough to reach its potential. Protein can be found in different food sources, and supplements. If you'd like to eat healthier, you need to be sure that you receive the proper amount of protein.

We need to consume foods rich in protein daily because protein cannot be stored in the body. Whenever you eat more protein than needed, your body will just pass the excess by your system. And since protein cannot be stored in the body that means if you do not get adequate protein in a day, your body has no back-up plan for acquiring protein on its own or employing reserved protein from previous days. Consequently, it is really crucial to count protein when planning your meals.

Protein builds muscles. When you lift weights, your body makes small tears in the muscles. Proteins are then employed to fix these healthy tears, building the muscle somewhat bigger with every exercise. But even if you do not work out, your body's muscle dete-

riorates as you require energy. Muscle supplies energy, just like fat. Having protein in the body assists you to reconstruct any muscle that is lost.

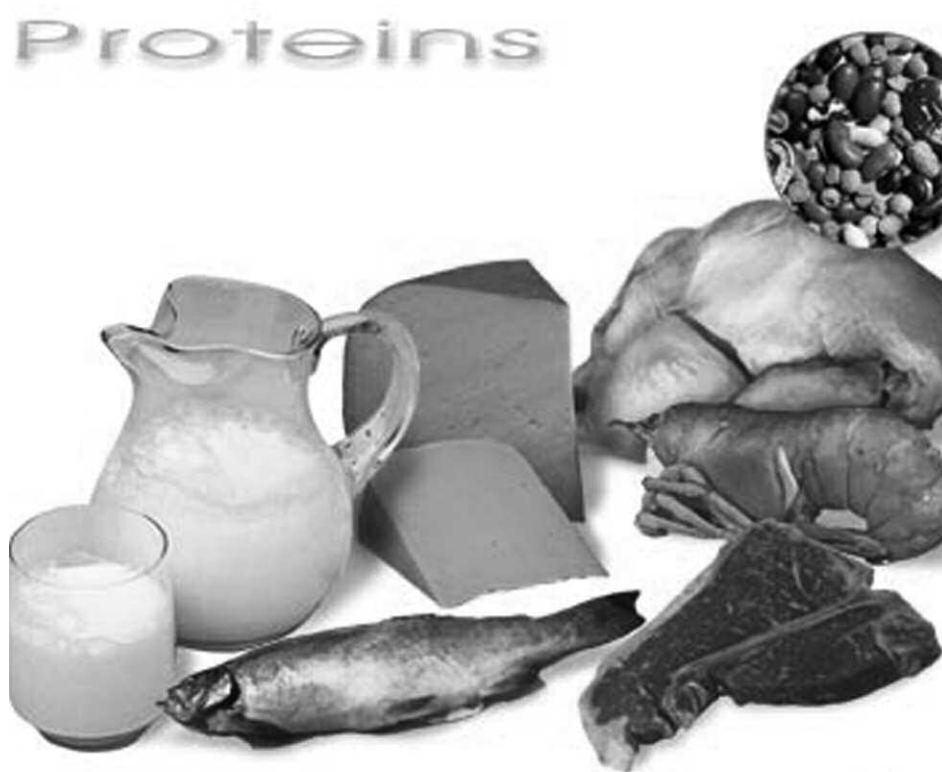
Protein as well helps your body in other ways, largely with the maintenance of hormones. Hormones in the body do a number of functions; such as regulate organ function, produce metabolism and impact mood. Proteins are applied in the production of a few of these hormones, and so if you go more than a day or 2 without consuming foods rich in protein, your full body will suffer.

How can you be sure that you're acquiring enough protein in your dieting? Rule of thumb is that an individual who is looking to gain muscle mass and is lifting weights should eat about 1 gram of protein per pound for their body weight if not more. If you are not looking to gain muscle then the system depends on various factors. Our protein needs depend on our age, size, and activity level. The standard method used by nutritionists to estimate our minimum daily protein requirement is to multiply the body weight in kilograms by .8, or weight in pounds by .37. This is the number of grams of protein that should be the daily minimum. According to this method, a person weighing 150

lbs. should eat 55 grams of protein per day; a 200-pound person should get 74 grams, and a 250-pound person, 92 grams.

