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Merrimack College

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Merrimack College

Merrimack trashes trays

By Joe Bonanno
Staff Writer

Known as the most prestigious award in collegiate ice hockey and often compared to the Heisman, each year the best college hockey player in the country receives the Hobey Baker Memorial Award in honor of “The Wonder Player of Hockey,” Hobey Baker.

This year, the Merrimack community is proud to claim that captain Rob Ricci ’09, has been chosen as an initial candidate eligible for the Hobey Baker Award. Rob is one out of 91 impressive candidates from across the U.S. and one of 19 no less impressive candidates in Hockey East.

According to hobeybaker.com, Hobart Amory Hare Baker was born in Philadelphia in 1892. He captained Princeton’s hockey and football teams—later entering into Princeton’s Hall of Fame, was a charter member of the United States Hockey Hall of Fame and was inducted into Canada’s Hockey Hall of Fame. These credentials speak for themselves, yet there is more.

Aside from Hobey’s astounding talent, he was also a man of character, charisma and was known for his sportsmanship. Hobey was only penalized once during his entire career—for slashing against Harvard in 1913. After every game, he always visited the other team’s locker room.

After Hockey, Hobey enlisted as a pilot in WWI and shot down three German warplanes. However, while Hobey has passed, he left a legacy that so many collegiate athletes aspire to.

Each year, candidates are chosen from colleges and universities across the United States. Only those who portray qualities most similar to Hobey Baker are considered. This, by itself is in deed, no easy feat.

The award process has three phases. After the initial candidates are named, fans may vote for one candidate and on March 20th, the top ten candidates will be released and eligible to be voted on by fans again.

On April 2nd, the top three nominees will be announced, and the award winner will be announced on April 11th.

Ricci, originally from Brampton, Ontario initially developed a liking toward hockey when he was only five years old. He credits his father for introducing him to the sport but recognizes that without the support of both his parents he would not be where he is today.

Continued on page 5

Ricci honored by Hobey

By Bryanna Violette
Staff Writer

Sustainability is becoming a trend and Merrimack’s Sodexo cafeteria is among the masses that have been making changes toward the more eco-friendly operations. As you may have noticed, our cafeteria does not have trays anymore.

In an effort to join the “Going Green” movement on campus, Sodexo has done away with traditional cafeteria trays. Instead of being a sustainable cafeteria, George Mason University’s $40 million cafeteria is 95% sustainable. Instead of being a traditional cafeteria, George Mason University will provide its students with a fully-operational food court. With take-out style dining, there is hope that students will make a decision of what they are going to eat. They do not have the option of getting a tray and going all over the food court to pick out their food. In addition, this state-of-the-art cafeteria at GMU will use biodegradable napkins, eco-friendly chemical cleaners, and bulk sugar and ketchup in place of disposable packets.

Although getting rid of the trays in the cafeteria had good intentions, adjusting to this change has not been without struggle. Students having to make multiple trips to and from their seats has become a hassle. Separating foods is nearly impossible when it is all on one plate. Considering that the average college student will waste 163 pounds of uneaten food every year, it is estimated that 135,616 pounds of food will be conserved. Also, because the cafeteria no longer has to wash those trays, nearly 125,000 gallons of water will also be saved. Over six-hundred schools across the United States have jumped on the trayless dining bandwagon. The epitome of sustainable cafeterias is located in Fairfax, VA at George Mason University. This state-of-the-art cafeteria at GMU will use biodegradable napkins, eco-friendly chemical cleaners, and bulk sugar and ketchup in place of disposable packets.

Power Outage
Keeping up with New Years Resolutions
Bride Wars

page 3
page 7
page 6
Submissions
What has SGA been up to?

Student Government has been very active and the following list of accomplishments will help explain what exactly we have done last semester. In addition, it will further explain some things that Student Government does on a regular basis. There is also an agenda for the spring semester. As always, if there is anything that you would like to see happen or discuss please contact a representative. Student Government is here for YOU!

Student Government Association Fall 2008 Accomplishments:
- Father Ray Dlugos met with the SGA to discuss the rewriting of Merrimack College’s mission statement. Two members sat on the committee. He also came to us at its completion for input before brought to the Board of Trustees.
- SGA explored and discussed the idea of bringing Zipcars on campus.
- An ad hoc committee was formed to rewrite the SGA Constitution.
- The Residence Life staff discussed online room selection with the SGA. The Student Life Committee has seen the program in action.
- The SGA donated money to support the fundraiser for Rob Maile.
- The SGA explored to support a newspaper that have a newsletter to provide newspapers to residents there.
- President Champagne presented his agenda for the next two years at a meeting.
- The SGA co-sponsored the blood drive.
- There has been discussion on the amount and use/distribution of the student activities fee.
- Tom Cornacchia presented the nutrition information available on the food in the cafeteria and in the Warrior's Den.
- The Townhouse Resolution and the Club Sports Resolution, each written by SGA in the past two years, were shared with and taken into consideration by President Champagne.
- The SGA hosted a “Live Suggestion Box” to hear from students.
- Kevin Selemme spoke at a meeting about using MCTV-10. If anyone is interested please contact him directly or a member of the SGA.
- SGA committee members have been in contact with Bob Coppola, the Director of Physical Plant, Michael Bell, the Vice President of Academic Affairs, Ray Shaw, the Assistant to the Vice President of Academic Affairs, Mark Allman, a Professor of Religious Studies and the Director of the Honors Program, Bob Cuomo, the Dean of the Girard School of Business, and Kevin Salemme, the Director of the Media Instructional Services.

