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SUFFOLK UNIVERSITY • BOSTON, MASSACHUSETTS

Suffolk Journal
...goes **GREEN**

THE SUFFOLK JOURNAL

VOLUME 70, NUMBER 13

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February 3, 2009

Suffolk goes for the Gold again



Photo courtesy of Jeff Stikeman Architectural Art

Alex Pearlman
Journal Staff

Back in 1876, the Modern Theatre was built. Originally called the Dobson Building, it was used for two storefront showrooms and carpet storage. Then, in 1913, it was renovated and became the first movie house in Boston, as well as the site of the first installed sound projection equipment in the country. The original theatre lacked a stage, which wasn't added until much later. After its history as a movie theatre, playhouse, performance space and an adult film theatre, the Modern fell into disrepair and had been vacant since the 1980s.

In 2007, the Boston Redevelopment Authority approved the \$42 million Modern Theater project to be a part of Suffolk University's Institutional Master Plan, which details the University's plans for expansion. The plan called for a renovation of the theatre, which would be

situated below a 10-story dormitory. Now, construction is far underway and, hopefully, the Modern will be Suffolk's second LEED Gold Certified building.

During a recent tour of the construction, the Journal spoke with Adrian LeBuffe, the architect who spent the past year and a half designing the building, and Erica Mattison, Suffolk's Sustainability Coordinator, about the special elements of the building that make it energy efficient and sustainable.

The theatre, on the bottom level of the building, will seat 185 people at full capacity, complete with a spacious lobby, balcony and box seats, as well as a removable, mobile orchestra pit that can be used for extra seating and stage expansion.

The theatre sits above a spacious basement that contains a greenroom and storage areas for costumes, props, sets and lights and offices for the theatre department, as well as a laundry facility for the dorms.

"The theatre is the most interesting and most challenging [part of the project]," said LeBuffe. "It's definitely a thrill to see it come together."

The dorms at 10 West will also be connected to the theatre via the back of that building lobby and the dorms above the theatre are accessible by elevator.

The Modern dorms will be 10 stories of rooms with rooms on each floor, a total of 197 beds, explained LeBuffe. "The idea is that it's an extension of the existing residence area in 10 West, which it will be connected to on all floors."

The rooms, most of which are doubles, connected by a bathroom per two rooms, are a standard 188 sq. ft. and have two windows each. The windows are operable and operable. They allow temperature control through tighter sealing which creates less of a need for heat and when they are open

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MassCann member says 'go green with hemp'

Jeff Fish
Journal Staff

Weed is green—at least according to Scott Gacek, who is on the board of directors for the Mass. Cannabis Reform Coalition (MassCann). More specifically, hemp, the non psychoactive variety of cannabis used for commercial and industrial purposes would provide a plethora of both environmental and economic benefits if the United States legalized it.

Hemp was effectively made illegal after the passage of Marihuana Tax Act of 1937, because it was associated with marijuana. "It's one of those pointless things to make illegal because you can't get high

off it, so what's the big deal?" said Gacek, who regards hemp as a highly useful product.

"You can make just about anything out of [hemp]; historically rope, cloth, fabrics and paper. Even the USS Constitution—for the first 200 years all the riggings were made out of hemp," until the 1990s when the hemp riggings were replaced with ropes made from synthetic fibers.

Paper made from hemp is more environmentally friendly than other paper, according to Gacek because "The process of bleaching hemp to make paper is all organic. It's just a wash. You don't need any

see HEMP page 3



Photo courtesy of Jeff Stikeman Architectural Art

non-green news BRIEFS

Solar panel fully functional, says Suffolk professor

Public law school approved

Last Tuesday, the Massachusetts Board of Higher Education approved a plan to create the first public law school in the state's history. According to UMass President Jack M. Wilson, this will make Massachusetts the 45th state to offer public law school education. Meeting in Bridgewater, the board members approved Southern New England School of Law's plan to donate its campus, valued at \$23 million, to the University of Massachusetts-Dartmouth. The law school will have tuition of \$23,500 for in-state students and \$31,000 for out-of-state students. Governor Deval Patrick has come out in support of the measure, claiming the proposal has been vetted thoroughly and should be a great asset to the State University system in years to come. Other parties have objected to the measure, including former State Attorney General Tom Reilly, who said the proposed financing plan for the law school is unconstitutional. Beacon Hill think-tank the Pioneer Institute claimed the proposed law school will cost Massachusetts tax payers more than \$50 million over the next five years. The UMass Dartmouth School of Law is expected to open in September "If the public law school will truly not cost the Commonwealth any of its scarce taxpayer dollars, then it could be a good idea," said University spokesman, Greg Gatlin.

Suffolk Law to open 'clinic'

Suffolk University Law School is offering a new clinic primarily for small investors who feel they've been cheated or harmed by investment advisors. The clinic was created not just for the poor or specific classes in society. It is open to anyone who wishes for their help. The clinic was funded by a \$250,000 grant from the Financial Industry Regulatory Authority Investor Education Foundation which was used to hire David Gibbs, a litigator. According to Hire, the goal is "to give ordinary investors crucial assistance in vindicating their rights and at the same time teach students how to provide first-class representation to clients."

POLICE BLOTTER

Saturday, January 30

1:06 a.m.

150 Tremont Street

Minh A. Tran of 1056 Commonwealth Avenue, Boston, MA 02215, was arrested for disorderly conduct and assault and battery on a police officer. Report to follow.

Monday, February 1

6:33 p.m.

10 Somerset Street

Timothy Deziel of 10 Somerset Street was arrested for an assault by means of a Dangerous Weapon and Larceny over. Report filed.

To read the rest of the Police Blotter, go to suffolkjournal.net!

Shoshana Akins
Journal Staff

Four years ago, a group of Suffolk students and their trusty professor hiked up to the roof of the Archer building on a mission: to harness the rays of the sun with their very own, homemade solar panel. Toiling and tinkering, they set out to prove their knowledge and abilities worthy by taking their classroom experience to a whole new level.

Today, this project started by the Technology and Science Initiative (TaSI) is a success. The solar panels are now functioning and

creating their own energy, along with proving as a perfect site for students to study real life application of renewable energy engineering.

Suffolk professor and advisor of TaSI, Dr. Chatan Cooke, began the project to provide a physical example of applied theory from his classes for his Electrical and Computer Engineering students. Since the project's start, it has expanded to become a learning tool for students in other fields and is currently being explored by students studying thermal and economic consequences of solar energy.

"One goal of our work is to demonstrate an effective and simple solar power enhanced office here on campus, where a substantial amount of the electric energy used in the office is supplied by simple solar panels," said Cooke. "We hope to demonstrate both the technical feasibility as well as a strong economic benefit for the adoption of solar panel electricity on

buildings at Suffolk and indeed for many buildings throughout Boston and its suburbs."

The project, however great its aspirations, cannot ever expand to the point that it would be able to fully support all the University's energy needs. The solar panels are, instead, mainly concentrating on reducing the carbon footprint of the school.

"In order to power our campus with solar energy using our building roofs, we would need much more roof

From the data collected atop Archer, the roof temperature is reduced by about 30 °C under the panel compared to no panel, resulting in an approximately three-fold reduction in temperature difference that air conditioning must cool according to TaSI calculations.

Cooke is also working with Suffolk Economics Department staff member, Dmitriy Kha, to improve the integration of the solar panel electricity to the University's existing electric

power grid and see if using green energy options can lower the school's electric bill and carbon output. Though school-wide integration of solar panels is not possible, there is hope in

the future as more green advancements hit the market.

"On a smaller scale, power from the solar panels will never go to the grid because the university's demand for electricity is high enough to absorb any solar PV output. In this case, there would not be much worry about how to integrate solar to the grid," said Kha. "When technology develops more and more efficient panels could be installed [at a larger scale], then the university will have to discuss technical and financial matters of 'selling' energy to the grid with the electric utility it purchases electricity."

The project is still working on a small scale but has much bigger dreams. With the students' and teachers' continued involvement and passion for energy-saving engineering, the solar panels will some day become a glimmering beacon of green initiative, shining proudly in the sun for all to benefit.

"We hope to demonstrate both the technical feasibility as well as a strong economic benefit for the adoption of solar panel electricity on buildings at Suffolk"

space than we have," said Campus Sustainability Coordinator, Erica Mattison. "Essentially, our demand is much greater than what we can generate using our roof space. For campuses that are more spread out, located in less urban areas, there is more roof space because the buildings have fewer stories, and so it is more feasible to produce a greater percentage of the school's energy needs on-site. Therefore, if Suffolk were able to install solar panels, beyond what Professor Cooke has done, the energy generated would only supply a small fraction of what we need to run our campus."

Skirting this setback, the project is currently exploring another way solar panels can be helpful: the impact and benefits of the "parasol-effect." This shows that the devices can act as a shield against the sun, reducing the surface temperature of the roof and therefore requiring the building's air conditioning to work less.

Green plans for the Environmental Club

Derek Anderson
Journal Staff

With a lot planned for the upcoming semester, Suffolk's Environmental Club is taking action to make the university eco-friendly and aware.

To start off the new month, as well as Recycle Mania, a 10-week competition between schools country-wide to promote the act of recycling, the Environmental Club will be holding a Green Tea Party. The event will be throughout campus on Feb. 4 at 10:30 a.m. where members will be tabling, giving out green tea and travel mugs. The event will continue until resources run out.

Other events will be available for students to take part in throughout the semester, such as the Green Roundtable/Nexus Outing on Feb. 18 at 73 Tremont at 4:30 p.m. This group "is an independent non-profit organization whose mission is to mainstream green, healthy, efficient, and intentional building and development," according to their website www.nexusboston.org.

"[We'll have] the movie screening of Tapped," said President of the Environmental Club, Andrea Thayer, 2012. The documentary covers the privatization of water and will be followed by a question and answer session with a panel of experts. The screening will take place on Feb. 25 at 6 p.m. in 73 Tremont, where snacks will be provided. "We're all really looking forward to that, I've heard there's a lot of interest in that."

The Environmental Club's main goal this semester is to reduce the paper usage at Suffolk, especially in the library.

