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The Beacon

Vol. XII Number 4

Friday, December 6, 2013

www.merrimacknewspaper.com

Mack Gives Back

Mary Unis '14
Staff Writer

Merrimack College set its alarm clocks early on Veterans Day morning to celebrate an annual tradition of service. Students, faculty, and alumni gathered on a Saturday to participate in "Mack Gives Back."

This event is a volunteer-based initiative geared toward giving back to local communities, schools, and public service departments. "Mack Gives Back" also helps students, faculty, and alumni to honor veterans and celebrate the Augustinian traditions that Merrimack has been built from; as it was just days before the birthday of St. Augustine himself.

This year, Merrimack had its largest number of participants yet, with 854 individuals joining in on service. Together, more than 7,500 hours were tallied and the progress was documented through pictures.

Participants from Merrimack quickly took to everyone's favorite social media outlets, Instagram and Twitter, to share their experiences by using the hashtag #MackGivesBack.

Hundreds of pictures were collected and posted on the Merrimack website to keep track of all the sites and services through a Twitter timeline of the days events. Students and organizations alike tweeted with pride as they shared pictures of their teams, organizations and peers.

See MACK

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Juniors Taushawn Tinsley and Alyssa Hope-Boudreau check out Christmas decor next to the Rogers Center after Tuesday night's tree-lighting ceremony
Photo by Lance Hill

Dining May Come to O'Brien

Andrew Fournier '14
Staff Writer

At the latest Mack Meeting in Cascia Hall students' concerns about dining service were addressed, with news of the potential for O'Brien Hall to be a new spot for the Merrimack community to enjoy a meal in the near future.

With congestion in Sparky's Place during prime lunch and dinner hours, many students have been disgruntled at not being able to get a substantial meal.

The lack of seating in Sparky's and the limited number of alternative places on campus to eat was a primary issue voiced at the Nov. 19 meeting with President Christopher Hopey. He and other administrators offered possible answers, which included renovating the first floor of O'Brien into another dining area.

Junior Evan Sweet was pleased to hear of it.

"Seeing I am living in the apartments, it will make getting food a lot easier," he said. "More importantly during the winter months as well, having a place in close proximity is more appealing to me."

Besides offering more seating, it would have a setup similar to what ZeBi has in the McQuade Library.

Hopey said dorm rooms would not be affected and they will not be removed once the change is permanent. If anything, it will help in clearing up a lot of See O'BRIEN

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Questions on the Quad

By Lance Hill '15
Where do you call home during the holidays?



Dionys Quezada '15
Lawrence, Mass.



Terarith Thay '15
Lowell, Mass.



Anderson Sanchez '15
Dominican Republic



Marc Vaccaro '16
New York



Kathleen Mooney '16
Connecticut



Colby Clutter '16
New Hampshire

Police Log

Nov. 17, 3 a.m.

Sergeant reports three non-students have been arrested: Antonio Reyes of Salem, trespassing; Mariah Terrill-Avery of Lynn, disorderly conduct and resisting arrest; Desmond Terrill-Avery of Lynn, trespassing, disorderly conduct and resisting arrest.

Nov. 18, 12:45 p.m.

Employee reports a confrontation with a suspicious male he believed to be a student who pushed him with his chest. Sergeant arrives at Cushing to talk to caller. At same time, student comes to Police Department to speak with officer about incident.

Nov. 21, 12:50 a.m.

Student complains about noise from a room in New Houses.

1:02: Officers speak to students who had been playing video games with volume high. Residents compliant.

Nov. 22, 2:50 p.m.

Res Life reports a complaint from a student about some-

one in the New Houses knocking on doors for a survey.

Nov. 23, 12:42 a.m.

Deegan West RA calls for alcohol assessment.

12:43: Officers arrive.

12:49: Sergeant requests North Andover Fire Department for unresponsive student

12:58: Sergeant reports NAFD on scene

1:25: Subject taken to hospital.

2:15 a.m.

Resident student comes into Police Department to report a past assault and battery.