Look for foods with protein as a key element on the label. A few foods to consider include chicken, beef, pork, nuts, eggs and fish. Vegetarians may get protein into their diet through eating nuts, beans, soy products and a diversity of additional foods. Also Whey protein

shakes are an excellent source of protein as well as protein bars. You should have a few of these foods in your diet every single day to assure that you are supplying your body with the protein it needs to stay healthy.



5 Tips for Healthy Relationships

Student Health 101
Beacon Contributor

Student Health 101 asked a few relationship experts for their advice on how to have a healthy relationship, and here is what they had to say:

1. Know Yourself; Believe in Yourself. Dr. Paulette Kouffman Sherman, a licensed psychologist and author of *Dating from the Inside Out*, says that knowing what your values are, what is most important to you in life, what you most want from a relationship and what you won't tolerate is essential. Once you know yourself, a good relationship will be an extension of that and your partner will accept and support who you are. Healthy relationships are grounded in positive self-esteem, adds executive coach Gloria Burgess. "Loving yourself is the foundation for all other healthy relationships."

2. Communicate. Talk it out. Listen carefully in order to understand who your partner really is and what's important to her or him, says Mary Anne Knapp, a clinical social worker and counselor for counseling and psychological services at Penn State in University Park. Communication is probably the most crucial skill to have in a happy and healthy relationship, adds Alex Lluch, author of *Simple Principles for a Happy and Healthy Marriage*. "Effective communication allows a couple to resolve conflicts, avoid misunderstandings, and best grow as a union."

3. Understand each other's values and boundaries. Many experts say that these are the issues that often cause major disruptions in relationships if not discussed openly, says Elizabeth Droz, director of the University Counseling Center at Binghamton University in New York. "How do you each think and feel about some of the current issues in the news including political, racial, or gender topics?" Droz adds, "Many have written about the need to be clear with one's partner about the status of the relationship. As corny as it sounds, we need to say to one another, 'Where are we with things? Are we a couple? Are we dating? Are we exclusive? What are the rules?' If you are dating, what does that mean? Can others know about it? What kind of intimacy is allowed?"

4. Respect each other's individuality. Respect is the key to a good relationship, according to relationships expert Karen Sherman. You have to let your partner have his or her life in addition to the life you have together.

A relationship is an opportunity to learn from one another by entering the other person's world.

5. Have fun, but know if it's time to get out. A great relationship is fun because you enjoy each other's company and are able to laugh and appreciate one another, says Dr. Paulette Sherman. "When you feel that your freedom is being compromised, that is most likely a sure sign that

things are not right," adds Droz. If you feel like you're in an unhealthy relationship, know that it can often be best to get out and move on, even if it is an incredibly hard decision.

Share Interests but Keep Your Own Life Gabriel Band, 21 and a senior at UMD, had problems with his former girlfriend's clingy nature. "One of our issues was that she didn't have her own group of friends," he says. "Couples should have shared as well as separate friends. But she only stuck to mine, which created problems."

Maintaining a healthy relationship is a combination of sharing interests, while keeping your individuality, says Band. Some students cling to their partner because they don't have a strong sense of self or self-worth. In fact, almost 40% of students polled said they had problems with self-esteem. Many of these students have to work on solving their own problems before they can get into a healthy relationship.

As a student at MC, you have access to read Student Health 101, the online health and wellness magazine just for college students. Please check your email to access Student Health 101 online, share your opinions and even enter to win an iPod!

Entertainment

Baby and Johnny sweep the stage yet again

By Lauren Dello Russo
Layout Editor

Breathtaking, brilliantly fresh, and memorable are only a few of the words to describe the Boston Opera House's Live Theatrical version of "Dirty Dancing: The Classic Story on Stage." It is the forbidden rendezvous of a rich daddy's girl who was off to save the world in the Peace Corps, and a tough, poorly educated dancer with a bad rap barely earning enough for rent who together create the most dazzling of summer romances.

On stage, Johnny the dancer and Baby the rich, sheltered socialite were perfectly chosen to fit the characters we remember. Amanda Leigh Cobb, who played Baby, drew a striking resemblance, with her curly hair and young pure appearance, to movie actress Jennifer Gray. The Australian actor Josef Brown, played by Patrick Swayze in the on-screen, movie, greatly resembled Swayze with his chiseled physique but differed in his light, and very pleasing Australian accent.

