Colleen Quinlan '15
Staff Writer

On Oct. 28 Merrimack College welcomed CBS News’ Lara Logan to speak at the Rogers Center for the Arts. Logan, chief foreign affairs correspondent for CBS News and a correspondent for CBS’s “60 Minutes,” spoke of one horrific event specifically that changed her life and her career.

On Feb. 11 in Cairo’s Tahrir Square, when Logan was covering a mob that had formed in Egypt’s capital, she was surrounded by more than 100,000 people in the square. As she tried to focus on the camera and deliver a story, members of the crowd turned on her and sexually assaulted her.

“I did not do a talk show or write a book about it. Instead I decided to speak out honestly and talk about it from the start,” Logan said.

She didn’t seek to gain anything from talking about that tragedy, she said, but wanted the world to know that she was not just attacked, but sexually assaulted. “I felt if I did not share with everyone what happen, it would be my dirty little secret,” she said.

After the horrific event she was hospitalized, then chose to take time off to recover in privacy with her family. She decided to break her silence in an interview on “60 Minutes,” in which she opened up from the start on what happened to her.

“When I think back to that night, every moment from start to finish was clear to me with what was going on,” Logan said.

The incident involved 200-300 men assaulting her by touching and grabbing her, eventually tearing off her clothes completely. “I did not even know that they were being thrown at me with flags and sticks because I could not feel it, because I believe all I could feel was their hands raping me over and over again,” she said.

Logan told the Merrimack audience that during her attack she was screaming, hoping the men would stop or someone would stop them, but the opposite happened.

She was fighting for about 25 minutes and did not think she was going to live once her and her bodyguard were separated, she recalled. During the attack she went numb and focused on fighting because her two young children at home in Washington needed her, and she needed to see them again, she said.

Logan was rescued that night by a woman dressed head to toe in a black religious robe. The woman put her arms around Logan and told her tight in hopes the men would back away, and they eventually did. The only thing Logan can remember was the eyes of the black-robed woman staring at her, calming the overpowering fear she had felt for her life. After some time being protected by this woman, she was rescued by a group of Egyptian soldiers and reunited with her team.

Logan told the audience that night she was speaking out to help end the code of silence surrounding sexual assault on female journalists overseas.

Tim O’Leary, a junior who attended Logan’s speech, said he enjoyed Logan’s honesty and her incredible story.

“It was great to have someone as prestigious as Ms. Logan to speak at Merrimack,” he said. “She is a wonderful reporter who helps bring events of the world to our attention. She offered an amazing insight into the world we live in; I hope to have a taste of her experience one day.”

Logan continues her tour all over the world to share her story and act as a voice to all female journalists who have felt the pain of similar experiences.

New Center Promotes Student Writing

Bridget Gilroy ‘14
Staff Writer

Finding a place to let your creative energy flow can be difficult. A dorm room or a public area like the library can be distracting. But there is a place on campus that opened in September where a student can focus and let his or her imagination take over.

The Writers House was designed as a place for faculty and students of any writing background are invited to spend some time there. Students want to make it, Cohen said. "Here, students, faculty, staff and the wider community can be inspired by top-notch writers and thinkers, such as Pulitzer Prize-winner Gail Caldwell, U.S. Poet Laureate Robert Pinsky, renowned civil engineer Henry Petroski, and MacArthur ‘Genius’ Award winner Anna Schuleit Haber.”

On Nov. 13 at 3:30 p.m. the house will host a tribute to Seamus Heaney, an Irish poet and writer who passed away this year. Students are encouraged to bring one of Heaney’s poems or translations to read aloud. On Nov. 21 at 7 p.m. the first "coffeehouse" will be taking place; students can publicly share a poem, song, film or any other project they have been working on.

Senior Robert Cannella is an intern for Writers House as well as the managing editor of the college’s online literary journal. “The thing I want to stress is that the Writers House is what we as students want to make it,” he said. “We’re always open to new people coming by, and we would love to hear new ideas about events or services we can offer.”

The Writers House can be found on Cullen Avenue, past the Dunkin’ Donuts, at the last entryway into the new athletic complex. It is open Monday through Thursday 9 a.m. to 9 p.m. and Fridays during the day.

For more information, check out the Facebook page Facebook.com/MC Writers House or email WritersHouse@Merrimack.edu.
Questions on the Quad

By Lance Hill '15

What’s Your Favorite Thanksgiving Dish?

Andy Basil 13
Stuffing”

Alyssa Hope 13
“Carrots and turnips”

Carlton Allen 13
“Turkey sandwiches”

Caitlin Harinois '13
“Mashed potatoes and egg nog”

Vernell Laroche '15
“Honey Ham”

Police Log

Oct. 27
12:43am General Disturbance
Units respond to rowdy group of students. Group addressed and dispersed.