Nov. 25, 1:37 a.m.

Student reports fight outside J-Tower.

1:39: Sergeant on scene requests Andover Fire Department be notified for male with laceration to forehead.

1:41: Sergeant requests officers to intercept subjects involved in altercation walking through O'Brien.

1:43: Officers with subjects in O'Brien quad.

1:52: Officer reports nonstudent taken to hospital.

Joke of the Week

Colin Flannery '14
Staff Writer

A guy walks into a bar with his pet monkey. He orders a drink and while he's drinking, the monkey starts jumping all over the place.

The monkey grabs some olives off the bar and eats them, then grabs some sliced limes and eats them, then jumps up on the pool table, grabs the cueball, sticks it in his mouth and swallows it whole.

The bartender screams, "Did you see what your monkey just did?" The guy says, "No, what?" "He just ate the cueball off my pool table - whole!" says the bartender. "Yeah, that doesn't surprise me," replies the patron. "He eats everything in sight, the little twerp. I'll pay for the cueball and stuff." He finishes his drink, pays his bill, and leaves.

Two weeks later he's in the bar again, and he has his monkey with him. He orders a drink and the monkey starts running around the bar again.

While the man is drinking, the monkey finds a maraschino cherry on the bar. He grabs it, sticks it up his butt, pulls it out, and eats it. The bartender is disgusted. "Did you see what your monkey did now?" "Now what?" asks the patron.

"Well, he stuck a maraschino cherry up his butt, then pulled it out and ate it!" says the barkeeper."Yeah, that doesn't surprise me," replies the patron. "He still eats everything in sight, but ever since he ate that damn cueball he measures everything first!"

Mack Tweets

Erin Hill@hillea

When you make an effort to look nice for a presentation and they don't even get to you.....k

Matt Hanson @Ultimatecleves

Got a blueberry muffin and there were too many blueberries in it #damn

Liz Markham @liz_markham

Squirrels are an instant mood changer

Chooch @Choochciullo

Its a lot easier to be negative! Challenge yourself and be positive! Life's good baby!

Sandwich @itsjaylefay

Gentleman suit up

@ Da_Viinci_CODES

The water I brought to my intramural basketball game ended up being rubinoff #IHateLosing



New Sparky’s Manager: I’m Here for Students

Choiwing Kong
Staff Writer ’15

Have you noticed some changes over the past few months at Sparky’s Place? Such as more variety in the dining options as well as more hands-on activities around the café?

That’s all thanks to Maegan Vinasco, who is the new retail/residential manager at Sodexo this semester.

Vinasco is managing the Warrior’s Den, ZeBi and Sparky’s Place. She has eight years of experience working to improve school cafeterias, and is confident that she will be able to make some significant changes at Merrimack.

Merrimack is the fourth college that Vinasco has worked on improving. Originally Vinasco managed three colleges around the Boston area, including the café inside the Cancer Research Building in Massachusetts Institute of Technology.

Food supply on campus is always a hot topic for students to discuss. Vinasco is very pleased with the feedback she has encountered thus far. She embraces both positive and negative feedback from students; she is determined to re-establish the relationship students have with their dining experience.



Maegan Vinasco

When asked about acting on recent feedback she said, “I am working to the best of my ability. Some things are not possible, but I am doing what I can. If somebody came to me with an idea, I’ll try my best to make it possible.”

She has already observed the food in dining hall and considers there to a number of different categories of food, including options for vegetarians. “The salad bar is wonderful, the cereal bar is great, I love everything here ... food here is served well, and we have great employees behind it,” she said.

Moreover, she will listen to students’ feedback and, she hopes, provide more options for students. “I’m basically here for your needs. I want to let students know I’m your gateway to get into the offices. Email me, talk to me, I’m in the dining hall all the time. I’m the one for students,” said Vinasco.

Since the majority of people who eat at Sparky’s are students, Vinasco really likes to listen to student’s opinions about what they want. “I’m going to re-make the menu, so if students come to me before next semester we can talk about what you guys want. I’m the voice of the students. Everything takes time, but I will definitely work for it.”

