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Working Together for a Better Campus & Community

Collecting Evidence in Support of Self-Study

More than 100 members of the University community are directly involved in preparing for the New England Association of Schools and Colleges reaccreditation, which offers the University an opportunity to reflect on its accomplishments and challenges since its 2002 NEASC accreditation.

The NEASC review process has become more stringent in the intervening years due to increased concerns expressed by the public, policy makers and educators on the quality of higher education, according to Vice President for Academic Affairs Janice Griffith.

In addressing the issue of quality, the self-study will discuss the University's implementation of student learning assessments that better enable it to understand how well students are meeting expected learning outcomes.

Donna Qualters, chair of the Education and Human Services Department and director of the Center for Teaching Excellence, has joined Griffith in the reaccreditation effort. She serves as special assistant to the president directing the committees and participants, who will complete the self-study process before the University is visited by the accreditation team in 2010. University faculty, administrators and staff were invited to engage in the self-study through a survey made available in January and early February.

"The survey enables us to see how well people perceive various operations within the University" and is part of an ongoing effort to improve communication on a day-to-day basis, an issue touched on in the previous assessment, said Griffith.

The self-study is based on 11 standards of excellence.

"The NEASC standards offer valuable guidelines to institutions in self examining their effectiveness in achieving their mission," said Qualters. "Therefore this self-study process allows us to determine our most successful practices and ways in which we may need to improve."

In addition to a steering committee, there are subcommittees working on each of the standards, which address:

- Mission and Purpose
- Planning and Evaluation

Continued on page 3

Carnegie Classification Recognizes Service

The University has earned the Carnegie Foundation's Community Engagement Classification, which recognizes "the mutually beneficial exchange of knowledge and resources" between the institution and the community.

"This achievement is the result of a University-wide effort," said Carolina Garcia, director of the S.O.U.L.S. Community Service and Service Learning Center., who, with University Archivist and Moakley Institute Director Julia Howington, initiated the effort to collect and analyze data for the Carnegie Classification application.

Work on the application began two years ago and revealed a depth and breadth of community engagement that went beyond what any single person or department had previously recognized.

"The wonderful thing about the Carnegie application process was the collaboration among all three academic units and the central administration as they documented and analyzed information about a multitude of community engagement efforts," said Assistant Provost Suzanne Gallagher.

Continued on page 2



Camera Shy

Academy-award-winning director Michael Cimino strikes a playful pose during his appearance at the Modern Theatre. He engaged in a conversation with author and Distinguished Visiting Scholar James Carroll following a screening of his film *Year of the Dragon*. The new theater is proving to be a smash hit on Washington Street. Story Page 7. (Photo by Ken Martin)

Grant Funds Forensic Research

Edward Bartick, director of the Forensic Science program, has been awarded a grant by the National Institute of Justice for “Evaluation of Statistical Measures for Fiber Comparisons: Interlaboratory Studies and Forensic Databases.”

The one-year grant funds a collaboration among three universities and three police laboratories: Suffolk University and the Crime Laboratory Unit of the Boston Police Department; the University

of South Carolina and the South Carolina State Police Laboratory; and Indiana University-Purdue University at Indianapolis and the Indiana State Police Laboratory.

The University will receive \$152,000 of the \$490,000 grant to fund student researchers and the purchase of a microspectrophotometer and other equipment.

The microspectrophotometer is used in forensic science to digitally measure the spectra of microscopic samples.

Each university receiving a portion of the grant is responsible for contributing to the development of a database and will perform round-robin studies to compare accuracy of results and statistical data. Findings will be shared within the group.

“The students will benefit because they will have a working experience with trace evidence and learn firsthand how fibers are analyzed, and they will have been a part of this potentially ground-breaking research,” said Bartick.

Bartick, the first director of Suffolk’s forensic science program, spent 20 years as a research scientist in the FBI Laboratory’s Counterterrorism and Forensic Science Research Unit. His courses include Introduction to Forensic Science and Trace Evidence.

