CAS and SBS revamp honors programs, changes in admissions and scholarships

Alex Hall
Editor-in-Chief

Each year a select group of students have been allowed to pursue extra academic challenges and opportunities through Suffolk University’s honors program. Through eight years of existence, both the College of Arts and Sciences and Sawyer Business School honors programs have seen changes, but none as large as recently.

The CAS program received a major makeover with the start of the fall semester. These modifications include a new director and administrator. SBS will continue with the same director, Kim Larkin, but developed a new honors council to add to the program.

Both programs, which are completely separate, have undergone modifications include a new director and administrator. Both programs, which are also separate, have experienced this election year and making it as fun as possible.

With the start of this semester, Dr. Agnes Bain stepped down from the role of director of CAS to prepare for her retirement in the spring. Dr. Lisa Celevosky of the English department was named the new director during the first week of classes.

"I'm not sure what the optimum percentage of honors students per class should be, but I plan to look into that over the following year. The program now accepts more sophomores who have been performing at university level and proven themselves since coming to Suffolk," said Dr. Celevosky.

Another adjustment for CAS was a new program administrator. Rachel Campbell left the program this year and Steven Church has taken her position.

CAS Honors program student Vice President Brendan Joseph and President Gori Simmons come from two different spectrums of the current transition. Simmons is a member of the senior class, who was the last to feature less than 30 students. Joseph is one of the 120 sophomores, representing the largest class in honors history. Despite hailing from two different eras of the program, both Simmons and Joseph supported the expansion.

"My freshmen were the largest class to have gotten into the program...I've always been more accustomed to having a larger group," said Joseph. See HONORS page 4

Driven, excited students elected as SGA senators

Brian Holak
Journal Staff

The Boston mayoral election is not the only election Suffolk students need be informed about. Last week, the Student Government Association announced the results of its fall 2013 senate elections.

SGA is the representative body for all full-time undergraduates at Suffolk, serving as an advocate for the student body in academic, financial, and co-curricular matters. It also serves to bridge the gap between students, faculty, and administration.

With that in mind, both new and returning members look forward to getting started this year and making it as fun and productive as possible.

"I speak for the Executive Board of SGA when I say that we are thrilled by the overwhelming interest we experienced this election cycle," said President SGA Billy Geraldo. "We are up to almost full capacity in regards to our membership, and cannot wait to hit the ground running to start the year the best way possible."

New freshmen senators account for a significant portion of this year’s SGA, with a total of nine members. Those elected to represent the Class of 2014.

"We are up to almost full capacity in regards to our membership, and cannot wait to hit the ground running to start the year the best way possible."

With the start of this semester, Dr. Agnes Bain stepped down from the role of director of CAS to prepare for her retirement in the spring. Dr. Lisa Celevosky of the English department was named the new director during the first week of classes.

"I'm not sure what the optimum percentage of honors students per class should be, but I plan to look into that over the following year. The program now accepts more sophomores who have been performing at university level and proven themselves since coming to Suffolk," said Dr. Celevosky.

Another adjustment for CAS was a new program administrator. Rachel Campbell left the program this year and Steven Church has taken her position.

CAS Honors program student Vice President Brendan Joseph and President Gori Simmons come from two different spectrums of the current transition. Simmons is a member of the senior class, who was the last to feature less than 30 students. Joseph is one of the 120 sophomores, representing the largest class in honors history. Despite hailing from two different eras of the program, both Simmons and Joseph supported the expansion.

"My freshmen were the largest class to have gotten into the program...I've always been more accustomed to having a larger group," said Joseph. See HONORS page 4

The senior transition. Simmons is a member of the senior class, who was the last to feature less than 30 students. Joseph is one of the 120 sophomores, representing the largest class in honors history. Despite hailing from two different eras of the program, both Simmons and Joseph supported the expansion.