"Even if you have to check out a laptop [at the library], you need to fill out a sheet and that's just a waste of paper," said Thayer. "I know they do double-sided printing in Sawyer, but a lot of English teachers don't like to have English papers double sided and that's unrealistic. That's something we're trying to push for as well."

Paper, however, isn't the only focus the club has this semester. The Boston Harbor Islands are also another issue they wish to tackle. The

Environmental Club plans to throw a luncheon to discuss the problems affecting the islands.

"[The Boston Harbor Islands Earth Day Luncheon] is something that we are doing later on in April for Earth Day," said Thayer. "There's also going to be a competition for NESAD students to design something for the islands that represents the efforts while showing some artistic interpretations of the islands."

As the weather moves closer to spring, the club also has hopes to do some planting around Boston.

"We want to do something with planting or some sort of urban gardening, but of course that won't be happening until later in the semester when things warm up. That's always something I look forward to," said Thayer.

With all these plans, the Environmental Club is well on their way to continuing through with their mission statement to "help connect students with environmental stewardship events".

MassCann member discusses benefits of hemp

from HEMP page 1

chemicals; you don't need any bleach to make it white," unlike with timber-based paper.

In addition to paper, rope, and cloth, hemp oil can be used as an alternative bio diesel. "Any vehicle that's jerry-rigged to run on oil can also run on hemp oil, so they wouldn't have to go through a massive conversion. Hemp oil is cleaner for the environment both in processing, waste, and exhaust," said Gacek. The Hemp-est, a store that sells hemp products has a van that runs on Hemp oil that they bring to the Boston Freedom Rally (or Hemp Fest) every year.

Hemp can also be used to make foods, like cereal, milk, and granola bars. "If you go to Trader Joe's they actually have hemp cereal. It's actually pretty good and rather tasty." Among the uses of hemp are "food for the population, clothing, and heat—pretty much the necessities to life."

Gacek acknowledged that while hemp products are useful they are also expensive. "From a business standpoint right now, it's not cost effective to produce hemp because of the fact that the growth of hemp in the United State is illegal so all hemp has to be imported and when it's imported it's taxed which is why hemp clothing costs so much money, but if we were growing that here in the United States as a domestic natural resource," that would be a different story. Canada legalized hemp in 2004 and is now, one of the world's leading suppliers in industrial hemp.

"If you are growing it, it becomes very cost effective because it's cheap to produce," said Gacek. Other crops rape the soil, forcing farmers to rotate crops and burn fields to replenish the nutrients. "If those farmers could then plant hemp on those fields they could regenerate the soil for their regular crops and supplement their income. The hemp plant is one of the few plants that regenerate the soil as it's growing." Since hemp is easier and cheaper to produce than many other crops, it would be cheaper to buy if it was grown in the US, making the hemp industry more viable.

"It's going to create jobs and create more of an economy.

There are farms out in Western Mass. that are government subsidized right now because they can't make money. What if they had another crop that they could grow legally?"

Hemp is also very durable, which is why the US government encouraged farmers to grow hemp during World War II. "At that time they were still using hemp for rope in all the vessels because it was the strongest rope at the time. All the hemp was coming from the Philippines, which was controlled by the Japanese, so we couldn't get it. Congress passed the Hemp Tax Act where farmers could actually pay their taxes in hemp. You could grow hemp and give it to the government for taxes because they needed it that badly for the war effort," said Gacek. The government even made a film called *Hemp for Victory* in 1942 encouraging farmers to grow hemp.

"We firmly believe that hemp should be legalized," said Gacek, reflecting on his own beliefs and those of MassCann. "This state was founded by hemp farmers. All of the original drafts of the Declaration of Independence and the Constitution were written on hemp. US currency used to be printed on hemp. John Quincy Adams grew hemp."

There is currently a bill in Congress to tax and regulate hemp, which Gacek thinks would be a large boost for the economy, but said that "full blown legalization [of marijuana] will bring a whole new economy."

Those opposed to legalizing marijuana, specifically for medical purposes, argue that it would cause people in the healthcare industry to lose their jobs. Gacek disagrees. "As therapeutic as marijuana is, it's not for everyone and it's not for everything. It's not a miracle plant that's going to end every single reason that I would ever need to go to a doctor."

To Gacek, legalizing both marijuana and hemp is about people being able to make a choice. He believes that marijuana should be a choice for those who want to use it recreationally and that people should have the option to choose a wide variety of products made from hemp.

Suffolk aims for Gold LEED standard

from THEATRE page 1

the windows create a natural breeze though the building, creating less need for air conditioning. In addition, the windows also have high-efficiency glazing, which minimizes the UV rays that create heat while letting in more natural light, lessening the need for lights. A body heat sensor is connected to the light and temperature control system so that the system turns off when no one is in the room, which will reduce electricity waste.

Two double rooms are connected via a bathroom with a vanity, shower, sink and toilet, all of which are energy efficient, low-flow fixtures.

"When [the building] is finished, it will be 20 percent more efficient than an average building," said Mattison. "It is also efficient at operating. You don't want to run a building that uses tons of energy."

Currently, "the university's minimum goal is a Silver certification, and we're on track to

get Silver, but we're looking to get the Gold," Mattison said.

LEED certification is based on a number of factors, some of the ones specific to the Modern are that it is a redevelopment of an existing building, its proximity to public transport, water and lighting efficiency, and also the materials used in the building and where they came from. So there are two different components the certification is based on: construction and operating efficiency.

"All the drywall is sourced locally, a major item we worked hard to get right because we use so much of it," said LeBuffe, who also explained that 90 percent of the steel and metals used is recycled, as well as about 15 to 20 percent of the rest of the materials. Also, the furniture has a high recycled content and is all regionally produced. "Every piece of the building was chosen specifically for its sustainability," he said. "We're not using a lot of wood, period."

The building also has a white roof, which is highly re-

flective. "As we put in more greenhouse gases, we're putting in more insulation for infrared light. So if you make white roofs and the sunlight comes in, it goes right through that insulation," Obama Energy Czar Steven Chu said in an interview last year.

The building's original façade, which is made of a total of 850 stones, is currently being restored, piece by piece, and will be returned in late March.

"It's really a historical preservation, as well as a green building," said LeBuffe.

The community also welcomes the reconstruction of the building, which has long been considered an "eyesore" since it fell into disrepair.

"Suffolk is excited about not only adding more student housing but becoming a part of restoring a little bit of the Boston's historic culture," said John Nucci, Suffolk's Vice President of Government and Community Affairs in an interview with the Boston Herald.

How green is Suffolk?

See what measures Suffolk takes to make the campus more environmentally friendly...

- **Techno Trash** – Special recycling bins that can be found in the Sawyer lounge as well as the computer labs in Sawyer and Donahue. You can dispose of tapes, DVDs, VHS tapes, CDs, and transparencies.
- **150 Tremont, 10 West, and Miller Hall** all now have “single stream” recycling. This is one bin in which students can place all recyclables without needing to sort them prior. This is to make recycling easier and more convenient.
- **Suffolk’s annual waste reduction competition** normally takes place only in the fall, but this year will also be held during the Spring.
- **Organics recycling in the Donahue cafeteria** – Allows diners to compost food instead of throwing it in with the trash. The composted food, along with the newly biodegradable cutlery, straws, and containers in the cafeterias, will go to a farm in Massachusetts to be sold as compost.
- **In & Toner Cartridges** – If you are a staff member, live in the residence halls, or attend Suffolk you can now bring empty cartridges to the mail room where an outside company will take them free of charge.

Suffolk Environmental Studies program growing in popularity

Angela Bray
Journal Staff

Amid the growing field of environmental studies at Suffolk, students have the option of studying to obtain an interdisciplinary major and minor. The program, which began in the fall of 2007, allows for the development of skills in areas of natural and social sciences, ethics, and the humanities.

Environmental studies is especially beneficial to students who are interested in the environment. It gives them a deeper understanding of the environment,” said Dr. John C. Berg, a Professor. Berg is also Chair of the Government Department. “The courses will prepare a student to be a good advocate, as well as be able to write and educate about the environment.”

ration for careers in various environmental work, as the whole environmental field is growing. “The program will help students who want to work as environmental lobbyists and educators, in environmental politics or science, and in national parks,” said Berg. Along with the coursework, students are expected to complete a practicum or internship, and Richmond said she constantly hears about available internships. There is also an opportunity for students to, locally or nationally, work with governmental or non-profit agencies. International programs are also an option.

“I think a lot of people are becoming more interested in environmental issues,” said Richmond. According to Berg, the environ-

"It is becoming increasingly important to be educated in environmental issues..."

Common interests of students studying the environment include pollution affecting individual health or the ecosystem, as well as environmental policy, justice, and communication. Environmental ethics, economics, and politics are popular requisite course options.

“There are a lot of course opportunities,” said Dr. Martha E. Richmond, Director and Professor of the Environmental Studies Program. “[The program] is very self-structured, and there is a lot the students can do.” The program focuses accommodate those with focuses in environmental policy, economics, and law, ethics and sociology, journalism and creative writing, and the sciences. “What I would like to see in the next few years is students taking the opportunity to learn environmental journalism and creative writing,” said Richmond.

The environmental studies program is also good prepa-

mental studies program is “pretty popular, but not huge yet.”

Derek Stehlin, a Freshman at Suffolk, is an environmental engineering major. “I hope to greenify the dorm,” he said. Stehlin is also one of Suffolk’s five Eco-Reps. The reps are students who live in the university’s residence halls and act as environmental peer educators; they lead events and encourage environmentally responsible living.

“It is becoming increasingly important to be educated in environmental issues and topics as sustainability and going ‘green’ continues to become more mainstream,” said Kevin Jordan, a Senior and Environmental Science major. “The better we are educated on how our decisions and lifestyles effect the environment, the economy, and our health, the better off we are.”

INTERNATIONAL NEWS

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The World's Greenest Countries

1. Iceland

Nearly all the country's energy comes from renewable resources like geothermal plants and 100 percent of electricity is from renewable resources.