While he says that the popularity of forensic science will endure, he does not get caught up in the hype of such television programs as *CSI*.

“On the first day of class, I tell my students that this is not a TV show,” said Bartick. “I tell them that this is about the real thing.” ▮



Professor Edward Bartick is involving students in research using the new microspectrophotometer purchased through a grant from the National Institute of Justice. (Photo by Meghan Van Vuren)

Carnegie Classification Continued from page 1

The process was long and involved, said Garcia. “We appreciated how helpful people were and how willing they were to provide information. We found a lot of passion and commitment to the work being done in the community, and that comes across in the excellence of programs” ranging from the Law School’s clinical programs to the Connections to College mentoring program.

The Carnegie Foundation for the Advancement of Teaching primary classification effort rates all universities nationwide, while the Community Engagement Classification is voluntary.

“Attaining the Community Engagement classification improves Suffolk University’s national profile, which is helpful as we pursue private foundation grants,” said Michelle Auerbach, director of Research and Sponsored Programs.

“The Carnegie Classification provides evidence of the kind of commitment to community service and public outreach that external funders look for,” said Howington. “The hope is that this classification will put us in a better position to fund new community engagement programs and continue funding those we have in place.” ▮



Carolina Garcia and Julia Howington spent more than a year working with people across campus to compile information about community engagement for the Carnegie application. (Photo by Joe Viamonte)

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Brustein Awarded National Medal of Arts

President Barack Obama presented the National Medal of Arts to Robert Brustein, Distinguished Scholar in Residence at the College, during a White House ceremony in early March, citing his contribution to the American theater and to the development of theater artists.

The citation read at the East Room ceremony as the president presented the award praised “Robert Brustein for his contributions to the American theater as a critic, producer, playwright and educator. As founder of the Yale Repertory Theatre and the American Repertory Theatre and Institute and as the theater critic for *The New Republic* since 1959, Mr. Brustein has been a leading force in the development of theater and theater artists in the United States.”

Brustein first came to the University’s College of Arts and Sciences as part of the Distinguished Visiting Scholars program in spring 2006. He became a full-time faculty member in spring 2007, assuming the role of a Distinguished Scholar in Residence.

He has lectured on Shakespearean tragedies, directing, and theater criticism. In fall 2007, the Theatre Department produced his play, *The English Channel*.

“We are delighted that the nation is bestowing laurels on Robert Brustein, especially for his role as an educator,” said Suffolk University Acting President and Provost Barry Brown. “He has changed the face of American theater, and he brings vitality to the University’s Theatre Department as he imparts his vast reservoir of knowledge to new generations of students.”

In addition to Brustein, National Medals of Arts were awarded to pianist Van Cliburn, sculptor Mark di Suvero, poet Donald Hall, musician and producer Quincy Jones, author Harper Lee, musician Sonny Rollins, actress Meryl Streep, singer and songwriter James Taylor and the Jacob’s Pillow Dance Festival.

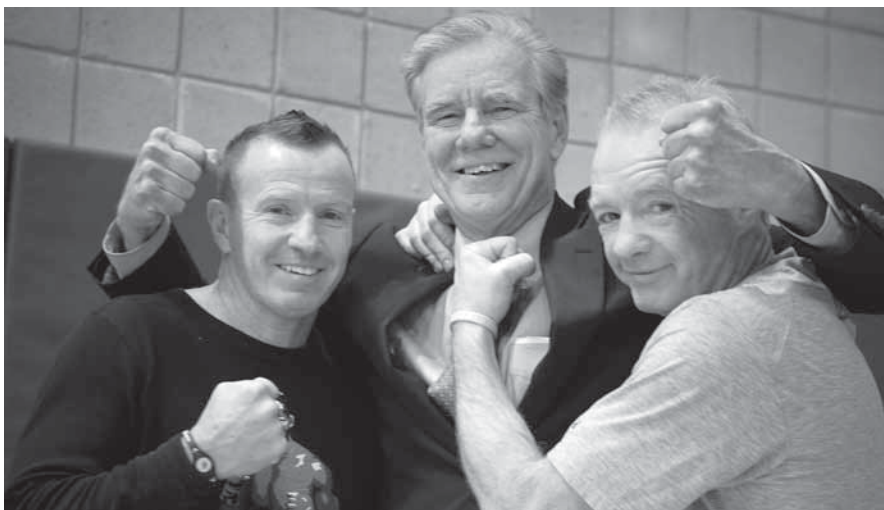
“The National Medal of Arts recipients represent the many vibrant and diverse art forms thriving in America,” said National Endowment for the Arts Chairman Rocco Landesman, whose