Oct. 31
12:33am Monican North Hall disturbance.
Units respond to a fight. Unable to locate individuals upon arrival.
11:35pm Deegan East arrest - Two male non-students arrested for being minors in possession of alcohol and transported to North Andover police station.

Nov. 2
11:57pm Lot 8 suspicious Person/Vehicle/Activity
Three non-students were issued oral trespass orders.
01:02am Andover Arrest
Three male non student in custody for trespassing, disorderly conduct, and resisting arrest. Males transported to APD

Nov. 3
01:15am Townhouse Lane
Suspicious Person/ Vehicle/Activity A male student in custody for domestic abuse and transported to Andover police station
01:49am Warrior Village
Female with severe facial injuries taken to LGH.

Joke of the Week

Colin Flannery ’14
Staff Writer

There’s this penguin who walks into a bar and asks the bartender, “Hey barkeep, do you have any grapes?” The bartender says, “No we don’t serve food here” so the penguin leaves.

Five minutes pass and the penguin walks back into the bar and says, “Barkeep! How about some grapes”? The bartender says, “No I just told you, we don’t serve food here”. Again the penguin leaves.

A few minutes pass and the penguin returns to the bar and says, “Barkeep! I’d love some grapes”. The bartender says “Listen buddy, if you ask one more time for grapes I’m going to nail your beak to the bar!” So the penguin leaves.

About 10 seconds later the penguin walks back into the bar and says, “Barkeep! Got any nails?” The bartender looks at the penguin and says in a puzzled tone, “I don’t think so.” so the penguin says, “In that case, how about some grapes”?

Mack Tweets

Michael Reed
@reeding_rainbow
Best riot on a Wednesday Merrimack has ever seen #fact

Gulie Jormley
@gormstormz
Touche Merrimack , homecoming was awesome

Kara Orr
@karorr25
Daily struggle at Merrimack is not to get hit by long boarders

Erin
@shilea
Didn’t think that heelys were still a thing until I saw a Merrimack COLLEGE student riding though the sak #comeon

It’s EJ
@Emec22
Halloween: a fathers worst nightmare
Warriors Hoof It for Haiti Relief

Andrew Fournier 14'
Staff Writer

On the morning of Oct. 26, the Merrimack community came together at Austin Hall for the 2nd Annual Homecoming 5K race. The proceeds from this event fund The Merrimack College Haiti Learning Service Initiative program.

More than a hundred students, faculty, and alumni were present to help contribute to the cause. The race began at Austin Field, by the Collegiate Church and went all throughout campus with the finish line being back at Austin Field.

This successful day not only saw everyone having a great time, but the contributions were overwhelming from each individual. About two thousand dollars in donations were collected, the support was simply tremendous. Senior Katie Martin participated in the event on this day and was very pleased with the outcome.

“It was really nice to see everyone from athletes to the alumni come together at an event which has been significantly growing over the past couple years. This is one of the best ways that the Merrimack community can come together for a greater cause,” Martin said.

Merrimack’s Haiti Learning Service Initiative collaborates with Project MediShare and the people of rural Haiti to help them increase their access to health care and development services.

Merrimack’s athletic training and civil engineering programs both contributed to this in many ways. They focused on increasing healthcare capacity for musculoskeletal injuries and increasing access to clean, drinkable water to further make the lives of those in Haiti that much better.

Merrimack has planned a trip to visit Haiti on Jan. 5. Anyone who interested in going on the trip can apply. With all the money that was raised, the fourth upcoming trip should be potentially the most successful trip thus far, organizers said.

Thousands Join in Homecoming

Mary Unis ’14
Staff Writer

Merrimack College alumni and undergraduates alike came together last weekend to eat, drink and be merry while embracing their Warrior pride.

Homecoming weekend kicked off with the annual “Mr. Merrimack” competition that showcased a few of Merrimack’s most interesting male students in a glorified beauty pageant. Sophomore Max Zhang took home the crown after he won over both the judges and audience’s hearts with his cover of Josh Grobin’s “You Raise Me Up,” remixed with a rap-ballad by Linkin Park.

Last year’s Mr. Merrimack winner, John Pellerin attended the competition to pass on his royal title to Zhang. “The competition was great, and Max really deserved the crown,” said Pellerin.

When Saturday morning rolled around, Merrimack’s campus was quickly flooded with people of all ages and walks of life. Alumni from years passed along with current students and their families gathered in the Sakowich parking lot to bask in their Merrimack pride.

