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The Beacon

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Classes held on Vet. Day; bridge to past neglected

By Joe Bonano
Staff Writer

As a time for all Americans to observe the sacrifices endured by all of our selfless heroes in the armed services, Veterans Day is arguably one of the most significant holidays in the history of the United States.

Merrimack chose not cancel classes on Veterans day this November 11th. Students had to attend classes but had the option of going to a memorial service held in the chapel in the Sak center.

While most Americans know the cause for celebration of Veterans Day, many do not know its history.

At the end of the First World War, an armistice—also known as a temporary cease fire agreement—was signed into effect between the Allied Forces and Germany on November 11, 1918. This agreement, which effectively ended the war, was the precursor to the Treaty of Versailles, which was later signed in 1919.

That same day, November 11, 1918, President Woodrow Wilson proclaimed the following words in celebration and gratitude: "To us in America, the reflections of armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." From this point on, November 11 was informally reserved for periods of silence, parades and various other civic activities.

Between 1920 and 1930, most states declared November 11 a legal holiday. In May of 1938, November 11 became a Federal holiday. As Armistice Day continued to evolve, President



The Moseley Wrought Iron Arch Bridge outside of Mendel is the oldest iron bridge in Massachusetts. It was built in 1864 and probably had civil war veterans walk across it as well as veterans from WWI and WWII. It is a symbol of Merrimack's rich history of educating war veterans

~ Photo by Michael Salvucci ~

Dwight Eisenhower changed the holiday's name from Armistice Day to Veterans Day.

While Veterans Day is usually observed on November 11, it may be observed on a Monday if it falls on a Sunday and it may be observed on either a Friday or Saturday if it falls on a Saturday.

Our celebration of Veterans Day—in the U.S.—is not entirely unique. Veterans Day, in its other forms, is celebrated by countless nations around the globe for the same reasons we celebrate it.

In Australia, Bermuda, Canada, New Zealand, South Africa and the United Kingdom, Remembrance Day is observed—on November 11. Almost every nation holds at least one annual holiday in observance of their veterans.

Not only is Veterans Day a time to recognize Veterans who fought in WWI, but it is also a time for Americans to pay tribute to those who fought in all other wars that American soldiers were involved in and wars that our soldiers are currently involved in, such as the Iraq War.

Continued on page —

President Champagne lays out College's future

By Shannon Nickerson
Staff Writer

There are many changes that are underway around campus for both this year and the years ahead. The president has been meeting with students from student government and representatives from the different classes to find out what we really want to see happen as students around school. These changes will not only benefit the student body, but will also help attract more students in the coming years to help Merrimack

grow.

One change that is being made almost immediately is improving the ventilation system in the fitness center. Merrimack is working with engineers to try to fix the problem and get some airflow through the gym. This project should be done over winter break, and the gym should be up and running for second semester with a better ventilation system and less stuffy air.

Another change being made beginning now and continuing over the next few years is the fitness machines being replaced and upgraded.

Merrimack is hoping to replace the broken machines this year and have a plan to replace the other older machines and even add some new equipment in the next two to three years.

Transportation has been a challenge for many people who are not able to have a car on campus. Merrimack is currently trying to use the vans to help with that by trying to provide shuttle services. Another idea that is being seriously looked into is working with a company that provides Zip cars.

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Submissions

Green Ideas:

Don't gobble up energy over break

By Mark Ouellette
Sustainability Committee

With the end of the semester quickly approaching, what can a college student do to keep their dorm room eco-friendly while away on break? More than you might think, actually. Here are some environmentally friendly tips for a greener college life while away during breaks and everyday.

Before you leave for the break, follow these simple steps:

- Close and lock all windows.
- Lower the shades.
- Shut off all lights.
- Use a powerstrip –and turn everything off with a touch of a button, except your refrigerator-keep that on. Remember, just because it's not on doesn't mean it's not using energy while plugged in (like you cell charger, DVD player, TV and printer).
- Compact fluorescent light bulbs - take home the classic light bulbs and come back to school more efficient.

In addition, for everyday:

- Recycle everything, especially paper! You may want to trash that old exam or paper, but do some good and recycle it or better yet, reuse it as scrap.
- Get a reusable water bottle. Think of how many bottles of water get consumed on a campus every day. Save waste and money and carry a refillable bottle.
- Use refillable binders instead of notebooks. This is a simple way to save waste. If you want to save your notes after the semester is over, take them out of the binder and staple them. Or you can go electronic and take all of your notes on a laptop.
- Techno junkie? Ask for energy efficient (energy star rated) gifts for Christmas or birthday.
- Change your behavior. That's not the teacher talking. We are all creatures of habit and just by subtly changing the way we think and act makes a big impact: take shorter showers, turn the water off while brushing your teeth, use canvas bags for shopping. Best of all...it's free!!
- Remember it's not just about you. Talk and educate your roommates, family and friends about thinking green, they may see red at first, but over time they will see it's the right thing to do.

For more dorm green tips:

<http://planetgreen.discovery.com/go-green/dorm-rooms/dorm-rooms-basics.html>

Making Money Last

By Don Rauf
Co-editor of Student Health 101

College can be a drain on finances, but students who put their mind to it find many ways to save.

As a German history major at Dartmouth College in Hanover, New Hampshire, Megan Roth knew by the end of her freshman year that she wanted to spend the spring of her sophomore year in Berlin. The 20-year-old also knew that she would have to save \$1,500 to \$1,800 to make it work. So for the next year, Roth saved intensively.

Luckily, Roth's parents trained her well in the world of personal finance. She used a debit card and tracked every purchase and cash withdrawal. She kept every receipt and recorded all expenses and income on a budget sheet in her computer. She always made sure she had enough to cover her basic bills like her cell phone, and she used online banking to follow her cash flow.

"You have to know how to manage your finances at college," says Roth. "It can be overwhelming if you don't know how to balance your checkbook and things like that. My parents definitely stressed to me the importance of not spending all of your money."

One way that Roth kept her spending under control was to take advantage of all the free entertainment and activities on campus: swimming in the river, rock-climbing, kayaking, waterballoon fights, and on-campus movies and concerts. Roth also enjoyed taking extracurricular pottery-making and jewelry-making courses.

By taking advantage of free or affordable college events, using a student ID for student discounts, and limiting her splurges to an occasional dinner out, Roth easily met her goal to pay for her Berlin trip.

Free to Spend

While Roth came to college with smart money sense, many students don't have experience handling their own finances. With limited incomes and a freedom to spend, the cash can disappear fairly fast. A Student Health 101 poll of more than 1,000 readers revealed that 60% feel strapped for cash "often" or "very often."