Robert Brustein with President Obama during National Medal of Arts ceremony at the White House. (Photo by Ruth David, courtesy of the National Endowment for the Arts)

organization manages the selection process. “From criticism to literature, music, poetry, sculpture and theater, these honorees’ devotion to shaping and sharing American art is unrivaled, and I join the president and the country in saluting them.”

The president also awarded the 2010 National Humanities Medals. Recipients were Library of America founder Daniel Aaron, historian Bernard Bailyn, historian Jacques Barzun, novelist and environmentalist Wendell E. Berry, scholar Roberto González Echevarría, American Council of Learned Societies President Emeritus Stanley Nider Katz, author Joyce Carol Oates, biographer Arnold Rampersad, author Philip Roth and historian Gordon Wood. ▀



Pulling their Punches

Micky Ward and Dicky Eklund horse around with Athletics Director Jim Nelson during Round 1 of their appearance on campus. The Lowell boxing brothers whose story was told on film in “The Fighter” met with students at the Regan Gymnasium, then spoke at the C. Walsh Theatre. They appeared a few days after the movie won two best supporting actor Oscars and a month before the movie’s producer, David Hoberman, is scheduled to engage in the “Conversation” series at the Modern Theatre. (Photo by John Gillooly).

Self-Study Continued from page 1

- Organization and Governance
- The Academic Program
- Faculty
- Students
- Library and other Information Resources
- Physical and Technological Resources
- Financial Resources
- Public Disclosure
- Integrity

The accreditation process involves the collection of an enormous amount of data and culminates in a campus visit by NEASC’s Commission on Institutions of Higher Education on Oct. 21–24, 2012.

Details about the University’s standards, subcommittees and the NEASC study guide may be found at: www.suffolk.edu/offices/41207.html. ▀

Potpourri

Barbara Abrams, Humanities and Modern Languages, and Michel Boiron, director of CAVILAM, an intensive language program in Vichy, France, were guests at the French Embassy luncheon at the American Council on the Teaching of Foreign Languages. For 10 years, Suffolk students have studied at CAVILAM during the summer. Boiron visited the University last semester and met with students in the French program.

Robert Allison, History, was named to the board of trustees of the USS Constitution Museum. He delivered a lecture on “Boston and New England: Culture and Economy” at the Center for Global Humanities at the University of New England in Portland, Maine.

Steve Becker, Web Services, had an exhibit of his fine-art photographs featuring landscapes, seascapes and more intimate scenes of Wareham, New England and the Oregon coast on display at The Gallery at WCTV in Wareham.

Rachael Cobb, Government, presented a paper “Can Voter ID Laws Be Administered in a Race-Neutral Manner? Evidence from the City of Boston in 2008” (with James Greiner and Kevin Quinn) at the 2010 Midwest Political Science Association meeting. The paper won the Robert H. Durr Award for the best paper applying quantitative methods to a substantive problem in political science.

Tom Connolly, English, led a “talk-back” after the performance of Eugene O’Neill’s *A Moon for the Misbegotten* as a guest of the Nora Theatre Company at the Central Square Theater in Cambridge.

Carolyn Corretti, History, presented a paper “Marital Relations in Calvin’s Geneva, 1542–1549” at the Sixteenth Century Society and Conference in Montreal.

Victoria Dodd, Law School, is a member of the executive committee of the Education Law Section of the Association of American Law Schools for 2011–2012.