Each group had their own menu for the day, and most everyone was willing to share with their neighbors and people walking through.

The tailgate proved to be family friendly with the “Carnival Fun Zone,” which consisted of inflatables, rides and face painting open to all. The tailgate was hard to ignore as Merrimack provided a D.J. that kept the groups entertained with music and prizes throughout the day.

The exciting atmosphere of the homecoming tailgate made for the perfect pre-requisite to the Merrimack football game. Here the Warriors faced their conference rivals, Bentley University. Hundreds of people flooded into Merrimack’s home stadium to watch the Warriors take home a big win for the squad.

Lunch was served as a catered barbecue, along with an attached beer garden for the 21+ crowd.

Year after year, Merrimack seems to draw in an even bigger crowd than the previous. From just a mere 300 people years ago, to now thousands of alumni, parents, and students, Homecoming weekend clearly knew how to impress the crowd.
**Dip Into This Veggie Appetizer**

*Brea Lucci ‘13  
Staff Writer*

Fall is here and so is Thanksgiving. For those who are celebrating the holiday or just spending time with their loved ones; this dip is perfect for company! This dip is easy to make and budget friendly.

**Ingredients**

1 to 2 cups of thawed, chopped frozen spinach. (For frozen vegetables; there are usually deals when buying two bags; you can keep one in the freezer for later.)

1.5 cup of artichoke hearts chopped. (I use Pastene artichoke hearts in the can that has oil and herbs; it gives the dip a more smooth texture and adds more flavor.)

8 ounces of whipped cream cheese.

One-quarter cup of miracle whip (if you do not mind the calories, you can use regular mayonnaise.)

One-quarter cup of light sour cream (again, you can use regular instead of light)

One-third cup of grated Parmesan (if the dip appears too watery and not thick enough, add more cheese)

One-quarter teaspoon salt

One-half teaspoon red pepper flakes

**Directions**

1. Boil spinach and chop them up finely.

2. Chop the artichoke hearts and drain both the spinach and artichoke hearts too keep the dip from getting too watery.

3. Discard liquid. If you want you can add a bit of the oil from the can artichoke hearts.

4. Heat the whipped cream cheese in microwave for a minute or until soft to make it easy to incorporate with the other ingredients.

5. Stir in rest of ingredients. I like to put the dip in the oven at 325 degrees for about ten minutes or until hot and at the last five minutes put extra parmesan cheese on top of the dip.

Serve dip hot and with toasted bread; crackers or chips.

**New Hamel On Way**

*Modular Building to Host New Array of Services*

*Teresa Polli ‘16  
Staff Writer*

In three short months, the fenced-in area taking up a section of the St. Thomas Parking Lot, just down Walsh Way, will be replaced by the new Hamel Health Center.

Some time in January a modular building, which is a building that is constructed offsite then transported to its location, will be delivered to the Merrimack Campus. As a result, the “construction” of the new Hamel Health will be quick and efficient.

Along with a more convenient location, the new health center will provide the Merrimack community with new services.

These services include a peer education group, a stress reduction group, a student health advisory board, collaboration with Campus Ministry on TALL (Talking About Life and Loss), a 24-hour phone counseling service, and a new appointment system that will make scheduling appointments more efficient.

These new services provided have the campus buzzing. “I can’t wait till January, when I can go to Hamel Health whenever I need to, not having to worry about a long wait,” said sophomore Alexandra Kelly.

The old Hamel Health building is now closed.  
*Photo by Alexandra Maas*
Little Shop of Horrors

By Kali Tudisco ’15
Staff Writer

On the surface, it’s the story of an enormous, carnivorous alien plant. Upon closer examination, it’s the story of how temptation can drive even the nicest of people to commit evil deeds. No matter how you see it, it’s a hilarious dark comedy that is not to be missed—Little Shop of Horrors, this year’s musical from the Merrimack College OnStagers!

The show’s plot centers around Seymour Krelborn (Mike Senonelli), a meek young man working in a failing flower shop in the early 1960s. Every day, he puts up with the verbal abuse of his boss, Mr. Mushnik (Josh Cann- ner) and pines after his battered co-worker Audrey (Kali Tudisco) while wondering if he will ever find any higher purpose to his life.

Seymour’s fortune changes rapidly, however, when he discovers a “strange and interesting plant” that draws swarms of customers to the store and makes him famous. The only complication is that the plant has a rather unusual diet—it requires blood to stay alive, and it’s always growing...