The performance did not veer off course from the movie, as Johnny and Baby were still the stars of the show. However, from a vocal aspect, there were many other stars. Many other actors and actresses from the play sang the well-renowned tunes from the movie ranging from "And I've had the time of my life" to "Do you love me?" The crowd swayed in their seats as they watched the actors and actresses dance on stage. The dancing remained classic and remarkably "dirty", keeping the audience's undivided attention with hopes to not miss a step.

The stage in the theater recreated the movie settings to its greatest degree, especially when the lake scene appeared on stage. The entire stage looked as though the actors were actually practicing lifts in the water, splashes included!

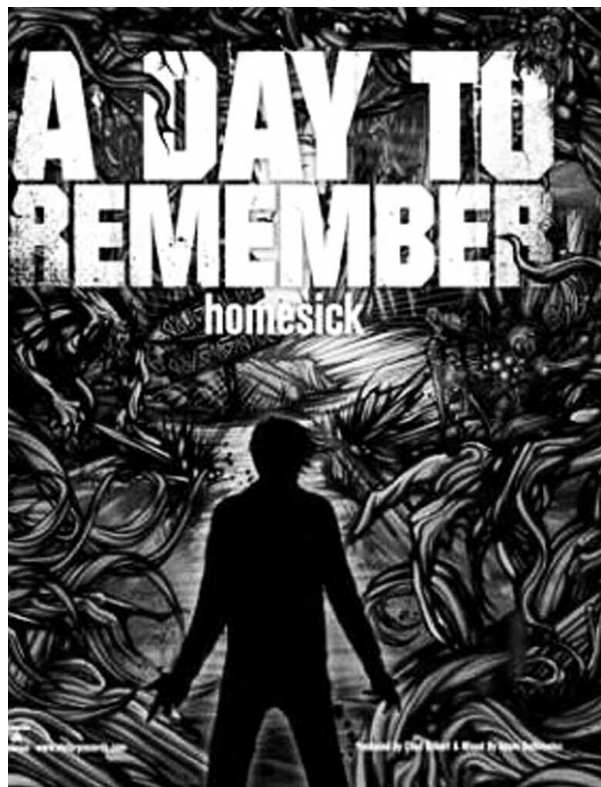
This summer romance at Kellerman's Resort was artfully played out on stage, and many viewers received the full experience. One audience member even stated, "I felt like I was in my 20's again!" Everyone exiting the theater were smiling and humming their favorite songs from the play.



Prices for the show at The Boston Opera House range from \$30 to \$91, and \$132.50 for premium seating. The show ends April 12, 2009 before heading to Broadway, so get your tickets while you still can, and dance your way into this 1960's love affair!

A Day to Remember's "Homesick" review

By Kyle Neary
News Editor



A Day to Remember's new CD entitled "Homesick" is by far a new mix on some classic success. With the same diversity as their previous CD "For Those Who Have Heart" their sequel is definitely a success to all who have been awaiting it. Jeremy McKinnon's deep screams and lighter voiced singing is back, but with more breakdowns and catchier lyrics than ever. "Homesick" shows that this group of gentlemen is serious, and their first CD was not a fluke.

Reining from sunny Ocala Florida, A Day To Remember incorporates many types of genres of rock into their music. ADTR has been classified as a pop-punk hardcore scream band. They really prove their diversity with this CD by having guitar chugs, brutal breakdowns, and even lighter acoustic songs. The title track "Homesick" even incorporates a little shout-out to McKinnon's Mom and Dad. This CD was a plethora of what fans love to hear complete with understandable lyrics, some awesome guitar and drum action, as well as points of the song with insane breakdowns that are sure to get the blood pumping.

A few tracks stick out particularly well in

my mind, for instance "I'm Made of Wax, Larry, What Are You Made Of?" which is one of their harder songs, however the chorus is extremely catchy. This song was actually released late last year on their website as a sneak peak to the CD, and was originally entitled "I'm Made of Wax, Larry," and got stellar reviews from fans. Another part of this song that is great occurs right before a breakdown where Jeremy clears his throat, which is not only humorous, but is really original and sounds pretty sweet. My second favorite track on this CD is probably the title track "Homesick." This song is a fast-paced song with awesome lyrics that make car-rides extremely enjoyable.