Also, Sparky’s will begin to offer jobs to students. “We are looking for reliable and responsible students to have a part-time job here,” she said.

So far, Vinasco enjoys her job as Sodexo manager at Merrimack: “I really like the school and the people here. Everyone knows each other. I’m trying hard to remember everyone’s name.”

Vinasco encourages students to come to her office to talk about the dining options at Merrimack. Feel free to talk to her, her office is on the right side in the entrance of dining hall. Email her if you have any ideas to share at: vinascom@merrimack.edu

School News



Cynthia ‘Sparky’ Oullette, left, who has been on medical leave from the cafeteria that bears her name, popped into a Warriors basketball game in late November to chat with friends, including Kathleen St. Hilaire, associate director of alumni relations.
Photo by Lance Hill

Students Get Chance to Best-Buddy Up

Teresa Polli ’16
Staff Writer

Best Buddies was founded in 1989 by Anthony K. Shriver. Since then it, has expanded to almost 1,700 middle schools, high schools, and colleges worldwide.

This nonprofit organization pairs students with a buddy who has developmental disabilities.

Merrimack gives students the opportunity to join this program and a way to do service, be a part of the community, and most importantly to form friendships.

After being matched up with a buddy, students are expected to contact them once a week, and meet up with them at least twice a month; becoming a “Peer Buddy.”

Merrimack also gives students a chance to become an “Associate Buddy.” Instead of being paired with one student, a student is asked to attend events hosted by Merrimack.

Once a month, Best Buddies throws a party on campus that provides food, music, and different themes. This program gives students the chance to not only make a difference in their own lives, but in others’ as well.

To sign up for Best Buddies you go on best-buddies.org and fill out a college member’s application. Once you are signed up you will be added to an email list and you will be updated on future events and meetings.

Kickoff Event Previews Relay for Life

Colleen Quinlan '15
Staff Writer

On Nov. 20, Merrimack celebrated the kickoff for Relay for Life. Relay for Life, held on campus every spring, is an organized, overnight community fundraising walk, a 12-hour event in which team members are constantly in motion to raise money for the American Cancer Society.

It is a family-friendly event that provides food, games and activities. The opening ceremony kicks off with the Survivors Lap, in which all cancer survivors at the event take the first lap to celebrate their victory over cancer. Then comes the Luminaria Ceremony, to remember those who have lost their lives to cancer, honor people who have fought cancer, and support those



who continue to fight. Candles or glowsticks are lit and set inside personalized bags, which are placed around the track.

At the kickoff students are able to play games, buy T-shirts, sign up to create teams and talk to some of the committee members about any questions that concern them.

The four chairs this year are Bridget Gilroy, Ben Knox, Victoria Ellis and Brianna Decina. There are also subcommittee chairs who have a role in activities, food, recruitment chair and their general committee.

The Relay for Life theme this year is the the 1990s. “We are trying to make a thing in the past, just like the ’90s,” Gilroy said.

Relay has grown since Gilroy was a freshman, she said, with only 25 members on the committee then, and now more than 100.

“Everyone is there for a good reason, everyone is there for each other and can relate to one another. We are fighting back against a disease that has affected our lives,” she said.

Some of the events that take place during Relay are: Frozen T-shirt Contest; Jail Break, in which you put your friends in jail; Musical Chairs; Scavenger Hunt;, and Mr. Relay, a brief talent contest.

“We are all so passionate and aggressive to fight back against cancer, it comes naturally to get excited for an event like that” Gilroy said.

She said it is supposed to be a positive event. “We do remember what happened to us in the past, but we also celebrate now with the doctors and researchers who are looking for a cure,” she said.