David Borkowski, director of the financial counseling clinic at Iowa State University in Ames, reports that he annually has more than 600 face-to-face meetings with students regarding their financial matters, and he also responds to about five to ten e-mails a day on the subject. He often tells students that budgets are the answer. While two-thirds of Student Health 101 readers polled say they already use a budget, many don't know how to get started. Borkowski recommends that they start by tracking spending for at least a month. He believes setting financial goals, such as saving for a car or a new computer, can motivate students to get more involved with their personal money management and not just buy impulsively.

When he was attending Duke University in North Carolina, Aaron Patzer, CEO and founder of Mint.com, a site designed to help college students manage their money, was motivated to budget to reach his goal of taking a spring break in the Caribbean.

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School News

English majors network for the future

By Ashley DeRuosi
Editor-in-Chief

“Oh, you are an English major? So, you want to be a teacher?” This is an all too common conversation that English majors find themselves in. While, yes, many English majors do go on to teach, it is important to stress the variety of other doors open to students with this major. The newly recognized Merrimack College English Club held a “Career Night for English Majors” this past Wednesday, November 19, 2008 in the Shine Lounge of the Sakowich Campus Center to do just that. A club advisor, Dr. Steven Scherwatzky, who arranged a similar event last spring, arranged the evening.

The night consisted of an introduction and update on the English Club followed by brief presentations of eight Merrimack alumni, all who majored or minored in English. Each person talked about where he or she was now in a career sense, and how he or she got there. While three of the panelists were in the education field, the rest were off diverse career backgrounds. Other alumni were also invited to be apart of the audience and all of the Merrimack grads were open to questions (and refreshments!) during the discussion portion of the event.

And, what, you may ask, is on the club’s plate for next semester? There will be kick-off event for spring semester open to all English majors and minors on January 28th. The big project, however, will be a poetry slam that the group is planning in April. The English Club is a young organization, but events like this one, and those in the planning stages, are certainly setting them up for success.

SGA looks to raise activity fee

By Michael Salvucci
Editor-in-Chief

The Student Government Association (SGA) might be looking to raise the comprehensive activity fee by 100 dollars by next year.

As of right now the activities fee which is added on to tuition is 500 dollars, of which 250 goes to technology and 250 goes to student activities. If the school does raise the activity fee by 100 dollars that would equate to roughly an additional 200,000 dollars that student activities would have to distribute to clubs.

SGA has seen a steep rise in the number of clubs on campus as well as the amount of funding needed by these new as well as pre-existing clubs. The clubs that use a particularly large sum of money are clubs such as the Merrimack Program Board (MPB) and club sports.

MPB is responsible for putting on most of the on-campus entertainment here which includes “eat to the beat” as well as most of the activities during Merrimack’s spring week.

The recent outcry from students to have a “real” band play here on campus has sent SGA as well as the administration searching for answers. Even if the MPB pooled their entire budget that is allocated to them by SGA they would still only have slightly over half of what is needed to bring a big name band here to campus. A big name band such as third eye blind can cost anywhere between 120 and 180 thousand dollars.

The additional 200,000 dollars that the increase would bring in could be used in part to fund a big name band. Tom Hickey, a SGA representative, expressed concern that unless the increase is specifically set aside for

this purpose SGA could use it for other reasons. He suggested that they explicitly use it for this type of entertainment so that SGA doesn’t spend the student’s money on things that the overall student body might not benefit from. SGA will continue its discussion on the activities fee after Thanksgiving break.

SGA heard from students from the fraternity TKE concerning the formation of an Inter-Fraternity Council (IFC) on campus. The IFC would act as an overseeing organization and unifying body for all the fraternities on campus. Each fraternity on campus would be able to elect 3 members to the council and the president would rotate between the different fraternities.

Some SGA reps expressed concern that the need for an IFC is not really abundant due to the fact that there are only two fraternities on campus. It would also be another club that would need funding, and with both current fraternities also getting money from SGA there may be an unnecessary overlap.

Other reps pointed out that instead of giving money directly to fraternities, they could instead give one lump sum to the IFC and have them disperse it, which could possibly actually save money.

The IFC was put to a vote and passed with 15 yays and three nays, which constituted a two-thirds majority.

SGA also heard from representatives from the Merrimack Club Hockey team. They wished to make the team an official club under SGA so that they could get help with funding.

They argued that the club provides opportunity for students to play hockey at the collegiate level with the purpose of having fun.

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Champagne looks into the future

Continued from cover

The idea behind Zip cars is similar to a rental car. Students would need to swipe their credit card and would be able to rent a car for a day to run errands, go shopping, or do other things that a car is necessary for. Though there is a fee, it will really help with some of the transportation issues that many students have on campus, especially in the winter. The school has been seriously considering this issue and having a few of these cars on campus may happen as early as next semester.

The library is supposed to be a quiet place to study on campus, not a place to hang out. Since there is no real room for students to hang out in, they tend to go to the library to do work or have group meetings, and then hang out with their friends there after. This causes a lot of noise for the other students trying to get some work done. Since most of the work tables are in the center of the library, it is hard to find a place that is quiet to study.

The staff at the library is going to try to enforce some quiet areas around the library, but that may not be enough. The goal is to have the library be a center for learning, not socializing. A long-term goal that will help the library become that is a redesign of the building. The school is planning out the design and cost that will help make the library into an environment that caters more to learning and studying. Hopefully, the school will be able to start raising money for this venture by next June or the fall semester.

If the library is being redesigned to be used as a place for studying and learning, the students will need a new place to hang out. There is an idea in the works to put a café type room on campus. This room will have chairs and tables, a counter where there will be coffee or drinks and probably snacks, entertainment, music and maybe even live performances.

The president has been working closely with student government to

find a good place that is accessible for students to put this room. It will not be just a small add on to another place on campus, it will be its own entity in a way. They are looking to put this room somewhere in the Sak so that it is central for all students. Merrimack is hoping to have this room completed as early as next year, although the design and cost still need to be run by the Board of Trustees and agreed on.

The students who live on campus know that some of the buildings are not exactly new. The townhouses in particular are very outdated. There is a three- phase plan in place to renovate the townhouses, starting with remodeling the bathrooms over the summer. Over the next three years, the townhouses will be completely renovated and no longer dingy or outdated.

A final issue to address is the internet. Most buildings on campus provide wireless, with the exception of the dorms. There have been rumors that the school will be installing wireless in the dorms in the near future. That is just a rumor. Wireless networking is not as reliable as the hard wires that we use now, not to mention it is much more expensive. The school does not want to invest in technology that is less effective and efficient and more expensive than we have now if it offers the same service. Also, technology is constantly changing so investing in wireless right now is probably not a smart investment for the school.

A few other issues that are being addressed are parking, bleachers on the football field, and an overall plan to grow, beginning with academics. So far, the changes that are being made will significantly change life on campus and improve our social settings. With the cars, we will be able to get off campus more and with the new café style room, there will be a place where students can hang out without being in the middle of the Sak or the library. In the long run, there will be many huge changes made at Merrimack, but for now the little ones are making a big difference.

