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# The Beacon

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Merrimack College  
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## Merrimack goes green

By Rob Braczyc  
Staff Writer

Merrimack has gone through a series of big changes over the past year. Dr. Champagne has become the new president. The 4x4 curriculum has come into existence, and appears to be running smoothly so far. The academic departments have made changes, and new academic programs have been formed, including the new Biotechnology and Biomedical science concentrations in Biology, and the new Criminology major. Merrimack has also welcomed in the largest freshmen class it has seen in a long time, a number over 500. There is one big change that is happening at Merrimack, and it has been latent. This new effort is the attempt to move Merrimack towards a more sustainable and environmentally friendly campus.

If you attended convocation, you more than likely heard Dr. Lyon's speech, and his goals for Merrimack. You may also be like me, who heard very little about the sustainability initiative here at Merrimack, and thought it was almost non-existent. I would like to inform those of you, like myself, that the sustainability initiative is alive, and very well.

*Continued on page 2*

## Completion of Lawler in Sight



The current press box and bleachers inside of Lawler Arena  
~photo by Courtney Cutler~

By Michael Salvucci  
Editor-in-Chief

Merrimack College is looking to upgrade Lawler arena in order to comply with increasing Hockey East standards.

The J. Thom Lawler arena at the Volpe athletic complex was

completed in November of 1972 at an initial cost of two million dollars. The arena currently holds approximately 3,000 people mostly on bench seating.

Since 2000, the school has been trying to upgrade the facilities and have successfully done so. Lawler has seen additions such as new

locker room areas, the player's lounge, coach's room, Blue Line Club, and luxury boxes. The new locker room area is actually ahead of the curve compared to other schools who have a lot more work to do in that aspect of upgrading.

*Continued on page 3*

## Room selection

By Shannon Nickerson  
Staff Writer

As most students know, room selection is a time consuming and sometimes stressful event. This year, Residence Life is making room selection more convenient. They are trying a new method of room selection: online. This is made possible through the help of our ITS program. During the summer, Residence Life and ITS visited Endicott College in Beverly, MA to learn more about the ins and outs of online room selection. Endicott has used an online program for room selection for three years. They also use the same database and other similar information

storing systems as Merrimack. The similarities in Endicott's databases has made this transition easier for Merrimack.

There are still some similarities to room selection in the past. To participate in room selection, students will still need to pay their \$500 room deposit by Friday, March 6, 2009. In addition, students will still be classified into three different rounds based on credits at the end of this fall semester: Round 1 (58 or more credits, typically rising seniors), Round 2, (28-57 credits, typically rising juniors), and Round 3 (0-27 credits, typically rising sophomores). However, students will no longer receive a selection number. They will now receive a group number within their

round. Each group will have 30 students and the number of groups in each round will be determined by the deposits (i.e. 300 people deposit for Round 1, there would be 10 groups).

The lower your group number, the earlier you will be able to select your room. One is the first, then two, then three, and so on, down the line. Similar to registering for classes, each group will be assigned a specific time frame to log on and select a space (most likely a 15-20 minute time block). Students will still be able to pull their roommates in from other groups within their round as in the past.

*continued on page 3*

### Contents

Submissions.....	2
School News.....	3
Health and Fitness.....	5
Entertainment.....	7
Opinion.....	8
Sports.....	12

### In This Issue

Spotlight on  
Edward Fallon

page 3

Jumping rope  
exercises

page 7

Football Senior  
Day

page 11

# Submissions

## Darfur Awareness at Merrimack

Submitted by Stephen Craig

In February of 2003, a conflict began in the Darfur region of Western Sudan. The Sudanese military and the Janjaweed, a militia group, have been systematically murdering the Muslim population which opposes the authoritarian rule of the Khartoum government. The genocide is opposed by the Muslim population, a variety of rebel groups, and some international organizations such as Amnesty International. The murderous rule of the Khartoum government relies on religious fundamentalism to maintain its power, and the brutality has claimed the lives of nearly 400,000 people. Over 2,500,000 native Sudanese has been displaced from their native homeland. Meanwhile, the international community refuses to step in to end the horror.

I take a class with a professor who demands justice and expects action. For this reason, more than half of the class has decided to have a day at Merrimack College dedicated to educating people about Darfur and raise awareness for the genocide that is taking place in Sudan. We will be working at an information tent and a bell will toll on campus throughout the afternoon. The gong will be heard all over campus, a constant reminder that there are more important things going on in the world that we all need to be aware of. On November 20th, 2008, this tent will be on campus, and students are more than welcome to stop by to learn about the conflict and inquire about any kind of action they can take to make a difference. Our mission is to help you become aware and to give you an avenue to take action to help alleviate this terrible crisis that has taken too many lives of innocent Muslim children, women and men in the Darfur region of Sudan. Please do your best to spread the word, therefore we can help make as many people aware as possible, and as a community we can make a difference for the people who need it most.

## Sustainability

*Continued from cover*

A few weeks ago, I stopped by Dr. Lyon's office in Mendel, hoping to introduce myself, and to let him know that I would be writing an article for the Beacon on sustainability at Merrimack. What I did not expect was to be in his office for an hour and a half, talking about all kinds of issues relating to sustainability, the current state of Merrimack, and what the future holds for Merrimack.

In our informal meeting, Dr. Lyon informed me about the sustainability group that consists of a dedicated group of staff, students, administrators, and faculty members that meet on a regular basis to discuss different sustainability options for Merrimack. The group was formed last year, in the interest of making the college more sustainable. Members of the group include the Director of Residence Life, the Director of Physical Plant, the Head of Purchasing, and Campus Ministry.

The sustainability initiative also exists in a group of students, headed by a dedicated student, Senior Erica Christensen. This group is called "Merrimack's Going Green," with 212 members on Facebook from the Merrimack Community. Since the group's inception, a successful test recycling program was run in Deegan. This recycling program is collecting aluminum and plastic, two common recyclable items in dormitories on campus.

Last semester, students in the Environmental Management course, under the guidance of Dr. Lyon, performed an environmental audit of Merrimack College's campus, including every dorm and academic building. This audit is available on Merrimack's website (see link at bottom of article.) Some of the results from the audit are staggering. In 2007 alone, Merrimack College spent \$1.195 million dollars on electricity, and \$914 thousand dollars on natural gas. In 2008, the average Merrimack student generated around 340 pounds of solid waste during the year. The campus in total produced 500 tons of solid waste, including 50 tons that came from the end of the year alone. For a college of Merrimack's size, waste like this is simply unacceptable. The impact of this reaches further than most know, or are willing to accept. Many colleges and universities across the country have made the effort to improve at recycling and become more environmentally conscious. In fact, this year, the Princeton Review, a well respected evaluator of Colleges and Universities, began to rate schools on how 'green' they actually were. Merrimack performed sub-par, to say the least. On a scale of 60-99, Merrimack scored a 60. The fact that Merrimack has yet to make more efforts to be sustainable affects the reputation of the school, and the reputation of its students.