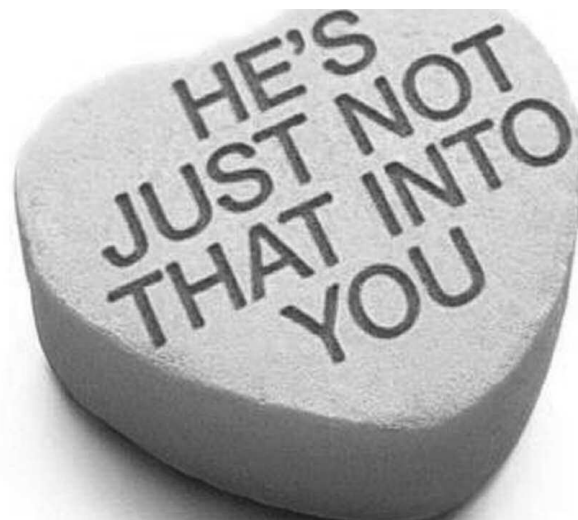
The title of the CD explains what the majority of the CD actually talks about which are things that have been going on while they are on tour. It seems like a lot of personal things have been put into this CD and they have collaborated it all with excellent instrumentals and uplifting beats. If you have never listened to A Day To Remember before, definitely check them out with "Homesick." It's going to be tough to top anything else that they come out with, but I am excited until then.

Check them out at Warped Tour this year! They're on tour all summer long!

What's playing this weekend at the Showcase Cinema in Lawrence?

Street Fighter: The Legend of Chun-Li
Fired Up!
Confessions of a Shopaholic
Friday the 13th (2009)
He's Just Not That Into You

Pink Panther 2
Taken
Paul Blart: Mall Cop
Slumdog Millionaire



Opinion

Online Petition a step in write direction

When you think of the biggest names in national news coverage, who do you think of? Perhaps you think of CNN or Fox News, or even MSNBC. Despite claims that they all put a different spin on issues politically, they are actually incredibly similar. They all are without a print medium.

More and more news agencies are dumping their printed papers and moving towards online only coverage. The advent of the personal computer, cheap internet, and smart phones, more and more people can check the headlines while on a bus, train, dare I say...in class?

Although this advancement of technology has created obtaining news relatively easy and cheap, it has seriously hurt local papers such as The Boston Globe, The Boston Herald, and even us, The Beacon.

When you think of checking the news, you surely do not type in

www.thebostonherald.com... no, you go straight to CNN or Fox News. People read papers like the Globe and the Herald because they are there, tangible, able to be actually picked up and read. If these papers were to move to an online only publication, they would see a serious drop off in readership.

We print a thousand copies of The Beacon every other week, and on the average week about 900 of them get read. I consider that to be pretty good considering there are only 2000 of us here at Merrimack. However, how many of you would actually read The Beacon if it was online only?

The annual drop in newspaper purchases of about 4.6 percent per year has driven the cost of newsprint upward. With less papers being printed, the printers have to make up for the lost profits somewhere. Printing a newspaper has become more and more expensive. This means that

we have to ask the school for more money to continue printing our papers.

Newspapers are also a great source of education. Teachers use them in classrooms and they can really help enhance your reading and analytical skills. To have them stripped from the shelves from lack of readership is a shame.

There is an online petition circulating right now that asks all news agencies to stop their online publishing for one whole week. The Beacon would like to express its support for the petition and invite you all to sign it.

It can be found here:

<http://www.petitiononline.com/savenews/petition.html>

~The Beacon Editorial Board

Stress Relief Session a good idea for overworked Students

By Joe Bonano *Staff Writer* As she started off the thirty minute relaxation session in Deegan West's Fireplace Lounge, Sharon Broussard, director of the health services department stated, "College students today have as much stress as someone who would have been diagnosed with a stress disorder fifty years ago."

While our lifestyles may have changed since fifty years ago, many of us could admit we're under significant amounts of stress—amounts that have become undesirable. While stress may motivate us to "get the job done" quickly, it does a lot of harm to our bodies.

In her introduction, Sharon informed the sixteen member audience that stress often leads to anxiety, and to the more susceptible, even depression.