2. Switzerland

Hydro and nuclear power provide for 96 percent of electricity in the country and the government offers subsidies for those homeowners who switch to renewable fuels for heat.

3. Costa Rica

The idea that the environment and the economy are mutually exclusive doesn't exist in Costa Rica where the economy, energy, mines and water are all under one government agency where all those things work to balance each other.

4. Sweden

Oil is only responsible for 30 percent of energy supply, the rest coming from hydro and nuclear power. The unique district heating system, which uses mostly a fuel known as biomass and is totally renewable.

5. Norway

According to the International Energy Agency, Norway has the highest per-capita electricity consumption in the world, but almost all of it is produced by hydro plants.

Interested in writing
about what's happening
Around the World?

Write for International News

OPINION

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THE SUFFOLK JOURNAL

February 3, 2009

Staff Editorial

Suffolk has come a really long way in the past few years. Some of us still remember the orange and red patterned Styrofoam cups from the days before the University remodeled its sustainability goals as well as its cafeterias.

But there's still more work to be done. While there have been massive improvements, the campus is far from what could be called "green" and we all need to do our part, no matter how small it seems.

To all those kids who stand out in front of Sawyer, Ridgeway and Donahue, use the trash cans when you put out cigarettes. For the kids in the dorms: recycle your bottles of Mountain Dew instead of trashing them. And for everyone else: turn off

lights, computers and printers when you're done for the day.

The universities in the Northeast are leaders in environmentalism and sustainability and there's no reason that Suffolk can't be one of those schools leading the charge to reduce carbon footprints. As a commuter school, it can be difficult for Suffolk students to take the T or carpool instead of driving into the city in what is probably a more comfortable environment, but those who drive in should really think twice about it. SGA needs to pass the bike rental legislation that was stalled in committee. And think of how much paper could be saved if all clubs went paperless.

LEED certified construction of new buildings, sustain-

able toilet flushers, and motion-detecting lights are all some of the great things this institution is doing, but it's up to us, the students, to make changes in our own daily lives, or else all the great carbon-canceling measures that the school spends money on will be moot.

Right now, the world is in such a place that our circumstance demands that everyone who is able to change their lifestyles do so. It was close to 65 degrees just a couple weeks ago. In Boston. In January. Global climate change is no longer just a crazy hippy theory – we're living it. And little by little, even by tiny, seemingly insignificant, individual acts here at Suffolk, positive changes can be made.

A note from our Campus Sustainability Coordinator

Erica Mattison

Special Guest Contributor

Suffolk has several exciting environmental initiatives taking place this semester. In tough economic times, it becomes all the more apparent that we must be conscious of our use of natural resources. The Suffolk University Sustainability Committee is dedicated to reducing environmental impact, encouraging effective and efficient uses of resources, and fostering sustainable behavior.

The University is increasingly being seen as a leader in the area of campus sustainability. Just this week, our Employee Education program on waste reduction and recycling earned us a 2009 Gold Achievement Award from the EPA Wastewise Program. Through online communications, a workshop at the quarterly New Employee Orientation, Green Teams, the Suffolk University Sustainability Committee, and events throughout the year, there are many strategies in place to raise awareness about waste reduction and recycling.

This Thursday, Feb. 4, the Suffolk University Sustainability Committee will host a Green Tea Party, with tables set up in high-traffic locations throughout campus. Come learn about Recycle Mania, the national waste reduction and recycling competition in which Suffolk is competing for the fourth consecutive year. Student volunteers will be staffing the tables and visitors will have the chance to test their waste reduction and recycling know-how through interactive games, as well as win a prize. Now through March if you're spotted recycling, you may be handed a coupon for a discount at campus cafes.

Volunteers will be distributing free green tea, eco-friendly candy, reusable tote bags, and Suffolk University Sustainability travel mugs. By giving away 1,000 biodegradable travel mugs in recent months, we are working to encourage people to participate in the Mug Club instead of using disposable coffee cups. A considerable amount of our trash currently consists of coffee cups. Through Suffolk's Mug Club you receive a discount on your beverages in ca-

fes on campus by using a travel mug. The new Spot-a-Mug program is yet another incentive for using a travel mug: if you're spotted using a travel mug you can earn a voucher for a free beverage in a campus café.

Through a program launched last semester, Eco-Reps are now working in our residence halls, raising awareness about how to live in an environmentally conscious way. This month they are promoting the waste reduction and recycling competition among the residence halls; the winning building will win an eco-friendly ice cream party next month. And in March they will be promoting the energy conservation competition among the residence halls, through which the building that most significantly reduces its electricity consumption will be rewarded with a pizza party. Students living in the residence halls are encouraged to contact their Eco-Rep to share ideas for events or to help out. If you have Work Study funds, are interested in having a positive impact on the environment, and are planning on living in a residence hall next fall, consider applying to serve as an Eco-Rep.

Also, for several months, dozens of members of the Suffolk community contributed to the creation of a Campus Sustainability Plan, which lays out recent accomplishments and goals for areas such as green buildings, energy and water conservation, environmentally preferred purchasing, dining, waste reduction and recycling. Students are encouraged to read the plan and share their feedback. The plan will be updated periodically in order to continue to serve as a relevant and useful document.

If you want to learn about upcoming events, volunteer opportunities, and campus environmental news, sign up to start receiving bi-weekly Eco-Update emails and become a fan of Suffolk University Sustainability on Facebook.

Although we've managed to reduce our electricity consumption by close to 10 percent and increase our recycling rate to an impressive 45 percent, there is still plenty of progress to be made...and we need your help!

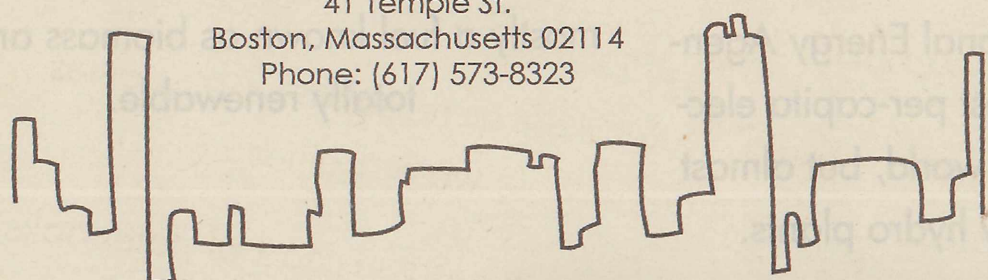
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41 Temple St.

Boston, Massachusetts 02114

Phone: (617) 573-8323



www.suffolkjournal.net

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Editor-in-Chief

Jeff Fish
News Editor

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Politicians use do-as-I-say-not-as-I-do policies

Copenhagen is only one example of heads-of-state not practicing what they preach to the rest of us

Jeff Fish

Journal Staff

In an effort to curb climate change and lower carbon emissions, the countries of the world came together for the United Nations Climate Change Conference in Copenhagen and managed to accomplish nothing, while creating more pollution.

Airplanes had to fly to other airports because Roskilde airport in Copenhagen couldn't hold them all. Cars had to be imported from Germany to cart around all the heads-of-state because apparently they're too important to carpool.

The conference was supposed to be a monumental step forward in the international effort to protect the environment, yet it was held in a location that couldn't sustain all the traffic and the leaders attending the conference failed to accomplish their goal of reaching a binding agreement.

This is not the first time politicians have told citizens

what to do while holding themselves to different standards.

A prime example of this hypocrisy comes from former Vice President Al Gore, who became a leading voice in the climate change debate after leaving the White House. He even won the Nobel Peace Prize for his efforts and an Academy Award for his film, *An Inconvenient Truth*, but when the film came out in 2006 his 10,000-square-foot house in Nashville, Tenn. used 12 times more energy than the average house in Nashville.

In contrast, George W. Bush's 4,000-square-foot ranch in Crawford, Tx. used geothermal heat pumps, among other environmentally friendly features. To be fair, Gore has since had added changed to his house to make it LEED certified, but did he do this out of love

for the environment or because people caught on to how much of a hypocrite he was being?

Another proponent of going green, the late Sen. Ted Kennedy, actually opposed

to the Cape Wind project aren't concerned for wild life as much as they are about their ocean-front views being obstructed by structures that appear as large as a thumb from the shore.

Investing in clean energy would go a long way to way to helping not only the environment but the economy, which is especially important at this juncture. We need to do our best for the environment while at the same time watching our wallets. But if policies like this can't be enacted in our country because of personal agendas, how can anything be accomplished internationally?

The Copenhagen conference was an example of back-door politics at its worst playing out on the world stage. Agreements were made during the conference, but it is unclear whether all the countries in at-

tendance will adopt them, or how these agreements could even be enforced. According to the BBC, most delegations did not even know about the agreements when the U.S. announced them. This lack of transparency could not have sat well with other countries, and is definitely not the way forward in terms getting nations to agree on anything.

The point is, we have all these politicians telling us what we need for our country or the world and how to live our lives, while they themselves live large and seem unwilling to give anything up from their comfortable lifestyles. They tout all their ideas but are unwilling to compromise, creating a gridlock so that nothing is accomplished. If politicians really want to make changes—in this case with climate change—then they must lead by example. They must make the sacrifices that they ask us to make and stop talking down to us with their do-as-I-say-not-as-I-do mentality.

"They tout all their ideas but are unwilling to compromise creating a gridlock so that nothing is accomplished."

Things that you

can do

* Buy a couple cheap dish towels to replace paper towels

* Use a tabletop water filter or reusable water bottles instead of plastic disposable water bottles

* Buy refillable binders instead of notebooks

* Use public transportation or walk

* Use both sides of paper when printing

* Ask to be removed from catalog mailing lists that you don't use

* Instead of letting the water run while you brush your teeth, turn off the faucet

* Replace incandescent light bulbs with fluorescent bulbs

* Switch from synthetic pillows to pillows made with natural materials

* Turn off and unplug electronic items when not in use

* Buy sturdy, reusable shopping bags for your groceries

* Replace disposable razors with reusable ones

& off
Campus

Celebrities Go Green

Accomplishments of non-famous environmentalists suddenly become dramatically less important.