In all fairness, Merrimack has some recycling programs, and has made some steps towards becoming more sustainable. Mixed paper, cardboard, and electronics are recycled, the McQuade library recycles books that are sent to schools in Africa, and "sweeps week" recycles by

donating unused furniture and other goods to those who are less fortunate. Physical plant has begun to use biodiesel as part of the diesel source for the trucks they use on campus, an action that has garnered attention from the Boston Globe. Also, Dr. Adams of the Electrical Engineering department has been exploring different energy alternatives on campus, including cogeneration.

Now, I bet you're thinking, how in the world can we possibly change Merrimack? Well, the answer is simple, but it requires everyone's effort. In Dr. Lyon's speech, he quoted Margaret Mead on how a small group can change the world. Well, consider yourself part of this small group. On campus there are many small groups that need to make a difference. SGA has begun to make a difference, as they have committed to supporting sustainability. Hall Council has also begun to make a difference. In Deegan, the hall council has made strides in moving towards sustainability, and other hall councils are beginning to follow suit. Clubs can make a difference. Fraternities and Sororities can make a difference. Most importantly, YOU can make a difference. Not to be cliché, given the current election, but for things to get better, you must demand change. Merrimack has the ability to become very sustainable, and greatly reduce its dependence on all outside resources and utilities. Merrimack has opportunities that large universities like Harvard and Yale do not possess. The time has come to put those in action!

For those of you that say this cannot be done, or why bother, or what impact can I make, stop and think about the roots of Merrimack. A small group of Augustinians founded this school, and look at what is has become. The impact that Dr. Lyon has had in the short time he has been implementing the sustainability initiative has been felt across campus. Erica Christensen and the student driven sustainability group ran a test in Deegan East to see how effective recycling would be, and the test worked. The opportunity is there, the only thing that is lacking is student initiative. That initiative is in each and every one of us here at Merrimack, and together, we can make that dream a reality.

I would like to personally thank Dr. Lyon for his help and information on this article, without him it would not have been possible. I would also like to inform you that Dr. Lyon has been a moderator and a facilitator over this past year, and he has worked to bring all of the people involved in the sustainability movement together, and that he is not the sole person responsible for the creation of the sustainability movement. I would also like to extend thanks to all of those who are involved in the sustainability movement, and those who have already put forth effort in making these plans, thoughts, and ideas a reality.

On Merrimack's website, there is information about the sustainability movement. I encourage you to check it out.

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# School News

## Lawler Arena

*continued from cover*

Head coach Mark Dennehy explained the demands from Hockey East as an increased “set of league standards, not a witch hunt”. In other words, Hockey East is not looking for ways to weed out programs, in fact that’s the last thing they want to do. Every team in the league had something that needed upgrading.

According to Hockey East the new set of standards will consist of the visitor team having at least 500 square feet of locker room space in one continuous room. This is a standard that Merrimack has already addressed and met. The minimum capacity of any new team’s arenas will be 4000. Rinks such as Merrimack’s or Providence’s will not have to meet this requirement. Something that Merrimack will have to meet however is the standard that 20 percent of seating must be actual chairs. According to Joe Bertagna, commissioner of Hockey East, these requirements should be met by the 09-10 season (next season). However, as long as the school “shows in good faith” that they are trying and have plans to meet these requirements the league will not punish them.

Merrimack has proposed the “Lawler Completion Project” to meet these requirements. In essence it is a continuation of the renovations started in 2000 and even prior to that that have since stalled. The improvements to the rink will include, new bleachers and 400 chair back seats. The plan will be to rip out the existing bleachers put new ones in, and there are even rumors of having it rap around the back of the arena, however those rumors could not be confirmed. Upgrades to the lobby, and an expanded press box for media, coaches, and officials with improved internet capabilities. The ice bed and the compressor also need replacing.

The school is looking to raise as much as two million dollars as soon as possible in order that they can provide Hockey East with renovation plans by this coming April. Dennehy stated that “the school has made it a priority but not the priority” which was to be expected. He said he understood that there are a lot of things the school wants to do right now.

In order to make this happen by the projected date the school will be relying on donations. If you are interested in supporting the Lawler Completion project, contact either Joe Iarrobino or Mark Dennehy.


## Room selection

*Continued from cover*


Once a student logs in and picks the room they want, they will have anywhere from 2-3 minutes to complete the process (similar to buying tickets on-line). There will be a timer displayed that shows how much time a student has left to complete all the details. All the student(s) need to do is to enter the ID numbers of all the people living there, click submit, and that’s it! What may have taken a student almost 30 minutes to complete in the past, will now take only about 2 minutes. And this can all be done in front of the computer.

All students within a group have an equal shot for all the spaces that are available. Rooms will be pre-determined as female or male based on the number of deposits by gender in each round. So when a male student logs on, they will only see the male spaces available.

Hopefully this article has been successful in beginning to clarify how Merrimack will be changing the room selection process. With the exception of Austin Scholars, Substance Free, and single room requests, all room selection will be done online. In the end, it should be easier for everyone and much less time consuming when selecting rooms. Residence Life is aware that there will still be complete and incomplete groups; complete groups will go in the morning and incomplete in the afternoon. As Residence Life moves through the development of this endeavor, more information will be forthcoming.



**INTERNATIONAL  
EDUCATION  
WEEK  
2008**



**COMING  
SOON!**

### International Education Week 2008

Monday, November 17th

**SPANISH FILM FEST: *PRINCESAS***  
7 PM \* COMMUTERS' LOUNGE \* SAKOWICH

Tuesday, November 18th

**GLOBAL VILLAGE**  
11AM - 2PM \* MULTIPURPOSE ROOM \* SAKOWICH

Wednesday, November 19th

**INTERNATIONAL CAREER SYMPOSIUM**  
6 - 7PM \* MURRAY LOUNGE \* SAKOWICH

**SPANISH FILM FEST: *PRINCESAS***  
7 PM \* COMMUTERS' LOUNGE \* SAKOWICH

Thursday, November 20th

**AN AMERICAN THANKSGIVING DINNER  
FOR INTERNATIONAL STUDENTS**  
5PM \* MURRAY LOUNGE \* SAKOWICH

**GLOBAL JEOPARDY**  
6:30 PM \* MCQUADE LIBRARY

## Beacon Briefs

**Ballin' for Baller Rob:** A 3 on 3 Basketball Tournament to benefit the Robert Maille Memorial Fund will be held on Saturday, November 15th at 12 PM in the Multi-Purpose Room. Co-ed teams can sign up for a registration fee of \$15. If you have any questions, please contact the Class Council of 2009 at [classof2009@merrimack.edu](mailto:classof2009@merrimack.edu).

**Love playing pool?:** There will be an 8-ball tournament on Tuesday, November 11th at 6 PM in the Sakowich Campus Center Game Room. Registration is due by Monday, November 10th at 5 PM. Forms can be picked up at the Info and Fitness Center desks and returned to Nick Lowery in the Fitness Center.