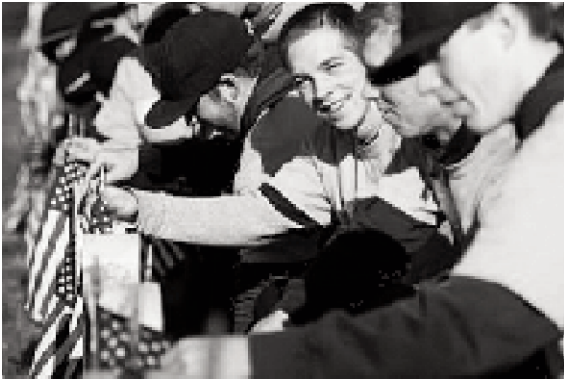
Relay for Life will take place from 6 p.m. to 6 a.m. April 4 in the MPR. This year’s goal is raise \$50,000; to so you can join or create a team as well as donate to the American Cancer Society at www.relayforlife.org/merrimack.

Mack Gives Back 7,500 Hours

MACK
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Participants were sent to surrounding areas to volunteer with everything from raking leaves to packaging meals.

Sara Hicks, the director of Residence Life at Merrimack, was very pleased with the turnout. “It was so great to see the whole Merrimack community (students, faculty, staff, alumni, and others) participate in this event to help honor our Veterans and celebrate St. Augustine. People often talk about the sense of community that exists at Merrimack and a day like Mack Gives Back shows our community in action!”



Dining Coming To O'Brien?

O'BRIEN
Continued from Page 1

the crowded space in Sparky’s , seeing it is meant specifically for more seating.

Current O'Brien resident Ben Bahe is looking forward to the addition. “It would definitely be beneficial for people who cannot make it to the cafeteria during its usual hours of operation. I personally believe students always want more variety on campus,” he said.



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Shuttle Service Serves Local Hotspots

Sean Talbot '15
Staff Writer

Allison Pukala is in charge of the Merrimack Shuttle Transportation Services, a new system used to help students get around Andover safely. She recently answered some questions from the Beacon about its operation:

Q: What is the shuttle called and when did it start?

A: The Merrimack Shuttle, and it has been in place since last spring.

Q: Where does the shuttle take you?

A: Andover Train Station, CVS, Market Basket Plaza, The Loop

Q: Does it cost anything?
A: It is free to Merrimack students

Q: What times will the shuttle be running and on what days? Also where will the shuttle pick you up/drop you off?

A: Times haven't been decided yet, but Friday to Sunday pickup at Cascia Hall

Q: How many people will it fit?

A: It is a normal Merrimack van, so 10 or so people

Q: How often will the shuttle run? Every half hour or hour?

A: Times have not been set up for next semester but will be announced when students get

back to campus in the What's Up, on OSI's twitter Merrimack_OSI and on flyers around campus.

For the holiday break students can request a shuttle to the Andover train station or the Logan Express at the Woburn station here:

https://docs.google.com/a/merrimack.edu/forms/d/1oMJk9Zwo6u_LKCqLhwaHd-RKuceRCZe-r_rP8FL-AK4/viewform

and shuttle current info is here:

<http://www.merrimack.edu/campuslife/gettinginvolved/transportation.php>

Merrimack is looking for more van drivers — students who are 20 years or older can email Pukalaa@merrimack.edu for an application.

Series of Events Set for Senior Sendoff

Schuyler Watkins
Associate Editor-in-Chief '14

Attention seniors: If you thought the first semester flew by, just wait until the second. Time is not in our favor, nor does it seem to slow down for us to enjoy the remaining months we have to spend with one another. As we approach second semester, we must realize that there are only five more months (not including the month of winter break) of college life left.

Luckily for the seniors, Merrimack's student council has annually arranged a "senior sendoff week." From May 13 to 16, seniors are offered a variety of activities and events that help make their remaining days at Merrimack ones to be remembered. These four days before graduation consist of on and off campus events including a trip to Mohegan Sun, a night out in Boston at Jillian's Bowling Lanes, Odyssey Harbor Cruise in Boston, a field day, barbecue, and carnival on campus.