Professor Spotlight: Russell Pinizzotto

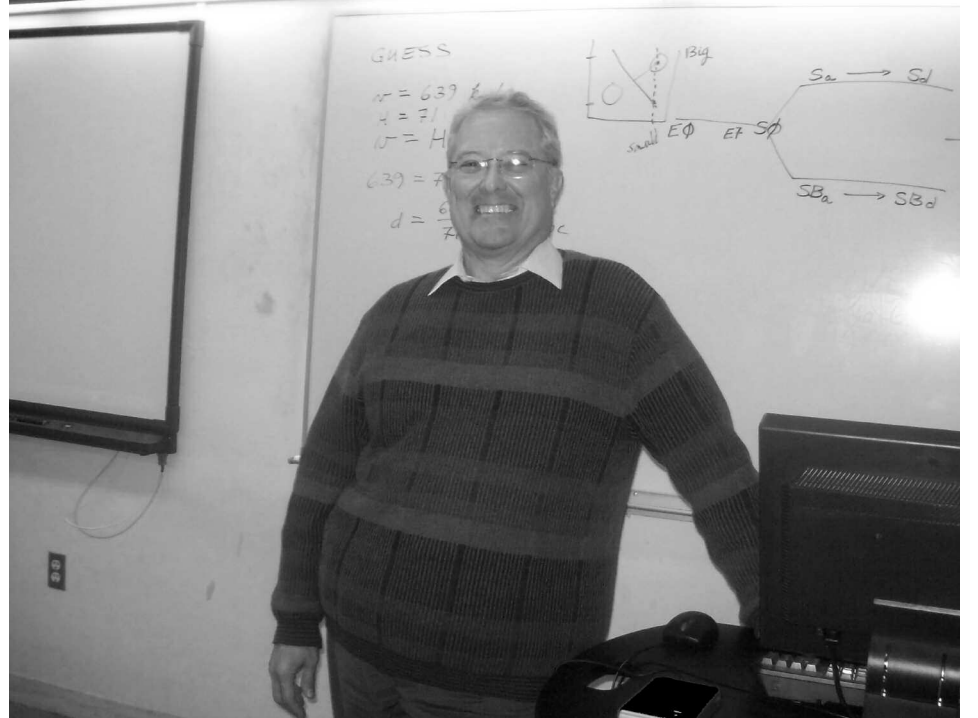
By Abigail Clark
Copy Editor

Before the tender age of one year, Dr. Russell Pinizzotto looked up at the sky and asked his father questions about the night sky. When Russ was ten years old, he was given his first telescope. At merely ten years of age, Russ began amateur astronomy observation, an activity that has continued through his entire life.

Jupiter and Moon were Russ' first discoveries as a young boy. He recalls watching Moon as well as satellites in the night sky. His high school years brought about science fair projects about Jupiter's moons. Today, Russ is proud to say that the Merrimack College observatory is the third observatory he has helped to upgrade. Our observatory is computer controlled, a technological advance Russ assisted in bringing to Merrimack. Russ' life has revolved around astronomy and he is not giving up on it any time soon.

As an undergrad, Russ worked for Wes Huntress, at GPO Propulsion lab. At this lab, Russ helped Wes Huntress with unmanned spacecraft. Wes Huntress later became NASA's head of unmanned space exploration. Wes Huntress made such an impact on Russ' life that he actually dedicated his PhD's dissertation to Wes Huntress. Since then, Russ has always been interested in teaching. After working industrial jobs, he knew that he wanted to go back into a university setting.

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Dr. Russell Pinizzotto stands in front of some math equations in a classroom in Mendel
~Photo by Abigail Clark~

Veteran's Day cancelled at Merrimack

Continued from cover This year, Merrimack did not suspend classes in observance of Veterans Day. Instead, Veterans Day Mass on November 11 was held at 12:10pm in the Marian Taylor Chapel of St. Augustine on the third floor of the Sakowich Campus Center. The Marian Taylor Chapel seats about 25.

Some thought that there may have been a scheduling but it was not, it was deliberate.. In fact, Merrimack is not planning to observe Veterans Day anytime soon. According to academic schedules accessible from the Registrar's office, Merrimack excluded Veterans Day as an observed holiday at least until 2012.

Since many people may be curious as to why we don't observe Veterans Day as an entire community, I was fortunate to gain some insight on the matter.

After speaking with Diane Glew, Director of Human Resources, I was informed that Merrimack, essentially, cannot afford to observe Veterans Day, as she stated in an email: "Merrimack College celebrates a number of holidays. However, there have to be so many class days to meet the requirements of the academic calendar and, as an employer, we can only afford so many paid holidays. My understanding is that when Martin Luther King, (Jr.) Day became a holiday, something else had to go. Given Columbus Day in October and then the upcoming Thanksgiving holiday in November, Veterans' Day seemed the most logical option."

In a meeting with Ms. Glew, she told me that Merrimack has only fourteen and a half holidays allotted for employees receiving a yearly salary and benefits, since those employees are essentially paid during holidays.

When asked how it was determined that Veterans Day would not be observed versus another holiday, such as Columbus Day, she told me: "That decision would have been made by the President."

Again, it's important to look at history—the history of Merrimack College—amidst our quagmire of observing Veterans Day.

I was fortunate to speak with Fr. Edward Enright, of the Religious Studies department about the founding of Merrimack. Merrimack College was founded in 1947, at Archbishop Richard J. Cushing's request to create a college for soldiers returning to the Merrimack Valley from WWII. The Augustinians, with the aid of the Archdiocese of Boston, began constructing academic buildings and created a faculty. From then on, many Veterans attended Merrimack at no cost under the Servicemen's Readjustment Act of 1944, commonly known as the G.I. Bill.

I was also fortunate enough to gain the perspective of Political Science professors Mary McHugh and Curtis Martin, as well as that of several stu-

dents.

When asked whether or not we should have observed Veterans Day, both professor McHugh and Martin tried to remain unbiased.

Professor McHugh suggested that even though Merrimack didn't observe Veterans Day by suspending classes, it may have been a good idea to somehow remember Veterans by other means. She added that student's remembrance of Veterans wouldn't be affected one way or another by suspending classes or not.

Professor Martin agreed with Professor McHugh, although since he thought that it is one of the more important holidays, the college should be able to make room to observe the holiday.

When asked her reaction to having classes on Veterans Day, senior, Tonya Veneziano said: "We should have had Veterans Day off because we have students whose parents are Veterans and Veterans who actually attend Merrimack."

Merrimack also has at least one professor who is a Veteran—Prof. James Corbett, of the Francis E. Girard School of Business & International Commerce. Although he couldn't be reached for comment in this article, I was fortunate to take one of his classes during my freshman year. At the end of class one day, Professor Corbett expressed his disappointment and lack of understanding as to why classes are held on Veterans Day.