"My freshmen were the largest class to have gotten into the program...I've always been more accustomed to having a larger group," said Joseph. See HONORS page 4

SGA and other Suffolk clubs on the fall 2013 retreat

Photo courtesy of SGA Facebook
**POLICE BLOTTER**

**Wednesday, September 25**
3:14 a.m.
Donahue
Breaking and Entering. Investigation.

**Friday, September 27**
6:41 p.m.
Miller Hall
Vandalism by graffiti. Case closed.

**Friday, September 27**
8:03 p.m.
10 West
Liquor law violation - Possession of alcohol by a minor. Judicial internal.

**Friday, September 27**
11:01 p.m.
Off-Campus
Other agency assist robbery. BPD assumed jurisdiction.

**Sunday, September 29**
2:06 a.m.
150 Tremont
Liquor law violation - possession of alcohol by a minor. Judicial internal.

**NEWS BRIEFS**

**Shutdown of the government**

Early Tuesday, the United States government shutdown for the first time in 17 years. Congress, divided over Obamacare, failed to reach an agreement on funding federal agencies, the Washington Post reported. This resulted in the closure of national parks, monuments, beaches, government buildings and the furloughing of hundreds of thousands of government employees, according to the Post. As of early this morning, government run websites and Twitter pages were down. Signs were printed, and people were turned away. The shutdown comes at a bad time for tourists visiting the country as landmarks including the visitor center at Faneuil Hall and the Statue of Liberty are now closed. In a speech mid-day Tuesday, Obama reassured Americans that the Affordable Care Act would prevail despite the shutdown. If the government continues in this state, colleges could lose work study positions and funding from federal loans. Government functions still open during the shutdown include security, public safety, social security, and other programs written into permanent law, the Post said.

**SOULS. ASB trip**

Reminder: Alternative spring break applications are due Wednesday, Oct. 9 at 5 p.m.! Spring break is March 9-15. Students will have the opportunity to travel to eight states and Puerto Rico.

---

**Advising combines forces to better serve students**

Dan Olson
Journal Staff

Suffolk University has shifted light on many potential changes for the future in the direction of student academic success. Among these changes are new tactics for advising and registration for all students.

"Students and faculty are looking at Student Success and saying 'What's changing?" said Lauren Mahoney, director of the advising center. "It's an evolution; a school grows over time."

This year, multiple offices on campus have moved locations or combined in an effort to better Suffolk's future towards student success. Among these are the Center for Learning and Academic Success, which was profiled last week. Now, even advising offices have joined forces.

Students who are new to the university or are undecided majors automatically receive an administrative advisor. These staff members are mostly responsible for pointing students in the right direction. Once a student chooses a major, they move onto a faculty advisor within their chosen department.

Ultimately, getting CAS and SBS administrative advisors working more closely with one another is a major goal. Still, any logistical changes have yet to be worked out. They will hopefully come within a few years.

However, according to Mahoney, it is important for students, especially returning students, to realize that, when it comes to advising, "nothing yet has changed. We need to do it the old way while creating a new way."

Many students do not recognize the difference between advising and getting cleared to register, which is a major problem, according to Mahoney.

"Advising has nothing to do with registration," says Mahoney. "It's a conversation. Part of advising is to force students (to come to an office and get cleared to register, which might force that conversation. Students know exactly what they want, maybe not what they need.

The new advising center also hopes to be able to offer additional training to faculty advisors, especially those who wish to be more self-sufficient in aiding students and not rely too heavily on other departments for questions and other information. They want to know as much as they can.

More than 60 faculty members will be directly affected by this new student success notion, according to Emily Fritz-Endres, the assistant to the vice provost for student success.

"There are so many constituents—we're assessing the needs right now and that takes time," said Fritz-Endres. "We need to understand exactly what we need to implement."

Suffolk is only in the beginning phase of implementing these changes across the university.

"One of the most common student questions is 'Is anything going to change?'" said Mahoney. "We hope so."

"It's an evolution; a school grows over time."

-Lauren Mahoney

---

**Prudential Center**

**Regina Pizza**

**Thacher Street**

**North End**

**Faneuil Hall Marketplace**

**South Station**

**Allston**

**Medford**

---

**SOUlS. ASB trip**

Reminder: Alternative spring break applications are due Wednesday, Oct. 9 at 5 p.m.! Spring break is March 9-15. Students will have the opportunity to travel to eight states and Puerto Rico.
Obama’s pay-as-you-go plan could help recent grads

Sam Humphreys
Journal Contributor

President Obama unveiled a sweeping education reform plan last Tuesday in his State of the Union address. The plan is a controversial proposal to rate colleges by a government-determined value system. A less-discussed issue, however, is Obama’s plan to expand the pay-as-you-earn structure to include more student loan recipients.