Leading up to graduation and senior week, the

class of 2014 is also presented other great events. Feb. 7 is the 100-day mark until graduation. This monumental event invites the senior class to celebrate their final 100 Days as Merrimack students with dancing, music, and a cash bar. Tickets for 100 Days are \$15.

Along with 100 Days to Graduation, is of course, the senior formal. This year's formal will be at the World Trade Center, across the street from the Boston Seaport Hotel, where students are encouraged to stay for the night. The senior formal is another fantastic night of dancing, a cash bar, and friends. Senior formal tickets are \$90 a person.

Class Council President Marissa DePaolo urges all seniors to be present during all the great events planned. "This year's senior week events consist of a lot of thought and planning! As a council, we wanted to make sure senior week would leave a lasting impression on your experience here at Merrimack and remind you of your Merrimack family."

Senior week packages are now on sale. The

package includes all events that take place between May 13 and May 16 as well as room and board on Merrimack's campus for the week, and a free Merrimack senior pinnie! The package is \$250 when ordered by Dec. 13. Any payments received after Dec. 13 are \$300, so be sure to order yours soon!

For further questions, contact Marissa DePaolo, Kathy Vaillancourt, or Allison Pukala.



Comm Graduates Return With Tips

Ted Chen '16
Staff Writer

Two mass communication graduates recently returned to campus to give speeches to their classroom successors.

Mike Romanella and Ashley Costa both graduated last year. Romanella works at an ad agency, where he edits and produces advertising for cars. While at Merrimack, Romanella was interested in video production. He took every communication production class Merrimack offered, and practiced his skills on numerous video production softwares, including Final Cut Pro, iMovie, Photoshop, and Adobe.

Having knowledge of these programs gave him a huge advantage over other candidates and helped him get the job he wanted, he said.

Costa is a video producer, editor and web designer at Everett Community Television. She previously worked at Boston Jam'n 94.5 Radio Station as an information designer. Unlike Romanella, Costa didn't know she was interested in video production until her senior year. However, taking all kinds of classes really helped her to discover what she really liked to do.

Both Costa and Romanella agreed that internships are crucial. Romanella had his first internship his freshmen year with ESPN. He also had a few other internships and worked through his college career. He wrote for The Beacon for three years.

Costa started her first internship in a local media company during her sophomore year. She and Romanella highly recommend going out and searching for internship opportunities early.



Little fans took to the parquet during halftime at the women's hoops game against Franklin Pierce on Nov. 23.
Photo by Lance Hill

MERRIMACK’S MOST INTERESTING PERSON

Matt Hanson

James Sardella ’15
Staff Writer

This issue’s Most Interesting Person is Matthew Cleaves Joseph Hanson. You may recognize him around campus by his iconic thick facial hair. Originally from Salem, Mass., but current resident of Peabody, Mass., Matt is a junior majoring in psychology and minoring in business. He is the younger of two siblings, the other being his 32-year-old sister Elissa, who lives in Florida. Matt attended and graduated from Malden Catholic High School.

During his years in high school Matt threw shotput for the track and field team and in his senior year he was given the rank of field captain. Now at Merrimack, Matt is daytime programming chair on the Merrimack Programming Board, is a committee member for Relay for Life, secretary for the Poker Society, a member of the orientation staff for the Class of 2017, plays on the Ultimate Frisbee team, and if



you have ever been to the on-campus apartments, you may have seen him while wandering about because he is also a resident advisor.

When asked why he chose Merrimack over other colleges, Matt replied, “I really like that the

classes are small so there is more interaction with the teachers and since we are such a small school you could walk around and see friends. As much as I enjoy building new relationships I also enjoy having a ‘tight-knit family’ group of friends.”

You may be wondering why someone decided to get so involved in on-campus organizations. When asked about it, Matt stated, “I do it because I enjoy meeting new people, I like to see people enjoy the school as much as I do through the groups I’m involved in, and I like to make a difference. I feel through all the involvement, we come together and enhance our own experiences here.”