Matt McQuaid
Journal Staff

Woody Harrelson



Image courtesy of Flickr user gohsuket

Hollywood's pot poster boy, Harrelson, narrated the 1996 documentary *Grass*, a film about the history of the U.S. government's war on marijuana and was arrested for symbolically planting hemp seeds in L.A. Harrelson also scaled the Golden Gate Bridge to put up a banner protesting the clearing of Redwoods in Northern California.

Jay-Z & Beyonce

"ALLOW ME TO REINTRODUCE MYSELF MY NAME IS HOV H TO THE O V ME AND MY WIFE ARE SO ECO-FRIENDLY." Jigga-Man was the founder of the UN-backed Water for Life, an organization dedicated to making clean water accessible throughout the world. Beyonce has also done her part for the earth, dedicating time to the food bank network Second Harvest.



Image courtesy of Flickr user idrewuk

Hillary Duff



Image courtesy of Flickr user The Heart Truth

The former *Lizzie McGuire* star may be responsible for polluting my TV with crappy sitcoms, but she's done more than enough to make up for her past transgressions. Duff has acted as an ambassador for Return to Freedom, a wild horse sanctuary, and has been active in USA Harvest, a group that collects surplus food from restaurants and suppliers and delivers them to missions and soup kitchens.

The environmental movement has been one of the greatest grassroots (no pun intended) uprisings in modern times. People like Rachel Carson, Paul R. Ehrlich, and John Muir worked hard to create awareness for preserving Earth so that our children's children could experience all of the same great things in the natural world that our ancestors did. Then again, those people weren't famous A-Listers, so nobody really cares. With that in mind, let's take a look at the accomplishments of a group of people who have been way more important to the environmental movement than environmentalists ever have: celebrities.

Edward Norton

Besides trying to adopt every third world orphan under the sun with his insane wife, Pitt has another philanthropic endeavor. He has been a key player in the Make it Right Foundation, donating \$5 million of his own money to the organization that has been dedicated to building affordable, storm-resistant, eco-friendly houses in New Orleans' Lower 9th ward.



Image courtesy of Flickr User KJBPhotography

Brad Pitt



While it may be difficult to picture a ridiculously jacked neo-nazi planting trees and rescuing sea lions from oil spills, Norton has done a lot for the environment as of late. He was the host of Planet Earth's *Strange Days* series and was a key founder in Solar Neighbors, an organization that offers free solar power energy to low-income families in the Los Angeles area.

Image courtesy of Flickr User Matheus Sanchez

The woman that every Star Wars nerd thinks about when he's furiously touching himself under his Darth Vader blanket has done a lot to fight the force...the force of environmental degradation. Portman introduced her own line of vegan shoes and worked with animal expert Jack Hanna to create the documentary *Saving a Species: Gorillas on the Brink*, a film about preserving habitats of African mountain Gorillas.



Image courtesy of Flickr User Mira

Natalie Portman

Hempest does more than blow smoke

Matthew Altieri
Journal Staff

In 1996, Jon Napoli partnered with Mitch Rosenfield and moved Napoli's "Hempest" store from Huntington Avenue to busy Newbury Street, located in downtown Boston. By doing so, co-founders Napoli and Rosenfield not only aimed to change the negative stigma of "Cannabis Sativa," but also aims to show that the hemp plant is an environmentally sound product, producing some of the most eco-friendly food sources, hygienic materials, and clothing sources that this world has ever seen.

For the past 70 years in the

United States, the hemp plant has been illegal to grow on United States soil. Although the plant uses no fertilizer, no pesticides, prevents erosion, and could be grown in any of the 50 states, the US government has deemed the agricultural production of Cannabis Sativa illegal. Thus, the Hempest must buy their hemp products in fabric and seed form from various countries around the world where it is not illegal to produce the plant.

"All our hemp fabrics are produced in China and Romania, and very small amounts in other countries such as Germany and Spain," said Bud

E. Green, manager of the 207 Newbury St. store. "While the majority of the hemp seed, used for the hygiene products and food, are grown in Canada."

While hemp remains an illegal commodity in the United States, it thrives in China and other European countries. Green expressed how he hopes the United States takes a lesson from the consumers of the hemp products within our borders and turns over a new leaf on their prejudices, in particular that hemp could be a saving grace in North America's economic struggle.

"If there's one thing our government will listen to, it's

the economy," said Green. "By offering these superior products to consumers, people will find that hemp is one of the finest linens in the world, and will be completely surprised by how good the product is. Hemp is as simple as linen, it's very durable and lightweight as well."

The Hempest not only offers a wide selection of clothing ranging from jackets to shoes, but they also have several hygienic products such as soaps and oils, as well as foodstuffs such as hemp seed powder and protein shakes.

"Hemp seeds are an excellent source of protein," said Green. "It's a great source for

omega-3 and essential fatty acids. We've also got a hemp seed milk like rice or soy milk. Many soy milk products today have genetically modified organisms in them that the hemp seed milk lacks, making hemp seed milk a superior organic product."

The Hempest started in 1995 as a green dream on Huntington Avenue and has grown into four different locations, one in Harvard Square, one in Northampton, Mass., another in Vermont and of course the original on Newbury Street. Their website, hempest.com, also sells and ships their hemp products all around the world for everyone to enjoy.

Avatar: Going blue to go green

Derek Anderson
Journal Staff

James Cameron's *Avatar* has smashed down competition in theaters and reigns as the highest grossing movie of all time worldwide. The film brings the audience into the new world of Pandora, a moon that the human race wishes to harvest for an ultra-powerful mineral by the name of unobtainium. The indigenous people of Pandora, called the Na'vi, live on top of the largest deposit of unobtainium on the moon and have no intentions of moving from their homes. This pushes the humans to fight for the resources and chaos ensues, involving warfare and death, which ultimately destroys the environment of Pandora and the culture of the Na'vi people.

Although the story is intriguing and the special effects are something from another world, there is a point that Cam-

eron really wanted to drive home to his audience. It is the environment on Pandora. Cameron wants people to see, being destroyed and ravished for minerals and resources, a mirror to reality and the present day world.

"I see it as a broader metaphor," said Cameron in an interview with the *Daily Telegraph*. "Not so intensely politicized as some would make it, but rather that's how we treat the natural world as well."

Avatar is also the most expensive movie ever made. The new technology used to make the movie, 3D, is what cost the most, even delaying it years from when it was written back in 1994, because at that point in time the technology did not even exist. The new spin on 3D was to make it subtle and almost a second nature to the audience, immersing the crowd into the film. This 3D trick drops people right into the new world of Pandora.

The 3D factor makes Pandora a reality to the audience, which can only help Cameron's attempts to say something about the environment.

"There's a sense of entitlement - 'We're here, we're big, we've got the guns, we've got the technology, we've got the brains, we therefore are entitled to every damn thing on this planet'," said Cameron. "That's not how it works and we're going to find out the hard way if we don't wise up and start seeking a life that's in balance with the natural cycles of life on earth."

Jake Sully, a paraplegic marine, is entered into the mission on Pandora to interact with the Na'vi. His mind is input into an avatar, a close clone of a

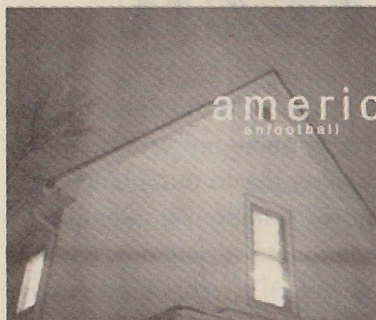
Na'vi. Once he begins to interact with the Na'vi and is taught their ways of life, he begins to become closer with the planet and the Na'vi people. Meanwhile, the humans are moving forward with their plans to destroy the Na'vi's home, which happens to be a giant tree on top of the biggest unobtainium deposit on Pandora. They move forward with plans and destroy the tree as well as everything else in their paths. The scenes show Na'vi people dying in the chaos as the humans mercilessly bombard their ancient home with missiles, gas and fire.

The destruction of the Na'vi home represents what is happening to our planet right now. Cameron's attempts to mirror our society now with the newer 3D technology warms the feelings the audience forms toward the Na'vi people. Not left with much but each other, a new leader, and the most sacred part of their culture, the Tree of Souls, the Na'vi people fight off the human attackers and begin to build again, starting from scratch. It is warnings like these Cameron pushed intensely in *Avatar* and upon the millions that have seen the new blockbuster. Many think the Na'vi have got it right. Maybe society needs something like the most expensive film in history to open its eyes to something as simple as the nature that surrounds us on a daily basis.

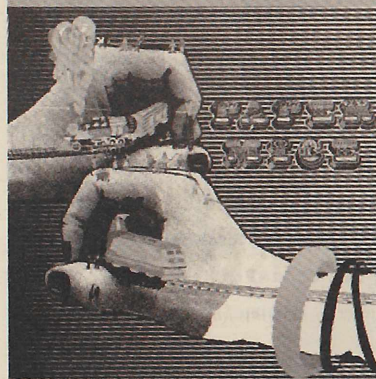


staff
SOUNDS

Hole
"Live Through This"
Almost as good as Courtney Love punching Kathleen Hanna
-Matt McQuaid



American Football
"American Football"
An awesome album to kick back and relax to.
-Derek Anderson



Paper Mice
"Paint it Pink"
This Chicago trio knocks out solid songs at only around 2 minutes each through infectious melodies.
-Clay Adamczyk



Zanger Bob
"Laat de zon weer schijnen"
Dutch. Kid. Pop.
-Ethan Long

Eco-friendly homewares

Angela Bray
Journal Staff

Greenward, an exclusive eco-modern shop, is located on Mass Ave. in Porter Square. The local business is owned by Scott Walker and his wife, Simone. Greenward's beginnings started when Walker and his wife wanted "to give people of the Cambridge and Somerville area the option of sustainable products, which can be hard to find," said employee Leah Gillespie. "Everything in the store is recycled or promotes sustainable living, and we try to buy local as much as possible," said Gillespie. "We have a little of everything."