**Walk for a cause:** The American Cancer Society’s Relay for Life will kick off November 19th! If you are interested in making a team, please stay on the lookout for more information as the date approaches.

**Women: Play Rugby!:** 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](mailto:magawm@merrimack.edu). Anybody is welcome regardless of experience!

**Dance Team News:** 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 6:30-7:30 PM. No experience necessary!!!!

**Feeling sick?:** We still have flu vaccine available! Cost is \$15.00. Individuals wishing to receive the vaccine are asked to email [Deborah.Marcotte@merrimack.edu](mailto:Deborah.Marcotte@merrimack.edu) to make arrangements to place your name on the list to receive the flu vaccine.

**Job opportunity:** The Ski and Snowboard Club is looking for people to drive the vans for their trips. Anyone interested in becoming certified, please contact [clarcken@merrimack.edu](mailto:clarcken@merrimack.edu). You must be at least 20 years old.

# Professor Spotlight: Edward Fallon

By Joe Bonanno  
Staff Writer

As an amateur carpenter, historian, painter, grandfather and mathematician, multitasking Professor Edward Fallon joined the Merrimack community in the summer of '07 after retiring from a 36 year career of teaching high school mathematics.

While, technically, he may be considered a part-time professor, many students would consider his effort and dedication to their success synonymous with full-time faculty. Also a part-time professor at nearby North Shore Community College, Professor Fallon divides his week up between the two colleges. He teaches Monday, Wednesday and Friday at NSCC while teaching Tuesday, Thursday, and Friday at Merrimack.

Originally from Salem, Massachusetts, Professor Fallon graduated as Valedictorian from Salem High School. Along with being Valedictorian, he was also Co-Captain of the Track and Field team and was Drum Major of the band.

After high school, he went on to graduate as Magna Cum Laude from Boston College with a Bachelor of Arts degree. He also earned a Masters degree in Mathematics from Salem State College. During his junior year of college, he married his high school sweetheart, who also attended Boston College. They had two daughters who are now "very smart and accomplished." In fact, he partly credits his teaching career to getting married while in college. Since his parents were both teachers and his father a principle at the time, he was already familiar with the teaching profession and a teaching job was readily available to him.

So began his teaching career. He spent the majority of his high school teaching career as chair of the math department at North Shore Technical High School in nearby Middleton. When asked what he likes most about Merrimack, Professor Fallon immediately responded the people at Merrimack are what he likes most about working here. He touted how enthusiastic and polite his students are. He went on to say, "I haven't met a disagreeable person here." He con-

tinued to say that no matter what part of campus he's in, whether it's the coffee shop or administrative offices, everyone is very pleasant.



He told me, "Not every place is like that, Merrimack is unique in that regard."

Of all courses he taught at Merrimack, Pre-calculus, Introduction to Math for Business and Finite math, he had the most fun teaching Finite math.

Professor Fallon explained that he thinks going over homework is the most important part of class. He emphasized, "I try to explain things thoroughly. If a typical explanation doesn't work, I try to find another explanation."

When asked what advice he has for students, among many things he said class attendance is the most important factor in doing well. He expressed how frustrating it is for many students – mostly Juniors and Seniors – not to attend class. He explained how detrimental skipping class can be, "Students who don't come to class are put at a real disadvantage." Professor Fallon is surprised by the attendance rate of Merrimack students who pay considerably higher tuition than NSCC students.

As far as advice for students given that they

attend class, Professor Fallon suggested that attempting as many problems as possible is the single most important way to learn. He explained, "Attempt is the key word. Sometimes students don't recognize that they struggle." He continued to advise, "Practice a variety of problems that approach a topic from different directions. The more varied your experience is in trying different problems, the more successful you're going to be."

When asked what he likes most about math, Professor Fallon said, "The variety keeps me interested." He explained how many different applications and areas utilize math. He likes to teach different courses and said how he is constantly changing the same courses from year to year. He doesn't like doing things the same way all the time. "I think the coolest thing (about math) is an idea that is designed to solve a specific type of problem has application in other areas."

Professor Fallon admits he doesn't have as much time as he thought he would in his retirement, but he knows he is spending his time wisely. He enjoys working on remodeling his house, spending time with his family, especially his two new granddaughters, painting, and reading. He enjoys reading history – U.S. history and the history of mathematics. He also enjoys engaging in specialty topics in math.

When asked who he would choose to meet if he could meet anyone, deceased or living, he chose Thomas Jefferson. He admires Jefferson's brilliance and creativity, calling him a "true genius." Compared to Ben Franklin, Professor Fallon claims Jefferson had broader interests and was more creative. Professor Fallon enjoys traveling with his family to Monticello and Jefferson's Place.

He concluded the interview with some additional advice. He said that personal relationships are extremely important, many times more than work. He noted how important family is to him. "You shouldn't be defined by your work." Professor Fallon defines success not by work but by interpersonal relations as he says, "Interpersonal relations make your life either successful or not successful."

## Start-up programs? Who said you could?!

By Christopher Powell  
Staff Writer

For this issue, I will start by citing all those windows, logos and splash screens that flash in front of you every time Windows starts. As I'm sure you've known since you first got your PC, they could be anything, and if you're still using your pre-built system as it was when you got it (that means no clean Windows install since then—more on that in a later issue), you're probably very used to seeing them. When I first got my Vista-powered ASUS notebook this past August, I watched all kinds of things start up when I first hit power, many of which seemed to serve no purpose whatsoever. One look at CCleaner's (a program mentioned in a previous article) startup program list hinted at what the heck it all was. To name a few listed, there was the Windows Welcome Center, Adobe Speed Launcher, ASUS Camera Screensaver, ASUS ScreenSaver Protector, PowerForPhone, something called LightScribe, something else called SkyTel, and Microsoft Pinyin IME Migration. Uh, okay. I assume I'm supposed to understand perfectly now.

Well, for what it's worth, those are some of the irrelevant programs and services that were originally starting up with my computer from the get-go. It seems like every major PC manufacturer has a common compulsion to throw in an astronomical amount of, well, useless crap, every time they ship a PC. The programs I listed might not be the same things you have when you start yours up, but I'm sure you know that some of

your startup programs are also dead weight, which your system has to drag along every time you want to use it. It's time to get rid of them, and unless you discover you need them for some reason, hopefully you'll never have to see them again.

First, do your research, and find out what the heck all of that means. Some of those services in the list consist solely of a few meaningless letters, so they're downright cryptic. Good thing sysinfo.org exists, so go there now.

Once on the site, at the second part of the page, after "BHO quick search" is "Startup quick search", where you can start to find answers. Plug in the name of a service as listed in CCleaner and look for what it means; for example, iTunes Helper. A description of the service should show up, along with a couple other slightly different versions of it, one or two of which may be identified as malware, or malicious software. Many of these are near-identical, so be sure you're picking the service that matches yours exactly as listed in CCleaner's list. If by chance you match up with malware, take the time to look up how to deal with it yourself, because that's a more complicated issue.