Other students were eager to contribute their opinion.

Sophomore Kevin Kim stated: "We should have had it off. It's a time to honor our soldiers who fight for our country. Without them, we wouldn't be here."

Sophomore Drew Condon more bluntly stated: "It's stupid. Most other college's have it off."

Junior Jason Allen also stated his disdain for having class on Veterans Day: "It's a shame that the school cannot respect our Veterans, especially since Merrimack was originally established for returning Veterans."

Many local private colleges and universities observe Veterans Day by suspending classes. Among them are Northeastern University, Bentley University, Boston University, Tufts University, and Harvard. This year, Massachusetts Institute of Technology held a two day vacation in honor of Veterans Day. While Boston College did not suspend classes in honor of Veterans Day, it held a memorial ceremony that all students could attend.

So, take a single moment, in the comfort and security of Merrimack, to understand this important holiday and decide for your own self whether or not it's right to observe Veterans Day as an entire community.

Police seeking jail time for alarm pullers

Police services would like to remind you all that maliciously pulling a fire alarm is a criminal offense. The fire alarm has been pulled a total of four times this year at Merrimack and police services is "batting a hundred" and has caught all four people.

The two most recent alarm pullers are being brought to the Lawrence District court and being brought up on criminal charges. The District Attorney is seeking jail time for the two persons.

RFID Technology Lab Opens at Merrimack College

Submitted by Heather Notaro
Public Relations, Merrimack College

A state-of-the-art Radio Frequency Identification (RFID) technology lab is now open at Merrimack College after an official ribbon cutting ceremony on campus.

Merrimack is one of the few colleges in the country with such equipment for study, and is one of the only higher education institutions to include RFID coursework as a core requirement for an electrical engineering undergraduate degree.

RFID technology is an automatic identification method that uses tags or transponders to store and remotely retrieve data.

The new lab, located in the Mendel Center for Science, Engineering, and Technology on Merrimack's campus, features a number of demonstration stations to help students learn first-hand how RFID is used to track items in manufacturing and supply chain applications in industries such as: libraries, textile services, apparel retail, luxury goods, and pharmaceutical/health care.

TAGSYS - an RFID design and manufacturing company - donated over \$60,000 of equipment to Merrimack's lab - a combination of high frequency (HF) and ultra high frequency (UHF) tags, readers, antennas and application stations. Other lab donors include: Motorola, Psion/Teklogix, Honeywell, Zebra, Shipcom Wireless, Radianse, and Identec Solutions.



Merrimack College Electrical Engineering Professor Charles Kochakian (Left), TAGSYS CEO Bill Stuek (center), and Merrimack College President Ronald Champagne tour the new RFID lab at Merrimack. They are standing near an HF RFID-Enabled Tunnel/Conveyor Station - one of the pieces donated to the College by TAGSYS.

Fees on the rise?

Continued from page 4

They would throw youth hockey clinics for fundraising as well as community service. The team also has a few sponsors lined up to aid in funding. The club mainly needs money for jerseys and ice-time. Both of which are essential for practice and game play and both of which are fairly expensive.

It is important to note that most of all DI hockey schools have a club hockey team on campus and a good amount of DIII schools have them as well. Merrimack currently does not have a women's hockey team, and while women can play in the intramural games they lack the competitiveness that a club team possesses by playing other schools. Having a club team would give women an opportunity to play hockey at a collegiate and competitive level.

The club team was put to a vote and passed overwhelmingly with 18 yays, 0 nays and 1 abstain.

Beacon Briefs

Get your lids in: The Ladies of ZTA will be making the final lid collections in the next few weeks for the "Save Lids to Save Lives" campaign. Please remember to deposit your lids in the collection boxes around campus.

Movie Night: The MPB presents *The Dark Knight*. Come see the summer's best movie BEFORE it gets released to the public on December 5th at 7:30pm in Rogers Center for free!

Ladies!: Have you seen the men out playing, and wished you could too? Well, YOU CAN! Come join the Merrimack Women's Rugby Team at practice Tuesdays and Thursdays from 4-6 on Austin Field, or contact Missy Magaw at magawm@merrimack.edu. Anybody is welcome regardless of experience!

Love to dance but didn't take formal classes your whole life??: Here's your chance to get some exercise and have some fun!! The Dance Team is offering FREE Hip Hop Classes in the Fitness Center Dance Studio every Wednesday from 6:30-7:30pm. No experience necessary!!

Professor Spotlight

Continued from page 4

He remarked that at least once a year, if not more, there comes a point in which a teacher sees the major difference they make in a student's life. Therefore, teaching brings Russ great joy and he wishes to continue to teach for a long time.

Russ is enjoying himself here at Merrimack College. After being here for almost five years, he became a Dean this year. He enjoys working with such a great group of people alongside the variety of science programs Merrimack offers. As for being a dean, Russ says, "Dean is great!" He especially likes being able to teach as well as administrative duties to help bring the school forward.

As for the future, Russ is not sure what it holds for him. He plans to teach for as long as possible. In fact, other schools have noticed the Star-Charting assignment his class is working on now. Since Merrimack College changed to the new 4x4 curriculum, Russ added a new Star-Charting activity to his Introduction to Astronomy course. After building the cross-staffs to use in the new activity, he said that other schools are looking into doing the same type of activity. In addition to this new activity, Russ is interested in bringing access to international telescopes to his classroom through the Internet. Being able to access what telescopes are showing from counties such as Mexico and Australia will be worthwhile to his classes. As for life during retirement, Russ would love to build his own observatory at his house in clear sky Maine. "It's [astronomy] not like football. You always keep doing variable star measurements now matter how old you get" Russ said.

Dr. Russell Pinizzotto is a great asset to the Merrimack community. His expertise and love for the subject of astronomy makes him an excellent professor. For what Russ has done and will do for the Merrimack College community, we are lucky to have him.

Write for the Beacon!!!!

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

Health and Fitness

The Push-Up: Practically Perfect!

By Jeff LeBlanc
Staff Writer

With the holiday season fast approaching you may find yourself searching for the perfect gift to give to that certain individual who is fitness oriented. One exercise that practically all physical people take part in are push-ups, and there is an item on the market that may help with this routine. This is the Perfect Push up, and it is practically perfect!