The store sells everything from household goods to toys for babies and pets. Products also include a vast selection of accessories, stationary, and gifts. Cheerful, attention-grabbing greeting cards, journals, and notebooks are made of 100 percent recycled paper. Bambu, "the perfect alternative, naturally," produces products made of bamboo that are sustainably

harvested and free of pesticides and fertilizer. The collection includes pot scrapers, spreaders, sporks, and cutting boards. Preserve tableware, such as



Image courtesy of Greenward

cups, bowls, plates, and utensils are reusable, dishwasher-safe, and made of 100 percent recycled plastic. Cleaning products, hand soap, and dish soap line the shelves with the shop's everyday housewares.

While going green is still new to some consumers, it is gaining popularity.

"Up until recently in our generation, the thought of eco-friendly materials or green-

based products were unfamiliar," said Mike Gallagher of Lowell. Some may find it as a new money-making business when in fact, it's probably one of the wisest forms of production and consumption ways of living."

"Customers love the breath of things we have," said Gillespie. "People come in for one thing, then see everything else we have, and end up leaving with a few more items."

Lunch items are among the shop's most popular merchandise. The snackTAXI sacks, an alternative to plastic bags and wraps, are composed of cotton cloth with a nylon interior. SnackTAXI sacks are available in a variety of patterns. Greenward's online shop promotes each reusable bag to have "the potential to eliminate an average of one-thousand plastic bags over its lifetime." Snack-

TAXI sacks, as well as Lunchskins, are easy to use for work and school. Lunchskins are reusable, colorful, polyurethane-lined and moisture-proof cloth pouches, and are used for sandwiches and snacks.

Books such as *The Organic Cook's Bible* and *How to Cook Everything Vegetarian* are displayed on the shelves of Greenward's book selection. Publications feature energy and environmental issues, food, agriculture, green design, kids, transportation, and green business.

Pet shampoo, conditioner, toys, and organic food line the wall next to the baby section. Natural markers, paint, and soy crayons are set next to "Gro baby" diapers, toys, and clothing. Another section displays ICU recycled reading glasses, bedding fabrics, and recyclable tote bags.

Greenward, located at 1764 Mass Ave, is open all week. More information can be found on their website, greenwardshop.com

Mother Earth's Munchies

Ashley Maceli
Journal Staff

There really is no other feeling like the kind you get when you eat a nice healthy meal. Not only does a good sustainable meal make you feel amazing, but you are doing good for the environment. Here are some recommendations of eco-logically friendly food places.

Boloco just may be the best place to find burritos in Boston. With locations on Newbury Street, Harvard Square and Downtown Crossing, just to name a few, it is super easy to get to eco-friendly burrito bliss - and now they even deliver!

This place has something for everyone, whether it's vegan, vegetarian, or gluten-free (and of course plenty of meat to choose from for those carnivores.) Any burrito lover can find their perfect burrito, or even make it themselves, and then enjoy their meal in a nice bamboo bowl and equally eco-friendly bio-degradable corn cup. Boloco restaurants are made of green materials, including PaperStone table tops and counter tops, LED lighting and low flow spray heads

for the faucets. The best part, though, is the fresh ingredients including the naturally-raised chicken, steak and pork that are free of hormones and antibiotics. So rather than heading to McDonald's for a quick meal in between classes, why not pick up a burrito that is friendly for both the environment and your wallet while having a unbelievably filling meal?

Practically hidden on Newbury Street, The Trident Cafe is located close to Newbury Comics and is a book store as well. Picking up the next Chuck Klosterman book? Why not sit down and enjoy a nice trident signature salad with it? This adorable, tiny, and healthy sit-down cafe provides all day empowering breakfasts as well as delivery and take out for those who would rather relax at home with a book they just purchased. Besides being a super healthy and cute place, the menu is unlike anything most have ever seen, from sweet potato pancakes to vegan cashew chili. Even the drink menu comes with interesting beverages such as the healthy wheatgrass shots or

sweet blueberry lemonade. The menu is enough to bring in any adventurous food consumer.

Another great venue is the tiny gem at the end of Newbury Street: The Otherside Cafe. Located right off the Hynes Convention Center stop on the Green Line, this fresh and original vegan/vegetarian restaurant is a little taste of something different that includes amazing meals and a wide range of beers. With delicious wraps, sandwiches, and salads made from organic foods, this is yet another place that makes a person feel great without breaking the bank (unless one is indulging in one of their fruity and super healthy smoothies). It is the ideal place to head to after a show or even when those late night cravings kick in, since it is open until 1 or 2 a.m., depending on the day. As if that wasn't enough, the absolute best thing to get here is breakfast. Unfortunately the menu does not follow all day breakfast, but it is worth it to wake up early on a weekend and get some of The Otherside's famous french toast made with cinnamon swirl bread, and

then add on a side of "vegan" bacon or sausage. Don't forget a cup of hot coffee to go with it, arguably some of the best coffee in Boston. The Otherside Cafe and enjoy the adorable alternative ambiance while eating some tasty organic foods.

Don't have the money to go out all the time to have a good meal? Definitely pick up some ingredients at green grocery stores such as Trader Joe's and Whole Foods. It is true that some things may be a little expensive, but why not pick up some fruits or a bag of healthy chips once in a while to snack on in the dorms rather than eating junk food?

Suffolk University is truly lucky to be located in the heart of a city that is booming with sustainable restaurants and foods. These amazing places need to be visited and enjoyed, so maybe sometime in the future more restaurants will decide to use organic or even local foods. Right now the best thing to do is support these places and companies, as well as recycle everything we can from the delicious meals enjoyed from these great places.

Genzyme Center plans the future

Among the Cambridge office buildings lies the environment's next ally in the fight for the future

Ethan Long

Journal Staff

Inside Boston and the surrounding areas, buildings pop out of the ground on every street. Many of these buildings can be looked over, with nothing that makes them special. These buildings house an array of things, from dormitories to music halls, stores, and offices- Yes, offices, the boorish, linear work environment that is the bane of many middle-aged American's existence. One office building in Cambridge, however, has become a building of notice. Walking towards the Genzyme Center, one might pass through the gravel lot across from the beautiful glass building.

The Genzyme Corporation, an innovative biotech company, started production on their Genzyme Center building (located in Kendall Square) in 2000. The corporation, founded in 1981, sought out an architect who would not only make them a good building, but would also be able to make the most efficient one. Stefan Behnisch was hired after presenting the corporation with plans of a building designed around the employee experience. Behnisch came from the German firm of Behnisch, Behnisch, and Partner, whose environmentally-influenced designs have made a name for them.

The building itself is the corporation's headquarters. When one walks in, they view not a patterned building with ceiling tiles and lights every few feet, but an oasis in the middle of a business park. The interior of the Genzyme Center is literally reflected from the building's exterior. The lot, which was once a condemned industrial waste site, now houses a building that the United States has even deemed great for the environment.

"The building emphasizes our willingness to take some risks, to innovate and to spend in a responsible way," said Henri Termeer, CEO of Genzyme Corp, in a 2004 interview for the Boston Globe. "It's innovative in an environmental sense. It's green building on what was a brownfield site."

The building features many different aspects that all count

towards a greener site. Visitors to the building can pick up a booklet, or look through one of the many informational kiosks around the building for detailed descriptions for all of them. Some of the features include the building's lighting, water system, and gardens around different floors.

On the roof, heliostats, or large mirrors, follow the sun's path while it travels across the sky. The mirrors reflect sunlight onto other mirrors, which then direct the light down into the building's main atrium. Inside of the atrium, a chandelier, made of animated prismatic tiles, transfers the light around to the building's different spaces. A computer that tracks the sunlight also helps point the various mirrors and tiles towards the right way.

The plumbing system in the building includes dual flush toilets and waterless urinals. Still, water is a main component of the beauty of the building. The first floor lobby contains a fountain that looks like liquid metal in front of you, and at a company named "Genzyme," one might not be surprised if a Terminator suddenly popped out at you. The building feels like the future.

There are a total of 16 gardens throughout the building, including on the roof. Water systems are in place to stop overwatering. The trees and other plants around the building have name cards detailing what kind of plant it is, and where it is from.

The Genzyme Center and Genzyme Corporation have done their best to truly produce a building that makes people want to think about eco-friendly choices in life. Along with the state of the art building, the company also encourages its workers to take the MBTA, carpool, or ride their bikes to work. The building includes bicycle storage, which some of its 900 employees use daily.

In 2005, the US Green Building Council named it a LEED-NC Platinum Building.

The building is open for the general public to give self-guided tours. Kiosks around the first and second floors also give virtual tours.



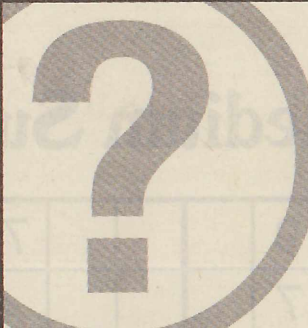
Image by Ethan Long

The ground floor of the Genzyme Center is in the middle of an atrium. Water flows throughout a fountain and trees line the floor.

In 2005, the U.S. Green Building Council named the Genzyme Center a LEED-NC Platinum Building, meaning it is one of the greenest in the country



Image by Ethan Long



Transitions 2010

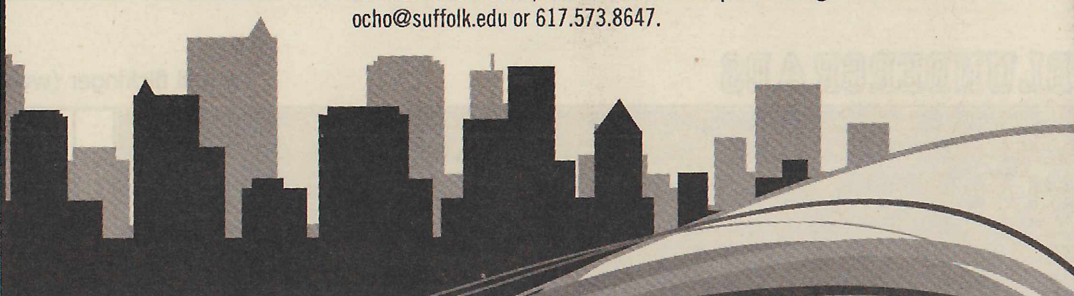
Get ready to make your next move by attending this Off-Campus Housing Office (OCHO) event


OCHO Information Sessions

All sessions last one hour; Tuesday sessions start at 7pm and Wednesday sessions start at 6pm
 February 2, 3, and 23—150 Tremont Street, 2nd Floor Lounge
 February 9 and 24—10 West, Mezzanine
 February 16—Miller Hall, 1st Floor Lounge


We encourage you to spring into your off-campus housing search at one of these fun information sessions. Come for a brief presentation on the ins-and-outs of the search process, and test your knowledge by playing *Who Wants to be a Commuter!* Prizes will be awarded.