Members of the audience were asked to share what the most prominent causes of stress are in their daily lives. Resident advisor Timmy Smith answered that procrastinating to finish homework is often a cause of his stress. Others agreed that delaying assignments until the last minute is their primary cause of stress.

As Sharon initiated the meditation, she stated that, "Stress can affect many parts of your body." She instructed students to focus on relaxing each individual part of their bodies. Sharon also stressed the importance of deep, focused breathing.

As the audience became comfortable, many students laid on the floor while others removed their shoes.

The soft new age music began to play, the room became peacefully quiet and all that could be heard was the soft rumble of the fire as our shadows shimmered in its glow.

And so the narration began. Sharon utilized guided imagery to help students imagine a world of bliss, detached from the stressful one in which they live. By using this method, students are able to cast aside all stressful thoughts and be at peace, if only temporarily.

Rainbows, waterfalls and mountains are some keywords that Sharon whispered as she said, "Imagine being atop a mountain, at the end of a rainbow. Imagine being at peace with nature, the peace you so deserve."

The narration continued, "Feel the tension leaving your body, from your neck, to your shoulders, to your legs and feet." Many students began looking quite sleepy. The narration continued for the remainder of the session.

Guided imagery and focused rhythmic breathing, while not actually changing the tasks you have to do, can have profound positive physiological effects.

Meditation has been in practice for thousands of years and is a particular component of many religions and cultures. In fact, meditation is known to decrease blood pressure, heart rate, and positively alter neurochemistry.

The relaxation session has taken place for the past two years, occurring every other week either on a Monday or Wednesday. It is conducted either by health services or campus ministry.

The remaining sessions for the semester will take place at 7PM on: March 11, March 30, April 15, and April 27 in Deegan West's Fireplace Lounge.

Cartoon Corner



Do you think you have what it takes to draw for the Beacon?
Contact us at newspaper@merrimack.edu



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

Sudoku Madness!!!!

Medium

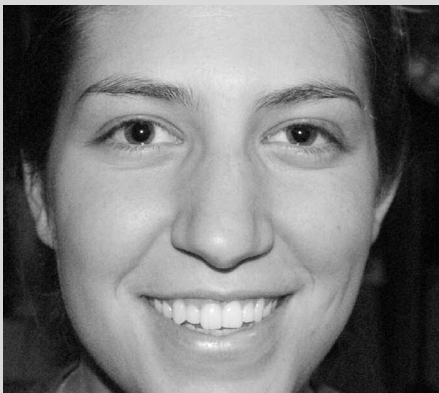
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Questions on the Quad

What is your favorite memory at Merrimack?



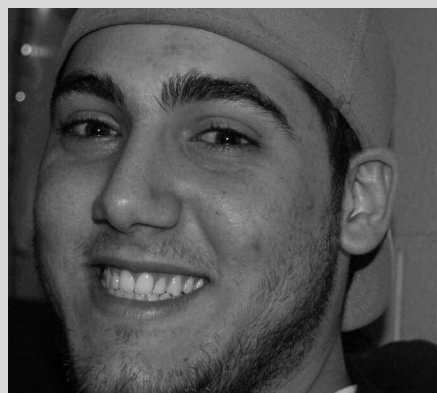
When our floor went on a 'ski' trip to NH and then got fined for all the damage.

- Kelly McKeown, class of 2010



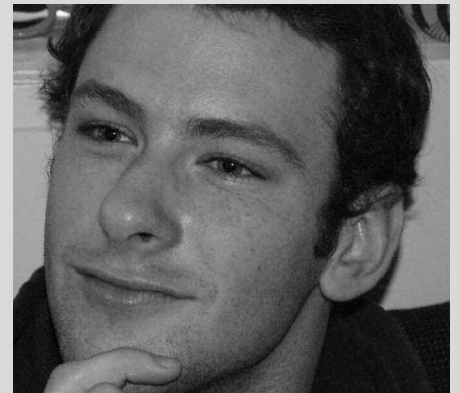
Taking aerial shots of Merrimack with my best friend, Hornet.

- Kevin Salemme, class of 2009



Slip 'n slide freshman year on Ash 2nd floor using shower curtains.