According to the Department of Education (DoE) website, this plan is for graduates whose monthly loan payments are high relative to their incomes. Borrowers would pay about 10 percent of their monthly incomes towards their student loans.

The plan aims to keep student loan payments from ruining a graduate’s financial life. The plan also has some deals for different behavior. For example, graduates who work for a public service group and make timely payments can have their remaining debts forgiven after 10 years of employment and payments. Also, graduates enrolled in the plan can have any remaining debts forgiven after 20 years of payments.

“I think it’s good that the program aims to keep people from getting overwhelmed,” said Alex Lentini, a Suffolk sophomore. “It’ll help keep people on track while they figure out how to pay down their debts.”

The plan, which has received far less attention than the new rating system, would not cover all grads. It is specifically designed for low-income graduates and is a repayment option for some government-backed loans only. The plan does not apply to private loans, which excludes a significant number of loan holders.

Nonetheless, Maggie McGrath of Forbes said that qualified graduates would benefit from pay-as-you-go. However, lawyer Heather Jarvis warns in McGrath’s article that students under pay-as-you-go may end up making higher interest payments over the life of their loan. The DoE’s website also warns this may be a disadvantage to some students.

Despite the advantages of pay-as-you-go, the New York Times reported last week that too few eligible graduates were aware of the program, a problem Obama has promised to solve through greater advertising. Education Secretary Arne Duncan has said increasing enrollment in pay-as-you-go is crucial to aiding recent graduates.

Several critics of Obama’s plan say that these efforts are not enough to curb the student debt crisis. Hardeep Wallia, also of Forbes, notes that “Much of the reason that half those loans aren’t currently being repaid is because student loans are made without regard to the creditworthiness of the borrower.”

A potential problem for the new program is that no matter how accommodating the plan is, with student borrowers, some loans may never get repaid. But the government and taxpayers are still on the hook for the funds given to the students.

Another problem is that pay-as-you-go is only open to recent graduates, which further limit the program’s effectiveness. Even though more grads will likely opt into the program, the future, anyone from the Class of 2011 or earlier is forever ineligible.

Sophomore Spencie Koryo, an economics major who leads a study group at Suffolk’s center for learning and academic success, used economics to explain his reaction to the bill.

“Subsidizing the cost of a college is a bad idea in general. When the government subsidizes college tuitions, more people apply for subsidies. This increases the demand for college, which then increases the cost of the college. So I don’t think this plan would do much good because it doesn’t address the real problem.”

Bloomberg noted that similar programs have been available since 2007, but have not seen as much enrollment as anticipated. The New America Foundation also used a hypothetical case to point out several flaws in the calculation of what graduates owe to the program.

The new program may aid the riskiest borrowers of government loans. If it decreases the government’s loan liabilities, it will help graduates and taxpayers alike. 

The new Ford Hall Forum analyzes Menino legacy and what will come next

Right to left: Mary Anne Marsh, John Nucci, Mary Jo Meisner, Joan Vennochi, Larry Dicara

Photo courtesy of Ford Hall Forum
Video Gamers' Army
plays on student's passions

Every semester, they have not one, but two free entry video game tournaments. VGA awards prizes for the people that just place first, second, and third. The first tournament, the VGA is hosting this year factors the fighting game Injustice: Gods Among Us. The game showcases the superheroes from DC Comics including Superman, Batman, and Green Lantern. This will take place Oct. 11 in the Donahue Café.

The following tournament will also take place in the Donahue Café on Nov. 8, but the featured game hasn’t been announced as of yet. "I expect more fun times from these events and our general meetings for the rest of the semester," said Capezzuto.

For all fans, casual and hardcore alike, a great source of discussion will be on the next generation platforms like the PlayStation 4 and the Xbox One. Of course, there is brand loyalty, but discussions on benefits and flaws of each system is a hot topic. "This is the future of gaming and it shows the advanced progression of where the virtual world is headed and what it means for the community that comes with it."