It's pretty much up to you from here. You probably won't find every single service listed in CCleaner, but the Sysinfo site generally does an adequate job explaining to you what they think about the service you're querying, and if you try experimenting with some you feel are questionable, you can identify and then disable or remove all of those irrelevant startup programs (be care-

ful when deleting these entirely, disabling is almost always enough, unless it's malware). Do this gradually, starting with only those you are absolutely certain you do not need, restarting, then either re-enabling the services you find you really need or disabling some others. If there's a program you're still unsure about disabling, you should generally leave it alone to be safe.

CCleaner is a good start to managing the major programs and services that start up with Windows, but it's not nearly a complete list. Unless you're a power user who doesn't mind playing with fire, or you're running a disastrous service that's hurting Windows and won't go away, you don't want to delve any deeper into it. If you really want to mess around, go to blackviper.com and read what they have to say about managing more subtle Windows services. But I will be absolutely clear about this: If you don't know what you're doing, don't even think about touching any other services, or you could soon be handling an extraordinarily heavy, oversized, and consequently, useless paperweight.

If everything goes well, your system will now be liberated from some dead weight it's been dragging around since you got the thing. If this isn't something you've delved in before, you should notice a bit more smoothness starting up and a nice little performance increase.

One last thing... I didn't get a single email in between issues! How am I supposed to know anyone's reading this at all? At least tell me someone's following! So what are you waiting for?! Give me some feedback! Do it! Do it NOW!

# Health and Fitness

## Strokes are serious cause of death and disability

By Alicia Cyr  
Staff Writer

Strokes are the number one leading cause of death in America and the number one cause of adult disability. Although strokes are deadly, eighty percent of strokes can be prevented. A stroke is described as an attack on the brain. It occurs when a blood clot blocks the artery, terminating blood flow to the heart, and blocks the blood vessel, which prevents blood flow through the body. When either path is taken, the brain cells begin to die and the damage of the brain causes death. The stroke causes death of the brain cells and all of the abilities of that area of the brain, including memory, movement and speech, are lost. A stroke can cause minimal damage or death. Either way, two-thirds of stroke survivors are permanently disabled.

“Uncontrollable” stroke risks include: age, gender, race, family history and previous stroke. Stroke risks statistically show that being over fifty-five, male, African American, Hispanic, Asian/Pacific Islander, or family history of a stroke. These risks are labeled as “uncontrollable.” There are, though, some risks that are “controllable.” These risk factors include: high blood pressure (hypertension), atrial fibrillation, high cholesterol, diabetes, smoking/tobacco use, alcohol intake, and obesity or excessive weight gain. All of the mentioned are dangerous risk factors and if controlled, the possibility of stroke can be prevented.

## Words from Barbara Lisa

Carbs...Carbos...Carbohydrates.... So can I live with them or without??? Have you ever tried to cut carbs out of your diet? How did you feel? Like

fats, carbs have gotten a bad rap due to fad diet traps.

Did you know that carbohydrates break down into sugar, are a necessary fuel for strenuous exercise and are a short-term fuel source because the body has limited ability to store carbs? Complex carbs are best and include foods such as: whole grains, veggies and fruits. Simple carbs are from refined sugars and are the worst. Simple carbs are white processed foods, candy, cookies, etc. and are metabolized at a different rate by the body.

Simple carbs are fast burning and you end up with a swing in your blood sugars. At first, your body feels great with all the sugar going through it, but it will crash and cause you to be hungry and overeat. Thus a vicious cycle. Complex carbs are slow burning and keep your blood sugar levels at a constant without the swing of highs and lows.

So back to the question of have you ever cut out carbs? It's ridiculous to function on zero carbs. You probably felt like a zombie, completely drained of energy, and feel moody. It is not healthy to ask your brain and body to function this way.

It is very important to keep your brain and body functioning by fueling up with complex carbs. At least 55% of your total daily calories should come from complex carbohydrates. So next time you think about giving up the carbs think about how it made you feel last time you took the plunge.

*Barbara Lisa is a certified Personal Trainer  
in the state of Maine*

## Energy Drinks: Worth the Buzz?

Submitted by Nancy Smalling

Courtesy of Student Health 101 and Hamel Health Center

69% of those polled by Student Health 101 said energy drinks are unhealthy.

“The taste just grew on me,” says the current junior who would grab a Red Bull with her meals at the UPenn dining hall. “I probably had at least one a day for months. I needed caffeine or some other stimulant to study.”

Energy drinks such as Red Bull, Monster, Full Throttle, Tilt, and Rockstar have become a big business, and they're especially popular on campuses nationwide. A Student Health 101 survey of 500 students revealed that about one in every three students consumes energy drinks on a regular basis. The industry has turned into a huge business as energy drinks now account annually for over \$3 billion of the \$100 billion domestic beverage industry. According to beverage watchdog group the Marin Institute, more than 500 new brands of energy drinks were introduced worldwide in 2006.

### Lots of Caffeine and Other Stimulants

While most energy drinks have the same amount of caffeine as a cup of coffee, some have up to three times that amount. Many energy drinks also contain other stimulants. In addition, they are loaded with sugar and are often laced with herbs, vitamins, or amino acids. A can of Red Bull contains 1,000 milligrams of taurine, an amino acid that's been shown to play an important role in muscle control. But, scientists are still debating the positives and negatives of taurine. It's no wonder that health and government officials are concerned about the health benefits of this “liquid energy.” Several countries have regulated the sale of Red Bull, and Norway, Uruguay, and Denmark have banned the drink because of its negative health effects. In September, Australian medical researchers released a study showing that just one can of Red Bull can increase the risk of heart attack or stroke, even in young people.

Emily McDowell had to give up her Red Bull habit when the headaches started. “I got headaches that seemed related to my energy drink consumption,” McDowell says. “I drink coffee now instead. It spares me the headaches and the energy ‘crash’ I would get from Red Bull.”

That's the irony of these “energy drinks.” As expensive sugar water, they give you a flash of energy, but in the long run they can leave you feeling drained due to the sluggishness associated with caffeine with-

drawal, and surges and dips in blood sugar. They can also lead to weight gain. Students recognize the downside of these drinks. Sixty-nine percent of those polled by Student Health 101 said that energy drinks are unhealthy, and 31% said they either tasted “horrible” or were “barely drinkable.”

Taste aside, the term “energy drink” alone can be construed as fairly misleading. For athletes, these drinks can do more harm than good. They don't replenish electrolytes and nutrients lost during physical activity. And, the caffeine and other stimulants can damage your heart. The American College of Sports Medicine has warned high school athletes to stay away from energy drinks because the caffeine in them may cause dehydration.