Michael Duggan, Office of Enrollment Research and Planning, presented a session “What’s New in IPEDS” at the annual New England Association of Collegiate Registrars and Admission Officers (NEACRAO) conference in Newport, R.I. He is finishing up his term on the American Association of Collegiate Registrars and Admissions Officers (AACRAO) Institutional Research Committee and continues to serve as a reviewer for the *Journal of College Student Retention: Research, Theory & Practice*.

Thomas Garafalo, Office of Environmental Health & Safety, participated in a question-and-answer session at the Institutional Recycling Network training seminar with representatives from Boston College, Northeastern and Harvard. He was asked to attend because of the University’s reputation of having some of the top universal waste-recycling programs among area universities.

Julia Collins Howington, Archives and Moakley Institute, presented a paper “Conflict and Change on Capitol Hill: Bringing Behind-the-Scene-Stories to the Internet” at the Oral History Association annual meeting in Atlanta.

Peter Jeffreys, English, presented a paper “Traces of Walter Pater in Cavafy’s ‘Shakespeare on Life’” at the C.P. Cavafy International Congress at the University of Cyprus, Nicosia. He also spoke on his new translation *C.P. Cavafy’s Selected Prose Works* at the University of Michigan’s Kelsey Museum of Archaeology.

Lester Lee, History, presented a paper “Race and Resistance: King Ja Ja of Opobo and the Politics of Revitalization in the Niger Delta, 1869–1873” at the 6th Black Atlantic Community Conference at Central State University in Wilberforce, Ohio.



Michel Boiron and Barbara Abrams



Steve Becker’s “Oregon Beach”



John Cavanagh has retired after 40 years of teaching history at the University. On his last day of class, colleagues, family and friends joined the affable professor for a bagpipe-led procession from his classroom at One Beacon Street to a farewell luncheon in the Rosalie Stahl Center.

He also presented a paper “The Bonny (Niger Delta) Civil War, 1869–1873” at the Great Lakes History Conference at Grand Valley University, Grand Rapids, Mich.

Kameika Murphy, History, presented “Currents of Liberty: Revolutionary Émigrés and their Contributions to Afro-Caribbean Civil Society, 1775–1838” at a colloquium at Clark University.

Continued on page 6

Art School to Offer MFA in Interior Design

The New England School of Art & Design will offer a studio-based Master of Fine Arts in Interior Architecture beginning next fall.

“The MFA in Interior Architecture will provide students with an opportunity for advanced intellectual pursuit and to develop leadership skills in the field of interior architecture,” said Karen Clarke, co-program director of Interior Design. “We intend to keep the program very small and specialized, with an opportunity for an educational or professional practicum.”

The 60-credit, post-professional MFA degree program is designed for students with a first professional degree in interior design, architecture or other closely related fields.

“There is a demand for qualified interior design educators and experienced design researchers throughout the country,” said Clark.

“Top-10” in Interior Design

The announcement of the new program came on the heels of the art school’s being named one of the “Top 10” interior design programs in the United States at both the undergraduate and graduate level by *DesignIntelligence* magazine.

The November/December 2010 issue of the magazine included the New England School of Art & Design on its “2011 America’s Best Architecture & Design Schools” list.

“We take great pride in being recognized nationally for who we are and what we do,” said Chair Bill Davis. “Being ranked among some of the best-known institutions throughout the country is a tribute to all the hard work, creative talent and committed effort demonstrated by everyone at NESAD.” ▮

Galleries

Adams Gallery on Moakley’s Legacy

The Adams Gallery features an encore showing of *John Joseph Moakley: In Service to His Country* in collaboration with the Moakley Archive and Institute. Supplementary material illustrates the many activities that continue the late congressman’s spirit of service 10 years after his death.

The exhibit *In Service to His Country* debuted at the Adams Gallery in November 2001 and has traveled throughout Massachusetts in subsequent years. Through photographs, artifacts and papers, the exhibit conveys the story of a South Boston youth’s formation into a statesman, shaped by his experiences in the neighborhood, as a Seabee in World War II and serving the people he represented in elected office at the city, state and national levels.