Most of Little Shop’s rollicking musical score, composed by Alan Menken, is directly inspired by ’50s and ’60s Motown music. Singing and dancing with all the pep and sass of a 1960s girl group, three streetwise urchins (Moriah Goldblatt, Michaela Lonati, Lissette Schum) watch the action unfold and often provide commentary to the audience in the form of an all-knowing Greek chorus.

As a duet for Audrey and Seymour, the power ballad “Suddenly Seymour” is one of the show’s best-known songs—and, on a completely different note, the tango “Mushnik and Son” provides some of the musical’s greatest comic moments.

As usual, this year’s musical is directed by Father Richard Piatt, who modeled his vision for the show after the aesthetics of ’50s and ’60s comic books and B movies.

Though its plot is supernatu- ral, Father Piatt points out that Little Shop addresses some very real social dynamics of the early ’60s.

“The play takes place just before the Kennedy assassination, a time when American society was about to reach a cultural boiling point,” he explains.

“The racial, political, sexual, cultural, and artistic changes on the horizon would change the nation forever, and I find it fasci- nating how the play deals with that threat to the status quo through the use of a monster from outer space. It is a light musical comedy with some seri- ous things to say about race, music, status, culture, and capi- talism.”

In addition to Father Piatt, musical director Phil Naroian, choreographer Emily Salvi, and stage manager Danielle Woods have all been instrumental in bringing the show together. The cast is quite small, composed of only 16 undergraduate and graduate students, many of whom appear in multiple roles.

Not only are the singing, danc- ing and acting superb, but the show also presents some truly impressive visual displays involving the infamous plant, pup- peteered by Nathaniel Vilandre.

FAA Relaxes on Electronics

Jimmy Callens ’14
Staff Writer

Are you planning on going on a plane any time soon? Maybe for a holiday trip to see friends and family? Well things just got a bit easier. The Federal Aviation Administration (FAA) decided to ease their regulations against airline passengers from using their personal electronic devices (PEDs) during the flight. On Friday (Nov. 1st), the Jet Blue flight 2302 from JFK to Buffalo was the first commercial flight to allow passengers to use their PEDs gate-to-gate.

The change took surprisingly long, 47 years. The first reg- ulations were issued back in the 60’s. And the main worry then was with radio transceivers interfering with the naviga- tion systems. Later technology made the navigation systems less vulnerable.

Although less vulnerable, airlines might still restrict PED use on rare conditions (i.e. low visibility means the pilots must rely on radio beacons). In flight calls will still be prohibited do to FCC restrictions on airborne calls.

The final decision on the matter was based on surveys from: airlines; aviation manufacturers; passengers; flight attendants; pilots; and the mobile tech industry. New guidelines were sent out to airlines and many can meet the standards. Not all of them will meet the standards, however, since not all airlines are modernized.

Some Get Around on Blades, Boards

Sean Talbot ’15
Staff Writer

Have you ever seen that stud breezing by you on your way to class? The first thing you think is how is he walking so fast but then you realize he’s sporting an awesome pair of rollerblades. Many students have begun using blades to make his commute a faster and in a more efficient way.

If you look for it on your way to class you’ll see many other methods of trans- portation. Bike, longboards and skate- boards are the main ways of alternative transportation. Over the past two years there has been a larger number of long boarders that have changed the game around Merrimack. They stride by the walkers along the academic walkways, leaving for class after them but getting there before them.

The amount of bike riders would in- crease if there were more bike racks around campus and outside the classroom buildings. While Merrimack is a safe school, most students don’t feel comfort- able leaving their gear out in the open. As of now there is only one bike rack set up for students which is located outside of the library, close enough to the academic buildings yet locking your bike up here would add more time to your commute taking away the purpose of using the al- ternate transportation in the first place. One thing is for sure and that is how the weather is slowly but surely bringing an end to all wheeled transportation.

While the cold and the snow is re- ally tough with the lack of sidewalks and plowed walk ways. James Keeley ’15, a resident of Royal Crest, brought up a great point when he said “Getting to class in the winter is a real struggle an over- pass on 114 would eliminate a lot of stress for commuters”.

If Merrimack would build an overpass connecting 114 to Royal Crest it would make the trek a lot easier and safer for Merrimack students.
Halloween was a success at Merrimack this past weekend. Students took advantage of Halloween's official date falling on a Thursday and many prepared up to four costumes to celebrate the holiday. Here are a few of the best.
Cussed his first lunch experience at Faris’, “I didn’t know what to expect, but I got the BBQ Chicken French fries and a pickle. Tom Conley ’15 dis -

WRAP UP

serves as SGA’s Member-At-Large, an RA in the Townhouses, a member of the World Peer Club, Model U.N. Club, a teacher’s assistant in Market-

Mr. Merrimack: Max Zhang

Ashley Yenic ’14
Copy Editor

Before our interview with the newly crowned Mr. Merrimack winner Max Zhang ’16, he asked us a question: “Am I the first international student to be Most Interesting Man?” When we replied “yes”, Max replied enthusiastically, “Nailed it!”