For more information, contact the Off-Campus Housing Office at och@ Suffolk.edu or 617.573.8647.





OCHO
Offering Commuters
Housing Opportunities



SUFFOLK
UNIVERSITY

Wednesday, Feb. 3

Mean Creek
TT the Bear's - 8:30PM

Thursday, Feb. 4

Killswitch Engage
House of Blues - 6:30PM

XL of the Kreateors
Benefit and Fundraiser
The Western Front - 9:00PM

We Are Wolves
Great Scott 0 9:00PM

Friday, Feb. 5

Utada
Paradise Rock Club - 7:00PM

Saturday, Feb. 6

Lez Zepplin
(Female Led Zepplin Cover Band)
Middle East - 8:00PM

City of Champions
Club Dajtumir @ Roggies - 9:00PM

Monday, Feb. 8

Chevelle
House of Blues - 7:00PM

Tuesday, Feb. 9

Yes
House of Blues - 7:00PM

Wednesday, Feb. 10

Bad Rabbits
Paradise Rock Club - 6:30PM

J Dilla Tribute
Good Life - 12:30AM

Das Racist
Great Scott - 9:00PM

Thursday, Feb. 11

Mystery Roar, Neon Indian
Great Scott - 9:00PM

Friday, Feb. 12

Kings of Convenience
Paradise Rock Club - 6:30PM

Haiti Open Mic Benefit
Islington House Showcase

Saturday, Feb. 13

Three Days Grace
Breaking Benjamin
Tsongas Arena - 7:00PM

Tegan and Sara
Orpheum Theater - 8:00PM

Sunday, Feb. 14

Megadeath, Slayer
Tsongas Arena - 7:00PM

Groundation:
A Bob Marley Tribute
Harper's Ferry - 11:00PM

Monday, Feb. 15

Big Bear
Middle East - 7:00PM

Hanne Hukkelberg
TT the Bear's - 7:00PM

TT the Bear's
10 Brookline Street
Cambridge, MA
(617) 492-0082

House of Blues
36 Lansdowne Street,
Boston, MA
(888) 693-2583

The Western Front
343 Western Avenue
Cambridge, MA
(617) 492-7772

Great Scott
1222 Comm Ave
Allston, MA
(617) 734-4502

Paradise Rock Club
967 Comm Ave
Boston, MA
(617) 562-8800

Middle East
472 Mass. Avenue
Cambridge, MA
(617) 864-3278

Roggies
356 Chestnut Hill Avenue
Brighton, MA
(617) 566-1880

Good Life
28 Kingston Street
Boston, MA 02111
(617) 451-2622

Islington House
3 Islington Ter.
Allston, MA

Tsongas Arena
300 MLK Jr Way
Lowell, MA 01852
(978) 848-6900

Harper's Ferry
158 Brighton Avenue
Allston, MA
(617) 254-7380

Around the Bean

The Journal's bi-weekly events calendar.

Know of an event?
suffolkarts@gmail.com

Easy Sudoku

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

Medium Sudoku

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

MY Suffolk CampusCalendar

Feb. 3

- 6:30 p.m. Ski and Snowboard Club Kickoff Meeting / Movie Night (Donahue Cafe)

Feb. 4

- 1:00 p.m. A Taste of Haiti, Haiti Relief Meeting (Donahue 403)

Feb. 6

- PC Ski Trip to Wachusset Mountain

Feb. 9

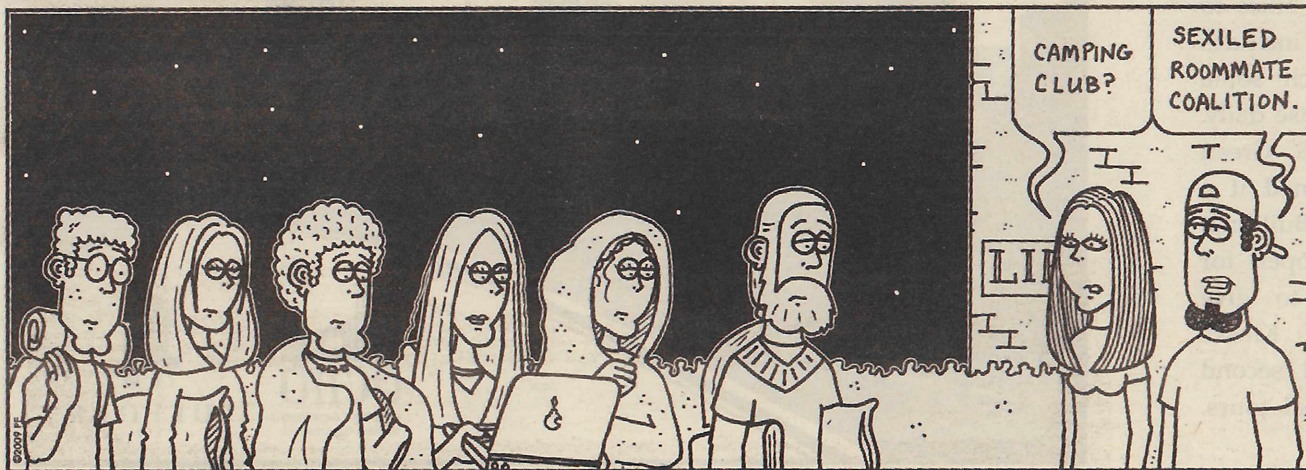
- 1:00 p.m. Suffolk Bikes February Meeting (Sawyer 240)

- 6:30 p.m. PC Meal and Reel: Where the Wild Things Are (Donahue Cafe)

If you or your club want something to be listed on the Suffolk Journal's calendar, e-mail your event's information to suffolkjournal@gmail.com

BLUNDERGRADS

by phil flickinger (www.blundergrads.com)



Sports briefs

Major shake-up in Toronto

Tired of seeing his team mired in the basement of the Eastern Conference, Toronto Maple Leafs general manager Brian Burke made two huge deals this past weekend, acquiring a big name defenseman and a former Conn Smythe Trophy winner in the process. After the dust settled, Burke had shipped six players out of Toronto and received two in return. The first, and arguably the biggest, move saw Burke send Ian White, Matt Stajan, Niklas Hagman and Jamal Mayers to the Calgary Flames in exchange for blueliner Dion Phaneuf. Phaneuf, an offensive-minded defenseman who is known for his crushing bodychecks that occasionally push the boundaries of legality, projects to be a top-two defenseman for the Leafs. Burke's second move sent goalie Vesa Toskala and forward Jason Blake to the Anaheim Ducks in exchange for goalie Jean-Sebastien Giguere. Burke knows Giguere from his time as general manager of the Ducks. The goalie, who won the Conn Smythe Trophy as playoff MVP in 2003, recently found himself stuck as the back-up to Jonas Hiller, a role he made it clear he had little interest in playing. TSN.ca reported on Monday that Toronto coach Ron Wilson will start Giguere for the majority of the Leafs' games down the stretch.

Report: Moss played hurt

After a season in which he was repeatedly criticized for not giving the team his all every week, a new report indicates that Patriots' wide receiver Randy Moss may have had a pretty good reason. According to a report on ESPNBoston.com by Mike Reiss, Moss was diagnosed with a separated shoulder shortly after the Patriots' season came to an end. Moss apparently first injured the shoulder on Oct. 11 against the Broncos, but played in all 16 of the team's regular season games as well as their playoff loss to the Baltimore Ravens. The report has come to light due to the fact that Moss was elected to play in last Sunday's Pro Bowl, but, like teammate Tom Brady, declined to participate. The wideout had 13 touchdown catches this season.

NCAA tournament to expand?

Apparently hoping that the old saying "there can't be too much of a good thing" is true, it appears that the NCAA is considering expanding its March tournament field to 96 teams. The website Sports by Brooks reported earlier this week that a source indicated that the expansion was a done-deal, but FoxSports.com reported that a deal hadn't yet been finalized. FoxSports lists a number of reasons why the timing is right for expansion, including an opt-out clause in the NCAA's television contract with CBS and the ending of a 32-team contract with the National Invitational Tournament, traditionally a tournament for the teams that don't quite make it into the NCAA Tournament. The tournament field is currently limited to 65 Division I teams, but the NCAA has made it clear in the past that expansion was an option they were considering, especially given the economic boon the tournament has become for both the schools involved and the NCAA as a whole.

Former champs to fight in April

While all reports seem to indicate that the rumored mega-fight between Manny Pacquiao and Floyd Mayweather appears to be off, boxing fans will be able to circle a date on the calendar this year for a big-time bout featuring big-name brawlers after all. According to ESPN.com, longtime rivals Roy Jones Jr. and Bernard Hopkins will fight on Apr. 3 at Mandalay Bay in Las Vegas. The two former light heavyweight champions last fought each other back in 1993, a fight that Jones Jr. won by unanimous decision. Jones Jr. has a career record of 54-6 with 40 knockouts, but lost his most recent match when he was knocked out by Danny Green on Dec. 2. Hopkins, who sports a 50-5-1 career record with 32 knockouts, defeated Enrique Ornelas in his last fight, also on Dec. 2.



RAM REPORT



Men's hockey

Feb. 3 @ Salve Regina, 7:15 p.m.
Feb. 6 @ Curry, 4:35 p.m.
Feb. 11 vs. Wentworth, 7 p.m.
Feb. 13 @ Nichols, 3:30 p.m.