The Archive and Institute continue to promote the causes Moakley championed through a range of activities, including policy forums, research activities, an oral history project and annual service-learning trips to El Salvador.

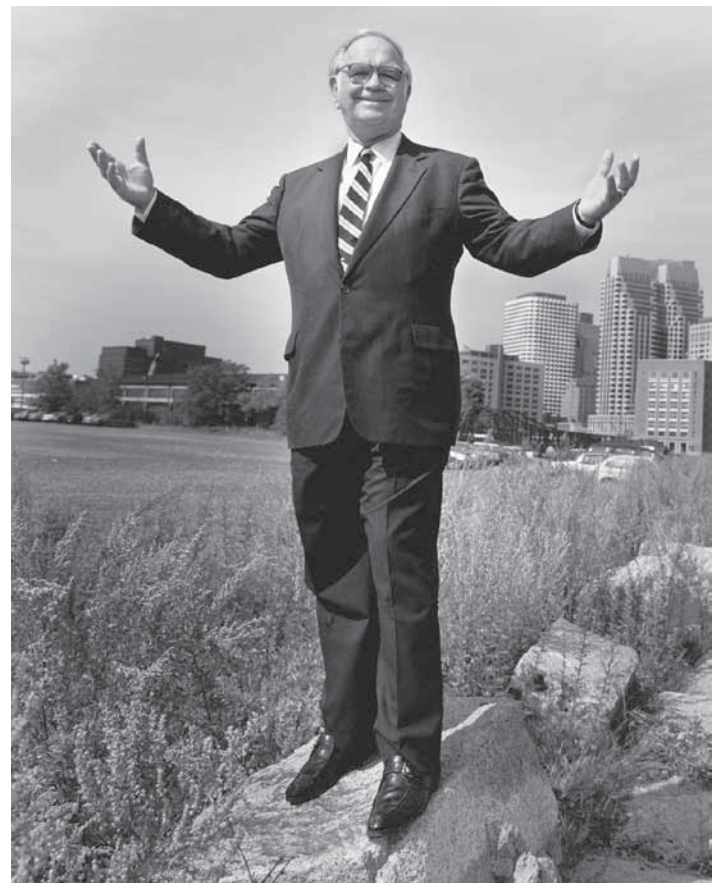
Student Exhibits at SU Gallery

The Suffolk University Art Gallery features rotating exhibits of student work through May 23.

The Stephen D. Paine Scholarship exhibition, featuring the work of students entering their final year in studio art programs at Boston-area colleges, runs through March 19. The scholarship was established in 1999 by the Boston Art Dealers Association to support these students, and the University has hosted the scholarship exhibit for many years.

New England School of Art & Design student work will be shown from late March through May, as follows:

- Foundation Student Exhibition, March 27–April 7
Reception: 5–7 p.m. Thursday, March 31
- Graphic Design, April 9–22
Opening Reception: 5–7 p.m. Friday, April 15
- Fine Arts, April 24–May 6
Opening Reception: 5–7 p.m. Friday, April 29
- Interior Design, May 8–May 23
Opening Reception: 5–7 p.m. Friday, May 13



Moakley and Boston Harbor, where his efforts spurred cleaner waters, the Boston Harbor Islands National Park and development of the South Boston waterfront.



Matryoshka nesting dolls from the Moakley Archive depict Soviet leaders.