Our Most Interesting Man Max Zhang was born and raised in Shenyang, China. When asked what his hometown is like, Zhang explained his home country of China is shaped like a chicken. “The way China is shaped like a chicken, I live at the head of the chicken, which is like the New England of China.”

Hailing from the New England of China, Zhang found Merrimack from a recommendation from a teacher in China. While Zhang isn’t going to class, he

ing class, and most recently—Mr. Merrimack 2013. So, how has Zhang’s life changed since being crowned Mr. Merrimack? “I got a lot of friend re -

When preparing for Mr. Merri -

MERRIMACK’S MOST INTERESTING PERSON

Mr. Merrimack: Max Zhang

See DINER

Kara Marie Joyce ’14
Editor- in-Chief

Colin Flannery ’14
Staff Writer

Every once in a while a restaurant opens up that can single-handedly raise the bar of what delicious and affordable food really means. Fari’s Diner has not only surpassed every expectation of what a de -

Fari’s Diner Serves Home Cooking

CBGB:
Power of Punk

Schuyler Watkins ’14
Associate Editor-in-Chief

Behind some of Punk Rock’s biggest names lie a man and a place that serve as their foundation. As told in film director, Randall Miller’s, new biopic “CBGB”, is the story of that man and that place that helped kick start the ca -

Continued on Page 9

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When preparing for Mr. Merri -

After being crowned Mr. Merri -

When Zhang isn’t going to class, he

Fari’s Diner was previously part of the chain of restaurants, the new name has seemingly reener -

After being crowned Mr. Merri -

Mr. Merrimack: Max Zhang

When Zhang isn’t going to class, he

See DINER

Continued on Page 9

Continued on Page 9

Behind some of Punk Rock’s biggest names lie a man and a place that serve as their foundation. As told in film director, Randall Miller’s, new biopic “CBGB”, is the story of that man and that place that helped kick start the careers of bands such as The Ramones, The Talking Heads, Blondie, and The Police. Although an insightful portrayal of the irony behind CBGB and his founder, Hilly Kristal, the film may not be for everyone. The story is true, but still makes a permanent mark on Zhang’s heart. “I love living here. The people here are so friendly. I love Merrimack College.”
financial Insider: What is Your Dollar Worth?

A currency is term used to depict the forms of money, such as coins and paper notes, that we use in exchange for a good or service. Typically, each country has its own designated currency, for example, the Japanese yen (JPY), euro (EUR) or U.S. dollar (USD). As of Nov. 4, the Japanese yen was trading at 98.31 USD/JPY. What does that mean?

It's helpful to know how to read this currency pair. In this case, the USD is called the "base currency" and will always be equal to one unit. The JPY is called the "quoted currency" and will always be equivalent to the one base unit. So, in this case, $1 is equal to 98.31, or one U.S. dollar can buy 98.1 Japanese yen.

Another well-known currency pair is the EUR/USD. As of Nov. 4, the Euro was trading at 1.3504. Again, if one were to read the value of the U.S. dollar relative to the Euro, the base currency is EUR and the quoted is the USD. Therefore, €1 is equal to $1.3504, or one Euro can buy $1.3504.

So how do we know how strong any given currency is relative to another?

In the example of the yen, the higher the quoted currency, the stronger the dollar becomes. If the yen trades at ¥98.31 one day and the next at ¥99, the U.S. dollar strengthened. Why?

Well, because a dollar buys more yen as the price appreciates, which leave a weaker yen. On the other hand, the higher the dollar appreciates relative to the euro, the weaker it becomes. This is because €1 can buy more dollars, thus leaving the USD a weaker dollar.

There is an inverse relationship between reading the strength of the dollar relative to the yen and euro currencies. So, for students traveling abroad or for vacation, it is important to be cognizant of the strength of the dollar relative to foreign currencies.
Fari’s Diner: Home Cooking in No. Andover

You may have passed by this diner before as you are grocery shopping at Market Basket, or stocking up for the weekend at Wine and Beer at the Andovers, now that they except Mack Cards there is no excuse not to come in take a seat and try what they have to offer. After your first experience at Faris’ you will definitely be coming back time and time again.

Good Music, Bad Plot

See MOVIE continued from page 7

Keene McRae (Sting).