Of all the clubs and organizations he is a part of, Matt began his journey into student involvement during his freshman year when he signed up for Ultimate Frisbee. Matt mentioned, “Since I enjoy the ability to do new things and meet new people, I wanted to keep doing that so I decided to look into what other involvement groups were offered at the college and it was all

uphill from there.” Matt believes that he is enhancing his student years to the best of his abilities and he will continue to do so until the day he graduates.

If Matt were to give advice to any student, Merrimack or otherwise, he would say, “No matter where you go, it may be weird at first to get involved mainly because you may not know those people you’re going to be with but if you stick with it, learn your group, make a difference, and further the involvement of yourself and the involvement of the group you will not only increase how great your college experience is but you might also brighten someone else’s day and cause them to do the same.”

Be on the lookout for Matt around campus. If you don’t see him going from class to class, you can usually find him running Wacky Weekday events for MPB on Main Street, throwing around with the rest of his Frisbee team, or just hanging out and keeping the peace over in the apartments.

Bio-Patch Helps With Bone Problems

Jimmy Callens ’14
Staff Writer

For anyone who has had bone issues, help is on the way.

For those who don’t have enough bone to support dental implants, who are missing bone due to a birth defect, or who have suffered bone-damaging injuries, the bio-patch could be the solution.

Scientists at the University of Iowa made the bio-patch. It is an implantable collagen patch seeded with particles of synthetic DNA. The DNA instructs the patient’s own cells to produce the appropriate proteins necessary for bone growth.

The patch takes on a scaffolding-like structure and is shaped to the size needed for repair. The activating protein is PDGF-B, which enhances bone regeneration.

The patches were tested on the skulls of animals in a period of about four weeks. The patch-animal results were then compared to that of the control group (those without the patch). The researchers found that the plasmid-seeded bio-patch grew 44 times more bone and soft tissue in the affected area. That is 14-fold higher than the affected area with no manipulation.

The patch is said to be unlikely to cause an immune response, and should be relatively easy to produce in large amounts.



Tripoli Offerings a Sweet Deal

Ashley Yenick '14
Copy Editor

Tucked away in the Zinga Shopping Center on Turnpike Street across from Merrimack stands Tripoli Bakery & Pizza. Other students had raved about Tripoli, and it sparked my curiosity to try what they had to offer. Tripoli Bakery has four stores in the region, in North Andover, Lawrence and Salisbury, Mass., and Seabrook, N.H.

Not only does Tripoli allow Merrimack students to use their Mack Cards, it also offers limited delivery to Merrimack (with a minimum order of eight slices of pizza) and you can order online or by phone. Tripoli specialties include breads, cakes, cookies, pizza and pastries. The pastries and breads are made fresh daily, and the pizza is made fresh to order. Walking into Tripoli, you'll be aston-

ished to see the display cases in the bakery section filled with homemade pastries, cakes, and cookies. Serving customers for over 80 years, Tripoli knows a thing or two about making great food. I was able to taste-test a whoopie pie from Tripoli bakery. Filled with crème and topped with powdered sugar, this sweet delight was definitely one for the record books. Since it's so close to campus, it would be a great treat for either after finals or after class. Tripoli gets an A+ from us!

Tripoli Bakery

542 Turnpike Street
North Andover 01845
(978) 682-0003
Saturday-Thursday: 8:30 a.m. to 11 p.m.
Friday: 8:30 a.m. to 1 a.m.
www.tripolibakery.com



Tripoli has a variety of pastries, including whoopie pies and cannoli.
Photo by Ashley Yenick

COOKING FOR COLLEGE Thumbprint Cookies

Brea Lucci '13
Staff Writer

Growing up, I always enjoyed making these cookies because it meant that I could press my thumb into the dough to make space for the delicious jam that would soon be baked into the cookie. This recipe is easy and fun for all ages!