### A Dangerous Mix

Even though people recognize the potential negatives of energy drinks, consumption continues to climb, and many are drinking them mixed with alcohol to get a “quick buzz.” Two studies from the University of Buffalo's Research Institute this year showed that college students who frequently down energy drinks (six or more times a month) are three times more likely than nondrinkers to engage in actions that could negatively affect their health, including cigarette smoking, prescription drug abuse, and fighting. According to the study, energy-drink regulars are also more likely to consume too much alcohol, smoke marijuana, and engage in unprotected sex.

### A Better Jolt of Energy

There are better ways to get a lift. Protein bars, carbohydrate gels, and sports drinks (like Gatorade) are all sources of calories that your body can use for fuel, and consuming these calories doesn't result in any negative side effects.

For the sake of your health, avoid energy drinks and in the long run you'll be better off.

NANCY SMALLING IS A FREELANCE WRITER SPECIALIZING IN HEALTH ISSUES. SHE HAS A DEGREE IN BIOCHEMISTRY FROM ALBRIGHT COLLEGE IN READING, PA.

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# Jumping Rope: Not Just For the Playground

By Jeff LeBlanc  
Staff Writer

Millions of children across the nation jump rope on a daily basis. However jumping rope is not only for children and can in fact be an excellent addition into your workout. Though for some reason a lot of people do not use a jump rope for aerobic exercises, Jumping rope is a great way to getting a great cardiovascular exercise workout while enjoying it. In addition, jumping rope can not only help with cardiovascular health, but it also helps to improve coordination and agility. If this exercise is performed frequently, it can also help with muscular endurance. I have assembled a list of seven reasons why you should start jumping rope.

## Seven Great Reasons to Use a Jump Rope as a Means of Cardiovascular Exercises

1. Jump ropes are inexpensive. You can purchase a good quality jump rope for about \$20. They can be bought at any workout or athletics store, as well as Target.
2. Jump ropes are great if you travel and do not have access to a gym. You can carry a jump rope with you just about anywhere since they are so small in size.
3. Not only can you use a jump rope in a gym, but you can also jump rope indoors, as long as you have enough space to perform a full motion. You can also jump rope outside and at the office on a lunch break.

4. Jumping rope serves as a nice change for those who have gotten tired of performing the same cardiovascular exercises day in and day out.
5. Jumping rope is a great way to burn calories. If you were to jump rope for an hour, depending on your metabolism you could burn up to 1000 calories.
6. Helps to strengthen your entire body. Yes, that is right. Most of the major muscle groups in the upper and lower body will strengthen by jumping rope if performed on a consistent basis. Even jumping rope for just 10 minutes 5 days a week has been seen to result in a stronger body.
7. Improves mental health. Studies have shown that jumping rope along with other cardiovascular activities can help with your mental health.

It is also important to mention how you should choose which jump rope is best for you. Choosing a jump rope is easier said than done. First off, I recommend using a jump rope that is leather as it will not depreciate over time like other ropes would. Then, make sure that the handles of the rope are thick and comfortable. Finally perform the following test to ensure adequate rope length: Hold the handles of the rope in each hand and place your feet in the middle of the rope as it is touching the ground. If the handles are just below your armpits, then you have a good jump rope.

Jumping rope is a terrific exercise for your health. It is an activity that most of us can all do and that we can all enjoy. Now that you know the reasons why, and how to pick a jump rope there is only one thing to do, hop to it!

## Fun Facts: The Liver

1. In terms of weight, the liver is the largest organ in the human body
2. Each year, over 17,000 people are waiting to receive a liver transplant; only about 5,000 receive the transplant
3. The liver performs over 200 functions to help keep the body healthy and stable
4. 10% of Americans are or have been affected by a liver, biliary or gallbladder disease
5. Everything we eat, drink, breathe and absorb through the skin eventually reaches the liver.
6. The liver is about the size of a football and weighs between 3 and 4 pounds
7. More heat is produced by the liver than by any other organ in the body
8. A donated liver can be split between two recipients, so that one deceased donor can be the source of two liver transplants
9. The liver is the only organ that can regenerate itself
10. The mixing of alcohol and acetaminophen has potentially lethal toxic effects on the liver

Facts compiled by Shannon Nickerson

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# Entertainment

## Escape the Fate lends new sound

By Kyle Neary  
Staff Writer

Escape the Fate's new CD entitled "This War Is Ours" came out on October 21, 2008, and new lead singer Craig Mabbitt (formerly from Blessthefall) seems to have done a decent job. With an even heavier sounding singer, and harder guitar rips, the new Escape the Fate is viewed by some as better, others as worse, and some as indifferent. When adding such a crucial member of the band as a singer, a lot in the overall sound of the band can obviously come out a lot different. Escape the Fate's sound has been the same from EP to CD, but now there obviously must be a difference.

Unfortunately, the original singer Ronnie Radke was forced out of the band for a second time before the recording of this album due to some legal trouble. He had first been dropped from the band in October of 2006 for pleading guilty to assisting a murder, but was soon back in the band in early November of the same year. The band had later missed going on tour for reasons due to Radke's drug dependency and parole violation, and unfortunately for the band, and especially Radke, he was sentenced to 4 years in jail due to this violation.

"This War is Ours" has a new sound, almost as if it is a mix between Escape the Fate and Blessthefall, which actually sounds a lot better than you would think. There are a few songs on this CD which are catchy, and basically radio-worthy. The two main singles are The Flood and The Guillotine II, both have very rhythmic choruses and really nice guitar work. Overall, this CD may not be as good as their first release "Dying is Your Latest Fashion" but the direction that the band is heading definitely has a lot more room for growth.

Check out Escape the Fate November 8 at the Worcester Palladium with Chiodos, Silverstein, Alesana, and A Skylit Drive. Tickets are \$21.



~Photo courtesy of [www.flickr.com](http://www.flickr.com)~

## Upcoming Entertainment Events

### At the Worcester Palladium:

November 8: Chiodos, Silverstein, Escape the Fate, Alesana, A Skylit Drive

November 14: Hinder, Trapt, Rev Theory, Prospect Hill

November 15: Puddle of Mudd, Red, Safetysuit, Temperedcast

November 22: The Next Big Thing, over 20 different local and alternative punk bands

November 26: All Time Low, Mayday Parade, The Maine, Every Avenue

December 5: Redman, Method Man, Termanology, Rapper Big Pooh

December 27: Four Year Strong, Set Your Goals, Every Avenue, A Loss For Words, Energy Lions Lions

### WBCN Sponsered Events:

November 8: Verizon Wireless Arena: Nine Inch Nails

November 9: TD Banknorth Garden: AC/DC

November 14/15: Wang Theatre: Smashing Pumpkins

November 16: Tsongas Arena: Staind, Seether, Papa Roach

December 26: The Middle East Restaurant: The Mighty Mighty BossTones

January 18: TD Banknorth Garden: Metallica

January 26: Agganis Arena: The Killers

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# Opinion

## Ultimate Warriors unite!

Michael Salvucci  
Editor-in-Chief

Some of you have probably seen me doing pretty much everything and anything for The Beacon. Reporting on stories, shooting sporting and news events, and for those of you on The Beacon's staff, laying out the newspaper until sometimes as late as two or three in the morning.