Despite the lack of originality amongst the singing, the actual set of CBGB rocks true to its real life counterpart. Previously located in the heart of Greenwich Village in Manhattan, the film accurately depicts the flyer-covered walls, run down storefront, and minimal capacity CBGB provided to its occupants.

The film’s mediocre plot, list cast, and false depictions may turn one off to the overall mystery of punk music and its origins, however the soundtrack may draw enough entertainment for someone fond of the genre and its ambiguity. Unfortunately for writer/director Randall Miller, it’s a long way to the top if you want to rock n’ roll.

Overall rating: 3/5 stars.

Sparky’s Chefs Best in Area

Merrimack’s chefs were voted best in the area during the Oct. 22 Chef Fest in Sparky’s. Sodexo chef from surrounding schools such as Southern New Hampshire University, Endicott College, Colby, Maine Maritime and Southern Maine Community College gathered to compete for who could create the best dish. The dishes were served during dinner hours to Merrimack students and faculty who were then asked to vote for their favorite before leaving the dining hall.

Merrimack Dining duo Chef Don Harris and Chef Jill Grimaly presented deconstructed clam chowder made with local ingredients. Votes revealed Merrimack to be the Chef Fest champion.

According to student feedback and twitter, Chef Fest was a huge success and special event for Merrimack dining and students alike.

Use your winter wisely.

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JANUARY 2-19, 2014

Register at www.merrimack.edu/winter

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e-mail: professionalstudies@merrimack.edu
Office of Professional Studies, O'Reilly Hall 208

Merrimack
**Slow Start for Swim Team**

Chowyng Kong ’15  
*Staff Writer*

Merrimack College has organized a swim team on campus this year. Currently, there are only five people on the team, three women and two men. So far, they have already represented Merrimack in swim meets. Merrimack has already faced Southern Connecticut State and St. Rose.

“Even though we don’t have any incredible results, we have three top five finishes,” says freshman Jennifer Belanger. “We practice from Monday to Saturday at 6 a.m. for two hours.”

Since Merrimack doesn’t have its own swimming facilities on campus yet, the team has to go to Greater Lawrence Technical High School to practice, and when you watched them, they were always loose. That type of fun-loving atmosphere drives players to perform all season.

The institution of team chemistry has already made an impact on the Warriors, as they’ve already surpassed last season’s win total with several more games to play.

Not only has the growing chemistry of the team inspired them to play well, but they also get a lot of inspiration from third-year coach T.J. Hajjar. Sophomore starter Madison Burke had this to say about some of the things the coach always says to the team.

“On the back of our warmup shirts it says ‘Through pain comes victory’ which is a phrase our coach has always loved to say. In practice we have run countless times and are probably the hardest working team, or the ‘best conditioned team as our coach likes to say, in the conference. Whenever we are down, he brings us together with all that hard work that we have put into practices, knowing that our teammates deserve more than a loss for all the effort they have put in. That is what really lights a fire in the team because we know we can beat everyone in the conference, it just depends on how hard we are willing to push ourself each game even when we are tired.”

Passion, intensity, and confidence characterize Merrimack volleyball. From individual efforts to coaches pushing a little bit harder, they never give up, they never quit, and they fight until the final whistle in and out of games. All these things define them, but the most important characteristic that defines this team and all of the players and coaches is that they all have the heart of champions. That is what makes this team special, and what they hope makes them special for years to come.

At left, freshman Juliette McCall and junior Aliya Winker take flight.  
*Photo by Kelly Readey*

Above, junior Stephanie Sheehan ready to serve.  
*Photo by Lance Hill*

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**Volleyball Building Chemistry**

Justin Ruano ’15  
*Staff Writer*

Some of the reasons sports are so great is because anything can happen on any given day, it brings the best out of everyone, and, most of all, they teach so many important lessons.

One of those important lessons is developing chemistry with teammates, an important stage to becoming a productive and winning team. The chemistry builds through consistent themes and little things throughout a season that bring a team together.

For a young team like Merrimack volleyball, that development couldn’t be more important.

The world just bore witness to what chemistry can do for a team, turning the last place Boston Red Sox into world champions. Despite a sub-.500 record through two-thirds of the season, junior Taciane Santos hopes the team can follow that lead and turn the season around based on some of the traditions her team has.

“We have a routine that we do where we blast music in the locker room whether it’s before a game or a practice and just got all crazy and excited to play volleyball. Before games we tell each other that we have all come together for the same reason and that reason is because we have love for the game, we have heart. On the court we constantly tell each other to remain confident no matter what the game is like, whether we are up or down. Our drive, confidence, intensity, and heart should never change.”