The way VGA stays connected to Suffolk is through the diversity of its members. Its members come from all different backgrounds, majors and interests. The VGA brings these students together through the common passion of video games, allowing them to develop friendships.

"It's a little disheartening that some students come to us or perceive Suffolk as a farm team to go to BU, BC or Northeastern," said Dr. Celovsky.

One of Dr. Celovsky's goals to better the honors community is keeping in touch with the student body, while also representing them on campus.

"I joined the club during my freshman year two years ago because video games have always been something I was passionate about," said Capezzuto. "Being able to spend my college experience with fellow gamers seemed like a good idea, and it did not disappoint."

If interested in joining the Video Gamers' Army, one can find its office on the fourth floor of Donahue. You can also look them up on Facebook.com/SuffolkVGA.

"The ultimate goal is to provide a rich and vibrant co-curricular experience for the members of the SBS honors community,"

-Kim Larkin, director of SBS

Photo courtesy of VGA Facebook

From HONORS page 1

Joseph. "The way I look at it is, it's not a club it's a program. We're not a clique. We want it to be an inviting experience. To do that, we need to have a fairly large population."

Simmons added that as long as the expansion is done manageably, she thinks it will be a good decision for the program. "A lot of people say that Honors Program are the students that have been given privilege but...the way we see it, you've been marked by the university that you have this immense capability to do something," said Simmons.

Along with bringing more people to the program, the expansion has put an end to students being awarded scholarship population. "It's a change every year," said Simmons. Scholarship money has been donated to students, who like CAS, receive varying amounts of scholarship money has changed every year," since Simmons has been in the program. The number that has not fluctuated much over the years is the program's retention rate.

"In the past, retention rates of honor students have been very high, almost 100 percent," said Dr. Celovsky. Simmons and Joseph are hoping to make the honors student council more effective this year. "Since there are so many students now, it's definitely more needed that it has been in the past," Simmons said.

Although SBS has not had acting as the council, a liaison for the honors community, faculty, and administration. "The ultimate goal is to provide a rich and vibrant co-curricular experience for the members of the SBS honors community," said Larkin. The council will be focusing on program development, program changes, social activities, service events to benefit the local community and potential interaction with the SBS honors alumni network. The new feature was created by Larkin's research on how other honors programs work in small, urban universities.

SBS has 300 total honors students with 260 in CAS, receive variegated amounts of scholarship funding.

From SGA page 1 and is eager to bring fresh energy and ideas.

"I want to represent the class of 2017 the best way possible," said Silva. "I want the school to recognize our class as the most united, spirited class here at Suffolk. I would like to see our students have more pride, in who we are, show up to sporting events, and get more involved with the community, through community service and social events.

Sophomore representative, Monica Caggiano is also eager to make a difference at Suffolk. While she is extremely focused on being the voice of the Class of 2016, she also wishes to seek long-lasting change outside her grade. "I want to be able to make a difference for the students here at Suffolk now and the ones that are to come," said Caggiano.

Her feelings are shared by the entire VGA group, which, after their recent weekend retreat, is closer than ever. Cerullo and these new members do not take their positions lightly. They represent the best of Suffolk—possessing the passion for dedication and creative-thinking that makes this university great.

"SGA's mission for the upcoming year, and in general, it is to forge strong relationships with the student body, while also representing them on campus," said Cerullo.
Dr. Rosellini, Amb. Loehr

analyse German election results

Ally Thibault
Managing Editor

The political spectrum in Germany is a whole other universe," said Dr. Jay Rosellini, a German language and culture professor at Suffolk University, while discussing the results of Germany's parliamentary election last weekend.

The Christian Democratic Union (CDU) party, currently led by Chancellor Angela Merkel, has dominated Germany's post-war politics with its conservative policies — although these policies would not seem conservative by American standards. The other major party in Germany, the Social Democratic Party (SPD), is quite striking for the CDU because of its woman chancellor, Merkel. Even taking into account the country's female leadership, it is surprising that the Christian Democratic Union (CDU) party, currently led by Chancellor Angela Merkel, has dominated Germany's post-war politics with its conservative policies — although these policies would not seem conservative by American standards. The other major party in Germany, the Social Democratic Party (SPD), is quite striking for the CDU because of its woman chancellor, Merkel. Even taking into account the country's female leadership, it is surprising that the CDU won 7.7 percent more of the vote this election than it did during the last federal elections in 2009.