Men's basketball

Feb. 4 vs. St. Joseph's (Maine), 7:30 p.m.
Feb. 6 @ Emmanuel, 1 p.m.
Feb. 9 @ Norwich, 7:30 p.m.
Feb. 13 vs. Mt. Ida, 2 p.m.

Women's basketball

Feb. 3 @ Johnson & Wales, 7 p.m.
Feb. 6 vs. Lasell, 2 p.m.
Feb. 9 @ St. Joseph's (Maine) 5:30 p.m.
Feb. 11 vs. UMass Boston, 7 p.m.
Feb. 13 @ Emerson, noon

Team standings

Men's hockey (ECAC)

1. Curry 7-0-1
2. Wentworth 7-1-0
3. Nichols 5-3-0
4. Becker 4-4-0
5. Johnson & Wales 4-4-0
6. Suffolk 3-4-1
7. West. New England 1-7-0
8. Salve Regina 0-8-0

Women's basketball (GNAC)

1. Emmanuel 5-1
2. Norwich 5-1
3. Emerson 5-1
4. Simmons 5-2
5. Suffolk 4-2
6. Johnson & Wales 4-2
7. Rivier 4-3
8. Albertus Magnus 4-3
9. St. Joseph's (Maine) 3-3
10. Lasell 2-4
11. Mt. Ida 1-6
12. St. Joseph's (Conn.) 0-7
13. Pine Manor 0-7

Men's Basketball (GNAC)

1. Albertus Magnus 10-1
2. Emerson 10-2
3. St. Joseph's (Maine) 9-3
4. Mt. Ida 8-4
5. Norwich 6-5
6. Johnson & Wales 5-7
7. Lasell 5-7
8. Emmanuel 3-9
9. Rivier 2-10
10. Suffolk 1-11

**All standings are current as of Feb. 2.*

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Arenas nationwide join the green movement

Christian Petruzzi
Journal Staff

In the 21st century, green isn't just a color anymore. For many, it's a way of life. It has come to symbolize Earth-friendly movements like recycling campaigns across the country and the world. However, as popular as "green" practices have become, it may come as a surprise to some that sports arenas are now shifting toward being environmentally friendly as well.

Last April, Turner Field, the home of the Major League Baseball's Atlanta Braves, started a program called "Give it Back," in which the team, in conjunction with Coca-Cola, distributed more than 250 recycling bins stamped with that slogan. According to greenerbuildings.com, the stadium also changed their official staff uniforms, which are worn by ushers, ticket takers and others, to a red shirt made from recycled bottles. Prior to every home game this past season, the Braves aired a short video on the life-cycle of a 20-ounce Coke bottle.

However, Turner Field isn't the only Atlanta sports venue to receive recognition. Philips Arena, home of the NBA's Atlanta Hawks and the NHL's Atlanta Thrashers, was named a green building after meeting the standards maintained by the U.S. Green Building Council under their LEED guidelines.

LEED ratings are becoming something to brag about. The Washington Nationals added \$2 million to the \$700 million price tag for their new ballpark just to be the first sports venue in the country to receive the rating. According to the Environmental News Service, the stadium features an in-house recycling center and a wastewater system which was designed to filter out peanut shells and pieces of hot dogs, common bits of trash at a baseball stadium.

Citi Field, the new home of the New York Mets, just opened last spring and was built by using 95 percent recycled steel. According to the New York Sports Scene blog, it also features energy-efficient field lighting, waterless urinals, and a green roof.

The NFL's Philadelphia

Some of the many American sports venues that observe green practices Nationals Park, Washington, D.C.

-Major League Baseball's Washington Nationals

-First game: 2008

-LEED Certified? Yes

-Green stats: The site on which the stadium was built used to be a brownfield redevelopment area before it was cleaned up by volunteers prior to groundbreaking. Water-conserving plumbing allows the park to save 3.6 million gallons of water a year. Also, the park features a green roof, and 5,500 tons of waste resulting from construction were recycled. (Source: nationals.mlb.com)

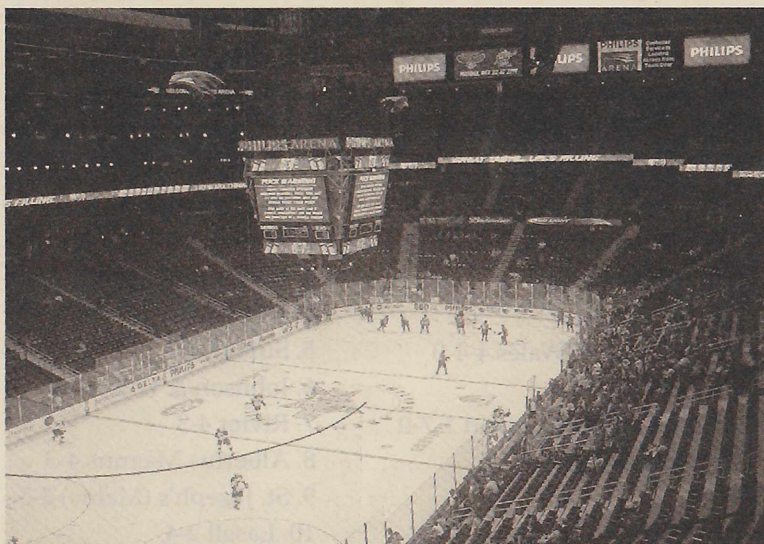


Photo courtesy of WikiCommons.



Photo property of Mark Brennan/WikiCommons.

Philips Arena, Atlanta, GA

-The NHL's Atlanta Thrashers and the NBA's Atlanta Hawks

-First game: 1999

-LEED Certified? Yes

-Green stats: Carpeting installed in some sections of the arena was fabricated from all recycled material. Energy-saving compact fluorescent light bulbs were installed throughout the building. The building also increased its recycling efforts, and installed new plumbing systems that cut the facility's water usage by two million gallons over the course of eleven months. (Source: ballparks.com)

American Airlines Arena, Miami, FL

-The NBA's Miami Heat

-First game: 2000

-LEED Certified? Yes

-Green stats: Builders used green roofing materials to reflect the Miami sunlight, reducing building cooling costs. Plants used in the building are drought resistant, and use a watering system that delivers water directly to the roots to cut down on waste. The arena also features a significant amount of underground parking, reducing the amount of heat trapped by asphalt and released back into the atmosphere. (Source: heat.nba.com)

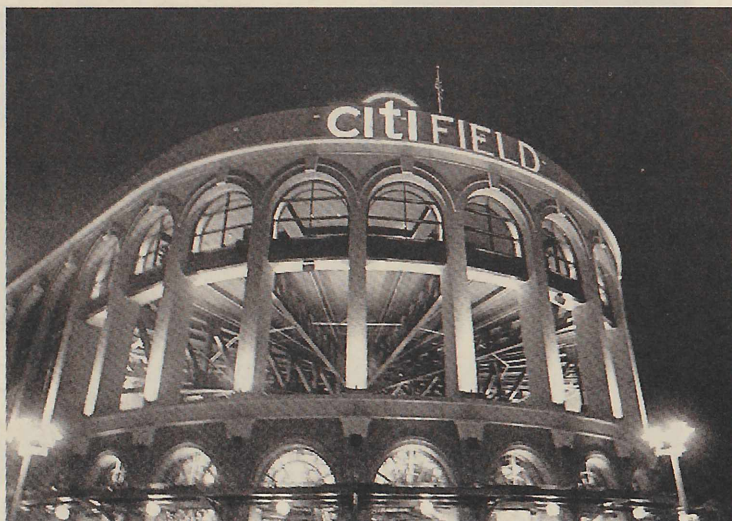


Photo courtesy of WikiCommons.

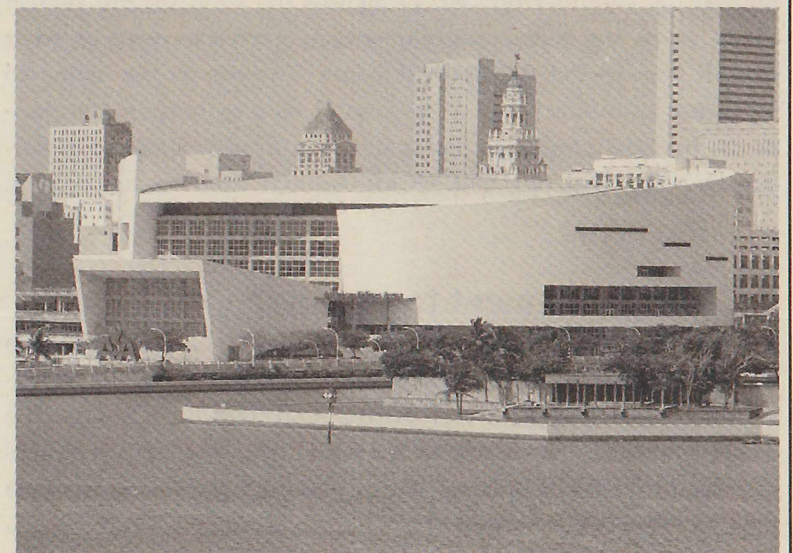


Photo property of Marc Averette/WikiCommons.

Citi Field, New York, NY

-Major League Baseball's New York Mets

-First game: 2009

-LEED Certified? No

-Green Stats: The stadium features a 10,000 square foot "green roof." The structure was built from 95 percent recycled steel. There are low-flow toilets throughout the park, which will save approximately four million gallons of water per year. Also, there is additional train and bus service following each home game, a program designed to encourage fans to leave their cars at home and use public transportation. (Source: Environmental Leader)

Eagles used their team colors (green and white) and logo to start a campaign entitled, "Go Green," with banners and signs with slogans like "Believe in Green," which can be seen all over the city. According to the team's official website, the program was started in 2003, and all of the Eagles' facilities are

powered by clean energy and use corn-plastic dishes and utensils. To attract their male fans, the team's cheerleaders put out a calendar with each cheerleader wearing a recycled piece of clothing with an explanation at the bottom. The calendar was, of course, printed on recycled paper.