New Faces

Please welcome our newest employees:

Jill Abrahams, Advancement
Chioma Adaku-Griffin, Executive Education/Lifelong Learning
Michelle L. Badger, Advancement
Angela Coletta, Advancement
Christine Chiaramonte, Assistant Treasurer's Office
Stephen W. Cotter, Facilities Management
Philip L. Cunningham, Advancement
Mary A. D'Entremont, Law School Registrar's Office
Justine D. Flynn, Sociology
Daniel M. Gomes, Information Technology Services
Katelyn M. Lewis, Sawyer Business School Graduate Programs
Kathryn E. Linder, Center for Teaching Excellence
Tristram K. MacDonald, Math & Computer Science
Christopher T. Milto, Academic Access and Opportunity
Emma O'Leary, Economics
Robert W. Roetger, Advancement
Nora Sidoti, Theater Arts
Paul D. Tran, Undergraduate Admission
Tonya Williams, Information Technology Services ▶

Potpourri

Continued from page 4

Gerald Peary, Communication and Journalism, was named general editor of the University Press of Mississippi "Conversations with Filmmakers" series. He served as president of the International Film Critics Jury at the Mannheim (Germany) Film Festival and spoke at a Dartmouth College conference on the nature of film festivals. Peary's feature documentary, *For the Love of Movies: the Story of American Film Criticism*, played on the Documentary Channel in February at the end of a run of 55 public screenings around the world.

Sebastián Royo, associate dean of the College and director of the Madrid campus, presented "Public Administration and Globalization" at the Universidad Pablo Olavide in Seville, Spain.



Jack Baynes, former head athletic trainer at Northeastern University, and Head Athletic Trainer Jeff Stone.

Jeff Stone,

Athletics, was inducted into the Athletic Trainers of Massachusetts (ATOM) Hall of Fame at the 63rd annual meeting of the Eastern Athletic Trainers Association in Philadelphia, Penn.

Ronald Suleski,

Rosenberg Institute for East Asian Studies, was cited in

Japan's Diamond online magazine article "Other than Animation, Interest in Japan is Low. Americans are looking forward and are worried about the Chinese." ("アニメ漫画以外で日本への関心は低い。米国人は"前向きに"中国人に心惹かれている" 東アジア研究の重鎮が見た日米中三角関係の深層 ―ロナルド スレスキー サフオーク大学東アジア研究所所長に聞く"). ▶

Faculty Publications

Khaled Amira, Finance. His paper "Competition among Stock Exchanges for Equity" (co-authored with Mark Muzere) has been accepted for publication in the *Journal of Banking and Finance*.

Gloria Boone and **Cynthia Irizarry**, Communication and Journalism, have published "Spanish Content on Hospital Websites: An Analysis of U.S. Hospitals in Concentrated Latino Communities" (with Linda Gallant) in the *Journal of Computer-Mediated Communication*, Vol.15, 2010.

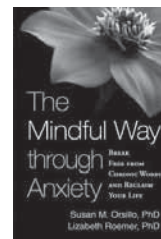
James Cataldo and **Alex Yen**, Accounting. Their manuscript "Ratings Users Beware: Using Information from the Credit Default Swap Market to Validate Credit Assessments" was accepted for publication in the *CPA Journal*.

Cynthia Irizarry, Communication and Journalism, published the case study "Where does it hurt? The impact of gender diversity in a medical practice" in *Case Studies for Organizational Communication: Understanding Communication Processes*, 2010, Oxford University Press.

Charles Kindregan and **Maureen McBrien**, Law School, have published *Assisted Reproductive Technology: A Lawyer's Guide to the Emerging Law and Science*, 2nd ed., American Bar Association.

Micky Lee, Communication and Journalism, has contributed eight keywords to the forthcoming *Encyclopedia of Gender in Media* (Sage). She will present a paper "The Bodies of Chinese Women Gymnasts in the Beijing Olympics" (co-authored with Courtney Smith) at the International Communication Association conference in Boston in May.

Quentin Miller, English, has published two review essays: on Gary Amdahl's novella collection *I Am Death* in the fall 2010 issue of *The Review of Contemporary Fiction* and on Magdalena Zaborowska's study "James Baldwin's Turkish Decade: Erotics of Exile" in *Comparative Literature Studies*, winter 2010. He also published "James Baldwin's Critical Reception" in the collection *Critical Insights: James Baldwin*, pages 95–109 (Salem Press) and a short story "3 × 2" in the online journal *Prick of the Spindle* vol. 4.4. It is available at: www.prickofthespindle.com/fiction/4.4/miller/3by2.htm.