The big story in this election though, said Loehr, is the failure of the FDP. The party only took 4.8 percent of the vote, not even reaching the 5 percent threshold needed to gain seats in parliament.

"The FDP lost 10 percent since last election. It was a disaster for the FDP," Loehr said, "it's their first time out of parliament since 1949 and they only have representatives in nine out of the 16 regional parliaments."

Without representation from the FDP, the parliamentary seats will be divided up between the CDU, the SPD, Die Linke, and a hodgepodge of fringe parties. Five seats short of the 316 needed to control parliament, the CDU will have to form a coalition with another party to rule.

If the SDP aligned with Die Linke, a majority coalition of 319 seats could be formed to outnumber the CDU. "This won't happen," Loehr said. "The SPD doesn't want to join the left."

There could be a so-called grand coalition formed by the CDU and the SDP joining together, but Loehr also believes this is problematic. Despite the seemingly clear results for the CDU, any coalition will be difficult," Loehr said. "If there will be a grand coalition, it will lack a good opposition," he said.

"There were 22 other political parties that won votes in the election, too. While some exist very much on the fringe, like the neo-Nazi party, or are only focused on one issue, like animal protection party and an ironically named non-voters party, some smaller parties can draw votes away from the top parties."

This was the first election the Alternative for Germany (AfD), an anti-euro party, participated in yet it was able to win 4.7 percent, just shy of the five percent needed to be seated in parliament. Another small party making noise is the Pirate party, known as the Internet party. Joining the growing radical movement of online hacking to promote openness in government, the party advocates for "liquid politics" where there would be a permanent poll to decide who should rule.

German Chancellor Angela Merkel is more liberal than the CDU but not as far to the left as the Free Democratic Party (FDP) or the extreme liberal party, Die Linke. Another growing force in German politics is the Greens party, which focuses on environmental concerns.

This year's federal elections reaffirmed the status quo with the CDU remaining the dominant party as it garnered 42.6 percent of the vote, allowing it 311 seats in parliament.

"The results look rather clear," Suffolk University Visiting Scholar Friedrich Loehr, former ambassador of Germany to North Korea from 2005 to 2007, said. "The result is quite striking for the CDU and Angela Merkel. She can now say, 'Look, I've managed the euro crisis.'"

The CDU won 7.7 percent more of the vote this election than it did during the last federal elections in 2009.
From All Corners: International Opinion

On NSA surveillance of European and Latin American allies

Matt Bacon
International Editor

One of the most talked about topics in the last few months has been the National Security Administration and its questionable methods in keeping Americans safe. For months after the initial leaks outing the NSA’s surveillance program was revealed, it was assumed that Americans and foreigners of questionable suspicion were monitored via phone and Internet by the government. However, a recent revelation by the German publication Der Spiegel claims NSA surveillance goes further than we thought. The German newspaper broke yet another leak from former NSA contractor Edward Snowden, claiming that the U.S. government is keeping tabs on their German counterparts.

If Der Spiegel is to be believed, the NSA is also targeting the actual governments of our allies for surveillance. The report details the manner in which the NSA ranks a nation’s threat to American security, and Germany is a three on the 1-5 rating system. Germany is not alone, as the majority of the EU is reportedly being targeted by NSA surveillance.

The newest Snowden revelation is disturbing in a manner different from previous leaks. The fact that we are spying on governments we consider to be among our closest international friends represents a new low in American foreign policy and paranoia.

In a way this news is a prime example of the direction our foreign policy and international mindset has changed since Sept. 11, 2001. After the 9/11 attacks, America had the sympathy of the entire world. We were nation on nation and battered, attacked without having immediately provoked anybody. We were down but not out, and nations from all over placed themselves at our disposal to aid in whatever way they could.