SGA members are currently a part of or are involved in:
- The Library Advisory Committee
- The Drug and Alcohol Task Force
- The Academic Integrity Committee
- The Sustainability group

The following clubs have presented to SGA and have been approved:
- Model UN
- English Club
- Inter-Fraternity Council (reinstatement)
- Merrimack Club Hockey
- Investment Society
- Green Team

Agenda items and Goals for the Spring Semester:
- A new SGA constitution
- Online elections
- A resolution regarding the student activities fee
- A Spring Weekend committee
- Host a food services and/or student life forum
- Utilize MCTV-10

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

Power Outage!

By Joe Bonanno  
Staff Writer

Each year, literally millions of New Englanders look forward to the all the enjoyment that the winter season brings. However, many are reluctant to remember its accompanying havoc. The two-faced conditions of snow, ice and the like are increasingly becoming less of a rarity.

This winter, within a period of five weeks, the Merrimack community lost electricity twice. The first power outage that affected campus occurred on the last day of finals last semester, December 12, forcing students who had a final that Friday to begin their winter break a day late.

As many of you may remember, that power outage was widespread throughout New England and Upstate New York. The ice storm knocked out power for 2-3 days to at least 800,000 customers. Thankfully, however, it occurred on the last day of finals and not mid-week.

The second power outage occurred just two weeks ago and affected only parts of the campus. While its cause is unknown, there is speculation that National Grid crews may have inadvertently caused it while repairing lines from the ice storm.

According to James Finn, associate director of Physical Plant, there are three separate electrical feeds that power the campus. He also mentioned that most new buildings are equipped with automatic generators capable of powering a building’s essential functions.

Among the 8-10 buildings with generators, Jim mentioned that the Sak is outfitted with the most powerful generator capable of supporting the cafeteria as was required during finals week. During each power outage, physical plant goes around campus and shuts off all elevators to ensure that no one can become trapped after power has appeared to return. They are then turned back on once power has been completely restored.

Thanks to Physical Plant’s quick action, no one was reported to have been trapped in an elevator.

Power was restored a few hours later. Perhaps these two outages make every one appreciate something as simple as electricity.

James Finn has been Associate Director of Physical Plant since the beginning of last year and previously was an electrician at the college for eight years.

Moot Court

By Molly Warren  
Staff Writer

Last semester a group of six students from Merrimack went to Fitchburg State to participate in a moot court competition. A moot court competition is a competition in which students argue a case in front of a panel of judges. For this competition the students argued two aspects of a case.

They argued a first amendment freedom of speech case that dealt with a hypothetical college campus. The students also argued the due process rights of the case.

The competition is set up so that everyone is in teams of two and one person from each team argues the first amendment part and the other person argues the due process part.

The teams were chosen early in the first semester and were made up of three teams: Johnathan Allman and Thomas Monaco, Nicole LaFleur and Ara Sarajian, and Nikolas Amicone and Melissa Principi. Once the teams were chosen, they quickly got started because a lot of prep work is required for this competition.

The students not only had to read the case that they would be arguing, but they also had to read all the cases that were mentioned in the main case and know the issues that were mentioned in these cases. Students then had to prepare their arguments. Each team did a lot of research on their own but each team also had a mentor that was a Merrimack alum. Also, in the last week before the competition, the teams did a practice run in front of four alumni lawyers who judged them and gave them ways to improve their speeches.

When the day of the competition finally arrived each team argued the case three times.

Each team argued once as the petitioner, once as the respondent, and then for the third time they flipped for which side they were going to argue. After each time the teams argued, a team of three judges evaluated their job and decided which team won. The top teams at the end of the first day moved on to the next day. One of Merrimack’s teams moved on to the next day. The team of LaFleur and Sarajian moved on to the second day where the teams argued in a single elimination round. LaFleur and Sarajian were able to compete in one more round before they were eliminated. LaFleur, a junior, says that “the experience was very time consuming but we went up against some very hard teams who are definitely the veterans in the legal field, but Merrimack brought something (somewhat of a surprise to some) to the table.”

Several of the students who were part of the competition are already planning on joining again next year. Some of these students choose to be part of the most competition to better themselves for law school. Melissa Principi, a senior here at Merrimack, is hoping to attend law school in the fall. She says that “Being a business major though did prepare me in the aspect of ‘presenting.’ I am applying to law school with hopes of entering in the fall and I thought this competition would not only look great on applications, but be a fun learning experience.” LaFleur adds that she feels that the moot court competition has shown her that not everything can be taught from a classroom or learned from a textbook. She continues, “we had to develop our legal researching and public speaking skills in order to present an effective and well thought out argument.” She believes that this will help her in law school.
Service learning on the rise

By Courtney DeSisto
Staff Writer

Service learning popularity is rising among professors with 4x4 Curriculum. The Stevens Learning Center, founded in 1998, has been a great opportunity for the Merrimack College to get in touch with its surrounding community. Students have had the chance to engage in an active learning experience through academic courses.

Located in the Sakowich Campus Center, the Stevens Center is led by Mary McHugh, the director of the center since its establishment. Student service learning has become a way to network beyond campus.

“It’s a nice way to serve the community,” McHugh explains. “Students pursue more opportunities for after graduation. As a short assignment through class, you can choose or choose not to continue if you want,” she claims. McHugh pointed out that another positive thing about service learning is the feel for a specific environment. Many students have not experienced a real-world approach to certain career paths and may find that some places are surprisingly appealing, or even not as appealing as they may have expected.