The history of the perfect push-up has military roots. The military realized that 73% of Navy SEALs were on disability after 20 years of service so they spent an entire year researching why and found that it was the traditional weight training exercises that did the damage. They switched to functional training and the Perfect Pushup was invented. The Perfect Pushup is designed to rotate with your body as you put it through the pushup movement. The natural tendency of your shoulders and chest is to rotate, so the perfect pushup rotates with you as you do the movement. The result is less injuries and a better built body. Some benefits to the perfect push-up are:

Benefits:

-Unique rotating handles allow your arms to rotate naturally during pushups

-Engages more muscles, while reducing joint strain

-Exercises based on U.S. Navy SEAL Two Minute Drills

The perfect push up is very simplistic in design, but rugged in construction, and the price is right at less than \$40 - so there's no reason not to invest in this fantastic fitness gadget. It includes a full color instructional poster that shows perfect form along with a customizable 21 day workout planner based in SEAL 2 minute drills that works for any fitness level - from beginner through Olympic athlete. With all of the exercise equipment out there it may be hard to find ones that are truly worth the price. However with the perfect push up there is no need for hesitation. This is a terrific addition to any home workout.

Making Money Last

Continued from page 2

He says that he was able to sock away a large amount by cutting his discretionary expenses. "I lived in a dorm without air conditioning, and those dorms cost \$1,500 less per semester," says Patzer. "When I could, I moved into an apartment with a kitchen and cooked almost all my meals. That saved me a few grand compared to a meal plan."

To control spending, students have to gain an understanding of wants versus needs, according to Borkowski. When writing a budget, make sure your needs are covered first to pay for food, rent, car insurance, cell phone bill, loan payments, etc. Then always put a portion into savings for emergencies and future plans, and use the remainder for the things you want. (Only about a third of students say they save regularly, according to a Student Health 101 poll.)

"If you are considering buying something, ask yourself 'Do I need it or is it just a want?' Don't buy it right at that moment," he says. "Leave the store and think about it and see if you

Avoid the Credit Card Trap

While credit cards can make it easy to make purchases, that can also be their biggest drawback, and students can wind up spending more than they can really afford (Twenty-two percent of students polled said they fall into that category.) But it can be hard to resist the lure of plastic when financial institutions flood mailboxes with so many tempting offers.

"When I started as a freshman at Northern Arizona University [in Flagstaff], I was inundated with credit card offers," says Meghan Fintland. "In addition, I didn't have a job, and I was too far from home to take advantage of the benefits of a stocked kitchen and free laundry. I also had a shopping habit and the beginning of what would be a very expensive social life filled with spring break trips, beer bashes, and weekend getaways with friends. Needless to say, I had a hard time making my savings last and

avoiding the call to mom and dad asking for money."

Borkowski advises students to use a debit card and cash instead of a credit card because it's much harder this way to spend more than you have. If students don't pay their credit card bill off in full each month, interest charges can really add up.

"I have found that if a young person understands that the same amount of money they pay every month for a minimum payment on their credit card could potentially make them a millionaire by the time they reach 65, they might think twice about using that credit card," he says.

Plus, if students have too much credit card debt or miss credit card payments, they can ruin their credit scores and have a very difficult time repairing it over their lifetime.

"A bad credit score can mean not being able to buy a car or home. It also can mean higher interest rates and future credit costing you more," Borkowski says. "I think the credit card issue is about scaring students some, but still letting them know that when they are used properly, credit cards can be a good financial tool."

Working to Fill the Piggybank

After a fun spring in Berlin where a weak U.S. dollar made the cost of living even more expensive, Roth is feeling the financial pinch now in the fall of her junior year. In addition to keeping up with her usual frugal ways, she is holding down three part-time jobs: tutoring, serving as a resident advisor, and working in the Dartmouth public affairs office. "I don't have the savings cushion I once had, so I'm trying to build that back again," says Roth. But by skipping the Starbucks "frappamochacinnos," buying used textbooks, and working as much as she can, Roth sees a greener future ahead, where her savings will continue to grow.

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Some benefits of drinking water

Drinking eight ounces of water each day can:

- * Improve your energy
- * Increase your mental and physical performance
- * Remove toxins and waste products from your body
- * Keep skin healthy and glowing
- * Help you lose weight
- * Reduce headaches and dizziness
- * Allow for proper digestion
- * Help to keep you more alkaline

Entertainment

Quantum of Solace packed with thrills

By Mark Lindquist
Staff Writer

Ian Fleming's British MI-6 Agent 007 James Bond (Daniel Craig) returns for another mission in *Quantum of Solace*. The film is rated PG-13 for intense action and violence, with some sexual content. *Quantum of Solace* is the direct sequel to Daniel Craig's first Bond film *Casino Royale*. The word *Quantum* in the title is significant because *Quantum* in the movie is the name of the secret criminal organization that MI-6 has discovered and is trying to bring down. The line from the trailer "We have people everywhere" is to be taken literally. Bond after losing his lover Vesper Lynd (Eva Green) will stop at nothing to defeat the people that caused her death, even if it means to plow through anything and anyone in his way. Bond this film is accompanied by the feisty and foxy Camille Montes (Olga Kurylenko). The film is directed by Marc Forster.

Quantum of Solace in its first weekend in the box office grossed \$70.4 million which is the most ever by a Bond film in the United States in the opening weekend. The new movie broke *Die Another Day*'s record of \$47.1 million. Not to mention, it broke the opening weekend box office record in the UK surpassing *Harry Potter and The Goblet of Fire*. With the release in all countries combined, *Quantum of Solace* has so far made approximately \$322 million worldwide. Reviews for *Quantum of Solace* were surprisingly mixed. On Rotten Tomatoes, 66% of 176 reviews were positive with an average score of only 6.3/10. A positive review from *The Guardian* praised Daniel Craig's performance saying that he "made the part his own, every inch the coolly ruthless agent-killer, nursing a broken heart and coldly suppressed rage. The review also said that Craig was able to carry the film to success. Roger Ebert of *The Chicago Sun-Times* was not very impressed with the film saying that the plot was mediocre and that the characters were weak. However, he had positive things to say about Craig's depiction of Bond.

In my opinion, Daniel Craig is a James Bond that has a more "bad-ass" demeanor than the other Bond actors. The other Bonds bring the suave and sophisticated aspects while Craig brings more of an action hero perspective while maintaining the suave and sophisticated aspects. Daniel



Daniel Craig runs past gun fire in his latest Bond thriller *Quantum of Solace*

Craig's James Bond is similar to a Jason Bourne type character. Craig maintains the serious and emotionless demeanor of James Bond while mercilessly taking out the deep frustrations of his character out on his enemies. He lacks handy gadgets, lacks a gadget filled car, and carries few guns. However, he is not afraid of using his own body as a destructive weapon leaving human wreckage in his wake. *Quantum of Solace* was an action-packed Bond movie that contained countless thrilling stunts and action scenes.