Susan M. Orsillo, Psychology, has published *The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life* (co-authored with Lizabeth Roemer).

Gerald Peary, Communication and Journalism, who is a long-time film critic for the *Boston Phoenix*, is writing feature articles on film series, film history and related topics for the *Sunday Boston Globe*. He has published pieces on Elaine May, Orson Welles, Ingmar Bergman, Charlie Chaplin and Chinese filmmaker Lou Ye, among others. ▶

In the News

Suffolk University faculty, administrators, students and programs are featured regularly in local and national media. The time and effort they give to help promote the University is greatly appreciated. The following offers a sampling of recent media mentions. A more comprehensive list of "Suffolk In the News" is available on the Public Affairs Web site.

Boston Globe, Feb. 17, 2011: Men's basketball player featured in "Pepdjonovic putting up some numbers at Suffolk."

Boston Globe, Feb. 16, 2011: Ford Hall Forum lineup and author Dennis Lehane's appearance at the Modern Theatre cited in "Names."

Sing Tao Daily, Feb. 11, 2011: The international Chinese-language newspaper reports on Maxine Hong Kingston's book reading at the Modern Theatre.

Boston Globe, Feb. 7, 2011: Academy Award winning director Michael Cimino's appearance at the Modern Theatre featured in "Names."

WCVB-TV, Feb. 6, 2011: Alumnus David Denninger, a lieutenant in the Massachusetts National Guard, is featured in the series "Assignment: Afghanistan."

FOX25 Boston, Feb. 4, 2011: Communication and Journalism Chair Bob Rosenthal discussed the crisis in Egypt.

New England Cable News, February, 2011: Student reporters on the air collecting sidewalk interviews for "Suffolk in the City."

ABA Journal, February, 2011: Law Professor Andrew Perlman is quoted in "Seduced: For Lawyers, the Appeal of Social Media Is Obvious. It's Also Dangerous."

New England Cable News, Jan. 31, 2011: History Department Chair Robert Allison offered a perspective on the crisis in Egypt.

New England Cable News, Jan. 30, 2011: Professor of Management and Entrepreneurship Magid Mazen discussed the political upheaval in Egypt.

WCVB-TV, Jan. 30, 2011: Law School's clinical program cited in "City Line" segment on domestic violence.

The New York Times, Jan. 7, 2011: Student connects with Colorado boyfriend from "dream college" in Boston.

WGBH-TV, Jan. 6, 2011: "Greater Boston" segment on The Modern Theatre.

C-Span, January 2011: Students question policymakers during academic seminar series in Washington, D.C. ▶



Author Dennis Lehane offers advice to would-be writers and discusses the films adapted from his books following a screening at the Modern Theatre. (Photo by Ken Martin)

Modern Theatre in the Spotlight

About 100 people were lined up outside the Modern Theatre in mid-February, hoping for a chance to see author Dennis Lehane following a series of screenings of movies based on his books.

"It was really cool to see that the line had a mix of students, people from the community, and faculty and staff," said Marketing and Special Projects Supervisor Nora Sidoti.

Lehane's appearance in conversation with Professor Gerald Peary had sold out quickly online, but, because there usually are no-shows for free performances, the theater was able to accommodate those waiting, said Sidoti.

Through a broad range of programming based on the themes of Performance, Conversation and Cinema, the Modern Theatre is drawing a wide range of patrons as well as media attention.

The inaugural programming schedule was devised through the collaboration of members of the Theatre Department with chairs of other departments, faculty and upper administration, according to Abbie Katz, a Theatre Department faculty member serving as Modern Theatre programming manager.

The programming includes new concepts along with longtime favorites.

"We can do more with some of these events in the Modern Theatre," said Katz. "The flamenco ensemble Casa Patas has performed many times at the University, but this year we were able to add internationally known jazz trumpeter Arturo Sandoval to the program."

Katz said each success stimulates additional ideas for programming and networking.

The theater is booked most days and nights, both with University classes and public events.