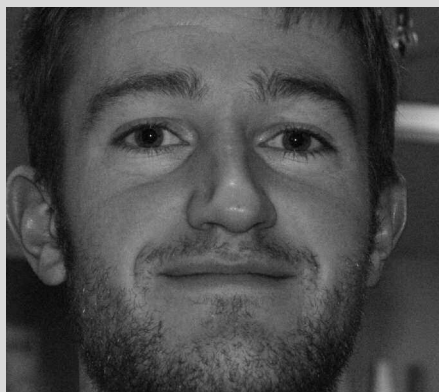
- Anthony Nini, class of 2009



Spring weekend my freshman year.

- Colin Regan, class of 2009

If you could give advice to freshmen, what would it be?



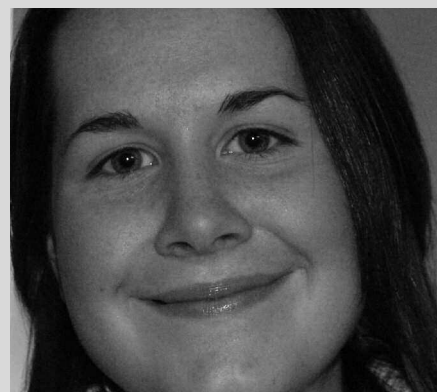
Go to Amsterdam.

- Ryan Quinn, class of 2009



Enjoy college and have fun because it goes by quickly.

- Katelyn Smith, class of 2009



Don't stand too close to the tricycle races during spring weekend, you'll get your toe chopped off.

- Molly Schelle, class of 2009



Never be afraid to ask for help. That's what professors and faculty are here for.

- Melanie Devaney, class of 2009

A National Championship in the making: Men's Lacrosse season preview

By Jefferseon Welch
Staff Writer

Many teams start seasons with lofty goals that are usually unattainable. That is not the case here with the Merrimack Men's Lacrosse team. When asked about a goal for this year's team, Head Coach Mike Morgan and senior Co-captain Greg Rogowski both had the same answer, "a National Championship." This goal would seem to be farfetched if the team wasn't in the running, but their #7 Pre-season National ranking from LAXnews.com proves that they are a contender.

Last year the team ended on a disappointing note by their standards, but they still set a school record with 12 wins. The team finished in 3rd place in the conference and had plenty of personal accolades as well. In his first year as head coach, Mike Morgan was named Coach of the Year in the Northeast 10 (NE10), then junior Greg Rogowski was named to his third All-American team and goaltender Cory Spinale also received All-American status. Key injuries hurt the team's chances of a National Championship as one of their preseason All-American's, Mike Miano, was unable to play as well as promising freshman Kevin Laplante was out as well.

This year's team has "a good mix of upperclassmen and underclassmen who will contribute to our success as a whole" Rogowski said. This type of mix is crucial to any team being successful and is something this team plans to feed off of. Coach Morgan knows the team has "a combination of talent, mental toughness and hard work" that combined have fans excited for the upcoming year. Greg Rogowski leads the talented team with 229 career points which is already the best in the history of Merrimack lacrosse. In fact, second place has only 183. Even with all of the personal success, it is the

strong team that is encouraging. Michael Balbuena was second on the team in scoring last year, 19 goals to go with 37 points overall. Spinale is tremendous in goal and the defense is very deep with Mike Miano, Shane Mahar and Pete Schielke.

In order to build off of their stellar season last year, Merrimack has brought in a few players to help fill some voids. Schielke will sure up the defense and Nick Maggio will "help us improve our below average face-off percentage from last year" says Coach Morgan. Another major reason for excitement leading into this upcoming season is the schedule the team has. By having three of the top six teams in the nation coming to Warrior Field, the team controls its own destiny. They play #2 Le Moyne, #4 Dowling and #6 Adelphi all at home on April 11, March 14 and March 26 respectively. Even the National Championship is close by at Gillette Stadium in Foxboro, MA.

Coach Morgan knows Merrimack has "the best fans in Division 2" and that "they make Warrior Field a tough place to play, teams do not



Captain Cory Spinale makes a save at last year's game against Bryant at Gillette Stadium.

~Photo by Courtney Cutler~

look forward to coming here to play us." The fans contributed to why the team went 8-0 at home last year. Rogowski says, "We know that we have the talent and the ability to beat all three of these (top ranked) teams and doing so would solidify Merrimack a spot at Foxboro."