Swift's *Fearless* is a success

By Bryanna Violette
Staff Writer

After the great success that Taylor Swift's debut album had, her sophomore album had a lot to live up to. Fortunately, Swift's *Fearless* does not disappoint. The lead-off single "Love Song" built up the anticipation of the album release but it was well worth the wait. Miss Swift wrote or co-wrote every song on this album and the subject matter of every song is age-appropriate and believable. Being only 18 years old, Swift's youth shines and appeals to her audience. It's safe to say that Taylor Swift is a little boy crazy but not in a bad way. *Fearless* is an album that explores many emotions that go along with being boy crazy -- from the butterflies of a first kiss to the heartbreak of a hard breakup, Swift covers it all. Although the majority of the songs on this album have something to do with boys, (which should be expected when the first single is entitled "Love Story") there is also a song that plays tribute to Swift's family. Taylor Swift easily wins you over with her high school narratives and fairytale princess lyrics because the way she presents her own life experience is highly relatable. Catchy tunes and cute lyrics make this album great!

**Like watching movies or
listening to CDs?**

**Do you enjoy reading books or going
eating at restaurants?**

Write a review for The Beacon!

Upcoming Releases:

On DVD: Hancock 11/25

Stepbrothers 12/2

The Chronicles of Narnia: Prince
Caspian 12/2

The Dark Knight 12/9

On CD: The Killers-Day and Age 11/24

Britney Spears-Circus 12/2

Brandy-Human 12/9

Fall Out Boy-Folie A Deux 12/16

In Theatres: Twilight 11/21

Four Christmases 11/26

Nothing Like The Holidays 12/12

Yes Man 12/19

Fun and Games

Sailing

V S A N I R A M N O I T A G I V A N M
 E M L E L O H T R O P R G N I G G I R
 S L I A S M R V O Y A G E Y R H W I A
 S T A R B O A R D V R O R P A E T C D
 E U W Q H V R E N O O H C S P C T G R
 L R T C Z A P R E R A F A E S I H S A
 A R N R E K A N N I P S A W V T L T Y
 E A T S A L L A B B E M O O B S C C C
 K C A J S S O R C E D R G R O A A H O
 H H T J L E E K K L E L J A T M M A M
 M E U D I V O E N O C J P A F I P L P
 S O L L O G L J O W K O M R Z F R Y A
 R T O M L C G A T R R A U Z N R O A S
 A I S R A E C E S T R D E R M E W R S
 P L T N I C H A R A D N Z D A T H D S
 S C N J U N I D N E T R G : E T C N L
 N I N L N L G J R A B A F T B U T V O
 B Y E G O E G D I R B V C N J C E I O
 X F P R T M E L A W N U G K W Y K W P

ABAFT, ANCHOR, BALLAST, BEAM, BELOW, BINNACLE, BOOM, BRIDGE, CATAMARAN, CLIPPER, COMPASS, CROSSJACK, CUTTER, DECK, FELUCCA, GAFF, GUNWALE, HALYARD, HELM, HULL, JIGGER, KEEL, KETCH, KNOTS, MARINA, MAST, MIZZEN, MOORING, NAVIGATION, PORT, PORTHOLE, PROW, RIGGING, RUDDER, SAILS, SAILOR, SCHOONER, SEAFARER, SLOOP, SPARS, SPINNAKER, STARBOARD, STERN, TACK, VESSEL, VOYAGE, YACHT, YARDARM.

Word Griddle

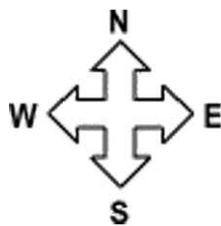
Use your compass directions to find the correct locations for the missing letters of the alphabet. When you have completed the grid, see if you can discover the hidden city, country, river or mountain.

Note:

North or south means any location along the same column.
 East or west means any location along the same row.

Directions:

A is east of K: C is north of P
 B is west of N: Y is west of E
 D is east of L: G is west of W
 F is north of T and west of Q
 H is north of S and east of I
 I is north of J: K is north of X
 J is south of E and east of T
 L is south of E: Q is east of I
 M is west of D and south of Z
 P is west of J and north of M
 R is north of T: U is east of P
 S is north of N and east of P
 V is south of Y and west of T
 W is south of Y: X is west of T



Sudoku Puzzles

Medium

					1	4		
9		8		5				2
	4		9				3	
		2		1			8	
	1		7		6	9		
5								3
	7		8					
						2		5
		1		3				

Hard

	3				9	4		
			3					7
9		2						
4		7						
			6					3
	6				1	8		
	8			1	3	2	4	
				6			5	
	5			2	7	3	6	

				E	
	Z				
			T		
					N

Have any jokes, puzzles or brain teasers?

Send them to be published on our Fun and Games page!

www.merrimackbeacon.com

Opinion

The year the media died

Michael Salvucci
Editor-in-Chief

This past election marked an end to objective news reporting across the country. News stations went gaga for Obama, Chris Mathews of MSNBC stated that he would "do anything to get Obama elected".

This past year is the year journalism died in America. The cover of time magazine had Obama on the front page more than five times as much as McCain. On top of this the young voters of today are looking to news sources that aren't just biased, they're not credible!

People actually think that Palin said she "could see Russia from her house". In fact Sarah Palin never said that, it was Tina Fey on Saturday Night Live that said those famous words. The amazing fact is that people are actually buying into the crap.

A recent national poll was conducted. The sample consisted of 512 Obama voters and yielded a margin of error of 4.4 percent. It looked mainly at the younger voters in the election, 97% were high school graduates and 55% were college graduates.

57.4% could NOT correctly say which party controls congress (keep in mind you have a 50% chance of getting it right just by guessing)

71.8% could NOT correctly say Joe Biden quit a previous campaign because of plagiarism (25% chance by guessing)

82.6% could NOT correctly say that Barack Obama won his first election by getting opponents kicked off the ballot (25% chance by guessing)

88.4% could NOT correctly say that Obama said his policies would likely bankrupt the coal industry and make energy rates skyrocket (25% chance by guessing)

56.1% could NOT correctly say Obama started his political career at

the home of two former members of the Weather Underground (25% chance by guessing).

What's truly amazing here is that statistically for most of the above questions it could be said that the people who got the answer right got it right solely by chance!

And yet.....

Only 13.7% failed to identify Sarah Palin as the person on which their party spent \$150,000 in clothes

Only 6.2% failed to identify Palin as the one with a pregnant teenage daughter

And 86.9 % thought that Palin said that she could see Russia from her "house," even though that was Tina Fey who said that!

Only 2.4% got at least 11 correct.

Only .5% got all of them correct.

When asked where they get their news, 85% said either CNN or MSNBC.

Do I particularly blame these people for not knowing facts about our country? No, not at all. I blame CNN, I blame NBC, I blame MSNBC. Their agenda setting is so blatant it makes me sick.

Come on America, take the advice of great minds like Socrates and Descartes and find information out for yourself. Take pride in your knowledge, know that voting is a right here in America where it is a privilege elsewhere and don't abuse that right by voting based on misinformed-discredited information.