Having a defining theme and team character is so important when it comes to sports; it’s the difference between winning and losing. The Red Sox had long beards that really brought them together, and when you watched them, they were always loose. That type of fun-loving atmosphere drives players to perform all season.

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Not only has the growing chemistry of the team inspired them to play well, but they also get a lot of inspiration from third-year coach T.J. Hajjar. Sophomore starter Madison Burke had this to say about some of the things the coach always says to the team.

“On the back of our warmup shirts it says ‘Through pain comes victory’ which is a phrase our coach has always loved to say. In practice we have run countless times and are probably the hardest working team, or the ‘best conditioned team as our coach likes to say, in the conference. Whenever we are down, he brings us together with all that hard work that we have put into practices, knowing that our teammates deserve more than a loss for all the effort they have put in. That is what really lights a fire in the team because we know we can beat everyone in the conference, it just depends on how hard we are willing to push ourself each game even when we are tired.”

Passion, intensity, and confidence characterize Merrimack volleyball. From individual efforts to coaches pushing a little bit harder, they never give up, they never quit, and they fight until the final whistle in and out of games. All these things define them, but the most important characteristic that defines this team and all of the players and coaches is that they all have the heart of champions. That is what makes this team special, and what they hope makes them special for years to come.

President: Football to Stay, Play in Stadium

**Slow Start for Swim Team**

Merrimack College has organized a swim team on campus this year. Currently, there are only five people on the team, three women and two men. So far, they have already represented Merrimack in swim meets. Merrimack has already faced Southern Connecticut State and St. Rose.

“Even though we don’t have any incredible results, we have three top five finishes,” says freshman Jennifer Belanger. “We practice from Monday to Saturday at 6 a.m. for two hours.”

Since Merrimack doesn’t have its own swimming facilities on campus yet, the team has to go to Greater Lawrence Technical High School to practice, and when you watched them, they were always loose. That type of fun-loving atmosphere drives players to perform all season.

The institution of team chemistry has already made an impact on the Warriors, as they’ve already surpassed last season’s win total with several more games to play.

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At left, freshman Juliette McCall and junior Aliya Winker take flight.  
*Photo by Kelly Readey*

Above, junior Stephanie Sheehan ready to serve.  
*Photo by Lance Hill*
WARRIOR SPOTLIGHT

Nick Christensen

Tia Roy ’15
Staff Writer

As the Merrimack cross country and track and field teams get stronger, so do their runners. For those of the college community who are not familiar with cross country, Nick Christensen explains the sport and event as "madness," with 200 to 300 runners at one starting line running in the same direction to make a record-breaking time.

The No. 1 runner representing Merrimack cross country at NCAA Regionals, Christensen a sophomore from Peabody, Mass., explains that "it is all about your performance and the people you perform against."

Being the oldest in his family, the year-round runner has an additional career of being a role-model to his four younger siblings, all under the age of 16. His father just started running recently and ran the New York Marathon this October; Nick was his center for advice and motivation. In the stands is where you will find Nick’s mom and his siblings, all cheering him on, which make a difference to his personal performance as well as boosting the rest of the team.

"I've been on teams where all the other on and off the field is great as well. I've been on teams where everyone runs two laps. The event was against many other Division 1 teams. What if you could play a different sport, what would it be?"

A. I think I would enjoy playing hockey, because it looks the most intense. It must be insane playing in front of the whole student body, getting called out for the national anthem, and playing against a school like Boston College; that would be a big feeling.

Q. Who watches meets?
A. A lot of parents, other coaches, running fanatics, and relatives. I understand why students don’t go and watch but obviously it would be nice if they did come and watch. Track is definitely a more well-watched sport than cross country. I wish they would put a track here at Merrimack. We don’t have a track, so we don’t have home meets.

Q. Do you consider track and cross country a big part of your identity?
A. I would consider track and cross country a big part of my identity. In high school I would identify by it a lot, but now it is more like the last thing we talk about but it is still a huge part of our everyday lives.

Q. If you could run anywhere in the world, where would you choose?
A. I would choose to run somewhere in Europe, but running and studying abroad combined would be my dream. I would also like to run in a place like Italy, or Australia; I will always want to run an international race.

Q. Would you have done anything differently in your college career so far?
A. I would have focused more my freshman year rather than just enjoyed the full college experience.

Q. What advice would you give a student who wants to stand out and be active but is not on a Merrimack sports team?
A. There’s no need to run going out for a run every day. You don’t have to go hard and be intense about it, but go out for a run and it will clear your head from school work, and you don’t have anyone judging you.