As I strolled into Volpe and Lawler arena on Friday with our Canon camera and my laptop ready to shoot a great game of hockey I stopped and thought, "I hope we have a big turnout".

Needless to say, I was impressed. I would say close to 200 students came out for the game, the exact number I don't know for sure. For those of you who didn't go to the game the student section has been moved across the ice, where the bleachers go up higher and there's more room.

The roar, yes, I said roar, of the crowd was actually felt after Ricci netted the first goal at just 4:33 into the game against the defending national champions.

However I have a few more wishes that I would love to see come true by second semester. Lawler arena can be turned into a huge home ice advantage, and I mean HUGE! Think about it, Lawler arena holds approximately 3,000 people. Think about that for a minute. Agganis arena (of Boston University) holds somewhere in the mid 6000 range. Twice as many people, but the arena itself is well over twice the size.

I am willing to suggest that Lawler arena can be just as intimidating as these other bigger are-

nas because of our ability to cram so many people into a such a small space (allowed by our bench seating). I understand it was Halloween, but guys, BC is the defending national champions, we have to give them a hell of a crowd to play against. We did a great job in packing the stands, but that doesn't mean there isn't room for improvement. We can certainly pack more students, how about having two student sections...across from each other? Maybe not possible now but certainly something to build towards in the future. Let's show our opponents how crazy we are about hockey up here!

Ultimate Warriors, I love what you guys are doing! You were able to get everyone fired up and actually standing for nearly the entire game. When was the last time you saw that at Lawler? However, how about doing something to help our team out during the powerplay kill. BU has the humming chant that they sing, where at BC it's just a loud and constant OOOOOOOO whenever the puck is in the zone. I encourage you guys to try and organize something. I saw you coaching the masses on the "sieve" chant, keep it up, but lets do some more! The Beacon is even willing to run an online article on "Ultimate Warrior fan procedure" if you guys want. We're here to help you so let us know.

Also, aren't the new uniforms sick? As of right now students can only buy the old white home jerseys. I chatted with Coach Dennehy just this week and he said that if he received enough emails he would get the new ones available for students to buy in the bookstore. So, let's email

him! If you've ever been to games at BU or BC or Maine you know that all of the students wear jerseys. Let's start wearing them here at Merrimack! Email Coach Dennehy and tell him you'd like the new home jerseys available in the Merrimack bookstore (DennehyM@merrimack.edu). The only other way to get a jersey is to pay 250 dollars for an actual jersey. By doing so you buy yourself a jersey as well as the team, (certainly a nice charitable act). However if you want the 70 dollar jerseys in the bookstore we first have to convince Coach Dennehy that there is a demand for them.

For any of those who follow hockey and more specifically the Hockey East this can and hopefully will be Merrimack's breakout year. We have fantastic players, amazing depth in the net, and with Maine, Providence, and Vermont all squandering so far this season it leaves the eight and even seven spot up for grabs. On top of this, the athletics department is looking to add to the arena. Let's show the school and the administration how important hockey is to life here at Merrimack by going to all home games.

We host UMass Amherst tomorrow night (11/8) and BC again next weekend (11/14). Let's show them how crazy of a fan base we have here. I want everyone to go to the game, let's fill it up! My wish is by the next BC game (November 14th), only one week away, to have our student section double in size. That's right, let's get 400 students to the game. Merrimack can, with your help, be a presence in Hockey East.

## Merrimack grad makes it big

By Ted Metrakas  
Staff Writer

The most famous recent graduate of our adorable little school is Charlie Day, the writer, producer, and star of the FX network's staple comedy series *It's Always Sunny in Philadelphia*. Day was born in Rhode Island and played baseball right here at 315 Turnpike Street, North Andover, MA.

The pilot for *Sunny* was shot by the stars and creators of the show, Day, Rob McElhenney, and Glenn Howerton (who co-star with Day as the characters Mac and Dennis Reynolds, respectively) on a digital camcorder, for a reported total of \$85. FX executives were so impressed that they ordered the first season of the show based on that pilot, giving complete creative and productive control to the trio.

McElhenney, the credited creator, has described *Sunny* as "*Seinfeld* on crack." I think it's more accurate to say that *Sunny* is a *Seinfeld* for our generation. The show centers on the characters of Day (who plays Charlie Kelly), Mac and Dennis, and Dennis's sister Deandra Reynolds, played by actress Kaitlin Olson. In *Sunny's* second season, Hollywood veteran Danny DeVito joined the cast as Frank Reynolds, Dennis and Dee's psychotic father. While importing big-name Hollywood actors usually spells desperation for television shows, DeVito's presence has raised *Sunny* to a higher plane of comedic awesomeness.

In July 2008, FX renewed *Sunny* for an additional 39 episodes, meaning that the show, currently in its fourth season, will run at least three

seasons more.

Most critics (and *Sunny*-philes) agree that Day's character, Charlie Kelly, is the funniest thing about the show. If *Sunny* is *Seinfeld* on crack, then Charlie Kelly is Kramer on speed. Or, at least, a Kramer for our generation.

The foursome own and operate an unsuccessful bar, Paddy's Pub, of which Charlie is the janitor. Charlie is dyslexic, prone to alcohol-fueled Pacino-esque outbursts, perpetually disheveled and, like Kramer, is always hatching ridiculous schemes: he is the self-described "bar dummy." The show, always high in manic energy, receives a special jolt every time Charlie stumbles in front of the camera.

The new season, the show's fourth, premiered on September 18. The premiere focused on Charlie and Dee stealing from Frank's stockpile of rare meat. Miffed at their thievery, Frank tricks them into thinking that they ate human meat. Charlie and Dee spend the rest of the episode dealing with their new cannibalistic identities, convinced that their consumption of human flesh has given them The Hunger, which can only be sated by eating more man-flesh.

Charlie and Dee go to the morgue to harvest more man-flesh. They are faced with two dead men: one black, one white. The Hannibal Lecter-in-training decide that they would rather eat the white man than the black man, which throws them into a guilt spiral: are we racist because we'd rather eat white meat than black meat?

Eventually they decide that, in general, they both prefer white meat to dark meat, and that

their decision is purely aesthetic, not racist. Later, Frank tells them that what they ate was raccoon meat, not human, and that their insatiable hunger was caused by a tapeworm, because "raccoon meat is lousy with parasites."

The best part is that, plot-wise, the premiere was fairly run-of-the-mill by *Sunny's* standards. *Sunny* operates on a level of gleeful comic mania all its own, offering adventurous viewers a strikingly original brand of comedy.

But *Sunny* is more than just shock and taboo. If the show was nothing more than envelope pushing, it would just be another lame cable series like the new (and terrible) *Testees*. The real heart of *Sunny* is its fast-paced, improvised feel, and the unique, memorable characters. The gross-out stuff is just gravy on top of the truly entertaining interactions and dialogue of the talented cast.