February was movie month, and this month will be devoted to preparing for the March 31 premiere of *Car Talk: The Musical!!!*, written and directed by Professor Wesley Savick and inspired by the NPR radio call-in show of the same name.

"I'm most excited about *Car Talk*," said Sidoti. "It has many students involved, and they get to work in a professional environment and celebrate the University's new performance space." ▶

Higher Education Consortium Introduces Healthy You

Suffolk University has joined with Boston Consortium of Higher Education peers in a new initiative to encourage faculty and staff to live healthier lives. Called HEALTHY YOU, the program is designed to emphasize individual choice and responsibility through a voluntary program that focuses on wellness. This effort will include, and expand upon, the University's already popular Healthy Mondays and the SO FIT Wellness Challenge. Healthy Mondays, running in the fall, and the Wellness Challenge, running in the month of April, are a joint effort of Health and Wellness Services and Human Resources. "To Your Health," the SUN article focusing on health issues, also will become part of the HEALTHY YOU program. Watch your e-mail and mailbox for more information as HEALTHY YOU and the SO FIT Wellness Challenge unfold.

This month's SUN article focuses on nutrition.

National Nutrition Month Offers Food for Thought

March marks the beginning of spring and National Nutrition Month. This is a great time of year to focus more energy on making healthier food choices after a particularly long winter. Many of us try to eat healthy foods and have chosen to eat more conscientiously by choosing a lower-fat diet, local produce or more natural foods. But how much do we really know about the health benefits of specific foods? Taking the time to learn about how particular foods can help you improve health or maintain an already healthy lifestyle is a huge step toward a nutritionally balanced life.

Did you know that avocados, broccoli, carrots and tomatoes are known to combat certain types of cancer? Foods such as pomegranate juice, barley and yogurt may help prevent Type 2 diabetes. Fish has been proven to help reduce the risk of developing heart disease. Salmon, herring and albacore tuna are all packed with Omega-3 fatty acids, which help lower cholesterol and blood pressure levels. Red and purple grapes may help lower elevated blood pressure and may reduce certain risks, such as blood clotting and blood vessel narrowing. Fruits and veggies with dark skins are high in natural antioxidants. Spinach is a powerful vegetable loaded with antioxidants and an alphabet soup's worth of vitamins (A, B2, B6, C, K). Make sure to wash it thoroughly before use or buy organic.

Before you give up coffee in favor of a healthy lifestyle, think again. Coffee can have some surprising health benefits, such as reducing the risk of diabetes and some cancers. Too much caffeine, however, can lead to sleep disturbances, bone density loss and anxiety, so it is best to drink it in moderation.



Honoring Martin Luther King, Jr.

Acting President and Provost Barry Brown with John L. Jackson, Jr., the Richard Perry University Professor of Communication and Anthropology at the University of Pennsylvania, the keynote speaker at the annual Martin Luther King, Jr., luncheon hosted by the Office of Diversity Services to celebrate the life and legacy of the late civil rights leader. (Photo by Dan McHugh) ▶

Campus Publications Cited

The CASE District 1 2011 Communication Awards recognized the *Suffolk Alumni Magazine (SAM)* with silver in the magazine categories of Best Design and Best Overall Magazine. The Association for Women in Communications also honored *SAM* with Clarion Awards 2010 in the categories of Best Overall External Magazine, circulation of 100,000 or less, and Most Improved Magazine, external publication.



College Magazine Earns National Recognition

The *Suffolk Arts+Sciences* magazine IMAGINE issue received five EDDIE awards from FOLIO, the largest competition for magazines, which recognizes the best in editorial and design excellence.

The awards are:

Supplemental Annual/One-Shot, Single Article

- Gold for "Urban Activist"
- Silver for "It Says Love"
- Bronze for "Capital City Classroom"

Supplemental Annual/One-Shot, Web site

- Silver—the magazine's blog/Web site placed second to a *Newsweek* site.

Supplemental Annual/One-Shot, Full Issue

- Bronze

In Memoriam

Law Professor Emeritus Thomas J. McMahon