According to the *Vancouver Sun*, this year's Winter Olympics in Vancouver, British Columbia, will feature a speed-skating arena with a roof made from a wood harvested from the site of a pine-beetle infestation.

However, in a shining example of "going green," one stadium itself is being consid-

ered for recycling and reuse. According to OregonLive.com, Portland's Memorial Coliseum, which was slated to be demolished, is now being evaluated by the city's Development Commission for reuse as a possible public market or community center.

Ference leads charge among green athletes

Players from all four major sports leagues involved in protecting the environment

Mike Giannattasio
Journal Staff

Most Boston Bruins and Celtics players will drive their cars from suburban homes to get to home games. Bruin Andrew Ference isn't one of them.

Ference, a defenseman and part-time alternate captain for the Boston Bruins, will usually walk to the TD Garden for all of his team's home games. The 208th overall pick in the 1997 NHL draft also does not own a car, and he takes the T or rides his bike to get around Boston, according to the website playitgreen.com.

Why does Ference not use the regular modes of transportation, such as Hummers and excessively luxurious vehicles that most professional athletes use? It is simply because he is committed to turning the National Hockey League green.

In an interview with the Play It Green Blog, Ference uses an example of how Canadian kids growing up decades ago used to play hockey in their backyards, but the generation of today's kids cannot do that anymore because it does not get cold enough.

Ference believes every player has a role in keeping global warming from damaging the winter season that makes the sport what it is.

While playing with the Calgary Flames in 2003, Ference worked with well-known environmentalist David Suzuki to create a carbon-neutral

program for the NHL, which now includes over 500 players who purchase carbon offset credits to counteract the negative environmental impact of professional sport, according to the Play It Green Blog.

Ference is not the only professional athlete trying to make a difference in the environment.

Ovie Mughelli, a fullback with the NFL's Atlanta Falcons, won the first Earthman's Pro Football Eco Player of the Year. According to www.staff.blogs.atlantafalcons.com, "Mughelli has committed himself to teaching young people the blessings of taking care of our planet. Caring for the environment is a central part of his message to youth."

Chris Dickerson from the Cincinnati Reds and Jack Cassel from the Cleveland Indians are two MLB players who are also doing everything they can to bring environmental awareness to locker rooms around the world of sports. They launched the website www.weplaygreen.org as an initiative to get athletes, many of them baseball players, to make green changes to their everyday routines.

According to We Play Green, "the goal is to bring professional athletes together to inspire communities to build awareness of the growing environmental crisis. We Play Green intends to use professional athletes and how they incorporate green in their own lives to demonstrate various methods that sports fans can utilize to make a difference themselves."

South Africa: 2010 World Cup will be green

Dan Ryan
Journal Staff

Despite warnings that the 2010 edition will have the highest carbon footprint in the history of the World Cup, South African organizers have pledged to ensure that the event is "green." In keeping with a tradition started by Oslo during the 1994 Winter Olympics, a tourism official told WorldPress.org, "We are going to make 2010 the greenest World Cup yet."

The 2006 World Cup, held in Germany, was climate neu-

tral, encouraged the use of public transit and used solar panels to power some of the venues, according to Grist.com.

WorldPress also reported that 2.75 million tons of carbon emissions will be generated by the event, but that organizers are looking into buying renewable energy credits to offset them.

It would cost around \$26.8 million to offset all of the anticipated emissions, but experts say the positive PR generated by such an environmentally-friendly move would far outweigh the negatives of the large cost.

Andrew Ference's "green" profile

-Western Hockey League Humanitarian of the Year in 1998-1999

-Spearheaded the National Hockey League Players Association's Carbon Neutral Challenge, selling its viability to fellow players. With environmentalist David Suzuki, he calculated that it would cost \$290 per player to offset their carbon footprint from travel to and from away games. Ference sold the idea to players around the league, and got 520 players to sign up in the first year of the program.

-Ference has made the green challenge a personal effort as well. He avoids unnecessary carbon emissions by walking to work (with the Bruins) and biking around Boston or taking the T. The two cars his family does own are a Toyota Prius Hybrid and a Toyota Highlander Hybrid. He also practices multiple forms of recycling and uses energy-efficient lighting in his home.

-Remains active in Canadian politics when it comes to environmental affairs, including making publicized phone calls to the Prime Minister.



Photo property Dan4th Nicholas/WikiCommons.

Ference has been with the Bruins since 2007, when he was traded from Calgary.

Sources: Samaritan Magazine and PlayItGreen.com

The Offices of the President and Student Affairs invite you to

Open Office Hours With President Sargent

Date: Thursday, February 18, 2010

Time: 1:00 – 2:30 p.m.

Where: President's Office
73 Tremont Street, 13th floor

President David Sargent invites you to meet with him to ask questions, express concerns, suggest ideas, and tell him how you feel about Suffolk.

Please take advantage of this opportunity to meet and speak with the President.



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SPORTS

THE SUFFOLK JOURNAL

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February 3, 2009

A change of color: call them the "Green Sox"

Boston's hometown baseball team one of many MLB clubs embracing green practices

Matt West
Journal Staff

Many professional sports teams across the country are striving to make their respective parks more environmentally friendly. The Red Sox, in particular, began a five-year program in 2007 that would promote eco-friendly activities. More and more teams see this as not only an important business venture but a good way to get fans involved with helping out the environment.

With assistance from groups like the Natural Resources Defense Council (NRDC) and Pro Green Sports, the latter of which conducts surveys for various professional organizations, we are seeing improvement in the conservation of our environment. Major League Baseball itself has recently established a Team Greening Program that champions eco-friendly activities throughout the league.

According to their website, Pro Green Sports encourages and works with professional organizations to become more

"green" by lessening their overall costs while increasing revenue. Making these already rich organizations more opulent would seem self-absorbed, but it seems like they may have some altruistic intentions.

Mark McSherry, the President of Pro Green Sports, has, according to the website, "conducted industry-first research on the sustainability practices of professional sports teams and NCAA athletic departments," while also, "[working] with the Philadelphia Phillies and

other sports organizations to improve the profitability of their green programs."

The Phillies, who are the leaders in all of MLB in the "going green" department, have encouraged other teams to get involved. This past fall we saw both the Phillies and

the New York Yankees get behind this initiative. Jessica Esposito, a research fellow for NRDC, wrote extensively

to green professional baseball at both the League level and in collaboration with individual teams," she explained in her



Photo property of Flickr user bryce_edwards/WikiCommons

Fenway Park is currently over halfway through a five-year plan designed to implement a variety of green practices around the ballpark.

about her experience during these games and spoke candidly about how far many professional teams have come.

"This isn't the first event where MLB has implemented environmental initiatives—they have been collaborating with NRDC for over three years

NRDC blog, referencing the impressive work both Yankee Stadium and Citizens Bank Park did during the World Series. "MLB and NRDC have incorporated environmental initiatives during both the 2008 and 2009 All Star Games,

and most MLB teams have adopted environmental programs at their stadiums."

The Red Sox began implementing new methods of preservation, starting with the "Poland Spring Green Team," which consists of groups of local college students who volun-

teer their time to collect plastic recyclables. In addition, Fenway Park began using Big Belly Trash receptacles to contain more trash. These solar powered trash bins make it easier to hold more waste, thus avoiding any unnecessary littering.

While there is constant uncertainty regarding global warming and the excessive fuels and toxins that permeate our environment, fans of professional sports should feel comfortable knowing that their teams are doing everything in their power to combat this problem. Even Fenway Park, one of the oldest and smallest venues in the country, is participating in this movement.

It is impossible to walk through these arenas and not see the changes that have been made. Now, the teams are asking the fans to participate and help make the environment healthier and more comfortable to live in. They are doing their part; now it's time for the fans to do their part as well.

NFL's big game getting "Super" green

Energy credits, recyclable banners to help make the event more environmentally friendly

Alex Mellion
Journal Staff

As pretty much everyone already knows, the biggest sporting event in the world, the Super Bowl, is this coming Sunday. The 44th edition of the NFL's championship game will match Peyton Manning and the AFC Champion Indianapolis against Drew Brees and the NFC Champion New Orleans Saints playing at Sun Life Stadium in sunny Miami.

Casual fans may know that The Who will be performing during the halftime show or that Kim Kardashian is dating Saints' running back Reggie Bush, but here's a lesser-known fact: in recent years, the NFL has been taking steps to make this game as eco-friendly as possible.

The NFL is purchasing renewable energy from the Tampa Electric Company (TECO), which gets its power from solar panels and a biomass facility in South Florida. According to an article on environmentalleader.com, TECO officials estimate that powering the Super Bowl with renewable energy will prevent more than 313,000 pounds of carbon dioxide emissions. This renewable energy will go a long way in helping better the environment and makes the Super Bowl a lot more "green" than one would think.

In addition to the renewable energy, all of the banners and flags will be put

to environmentally friendly uses. According to an article on WTSP.com, all flags and



Photo courtesy of WikiCommons.

Traditionally one of the biggest sporting events in the United States, the NFL is now taking a variety of steps to make the Super Bowl more environmentally friendly.

banners that are used in the game will either be re-used

next year or given to local charities to auction off at fundraisers. Through these practices, the NFL is ensuring that none of those banners will go to waste, as each banner will get re-used in Super Bowls for years to come.

The NFL is going green in other areas as well. Think of all the food that goes to waste at a typical NFL game, and now think about how much more gets wasted at the Super Bowl. However, this year the NFL is going to be donating all of that food to a better place. All

of the leftover prepared food at the stadium and at local parties will be donated to local charities and churches. The food will come from various Super Bowl parties in the Miami area, including some private events not connected with the NFL. According to an article on tampabay.com, over 90,000 pounds of food was donated from last year's Super Bowl, meaning the donation efforts could prevent a similar amount from ending up in a landfill this year.

So as the country is watching the Colts take on the Saints this Sunday night on the NFL's biggest stage, just remember that the game is becoming more environmentally friendly every year. A "green" Super Bowl? Somewhere, Al Gore must be smiling.