Professor Mark Allman, faculty member of the Religious and Theological Studies department, finds that offering students a service learning option to be an effective tool which helps them learn in ways that standard academic studies cannot provide. Allman offers the service learning option in most of his classes, specifically ethics courses such as Christian Social Ethics. He compares the service learning in his ethics classes to a lab in a science class, and considers it an “experiential-lab.”

Allman feels it is appropriate to incorporate the service learning option at Merrimack recognizing the Augustinian pedagogy. Allman explains this Augustinian approach to learning as “learning through experiences and community action versus a book.” He feels that it is not only a preparation for after college experience but experiencing the ability to turn theory into action. Professor Allman also does his own service learning. “I receive from my community, so I give back to my community,” he explains.

Professor O’Hare has made service learning mandatory for his two upper level courses even though they may not have any direct correlation with the coursework. Professor O’Hare has been one of the principle supporters of service learning since its inception here at Merrimack College.

Let’s get cultured Merrimack!

Did you just come back from studying abroad last semester? Did you check the time on Big Ben, relax on the green in front of the Eiffel Tower, or go surfing down under?

Well, your friends might be sick of your stories abroad, but we are eager to hear about them! Help us share with the Merrimack student body how enriching a study abroad experience can be to your education and to your future. Feel free to submit your study abroad pictures and you could see them in The Beacon!

Sunday Mass at Cascia Hall

Students attend mass with Fr. Jim Wenzel O.S.A.

“Photo courtesy of Molly Warren”

By Molly Warren
Staff Writer

Up until last semester, Sunday Mass had been located in Our Lady of Good Council in Austin Hall. However, this semester Sunday Mass has been moved to Cascia Hall.

One of the main reasons Mass was moved was in the hopes that moving Mass closer to the dorms would help to increase attendance. Cascia Hall is a more centrally located building and a much shorter walk from the dorm rooms than the chapel in Austin Hall. Janine Moretti, a junior here at Merrimack, feels that the move was a good choice “because of Cascia being centrally located on campus.”

Ryan Perreault adds that having mass in Cascia has provided a better sense of community. With a new sign present outside of Cascia saying when Mass is, students who helped with the move hope that some students will see the sign and come to mass before going to dinner. These students also hope that students will be more willing to come to mass, especially in the winter, because the walk has become shorter.
Selections from the Police Log

1/15/2009 20:14  MEDICAL - First Aid
RA reported that the front desk attendant has hit his head on a protruding box. Victim is conscious and does not want to go to the hospital. Units responded and administered first aid anti-biotic cream and gauze to the victim. Units cleared.

1/17/2009 2:11  ALCOHOL - OUI
RA called to report a possible driver under the influence that just pulled out of a spot. Officers obtain vehicle in front of Monican. Operator is non-student and is released to family member, car was towed. See report.

1/17/2009 22:21  FIRE/SMOKE - Unknown Cause
Heavy haze and smoke reported on 3rd floor Deegan East. North Andover Fire Department responded and extinguished the fire. Units cleared.

1/20/2009 6:37  POWER OUTAGE
All Academic Buildings
Police Services received call stating that the power went out in Santagati Hall. A second call from a professor in Mendel Hall notified Police Services that the power was out there as well. Officers responded to both building and reported that it appears as though all of campus has lost power. Dispatch notified proper authorities and officers continued to monitor situation.

1/24/2009 2:26  NOISE COMPLAINT
St. Thomas Apts.
Caller reports a group outside in the quad throwing snow balls and being loud. Officers cleared individuals outside B/C Tower.

1/25/2009 16:01  DRUG POSSESSION - Paraphernalia
Off-Campus
Officer reports two male individuals acting suspicious on Apple Crest Rd. A consent search was completed and a marijuana pipe full of residue was found on their person. Andover Police was contacted and made aware of the situation. Andover officer confiscated the paraphernalia and no citation was issued. Officers cleared scene.

Ricci nominated for hockey’s finest

Reflecting on his past, Rob feels his first major achievement in hockey was playing Junior hockey at 16 years old. He reminisced that playing juniors was a “childhood goal fulfilled.” He continued Junior Hockey for two years after high school.

Rob has fond memories of paying Juniors. He enjoyed just being able to focus on hockey and not have to worry about school. He enjoyed boarding with a “Billet Family” after high school.

When asked what it feels like to be nominated for the award, Rob humbly replied, “It feels funny to be nominated. It’s defiantly something to tell your grandkids.”

I could tell that Rob has great character and is mentally resilient as he said, “While every loss is tough, you can’t dwell on it too long; you have to move forward to the next challenge.”

Rob also gives credit for his nomination to his teammates and coaches. He goes by the attitude that; “You can’t do it by yourself. Teammates always play an important role and that the better the team, the better each player will be.”

As a senior, Rob has many fond memories. At Merrimack, Rob recalls at the last game of his first season, during a game with Providence, his skate broke in first period. The trainers were scrambling to find the right size skate, but all they had was a skate two sizes big. Well, that didn’t deter Rob in any way. He ended up scoring in overtime, winning the game 4-3.

Before Merrimack, Rob recalled how happy was during his USHL team’s 2005 win at Cedar Rapids, Iowa.