It did not take long to squander the international sympathy felt towards America following Sept. 11. While our invasion of Afghanistan was justified in the eyes of many in the international community, the subsequent invasion of Iraq and the imperialist nature that both wars began to take on began to drain our international popularity. Atrocities like Abu Ghraib caused America to rapidly plummet back to the status it had once held: that half of America wishes for the government to protect them at all costs, even if it requires entering unchartered constitutional waters. The other half of America has been reluctant to give up the classic American virtues of freedom and privacy in order to protect themselves from what seems like a waning threat. But whenever we begin to feel safe, an event like the Boston Marathon bombings snap us out of what seems to be the illusion of peace seemingly on the horizon.

The revelation that we are spying on our allies is the result of all of these complicated sentiments. Since 9/11, we have gone from having the heart of the world in our hands to increasingly alienating ourselves from our friends and acquaintances through policies of paranoid egotism. This latest development shows that we are still of the mindset that our own national security needs outweigh the needs and dignity of allies that would never in a million years plot against us. It is just another manifestation of the American exceptionalism that our policy makers feel places us above the rest of the international community and has been a constant deterrent in taking steps towards a more peaceful world.

Collective of ignorant voyeurs. With all consuming factors like this it is only a short time before our existential collapse morphs into physical form. The Dagger Complex in the German state of Hesse was almost the de facto ‘ground zero’ for new reported whistle-blowing but when you show too much interest in sites of surveillance like Griesheim resident Daniel Bangert who was then questioned by local police.

He isn’t alone, though. The NSA is also the point of interest for lawmakers in the German parliament, the Bundestag. The European Cryptologic Center (ECC) is headquartered in Griesheim and is a place of questioned scruples conspiracy. A 2011 NSA report indicates that the ECC is responsible for the “largest analysis and productivity in Europe.” And that reports are given daily to our president. Germany only minds in the middle of the priority list, but is scary to be a part of the Special Collection Service. The NSA is operating secret extraterritorial posts in 80 U.S. embassies and consulates around the world, internally referred to as the “Special Collection Service” and jointly operated with the CIA.

I can fathom why there would be some defectors of their illicit activities. Supposedly, we benefit from these actions and I would gather that if it benefitted greatly, anyone would speak out too. People will say that it’s “out of sight, out of mind,” which is very ignorant. You cannot simply turn a blind eye once this information is out in the open. Which is why it’s surprising that the secretary of state, our own John Kerry, has spoken out in favor of the NSA.

Saving face is the main goal now and trying to salvage relations with the rest of the United Nations is what the current goal should be. Our country has lost what little trust that others have placed in it. Wasting valuable resources on data that doesn’t provide anything tangible sounds like a waste of time (the NSA and the president included).

There isn’t a single idea or practice that could instantly gratify the errors of the NSA’s way, but this has just created a cycle of fear and paranoia. Creating a psychological propaganda machine that only breeds our insecurities and misinformation. By vilifying those like Snowden, we lose track of the importance of who we are affecting. We cannot let history repeat itself. By letting dystopia fiction draw parallel to our reality, we distort the line of what our governing power has the right to do. The first step to a better tomorrow is admitting that there is a problem. If we can change our regulations, then surely we can change the bleak outlook.

Director of NSA, General Keith B. Alexander

Dave Frederick
Journal Staff

It may be cliché, but the current headlines these days are shaping our society to look like a contemporary George Orwell novel: a media that panders to our inadequacies, certain sectors of our government failing to do their jobs, and the NSA probing every nook and cranny for intelligence like a collective of ignorant voyeurs. With all consuming factors like this it is only a short time before our existential collapse morphs into physical form.

The Dagger Complex in the German state of Hesse was almost the de facto ‘ground zero’ for new reported whistle-blowing but when you show too much interest in sites of surveillance like Griesheim resident Daniel Bangert who was then questioned by local police.

He isn’t alone, though. The NSA is also the point of interest for lawmakers in the German parliament, the Bundestag. The European Cryptologic Center (ECC) is headquartered in Griesheim and is a place of questioned scruples conspiracy. A 2011 NSA report indicates that the ECC is responsible for the “largest analysis and productivity in Europe.” And that reports are given daily to our president. Germany only minds in the middle of the priority list, but is scary to be a part of the Special Collection Service. The NSA is operating secret extraterritorial posts in 80 U.S. embassies and consulates around the world, internally referred to as the “Special Collection Service” and jointly operated with the CIA.