- 1 cup sugar
- 3 1/2 cups flour
- 1 teaspoon of pure vanilla extract
- 3 sticks of unsalted butter
- 1/4 teaspoon salt
- Powder sugar for decoration
- Jar of strawberry, raspberry or orange jam (homemade jam is preferred)

Make sure that all the ingredients: eggs, jam, butter are all room temperature to make it easier for the ingredients to mix together. Preheat the oven to 350 degrees and get a big bowl to mix butter, sugar, and

vanilla. In a separate bowl have the flour and salt. Slowly incorporate the bowl with the flour and salt with the big bowl with the other ingredients. Mix everything together and get into a dough type texture. Take parchment paper and dump the mixture onto the parchment paper and roll to make flat disk shape, no exact measurement for flattening the mixture. Then cover in plastic wrap and leave in fridge between 30-40 minutes. After the dough chills roll the dough into ball shapes; I like to use mini ice-cream scoops because its the perfect way to measure without worrying too much. Make sure you have an ungreased cookie sheet and press your thumb lightly into the middle of the dough ball shape and drop add jam into the imprint of each one. Do not add too much jam so that when it bakes it overflows. Bake cookies for about 20-25 minutes until lightly golden brown on top. When cooled I like to put powder sugar on top to add a bit more sweetness, and then serve.



Sparky's For Gourmets

Karamarie Joyce '15
Editor-in-Chief

A big difference between navigating your home kitchen to your school cafeteria is knowing how to make use of what is available to you. At home if you don't like what Mom cooked for dinner, you know your kitchen well enough that you are able to find different ingredients to make something more desirable to your taste. The same goes for Sparky's Place. Here is a list of tasteful treats that can easily be made right here at school:
English Muffin Pizza
Toast an English muffin (or bagel). Add tomato sauce from the pasta bar. Sprinkle shredded cheese on the English Muffin from the salad bar. Place the pizzas on the grille, but you must hold the top up!
Quesadilla
Grab a quesadilla shell from the sandwich bar. Add shredded cheese from the salad bar. Add whatever you want for toppings. Toast in the grille.
Reese's Shake
Half cup chocolate/vanilla soft serve ice cream. Spoon full of peanut butter. Fill the rest of the cup with chocolate milk. Stir to perfection.

Ice Cream Floats
Fill plastic cup halfway with vanilla soft serve. Pour root beer over the top. Try vanilla and Fanta as well as Coke and chocolate.
Ice Cream Sandwich
Heat two cookies on a plate in the microwave – located next to the toaster. Then add a scoop of your favorite ice cream in between.
BBQ Chicken Melt
Collect two pieces of bread from the sandwich line, followed by two pieces of chicken from the grill. Chop the chicken into bite-size pieces. Spread the chopped

chicken along the bread. Add cheese from the condiment area. Spread BBQ sauce on the contents. Place under the panini press until cheese melts.
Cheesy Fries
Collect a scoop of fries from the grille. In the salad line take three scoops of the shredded cheese. Spread over the fries, microwave for 45 seconds until melted.
Buffalo Chicken Salad
Prepare a salad of your choice. Collect a piece of chicken from the grille. Chop up the chicken and mix in a separate bowl with hot sauce (at condiment station). Pour into salad using second bowl to shake the flavor together.
Chicken Parmesan
One piece of grilled chicken. Cover in pasta sauce. Sprinkle shredded cheese. Let heat under the panini machine until melted
Pasta Primavera
Grab a plate of plain pasta (any noodle will do). Add parmesan cheese, broccoli, carrots, salt, pepper, and olive oil.
Custom soup
Fill a bowl halfway with pre-prepared soup. Walk to the salad bar and add in beans and vegetables. Add rice or pasta, available most nights by pasta station. Microwave until hot.
Breakfast Parfait
(located in the salad bar during breakfast hours) Combine plain yogurt with sliced fruit, cereal, and honey. Use a transparent glass and layer the ingredients for the most impressive effect.
Fiesta Salad
(On the cafeteria's taco night)
Fill a bowl with iceberg lettuce. Add beans, salsa, and sour cream. Crumble in two taco shells.
Nachos
Layer beans and cheese on the bottom of a bowl. Microwave until melted. Dip in potato chips, toasted pita bread, or tortilla chips.