When asked of his favorite memories off of the ice, Rob couldn’t decide on any specific one. He said that between living with his teammates and practicing 3-4 times a week he is most fond of the little things that happen each day. He greatly enjoys the camaraderie of his teammates, the competition of the sport and all of the friendships he’s developed.

The Merrimack Community congratulates and wishes Rob luck for the award and also success in his future career.

Don’t forget to visit www.hobeybaker.com before March 8th to vote.

Left, Ricci looks to make a play.
~Photo by Michael Salvucci~
As a part of the Islamic and Middle Eastern Studies program here at Merrimack, there will be a multimedia presentation in Cascia Hall about the women of Afghanistan on Wednesday, February 4.

Paula Lerner, a Boston-based photographer, will be sharing her experiences from her six excursions to Afghanistan. Newspapers may tell us every day about the ongoing war in the Middle East, but few know about the many hardships women have faced since the fall of the Taliban.

Working with the Washington Post, Lerner assembled Women of Kabul, a multimedia presentation which is currently on the Post's website. Through photography and audio, Lerner illustrates the struggle of female entrepreneurs as they attempt to rebuild their businesses in a war-torn country.

In addition to Lerner’s presentation, Rangina Hamidi, an Afghan-American women’s advocate, will be discussing the difficulties she faced as her family fled Afghanistan in an effort to escape the Soviet Invasion. After living as refugees in Pakistan, the Hamidi family finally moved to the United States. Now, Rangina works for the Afghans for Civil Society and also helps improve the lives of Afghanistan’s women.

These moving stories are sure to open up our eyes into a world we know nothing about. Afghan Stories: Giving Women a Voice will be taking place in Cascia Hall at 7-8:30pm on Wednesday February 4 and is free and open to the public.

The sequel to Twilight (movie) is anticipated to hit theaters November 20th 2009. But for all the Twilight fans that have finished reading all four books, what is there to do in the meantime?

The Twilight saga is one of many books that entangles vampires and romance or supernatural creatures in general. The Mercy Thompson Series by Patricia Briggs is one choice for the readers that love action and mystery. The main character is a female mechanic that has the ability to phase into a coyote. Briggs paints a realistic world filled with vampires, werewolves and fairies while being able to make each character tangible. Briggs also wrote each book to stand alone, so you don’t have to read Moon Called—the first book in the series—to understand the storyline. However, for the faithful readers that do read each book in the proper order, you may find the constant explanation of the past a bit repetitive.

But if you rather stick to your favorite supernatural creature, the vampire, there is still hope. Vampire Academy is a series by Richelle Mead that follows the lives of the young vampire princess, Lissa Dragomir, and her protector, Rose Hathaway as they battle high school gossip and the Strigoi—undead vampires. Like Twilight, Vampire Academy puts emphasis on the relationships making the reader empathic for each character while simultaneously being captivated by the action she installs in each chapter.

So all you Twilight fans, pick up another book, curl up in a comfy chair and make the long wait until November more enjoyable.

Bride Wars stars ex-teen princess Anne Hathaway and golden-daughter Kate Hudson. Growing up together, Emma (Hathaway) and Liv (Hudson) dreamed of being June brides at New York city’s Plaza hotel. Now grown up and engaged to the men of their dreams, the women together visit famous wedding planner Marion St. Claire (Candice Bergen) in hopes that two separate June wedding dates are available.

As luck, or destiny as they thought, would have it, there were two separate June dates available. Emma and Liv booked the dates and began to plan the weddings they had always wanted. Unfortunately, Marion St. Claire shortly called them back to tell them there had been an awful mix-up; their weddings had been booked accidentally for the same date in June. All other June dates had been booked already with no June openings for years.

Emma and Liv could not come up with a solution as to what to do; thus beginning an all-out war until the wedding day. Through the time leading up to the weddings, the women played childish pranks on each other. Though unrealistic and corny, (Kate Hudson in blue hair was amusing, as was Anne Hathaway with carrot-colored skin) the pranks began to hurt the women more than what was intended.

In the end, the women appreciated what a gift friendship is and the special bond friends share. Overall, Bride Wars is a feel-good “chick-flick” but only worth a $5 rental fee.

Come ski for the day with your new friends!
### Eight Foods That Will Make A Better You

#### By Jeff LeBlanc

**Staff Writer**

Every day we are faced with many different choices on what we put into our bodies. The foods we consume make a very big difference in our day to day lives.

There are many essential foods that we should eat in order to reap the benefits of a healthy lifestyle, but there are 8 that are absolutely crucial to have in your diet.

1. **Spinach**
   - *Pros:* Sexual enhancement, Muscle growth, Heart healthy food, Bone builder, helps protect against heart attacks and all.
   - *It may be green and leafy, but spinach is also the ultimate man food.* This noted biceps builder is a rich source of plant-based omega-3s and folate, which help reduce the risk of heart disease, stroke, and osteoporosis. And spinach is packed with lutein, a compound that fights age-related macular degeneration. Aim for 1 cup fresh spinach or ½ cup cooked per day.

2. **Yogurt**
   - *Pros:* Cancer fighter, Bone builder, Boosts immunity
   - *Various cultures claim yogurt as their own creation, but the 2,000-year-old food’s health benefits are not disputed: Fermentation spawns hundreds of millions of probiotic organisms that serve as reinforcements to the battalions of beneficial bacteria in your body, which boost the immune system and provide protection against cancer. Not all yogurts are probiotic though, so make sure the label says “live and active cultures.” Aim for 1 cup of the calcium and protein-rich goop a day.