Merrimack, for all its wonders, can hardly be considered a bastion of creative talent. For cynical Beacon readers convinced that a Merrimack degree is naught but a guarantor of decades of cube-job mediocrity and pseudo-literacy, watching Mr. Day anchor the most original, entertaining sitcom currently airing on television will (terrible pun alert!) "sunny" up your outlook. (See? I told you Merrimack students aren't very creative!).

New episodes of *It's Always Sunny in Philadelphia* air Thursdays at 10 PM on the FX network, channel 30. Do yourself and your conception of Merrimack's ability to produce creative individuals a favor, and tune in.

Do you love or despise our future president Barack Obama?  
Let your opinions be heard in  
The Beacon's opinion section!!

# Questions on the Quad

## What do you think of Merrimack's new 4x4 curriculum?



I got screwed. Classes got harder and now I have a heavier workload.

-Anthony Nini, Class of 2009



It works. I like having only four courses but I still have other require ments.

- Chris Evans, Class of 2010



It makes no difference because I m a science major.

- Sean Gerrin, Class of 2010



It's good and it gives you more time to do other things.

-Julie McColgan, Class of 2010

## Do you have plans to travel during Thanksgiving/Winter break?



Washington, D.C.

-Adam Godfrey, Class of 2010



Thomasville, Vanektown, in my home nation of Canada.

-Matthew Sweeney, Class of 2010



Wolcott, Connecticut.

-Jillian Tondreau, Class of 2011



Going back home to Waterbury, Vermont.

-Brianna Vantuinen, Class of 2011

~ Compiled by Abigail Clark ~ ~Photos by Courtney Cutler~

# Selections from the Police Log

10/29/2008 15:35 ALCOHOL Minor Transp/Carry/Possess Lot 8 Apartment Lots  
Officer confiscated (3) 24 packs of Bud Light, (5) 12 oz bottles of Guinness, (1) bottle of Captain Morgan's spiced rum, (1) bottle of Vodka, and (1) bottle of Captain Morgan's mango rum from (3) 20 yr old students in Lot 8B. See incident report

10/31/2008 00:35 NOISE COMPLAINT A Tower  
Same student that called earlier from A Tower is again complaining of noise above their room. Officers dispatched. Officers broke up party and spoke with a resident the room. 10 individuals were present in the room. Student stated he was just having a party with a few of his teammates. Unit cleared.

10/31/2008 02:23 ARREST No Warrant Apts St. Thomas  
A resident student was placed under arrest for Disorderly Conduct transported to Andover Police Department. Officer cleared of Andover Police department. The male resident student was advised at 0241hrs that he can not return to campus until 0900 hours Friday morning. AC was notified

10/31/2008 18:14 FIRE ALARM Accidental (No Smoke/Fire) D Tower  
1814 Received fire alarm from D Tower of the St. Thomas Apts. 1816 Officer on scene 1817 Andover fire department contacted, did not receive alarm. AFD dispatched to scene. 1817 Officer reports smoke being caused by cooking food, no fire at scene. 1822 Andover FD on scene will be inspecting room. 1825 Andover FD clear. 1825 All police units clear

11/01/2008 00:04 ALCOHOL Assessed/Released to Self Lot 8 Apartment Lots  
Officer reports conducting an alcohol assessment on resident student. Student was intoxicated and got transported by Officer to Santagati where roommate will be looking after subject for the evening. Units clear.

11/01/2008 01:04 MEDICAL II/Amb/Transp J Tower Outside  
0105hrs Officer requested an ambulance from Andover FD to assess an unconscious 18 year old male resident student. 0107hrs Andover FD notified and enroute. 0110hrs AC notified enroute to scene of incident. 0111hrs Andover FD Ambulance on scene. 0118hrs Andover FD will be transporting individual to Lawrence General Hospital.

11/02/2008 01:54 NOISE COMPLAINT B Tower  
MCPD received call from resident student in B Tower complaining of loud noises coming from building. No further info was given by caller. Officer responded and talked with resident student, and advised him to turn the music down.

# Warriors' come back falls short

By Mark Linquist  
Staff Writer

The 2008 Merrimack Warriors under Head Coach John Perry currently have a 5-4 record with 1 game remaining on the season. They are 3rd in the conference behind Southern Connecticut and American International College. The Warriors pulled off an outstanding 21-16 victory over Stonehill College but American International College defeated the Warriors 34-29 despite a valiant effort that theoretically only exists in players' dreams or movies on the silver screen such as Friday Night Lights.

Against Stonehill College, freshman quarterback James Suozzo threw 40 passes with 27 of them completed and 3 touchdowns with no interceptions. Suozzo also has acquired a total of 4 rushing touchdowns on the season in addition to his 9 touchdown passes. Junior running back Richard Johnson was once again a workhorse for the team as he accumulated a total of 194 all-purpose yards. Johnson ran for 114 yards on the ground, caught 8 passes for 52 in the passing attack, and ran for 28 yards on kick-offs. Johnson leads the team with 1041 all-purpose yards, 601 rushing yards, and 6 rushing touchdowns. Junior wide receiver Jeremiah Watts led the receiving core with 7 receptions for 85 yards and 2 touchdowns. Watts has been nothing short of a nightmare for opposing corners and safeties as over the course of the season he has accumulated 63 receptions with 823 total receiving yards and 9 touchdowns. Junior Ryan Degregorio made contributions with 5 receptions for 50 yards and a touchdown of his own.

*Continued on page 11*



Senior Rich O'Donnell walks with his parents to midfield during Senior Day

~photo by Courtney Cutler~

## Volleyball Edged by New Haven in First-Place Showdown

Story courtesy of Merrimack Athletics

NORTH ANDOVER, MA – In a battle of the two remaining undefeated teams in the conference, the University of New Haven edged the Warriors 3-1 at the Volpe Gym Tuesday night.

Game scores were 27-25, 25-21, 17-25, 25-23.

The first game was close throughout, with tie scores at 12, 15, 18, 24 and 25, after a kill from Molly Cindric. But the Chargers closed out the game 27-25, behind a block from Elizabeth Akinbiyi and a kill from Charisse Cotton.

In the second, the Warriors led 22-21 after a kill from Ale Kuncaitis, but New Haven registered the final four points, led by two kills from Brittani Cotton.

Merrimack controlled the third, leading throughout, and won its first game behind a game-winning kill from Kristin Applegate. Megan Murray, who was outstanding all night, tallied three kills in the third, while Cindric added three kills and five digs.

In the fourth, the Warriors led 18-17 after an ace from Murray, but the Chargers rallied for five straight points and seven of the next eight to take a 24-19 lead. The Warriors did not quit, rallying for four unanswered points, capped off with a block from Applegate, but after a lengthy rally at 24-23, New Haven closed the match out with a kill from Brittani Cotton.

Murray posted a team-high 14 kills and added three aces, while hitting .500. Kuncaitis tallied a double-double on 14 digs and 12 kills, while Cindric added seven kills and nine digs. Elyse Lorenz chipped in with 41 assists and eight digs, while Applegate had nine kills and five digs. Merrimack hit .162 overall, with a game-high .281 in the third.