Beacon Editorial

By Ashley DeRuosi and Michael Salvucci
Editors-in-Chief

Somehow, Thanksgiving break is just days away. As the cliché goes, it seems like only yesterday we were moving in and ready to start a new year here at Merrimack. This not only shows us that when juggling classes, friends and other commitments, time passes quickly, but that our time here will be gone in a flash.

We would like to use this opportunity as a time to reflect and urge everyone to make the most of their time in college. It is limited and if you do not make the most of your college experience, no one else will. While education continues throughout life for many, the time spent here, cannot be replaced. Do not look back with regret on your years as a Warrior, wishing you met more people or that you took advantage of more opportunities. Do it now.

Being upperclassmen, the real world gets closer than we want it to get at times, making the college years more sweet,

even despite the usual gripes of cafeteria food and classwork. Opportunity presents itself at Merrimack in a variety of venues. Take advantage of at least one! There are student clubs and organizations for everyone, from Poker Club to the American Marketing Association. Campus Ministry is always trying to help others and would certainly welcome assistance. Projects like Alternative Spring Break are productive, but they are also fun chances to see other parts of the country. Even studying abroad, though not at Merrimack directly, is a once in a lifetime opportunity, and ask anyone who went to hear how worthwhile and influential it was.

Merrimack College and the faculty and staff here will try their best to make an impact on your undergraduate experience, but the shaping and fine tuning of it is truly up to you. Like many other things in life, college is what you make of it, and what you should make, is the most of it.

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
Ashley DeRuosi or Michael Salvucci
at
newspaper@merrimack.edu.

Basketball kicks season off with three wins

By Mark Linnquist
Staff Writer

The 2008-2009 Merrimack College Warriors basketball team's season has begun. Going into his 29th season calling the shots Head Coach Bert Hammel has a team this season that has been selected 2nd in the Northeast-10 preseason poll. "This is a very good team that more people believe in and respect", says Coach Hammel. Last year's Warriors finished with a 17-12 overall record and entered the NCAA Tournament for the first time since 2000. In the offseason, Coach Hammel acquired 5 new freshman recruits to his team who each bring their own skills and attributes to the table. Local boy from Lawrence, MA, Wilfredo Pagan(5-10) is a very quick defensive guard that opponents will not want to contend with. Aaron Strothers(6-7) is a very athletic and energetic forward that became Wareham High School's all time leading scorer with 1,255. Roland Davis(6-1 guard) has an outstanding long range shot that opponents will quickly learn to respect. Newcomer big 6-11 center Juan Carlos Rosich, a transfer student from Bridgeton Academy, will bring a large size and rebounding presence onto the court. Finally, guard Wayne Mack(5-10) has won a starting spot alongside preseason All-American point guard and Captain Darren Duncan in the backcourt. Coach Hammel has full confidence in his new team captain, "Darren has become our Captain/Coach on the floor. He is a born leader and I have no doubt whatsoever in his abilities." Duncan is only 94 points away from reaching 1,000 points in his collegiate basketball career. Returning starters include last year's NE-10 Freshman of The Year Darin Mercy, senior forward/center 6-7 Chris Winters, and senior 6-4 guard/forward David Kennedy. Other returning players consist of juniors Jeff Hansbury, Craig Woehner, and 6-7 Jared Brownlee. The current Warrior starting 5 as of right now will be Darren Duncan, Wayne Mack, Darin Mercy, David Kennedy, and Chris Winters

The Warriors' opening night at the UMass Lowell Tip-Off Classic on Saturday November 15 was a complete success as they defeat St. Thomas Aquinas 81-65 and open the season 1-0. Freshman Wayne Mack shined in the season opener with 20 points which led all players. Mack shot 8 for 12 from the field and 4 for 5 from 3-point range. Darren Duncan played 38 minutes in the game and put up a double-double with 16 points and 10 assists. Also 7 out of Duncan's 16 came at the free throw line. Darin Mercy contributed with 13 points while Chris Winters and Roland Davis dropped 10 points each.

Coach Hammel's Warriors kept the train rolling into Sunday the 16th



Darren Duncan drives to the hoop against Assumption
~Photo by Courtney Cutler~

when they knocked off Mercy 95-66 to start off 2-0. The dynamic duo of Darren Duncan and Darin Mercy each put 20+ points on the board. Duncan scored 22 points with 5 assists and shot 70% from the field. Mercy scored 23 points while shooting 8 for 13. Mercy in the first 2 games of the season so far is a perfect 8 for 8 from the free throw line. Freshman Wayne Mack has shown the entire conference that he is accomplished scorer as he once again scored double figures with 16 and shot 6 for 9 from the field and 2 for 3 from beyond the arc. Senior Chris Winters brought a low-post presence with 10 points and 8 rebounds. Roland Davis and Craig Woehner contributed to the winning cause with 8 points apiece most of which came from beyond the arc. Coach Hammel's 2008-2009 Warriors host their first home game of the season on Thursday November 19th against Assumption College.

Comeback falls short in 58-54 loss to Assumption

NORTH ANDOVER, MA – The Merrimack women's basketball team fought back to tie the score at 52 with 53 seconds remaining but fell to Assumption 58-54 Wednesday night at the Volpe Gym.

After Amanda Shannon (North Andover, MA) converted one of two free throws to tie the score, Assumption guard Bethany Plasski grabbed an offensive rebound, drew a foul and converted both free throws to give the Greyhounds the lead. Casey Miller (Fairbanks, AK) drew a foul on the next possession but made just one of two, and Plasski sealed it, converting four more from the line.

Plasski finished with a team-high 15 points and was seven-for-eight at the line.

The Warriors trailed early 14-7 but went on a quick 9-0 run capped off with a lay-in from Hannah DeGraffinreed (Raleigh, NC) to take an early 16-14 lead.

Merrimack trailed by five at the half, 26-21, and the Greyhounds used a 12-2 run midway through the second to grab a 43-32 lead. Merrimack never quit as Shannon drained two of her three three-pointers to cut the lead to 48-44. Then, trailing 52-46, Miller nailed a three and sank a lay up seconds later after DeGraffinreed stole the inbounds pass.

Miller tallied a game-high 20 points while Shannon added eighteen. DeGraffinreed posted eight points and grabbed eight boards.

Molly Griffiths had a double-double on 14 points and 10 rebounds, while



Casey Miller looks to make a pass

the Greyhounds controlled the glass outrebounding Merrimack 48-25 and 19-5 on the offensive glass.

Merrimack (0-3, 0-1 NE-10) hosts the Courtyard by Marriott Classic this weekend beginning at 5:30 p.m. on Friday. The Warriors will take on Dowling on Friday at 7:30 p.m.

Interested in photography, videography or sports
writing/broadcasting?

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



Sports



Hockey ties champs, loses to Vermont

Last Friday night Merrimack College hosted the Eagles of Boston College. The Eagles had left a sour taste in the Warrior's mouth after beating them in OT in their last match after being dominated by the Warriors throughout most of the game.