3. **Tomatoes**
   - *Pros:* Cancer fighter, Heart healthy, Boosts immunity
   - *There are two things you need to know about tomatoes: Red are the best, because they’re packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it’s easier for the body to absorb the lycopene. Studies show that a diet rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

4. **Carrots**
   - *Pros:* Cancer fighter, Boosts immunity, Enhances eyesight
   - *Most red, yellow, or orange vegetables and fruits are spiked with carotenoids — fat-soluble compounds that are associated with a reduction in a wide range of cancers, as well as reduced risk and severity of inflammatory conditions such as asthma and rheumatoid arthritis — but none are as easy to prepare, or have as low a caloric density, as carrots. Carrots are indeed the best option when it comes to this. Aim for 1/2 cup a day.

5. **Blueberries**
   - *Pros:* Brain stimulant, Cancer fighter, Heart healthy, Boosts immunity
   - *Host to more antioxidants than any other popular fruit, blueberries help prevent cancer, diabetes, and age-related memory changes (hence the nickname “brain berry”). Studies show that blueberries, which are rich in fiber and vitamins A and C, boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried. Also blueberries are one of fruits that maintain almost all their nutrients in their dried, frozen or yogurt form so there are many options.

6. **Black Beans**
   - *Pros:* Muscle growth, Brain stimulant, Heart healthy
   - *All beans are good for your heart, but none can boost your brain power like black beans. That’s because they’re full of anthocyanins, antioxidant compounds that have been shown to improve brain function. A daily ¼ cup serving provides 8 grams of protein and 7.5 grams of fiber, and is low in calories and free of saturated fat.

7. **Walnuts**
   - *Pros:* Muscle growth, Brain stimulant, Cancer fighter, Heart healthy, Boosts immunity
   - *Richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken, the walnut sounds like a Frankenfood, but looks on display at the supermarket. Other nuts combine only one or two of these features, not all three. A serving of walnuts — about 1 ounce, or seven nuts is good anytime, but especially as a post-workout recovery snack!

8. **Oats**
   - *Pros:* Muscle growth, Brain stimulant, Heart healthy
   - *One of the most popular health foods, oats garnered the FDA’s first seal of approval. They are packed with soluble fiber, which lowers the risk of heart disease. Yes, oats are loaded with carbs, but the release of those sugars is slowed by the fiber, and because oats also have 10 grams of protein per ½-cup serving, they deliver steady muscle-building energy. Also most granola bars have oats in them so they are a great source of oats.

Eating right can be difficult. However, it is something that we all must do in order to stay healthy. By adding these 8 foods to your diet, you can improve your lifestyle. You will reap the benefits of these wonderful foods as soon as you try them.

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### How to stay fit during these winter months

*by Lauren Dello Russo*

**Staff Writer**

When the cold winter months approach, animals pack on the pounds to keep warm in the winter. How-ever, their actions should not be copied by us sensible thinking humans. We humans are lucky enough to push a button or turn a switch, and then we are instantly warm, like magic. Animals have an excuse to gain weight this winter; unfortunately, we cannot use the same excuse as a reason to merely gorge ourselves into this New Year. I will teach you vital tips on how to either maintain your weight, or hopefully, shed some pounds.

The first thing to remember is that you need to have the right mindset. Don’t think of a diet as a cruel and unusual punishment to your body, but motivate yourself by thinking so that you can make it fun. Proper eating is not supposed to be torturous; it is supposed to be exciting. Only if you say you are going on a diet, you are entering a challenge with yourself, and who doesn’t love a little “healthy” competition? To start off, try to eat 100 calories less per day. If you cut too many calories out of your diet all at once then you will be more inclined to engage in binge eating, and feel an intense loss of energy. Assume that you will be able to attain a gradual weight loss. There is no rush; you have plenty of time to acquire that supermodel body that you always desired, and dieting the right way will get you there.

When you wake up, eat breakfast within two hours of rising. Eating a larger breakfast will give you more energy throughout the day, and will curb your appetite later in the day. Don’t let yourself become too hungry. Eat at least every three to four hours. Little healthy snacks like peanuts, fruit, energy bars, or cereals will hold you over until it’s time for the larger meals. During each meal, try to incorpo-rate at least three kinds of food in these cate-gories: low-fat dairy and soy; cereals, bread and grains; vegetables and fruit, and lean meats, nuts, and fruit.

Try to avoid or limit the number of “unhealthy” drinks, such as sodas, juices, alcoholic beverages, coffee drinks or sports drinks, as they just steal calories away from you. It’s as simple as when you’re reaching in the convenience store for the extra large soda; go for the water instead. It’s a little sacrifice, but when you keep up this routine, then results will be achieved. Try to eat a clean, fresh diet at home, and stay away from foods that are fried, crispy, processed, or have special sauces. All of those foods have been found to be high in calories, scarce in fiber, and they do not satisfy your nutritional requirements. As diet and exercise go hand in hand, remember to work out as often as you can, and start slow. Make a list of goals to attain. For ex-ample, each week add a mile to your workout, or increase the number of sit-ups you do in your daily routine by ten a week. Lifting weights is also an easy task that replaces fat with muscle, and allows for you metabolism to increase. Don’t let the cold keep you in the house. Try some win-ter sports! Skiing, horseback riding, winter hikes, snowmobiling, or even just building a snowman with your nephews or nieces, are all great ways to get the adrenaline pumping and keep you in shape. Trying new things keeps you healthier and makes you feel young and alive. Joining an indoor gym, for those who dislike bundling up, always remains a healthy alternative. Every lit-tle effort is essential, and will help you achieve a gradual loss of body fat that is practical and safe. Make sure you get enough sleep. A body that is not rested has been proven to store fats easier than a well-rested one. This is because the body that is not rested experiences physiological stress, so biochemically weight is stored. Try to avoid stress by giving yourself time to relax. Stay away from “comfort” foods, especially during stressful times because they are really just un-necessary calories.