Field Hockey Gunning for Tourney Berth

Lance Hill ’15
Staff Writer

The women’s field hockey team is on the road to success and going full speed ahead. With seven consecutive conference wins in the last month improving their record to 9-1, the team sits at second place in the conference.

Junior midfielder Abby Stacey spoke highly of the team’s performance.

"The communication between our team has gone up a lot," said Stacey. "The support for each other on and off the field is great as well."

Freshman Hannah Magerman agreed.

"The dynamics of our team are really great," Magerman added. "Everyone was very welcoming as well. I just love spending time with the team."

Q. Tell me a little bit about your team and your individual successes this season.
A. This is the first year that I live with kids on the team, and we are all now on the same schedule which makes each of us more reliable on ourselves and each other. I have had one of my best performances at Franklin Park in Boston, where my time was 25 minutes and 40 seconds as a long-distance runner.

Q. Of all sports, why cross country and track?
A. Honestly, I knew I could get a scholarship for it and my parents did not always have the most money. My mom always encouraged me and said this is how you’re going to get to college. My coach said “this is what is going to open doors for you” and he played a major role in opening paths for what was to come.

Q. How do you feel about being part of a team?
A. I think track and cross country really are team sports. A well-rounded team includes the first guy and the second guy as well as the fifth and sixth guy. You need your fifth guy just as much as your No. 1 guy to win meets.

Q. How old were you when you started running?
A. In sixth grade I started running, but not seriously until freshman year of high school when the coach pointed me out. Coach came up to me in eighth grade and said, “You are going to start running and taking things seriously; you are going to run for me.”

Q. Is there anyone you model your performance after when you run?
A. My coach from high school was in the Hall of Fame at Boston College, and he motivates me to run. My track coach was actually coached by my high school coach too, back in the day.

Q. Are cross country and track harder than other sports?
A. Cross country takes skill and hard work. In basketball and baseball, you could be really good at it from the start, but cross country is something that takes work and is not considered easy. I still think the hardest thing about sports is to hit a baseball, but I don’t think people realize that cross country hurts.

Q. Do you have any rituals you do before you run?
A. I always do the same stretches and do the same routine. Without doing that before warming up would mess me up.

Q. What is your most memorable moment?
A. My most memorable moment would probably be when I completed the relay event in 7 minutes and 49 seconds; this is where everyone runs two laps. The event was against many other Division 1 teams.

Q. If you could compete in a different sport, what would it be?
A. I think I would enjoy playing hockey, because it looks the most intense. It must be insane playing in front of the whole student body, getting called out for the national anthem, and playing against a school like Boston College; that would be a big feeling.

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The Beacon Page 11 November 8, 2013
Mathew Galvao '17
Staff Writer

Fresh off of their 31-21 win over rival Assumption this past weekend, the Merrimack football team is poised to win seven games for the first time in a long time, and make a statement in the playoffs.

This season was supposed to be a trying one for the Warriors as they have a new head coach in Dan Curran (former offensive coordinator) and the difficult schedule they would face.

“Going in many people talked about how difficult this schedule was going to be, one of the hardest this program has faced, and the odds were stacked against us,” Curran said.

He is very pleased of where his team is right now and thinks their record, albeit a good one, isn’t even indicative of the talent and potential they possess.

“I am extremely pleased of where we are as a team right now,” he said. “We were really the only team in the division that could have won every week. A couple of blown calls have been the difference.”

With the way the Northeast-10 Conference (NE-10) is structured, each of the 10 teams gets a playoff game and their opponent is based on seeding with top seeds playing lowest seeds and so forth. The Warriors currently hold the fourth seed with a 5-3 record in division play. However, Curran assured that his team isn’t setting its sights on the future, but rather this weekend’s tilt with NE-10 powerhouse Stonehill, who is tied for first place in the conference.

“We don’t think about that (the playoffs). We want to build this week for Stonehill,” Curran said. “The kids are amped.”

Curran highlighted senior quarterback Joe Clancy – who has thrown for over 3,600 yards with 42 touchdowns – and his play as a cornerstone of the team’s successes.

“I wouldn’t say he was a surprise player because everyone knows Joe Clancy. I feel that he has stepped up his game to another level. I think Joe is the best quarterback in the country.”

Clancy is averaging around 400.6 passing yards per game. Several of those – 760, to be exact - have gone to senior wide receiver Shane Ferguson,

Curran felt the senior wide out has stepped up quite a bit, and his improved contributions on offense, specifically his eight touchdowns, have been crucial to the systematic offense as well.

The Warriors are home for their last game of the season at 1 p.m. Saturday, Nov. 9, against rival Stonehill at Marstone-Mejail Field.

Photos by Kelly Readey