With the support of the great fans and the talent, experience and toughness of this year's men's lacrosse team, this upcoming season is sure going to be exciting to watch.

Baseball team builds chemistry

By Michael Salvucci
Editor-in-Chief

The Merrimack Baseball team went on a retreat this past weekend February 20 through the 22. The goal was not just to strengthen themselves spiritually, but to strengthen themselves on the field as well.

The retreat was held at Intervarsity's Toah Nipe Retreat House in Rindge, NH. According to Father Bill Waters, one of the priests that accompanied the team on the retreat along with Father Jim Wenzel, this "House" specializes in providing space for colleges and universities of New England to have retreats, workshops, etc.

One might ask what goes on at these types of retreats/outings. The team watching the movie "Cinderella Man" and afterwards discussed lessons of perseverance, honesty, misusing people for one's own gain and then applied these lessons to the sport of baseball.

Team building is an important part of any team's conditioning. The team discussed what each member hoped to bring to the team and what they were hoping their teammates would bring as well. They then connected this to 15 specific statements of St. Augustine on how he directs the Augustinian communities to live.

Fr. Jim and Fr. Bill also thought it would be beneficial to hold a question and answer type session relating to the Church and the Catholic religion. This gave the team an opportunity to



~Photo courtesy of Fr. Bill Waters~

ask whatever questions they wanted. Some of the questions that came up were, "Why can't priests get married?", "Does God forgive all sins?", and "Why is the Church against underage drinking?"

Fr. Bill described the retreat as a real enlightening experience, and that "overall there was an opportunity for the teammates to get to know each other better and as they say, 'bond'

with each other."

Sure, a big part of successful sports playing is technique, but team chemistry can often times play just as big if not bigger role in the success of a team. The retreat was an opportunity for the team to get away from the stresses of school and work on some of that chemistry, with themselves, the rest of the team, and God.

Interested in photography, videography or sports writing/broadcasting?

The Beacon will be producing TV shows for MCTV 10 soon and needs your help!



Sports



Warriors still alive in post season hunt

Michael Salvucci
Editor-in-Chief

Merrimack splits the season series with Providence going 1-1-1 against them. However, their win Sunday afternoon was in dramatic fashion. In front of a national television audience (ESPNU), the Warriors destroyed the Friars 5-1 in Providence, despite being badly outshot.

The win can be credited to a surge in special team play – scoring three power play goals in a row and an unbelievable effort by freshman goaltender Joe Cannata. When asked about the win, Coach Dennehy said “It’s been a long time, waiting to win a game like that. This is more fun to go through, but it’s sometimes just as tough knowing we weren’t playing well.”

The year is drawing to a close for the Warriors, and the playoffs are a long shot away, however still not unattainable. There are a few situations where Merrimack can find themselves in the Hockey East Tournament. I give credit to Mike McMahon of the Eagle tribune for figuring out the math on this.

Situation A: Merrimack finishes 4-0-0 with 19 points in Hockey East

This is obviously the best situation Merrimack can put themselves in. In order to make the playoffs, Maine can finish no better than 0-3-1 (18 points). And Providence can finish no better than 3-1-0 (19 points, MC will beat them in the tie breaker because of more league wins).

Situation B: Merrimack finishes 3-0-1 with 18 points in Hockey East

In order to make the playoffs in this situation, Maine has to lose out and go 0-4-0 (17 points). And Providence can go no better than 2-

1-1 (18 points, again MC will beat them in the tie breaker).

Providence has two games with BC and two with BU left. It can almost be certain that the lowly Friars will be hard pressed to even win one game. So honestly I don’t think there is too much to worry about there. Maine, however, hosts Ver-

these teams before and looking at how they’ve played the whole year, we are in the position to beat any team in the nation.

When asked about the playoff picture, Dennehy said “If we concentrate on that we’ll lose sight on how to get there. Anyone who has watched us the last few years knows how much better we are, and it’s about getting better.”

When asked about the possibility of not finishing in that crucial eighth spot, “You want to finish ninth, then. If you’re not eighth, you want to be ninth. It’s about getting as high as you can and being the best you can be...We’ve got a lot of pride in our locker room. They’re playing for more than just playoffs. They’re playing to show, to validate what a lot of people believe, and that’s that this program is moving in the right direction.”