A healthier and happier lifestyle is ahead of you, as long as you keep this information in mind when choosing food to eat. You will feel great and gain the confidence you need to make it through these winter months. “Baby steps” and “practice makes perfect” are simple quotes that should be your mantra while dieting. You will achieve your diet goals if you believe in your-self, and want the results had enough.
The Merrimack Men’s Basketball team sits at 15-4. Your Division I hockey team’s record (5-14-3) might not seem all that impressive, but take this into consideration, 10 out of their 14 losses have come by 1 goal—twice in overtime.

Merrimack College has an amazing basketball team this year and we have one Division I sport, hockey, which is finally starting to come around and compete at Hockey East level.

Merrimack hosted UMass Lowell last Saturday and needless to say, attendance was embarrassing. The fans from UMass Lowell were louder, more organized, and possibly more numerous.

It’s not just with sports. We see it here first hand at The Beacon. We have regular complaints from other club officers. Now we are very proud of the staff we have built here at The Beacon however, we could definitely use some more people. We know there are plenty of people who go to Merrimack who are considering careers in journalism, why not come write for us and get some first hand experience and see what it’s all about.

It’s not just writing, but photography, advertis-ing, marketing are all additional areas where one could gain valuable experience before enter-ing the workforce.

However, there still remains a severe short-age of students seriously involved in clubs and sporting events on campus—not to mention Mass services. Why?

That’s a question that cannot be answered by us. As immersed in the student body as the E-Board of The Beacon is, there’s simply no way to know for sure what exactly drives students not to attend hockey or basketball games and not participate more actively in campus events.

All of the other “schools just like us”, St. A’s, Stonehill and Assumption, don’t have division I sports…we do! More students should get to the games, and not just the big names ones like BU or BC. Students should be at all of the games. Lawler holds 3000 people, if we could bring a thousand students to the game, Lawler would be quite an intimidating place to play.

The Beacon’s staff has increased dramati-cally over the past few months and it’s great to see involvement on the rise.

We know you all are busy with schoolwork and having fun, believe us those things are pri-orities for all. Yet through involvement, you can make the most out of your time here and Merri-mack and more importantly, prepare yourselves for whatever lies ahead.

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No One Cares—Good For You!

By Christopher Powell

Most of your fellow classmates do not care about you.

There, I may have just introduced something important not everyone is aware of. Now, let us extrapolate on that loaded statement as to why, in many contexts, that is actually kind of a good thing.

Whether you are a freshman or upperclassman, would you, like almost everyone (including me), if asked upon, prefer not to speak in front of an unfamiliar class about a topic you only kind of think you understand, all by yourself? Do you dread being singled out for discussion, preoccu-pied with your doubts about your own compe-tence of the material?

I think it is safe to say most of us do not ex-actly enjoy being in those kinds of situations. And I think it is also safe to assume what it is, exactly, that we dread in those positions: we, all by ourselves, do not want to look like an idiot in front of a mass of people we do not know—by giving a wrong answer, stuttering, or tripping over words, to name a few common, potentially em-barrassing mistakes we feel capable of making—and if you mess up once during an explanation, it is all too easy to start to panic, and make an-other mistake. In seconds, you get that feeling—what did I just suggest to the people who don’t know me? (Or that cute girl in the front row?)

But there is a common fallacy in that rapidly snowballing emotional reaction. It is that, basi-cally, no one really cares.

Many of them might be lost in their own thoughts, and they might not even be paying at-tention. Some might be thinking about how they probably would have made the same mistakes up there—so thank goodness they avoided that, and thank goodness you were singled out to be the one to ease their own anxieties.

See, I have made the personal observation that people all act at the speed of their own thought processes. People don’t walk from class to class with nothing on their minds. All of us are, to whatever extent, easily preoccupied by our own individual worries.

This widespread preoccupation is not too hard to demonstrate in a variety of contexts. Take this hypothetical example I have made up: You want a quarter from someone because you have to pay for your textbooks, but your credit is maxed out, so you have to pay cash, and you are short exactly that much for the total of all of your critical necessities textbooks (or whatever else you could need a quarter for, just stick with me here). Hypothetically, consider two ways you could ask a fellow student for a quarter: You stop them in the halls, avert your eyes, and tell them you need a quarter, and politely ask for one. Well, just going by my own estimations, that would probably be a hit-or-miss strategy for get-ting that quarter.

But what if you had a sense of urgency in your demeanor? What if you just ran into this person, with a modestly panicked look on your face, your breath heaving, and you, in a compre-hensible but labored voice, ask if you could please have a quarter?

The difference in atmosphere of these two approaches is what I’m getting at: In the former approach, the other person instinctively takes the time to think about it (why the heck should she give you a quarter? Are you trying to pull something on me?); in the latter, she’s less in-clined to think, because there’s a sudden air of urgency between you two. You probably have a better chance to be quickly thrown a quarter in this case, since you give the impression that there’s little necessity to take the time for thoughtful consideration.