John Jamieson scored his first two collegiate goals and Chris Barton tied the game with 3:25 remaining in regulation to give Merrimack the 5-5 tie with fifth-ranked Boston College.

The Warriors trailed 5-3 entering the third but battled back after a 15 minute power delay midway through the third to force a tie and win a point against the reigning national champions.

Boston College out shot Merrimack five to two in overtime, but Cannata turned away every shot he faced.

The tie marked the first point Merrimack has earned against the Eagles at Lawler Arena since February of 2004.

Last Sunday Merrimack traveled to Vermont to play the 15th ranked Catamounts. UVM jumped onto the board first. They then went up 2-0 with a power-play goal at 6:33 in the first period.

The Warriors cut the lead in half at 15:01 in the second when captain Joe Loprieno buried a

rebound past goaltender Mike Spillane for his first of the season.

Sophomore Chris Barton opened the third period with two prime scoring chances but both were denied by net minder Spillane.

Spillane stopped 24 shots while earning his third win of the season, while Braithwaite

stopped 20.

Merrimack takes its game to Orono Maine this weekend for two games against the Black Bears. The Warriors swept Maine at home last year. They will look to gain some critical Hockey East points this weekend.



Pat Kimball looks up ice in their match against the defending champion Boston College Eagles

~Photo by Courtney Cutler~

Volleyball Returns to NCAA Tournament for Second Straight Year

NORTH ANDOVER, MA – The Merrimack volleyball team has been selected to its second-straight NCAA Tournament and second in school history.

Led by first-team selections Molly Cindric (Westlake Village, CA) and captain Ale Kuncaitis (Canton, MA), the Warriors will be the fifth seed in the East region and take on fourth-ranked Georgian Court Thursday in the first round at the University of New Haven.

New Haven, who captured the Northeast-10 regular season and postseason championships, is the top seed and host of the tournament. New Haven edged Merrimack 3-2 on Saturday in the Northeast-10 Championship.

Dowling, who captured the East region last season, is the second seed. The Golden Lions defeated Merrimack 3-1 in the first round of the tournament last season, eliminating the Warriors from their first-ever NCAA Tournament.

Also in the region are Bentley (third seed), Bridgeport (sixth seed), Adel-

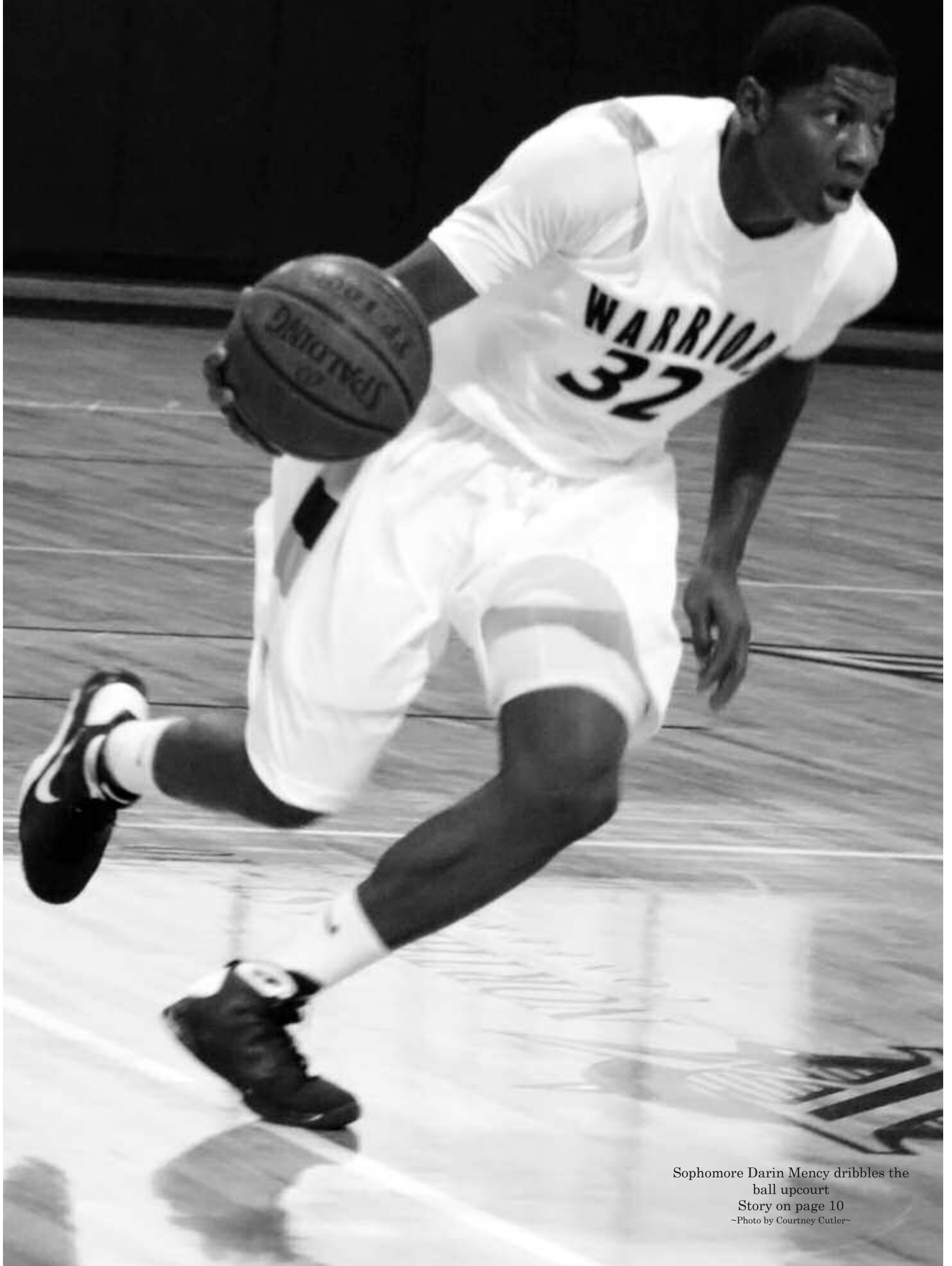


phi (seventh seed) and Queens (eighth seed)

Merrimack lost a five-set match to Georgian Court back on September 12 in Lowell, 22-25, 27-25, 25-21, 25-17, and 15-13.

Led by the 2007 and 2008 Northeast-10 Coach of the Year Joey Pacis, the Warriors recorded a 13-1 record in the Northeast-10 this season and a 20-9 overall record. Merrimack finished second in the conference championship for the second straight year, while reaching the 20-win plateau for the first time in school history.

Mency and Duncan rocket Bball to 3-0 start



Sophomore Darin Mency dribbles the
ball upcourt
Story on page 10
~Photo by Courtney Cutler~