If there is one thing that can be taken from this year is that the program has indeed moved in the right direction. So far 13 of our 18 losses have been by one goal. That is incredible - Merrimack is going into every game in the position

to come out with the W. It is only a matter of time before those one-goal losses turn into one-goal wins.

In fact, that progress can already be seen. Simply look at the last 5 games. We have gone 3-1-1. And in those games we have actually outscored opponents 15-7. The team is definitely starting to come around. If we don’t make the playoffs this year, it is important to not lose sight of how far we have come. There will be a time where we begin to make the Hockey East Tournament consistently, and I believe that time is only a year away.



Sophomore Chris Barton puts one past Providence’s freshman net minder
~Photo by Michael Salvucci~

mont twice and then travels to Lowell twice. The Black Bears are obviously not the powerful Hockey East team that once reigned from Orono, however they are still a great club. For them not to win one of their four games left is a long shot.

All that being said, the Warriors can really only worry about one thing...their own record. We have made some costly mistakes throughout the year and we have to live with them, (the 5 on 3 penalty that ended the second game against Vermont in a loss comes to mind here). The only thing we can worry about is going 4-0 or 3-0-1 in our last four games. We have beaten both of

Warriors respond down the stretch

Mark Lindquist
Sports Editor

The 2008-2009 men’s basketball regular season has ended. All season long the 2008-2009 Merrimack Warriors under Head Coach Bert Hammel have been a powerful team all season long. The team has the best offense leading everyone with 81 points a game on average. They have arguably the best overall point guard and offensive and defensive player in Division II. Most importantly, they have outstanding young players and a very deep overall team. Division II All-American and Bob Cousy Award nominee Darren Duncan leads the NE-10 conference in scoring with 19.5 points per game, assists with 7.46 a game, and assist/turnover ratio with slightly above 2. Duncan is right in the middle of the pack of the Bob Cousy Award voting so far, edging out names such as A.J. Price of UConn, LeVance Fields of Pittsburgh, and Jeff Teague of Wake Forest.

Sophomore Darin “Dee” Mency is second on the team in scoring with 16.3 points per game and 8th in the conference. Freshmen guards Wayne Mack and Roland Davis have been excellent scoring options backing up Duncan and Mency each dropping nearly 11 points a game. Senior forward Chris Winters recently returned from an injury and will be a key low-post and rebounding presence in the tournament. Senior Dave Kennedy is a reliable and solid player that provides energetic minutes whenever he plays. All season long, junior Craig Woehner has been a key offensive presence off the bench, providing team depth. Forwards Jared Brownlee and

Aaron Strothers have been the team’s rebounders and have done a solid job filling in the injured Chris Winters during the middle part of the season.

Jeff Hansbury and Wilfredo Pagan provide vocal energy for their team and played strong minutes during the game at home versus Southern Connecticut. Freshman center Juan Carlos Rosich is in recovery right now from ankle surgery but looks to be a great member of the team during his collegiate career.

After a 3-game losing skid, the Warriors were victorious over Franklin Pierce and went on a 4 game winning streak down the final stretch. Defense has been a question mark during the course of the season, as they have been in the bottom of the conference in scoring defense usually averaging more than 70 points a game.

During the past 4 games versus Franklin Pierce, Pace, St. Rose, and Southern Connecticut, the team has averaged a strong 58 points allowed and lowered their overall team scoring defense statistic from 72 points a game down to 70.

The Warriors tallied their 20th win of the season this week against conference newcomer New Haven. They came from behind in impressive fashion to secure the win that secured the Warriors with the first round bye in the NE-10 Tournament.

The Warriors will host a quarterfinal game Monday night at the Volpe Gym against the winner of fifth-ranked Assumption and 12th-ranked Pace on Saturday.



Freshman Roland Davis looks to sink a bucket against New Haven
~Photo by Michael Salvucci~

The Warriors overall record at the end of this terrific season is 20-7 with a 16-6 record in conference play. They are ranked 5th in the east region and should have a Division II NCAA tournament spot. The Warriors have ended the season playing good basketball and will be very confident entering the NE-10 and NCAA tournaments.

Basketball secures first round bye in NE-10 Tournament

Hosts playoff game Monday night

Freshman Wayne Mack goes up for a
layup
~Photo by Michael Salvucci~