It’s probably hard enough to get a quarter ei-ther way, but the point is that people, already lost in their own thoughts, are easily influenced by urgency. The follow-up point is that this same sense of urgency is a consequence of being in a fast-paced college environment, one which many of your fellow classmates share to some extent. People tend to be much more preoccupied with their own thoughts and worries to feel the need to take the time to deliberately consider yours. In short, no one wants to take the time to care about anything else more than they have to—we all have enough to think about already. They’re on their way to somewhere else, and if they’re a kind and trusting (and maybe a little naïve) per-son, giving you a quarter will be more of an af-terthought than a logical decision. Both examples are meant to demonstrate the simple point that your fellow students are very often al-ready wrapped up in themselves to take the emo-tional energy to really notice you—and, if you consider that as something you really don’t have to worry so much about, that’s really not such a bad thing for yourself.

So, I hope some of that made some sense. Just remember that almost all, if not all, of your fellow classmates are probably just as nervous as you are. So just try to relax, slow down, and see if your answer to the professor’s question is the right one. Some will be cursing themselves for not saying it first. Everyone else isn’t paying attention.

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
Barack Obama’s very anticipated inaugural address was not exactly something to write home about, but it cannot be said that he did not accomplish all the goals of an inaugural address. He graciously thanked former President George W. Bush for a serving his country, though he did not hesitate to later mention wreck less decisions Bush made that put our country into a recessions we are all feeling the effects of today. Obama also thanked all of his supporters who helped him campaign and get to that fateful day where he took office as the first African-American President of our country. He spoke of the crises we are in, the changes we need to make, and his plans for making those changes occur.

The problem with Obama’s address was that unlike his acceptance speech and so many of his campaign speeches, the inaugural address lacked the consistency of inspiring words that made us believe in the power of Barack Obama; a man of hope. Obama’s incredible skills in public speaking made us believe in the power of his words. Unfortunately, while Obama’s public speaking skills did not diminish during his address on January 20th, his words lacked any inspiration and power. As far as inaugural addresses go, this one will not go down in history with John F. Kennedy’s words or so many other inspiring words of hope for our nation’s past leaders. If you even mention JFK’s inaugural address, so many Americans among us can quote his famous line, “Ask not what your country can do for you – ask what you can do for your country.”

This is not to say, however, that I thought Obama did a terrible job with his inaugural address. I just feel that given his history of speeches leading up to this day, his address was unexpected. As mentioned he did accomplish the goals that needed to be accomplished and he emphasized the importance of “we.” For he acknowledges that he and the executive office will not be able to make these changes alone. In order to dig ourselves out of this recession and stop the violence overseas, we must come together and unite as Americans to attempt this difficult task, a feat he described as “the price and promise of citizenship.”

Barack Obama handled the historical significance of being the first African-American President with great tact, being sure not to dwell on it. Though he did get his point mentioned with subtle comments such as, “why a man whose father less than sixty years ago might not have been served at a local restaurant can now stand before you to take a most sacred oath.”

Though his speech was unexpected, I think Americans have faith in Obama because of his consistency throughout the campaign and his ability to motivate Americans of all ages and races to take a stand for our country. Finally, Obama ended his speech with the inspiration that we were all looking for throughout the inaugural address, giving us hope for a better tomorrow under our new fearless leader, the Honorable Barack Obama.

“Let it be said by our children’s children that when we were tested we refused to let this journey end, that we did not turn back nor did we falter; and with eyes fixed on the horizon and God’s grace upon us, we carried forth that great gift of freedom and delivered it safely to future generations.”

~Barack Obama

Obama Speech Good, Not Historic

By Marki Conway

Staff Writer

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Questions on the Quad

Who is going to win the Super Bowl? Predict a score!

Steelers, 27–14

Steelers, 21–14

Cardinals, 24–17

Steelers, 24–14

~Matt Lucier, class of 2012

~Geoff Parke, class of 2012

~Sam Sarksian, class of 2012

~Chris Biele, class of 2010

Tell us how you feel about trayless dining...

I don’t like it, but the big cups are nice.

I don’t like it at all!

I think they should have smaller trays with enough room for two plates.

Having no trays is only bad on brunch days.

~Anthony NiNi, class of 2009

~Andrew Martasian, class of 2011

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~ Compiled by Kyle Neary ~ Photos by Courtney Cutler ~

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~ Compiled by Kyle Neary ~ Photos by Courtney Cutler ~
Merrimack Hockey sits in the basement of Hockey East with a 2-14-3 record overall. However, 10 out of their 14 losses have come at the hands of one goal games.

There once was a time when Merrimack would go into contests at Agganis and at Conte Forum with no expectation to win whatsoever. In fact it would not be uncommon to see the team fall by a margin of five to seven goals.

The Warriors have been in a position to win every single game played so far this year. Recently they dropped two consecutive games to UMass Lowell both by the score of 3-2.

Mark Roebothan of UMass Lowell scored twice, including the game-winner with 7:30 remaining as UMass Lowell defeated Merrimack 3-2 for the second straight game Saturday night at Lawler Arena.

Roebothan scored his first of two goals in the third period at 4:56, breaking a scoreless tie as he buried a rebound off a Jeremy Dehner shot past Joe Cannata (Wakefield, MA) to give the visitors the 2-1 lead.

But Merrimack responded, as senior Mickey Rego (Hudson, MA) notched his first goal in the last two seasons, backhanding a loose puck past Nevin Hamilton at 11:14 of the third to tie the game at two. Ryan Flanigan and Justin Bonitatis picked up the assists with hard work behind the net beating the River Hawks to loose pucks.