The Cotton sisters combined for 29 kills, with Brittani getting 13 of them while adding 21 digs. Yael Rosner tallied 46 assists, 10 digs and six kills, while Elizabeth Akinbiyi added eight blocking assists.

The loss snapped Merrimack's school-record of 11 straight conference wins and snapped its 12 straight home conference match winning streak.

New Haven is ranked first in the east regional rankings, and Merrimack is fifth. The top eight teams advance to the NCAA Tournament.

Merrimack (16-8, 11-1 NE-10) heads to Saint Rose on Friday for a 7 p.m. match and Le Moyne on Saturday for a 12 p.m. match. The Northeast-10 Tournament, hosted by Pace University begins on November 14th.



The Volley Ball team gathers in a huddle before a match

~photo courtesy of Merrimack Athletics~

**Looking for a career in sports journalism or broadcasting, or do you simply like going to Merrimack sporting events?**

**Write of the Beacon to gain hands on experience!**



# Sports



## Warriors tricked by Eagles on Halloween

By Lauren DelloRusso  
Staff Writer

The Warriors kept us on our toes on Halloween night at the Lawler Arena against the second-ranked BC Eagles. Following Thursday night's performance at Conte Forum against the Eagles where the Warriors lost 4-1, fans and opponents left Friday night's game stunned, thinking "was this the same team?"

On Thursday, October 30th, it became evident that the Warriors did not bring their "A" game to Chestnut Hill. The Eagles scored two shots within the first twelve minutes against goaltender Andrew Braithwaite of Kingston, Ontario. The junior forward, Pat Kimball, fought back, scoring an unassisted goal lowering the deficit by just 1. However, with only thirty seconds left in the first period Eagle player Brock Bradford scored a goal, bringing the score to 3-1, Eagles. Overall, Braithwaite blocked a total of 12 shots in the first period. The second period remained fairly uneventful as neither team shot any goals, but both teams shot 7 times each. The third period sealed the deal for the Eagles when Brain Gibbons scored early in the period. Goalie Joe Cannatta blocked a total of 15 shots during the last two periods. There was a total of 12 penalties throughout this game, 9 against the Warriors. Warrior fans left in thinking that the players were in trepidation of the Eagles this first game; however, things changed Friday as the Eagles skated onto our ice.

Halloween at the Lawler Arena was a different story; the Warriors presented their audience with a zest to win early on. Merrimack's Robert Ricci of Brampton, Ontario scored the first goal for the Warriors within the first 4 minutes. Assists were made by the junior Chris Barton and the freshman Karl Stollery. The Eagles retreated with a goal about two minutes later. Kimball, quick to fight back, shot two minutes after BC's Paul Carey, gaining the advantage in the first period. Kimball was assisted by sophomores Francois Ouimet and Joe Cucci. In the second period,



Pat Kimball puts one past BC's netminder John Muse

~photo by Michael Salvucci~

both teams scored a goal each. Kimball scored for Merrimack with assists from Freshman Jesse Todd, and, again, Francois Ouimet. The warriors were leading by 1 entering the third period. However, the tables turned when BC's Brad Brockford tied the game 3-3.

The intensity in the arena grew as the overtime clock began. It was quick, yet painful for Warrior fan's and players to witness as the Brockford broke the tie at 3:27 in overtime, giving the BC Eagles the 4-3 win over Merrimack. Kimball was noted as a star in this game, scoring two goals. 8 out of the 11 penalties were against the Warriors proving that they fought their hardest to win. This game kept fans and players on the edge of their seat until the final goal.

The Warriors last defeated the Eagles on February 15, 2003, which was 18 games ago. The score was 6-1 Warriors, at the Lawler Arena. We all look forward to the next game against BC because with the passion and ability exerted at Friday's game, we are surely close to a win against them! They play BC next on Friday, November 14 at 7 p.m. at the Lawler Arena.

Merrimack is currently ranked 9th in Hockey East Division 1, with a record of 2-4-1. The Warriors next home game is this Saturday, November 8th. Our warriors face the fourth-ranked team, University of Massachusetts. Come cheer them on, listen to the jazz band, and hopefully, watch a win!

## Football shows strength despite loss

*Continued from page 10*

The Warriors' defense had a terrific game as they were able to make plays and force turnovers all game long. Above the rest stood out freshman pass rusher Tony Johnson as he had 4 tackles, 3 sacks, and 2 forced fumbles. Johnson now leads the entire conference in sacks with 11 and 4 forced fumbles which is astounding for a freshman. Interceptions versus Stonehill include senior cornerback Andrew Jackson, senior safety Mike O'Brien, and junior defensive tackle Bernard Cooper. O'Brien is second in the conference in interceptions with 5. Senior safety Jordan Rankine had 6 tackles and leads the team in tackles with 82. Senior linebackers J.D. Wild and Shane Brown have been assets all season long as they have respectively have 78 and 76 tackles. Junior defensive end Joe Joliceour sacked the Stonehill quarterback twice which brings his sack total to 6 and ranks him 2nd on the team.

Despite losing to #17 ranked AIC, the Warriors did not go down without an all-out gridiron battle. The Warriors in 3rd quarter were trailing 34-3 but they never lost hope. Tony Johnson's 45 yard touchdown interception was the spark that ignited a Warrior inferno that would not go out until the clock reached zero. In a somewhat unexpected move, Coach Perry decided to send senior corner Andrew Jackson in as a running back on the next offensive possession because of injury issues with the everyday running backs. The move was a great success as he hustled in the endzone on a 39 yard handoff. Then on defense, the Warriors held together like bricks in a brick wall as the AIC offense was forced to punt after just 3 plays. Five plays later, Jeremiah Watts enters the endzone on a Suozzo touchdown pass. The score was then 34-23 with just under 12 minutes left in the

4th quarter. Both teams defensively dug deep as they forced punt after punt as neither offense can grab an inch. Around 5 minutes left in the game Andrew Jackson makes another Devin Hester-esque special teams play as he dodged multiple tacklers over 75 yards to rumble his way into the endzone to make the score 34-29 and knock on the "impossible comeback doorstep". Jackson is the first player in school history to have 2 touchdown punt returns, and to score on offense, defense, and special teams in a season. With 2 minutes left in this memorable game, the Warriors behind Suozzo attempted a final assault. They are able to get into AIC territory but an AIC defender recovers a forced fumble from Suozzo and ends the drive. Even though the Warriors lost the game, they unleashed their true football firepower with 26 unanswered points in the 2nd half which in the end nearly dethroned the undefeated AIC after a visibly insurmountable deficit.

Interested in photography?  
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# A Kimball Celebration

Kimball has four goals and 5 points in seven games heading into tomorrow night's contest against the Massachusetts Minutemen.

~Story on page 11

Pat Kimball celebrates a goal against BC last Friday.

~photo by Michael Salvucci~