Just 1:26 later, Roebothan tallied the game-winner, as he was left wide open in between the circles and took a pass from Scott Campbell and buried it over the blocker of a helpless Cannata.

Matt Ferreira gave the River Hawks the early lead as he found a rebound in front of Cannata just 2:08 into the game and knocked it into the net for his fourth of the year. Playing in his first collegiate game, Michael Scheu earned the primary assist on Lowell’s first goal.

Chris Barton (Calgary, Alberta) evened the score late in the second on the power play as he got his own rebound in front of Hamilton and put it home for his sixth of the season. Rob Ricci and Jesse Todd picked up the assists on Barton’s goal at 13:41 of the second.

Hamilton stopped 30 shots while Cannata, making his third straight start, had 26 saves.

Merrimack (5-14-3, 2-12-2 HEA) returns to the ice Friday when #2 Boston University visits Lawler Arena at 7 p.m.

The Warriors have lost twice to Boston University both by a margin of two goals. They look to avoid the season sweep and beat the Terriers here at home.

Every point counts heading down the stretch towards the playoffs and the Warriors definitely need some this weekend either against BU on Friday or Providence College on Saturday.

Interested in photography, videography or sports writing/broadcasting?
The Beacon will be producing TV shows for MCTV 10 soon and needs your help!
The Valiant Warriors

By Mark Lindquist
Staff Writer

The 2008-2009 Merrimack Men’s Basketball team has entertained their fans and students with a truly dominant season. Before winter break, the Warriors started off with an astounding 6-1 record. Since December 22nd, the Warriors have been very strong throughout the course of the season, going 9-3 for a total of 15-4. Their 15-4 record under outstanding Head Coach, Bert Hammel, puts the Warriors 3rd overall in the NE-10 conference behind UMass Lowell and Stonehill College.

Merrimack has the most powerful offense in the conference along with arguably the best overall offensive player in junior point guard Darren Duncan. Merrimack averages 81.2 points a game, a 72% overall free throw percentage, 16 assists per game, a +5.74 turnover margin, 9.26 3-point field goals made a game, and Duncan leads the conference in scoring with 20 a game and 7.32 assists per game. Duncan also takes care of the basketball with a second place 2.01 assist/turnover ratio, and is a great defensive player with a second place 2.16 steals per game. Darren Duncan, as I mentioned earlier in the year, is Coach Hammel’s Captain/Coach on the floor.

Merrimack, who was #2 at the time of the game, faced #1 Stonehill College on Saturday January 24th. The entire game was a true clash of the titans as it was played like a championship game.

Merrimack walked into the locker room at halftime with a ten point lead, but Stonehill found their shooting stroke the moment that the second half started swiping the lead right from the Warriors. Merrimack was down with 3 minutes remaining, but played smart and got needed defensive stops, good shots, and drew offensive fouls. Darren Duncan, who dropped 25 in the game, tied it up at 71 all with less than a minute to give the Warriors a 72-71 lead. However, the Warriors may have the most tenacious defense at all times. Chris Winters leads the Warriors in rebounds with 7 a game. Freshman Roland Davis in every game provides a great spark to his team with 10.7 points a game average and a shooting threat at any arc. Other players include junior Jeff Hansbury, and freshmen Wilfredo Pagan and 6/11 Juan Carlos Rosich. The 2008-2009 Merrimack Warriors are one of this year’s best teams and will continue to play as a team.

Sports

Lady Warriors gave it their all against Pace

Casey Miller dribbles the ball past a Saint Anselm's defender.

~Photo Courtesy of Merrimack Athletics~

The Merrimack Women’s Basketball team was defeated by visiting Pace University 70-52 Sunday afternoon at the Volpe Gym.

Amanda Shannon (North Andover, MA) led the Warriors with 15 points and three assists, shooting 5-for-18 from the field. Casey Miller (Fairbanks, AK) added 11 points on 5-of-10 shooting in 27 minutes off the bench.

The Setters took control early, as Brittany Shields scored her team’s first 11 points. The Warriors led by seven points down low and pulled down nine boards while blocking four shots. Darren Duncan, as I mentioned earlier in the year, is Coach Hammel’s Captain/Coach on the floor.

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The Setters took control early, as Brittany Shields scored her team’s first 11 points at 13 at 55-42 as Tiffany Colon (Lawrence, MA) scored five straight. But the Setters went on an 8-1 run to put the game away led by Kristin Connolly who finished with nine points, nine rebounds and four assists.

Colon finished with nine points, while Hannah DeGraffenreid (Raleigh, NC) scored seven points down low and pulled down nine boards while blocking four shots.

The Warriors forced 18 turnovers and only committed 10, but were outrebounded 44-29 and outscored 32-12 in the paint.

Three Setters were in double figures, led by 16 from Taylor Lasey. Shields finished with 13 while Brittany Huggins added 12 off the bench in 17 minutes.

Merrimack (5-13, 4-9 NE-10) heads to UMass Lowell Wednesday for a 7 p.m. battle with River Hawks.

~Photo by Michael Salvucci~

~Photo Courtesy of Merrimack Athletics~

~Photo by Michael Salvucci~
Hockey drops two to Lowell, takes on BU and Providence this weekend

Freshman Karl Stollery lays a hit on Lowell’s Worthington
~Photo by Courtney Cutler~