I can fathom why there would be some defectors of their illicit activities. Supposedly, we benefit from these actions and I would gather that if it benefitted greatly, anyone would speak out too. People will say that it’s “out of sight, out of mind,” which is very ignorant. You cannot simply turn a blind eye once this information is out in the open. Which is why it’s surprising that the secretary of state, our own John Kerry, has spoken out in favor of the NSA.

Saving face is the main goal now and trying to salvage relations with the rest of the United Nations is what the current goal should be. Our country has lost what little trust that others have placed in it. Wasting valuable resources on data that doesn’t provide anything tangible sounds like a waste of time (the NSA and the president included).

There isn’t a single idea or practice that could instantly gratify the errors of the NSA’s way, but this has just created a cycle of fear and paranoia. Creating a psychological propaganda machine that only breeds our insecurities and misinformation. By vilifying those like Snowden, we lose track of the importance of who we are affecting. We cannot let history repeat itself. By letting dystopia fiction draw parallel to our reality, we distort the line of what our governing power has the right to do. The first step to a better tomorrow is admitting that there is a problem. If we can change our regulations, then surely we can change the bleak outlook.
SU Hispanic Heritage Month brings “Latinos Shaping a Nation” to Suffolk

Dani Marrero
Journal Staff

A live performance part of Suffolk University's Hispanic Heritage Month 2013, "Portraits of Courage: Latinos Shaping a Nation" shared the "lives of six latinos who have made incredible contributions to the American culture and society." Hosted by the Suffolk University Hispanic Association and the Office of Diversity Services, "Latinos Shaping a Nation" treated students familiar to the Latino culture to sayings, jokes, and values that define Latinos, and provided a great portrayal of the culture for the audience members unaccustomed to it.

The opening scene by actress Carolyn Zeller set the mood by her interpretation of an energy-filled Latina dancing on stage, telling jokes referencing how "abuelitos have the solutions and answers to everything," as well as quoting contemporary artists such as George Lopez that "brown is the new green.

It was easy to pick out which audience members came from Latin America, as we were the ones reacting the most to her words. The stage was then occupied by the story of Gustavo Garcia, a Mexican-American attorney who worked in the historic Hernandez v. Texas case. It was the first (and only) Mexican-American civil rights case taken up by the Supreme Court.

Sharing the spotlight also came a Latino who represented all those who served in the U.S. military, expressing the conditions they were promised but never received, such as receiving green cards for their entire families (and themselves); how the recruiters would overlook their lack of social security numbers required to enlist. Heroes such as Rocky Versace were mentioned, a U.S. Army officer of Puerto Rican descent who received the Medal of Honor, the highest military award.

To end on a light note, Sylvia Rivera, a transgender activist who pioneered the gay liberation movement thrilled the audience with tales of her exciting life, leaving viewers with no protest as to why they dubbed her the "mother of all gay people." Rivera served as a symbol for drag queens and transgenders to express themselves without regret, without ever looking back.

Other biographies included that of Latinas like Andrea Garcia and Luisa Moreno, as well as the well-known athlete Roberto Clemente, who expressed his famous words, "I don't believe in color; I believe in people."

President of the organization hosting this event, Uldia Zayas, explained that she had seen the show some time before and knew she had to bring it back to Suffolk.

"It made such an impact on me, I wanted to share these stories usually untold of. I wanted others to hear these stories, too."

The production is by Will & Company and was played by actors Carolyn Zeller and Nick Ortega. For more information regarding SU Hispanic Heritage Month, email The Office of Diversity Services at diversity@suffolk.edu.
Breaking Bad goes out with a bang, cooks emotions from audience

first claimed to enter the meth business to support his family. As the show progressed, however, White began to gradually blur the morally ambiguous boundaries of right and wrong, threatening, maiming, and killing anyone who came between him and his money and power. Eventually, audiences were witnessing making business to simply his alter-ego, the ruthless criminal mastermind Heisenberg, erase any last vestiges of humanity left within him. "Felina," however, managed to fulfill viewers’ expectations and settle all lingering questions without settling for a quixotic happy ending. "You can make it too!" He calmly asked the crowd. "I didn’t want any of us getting hurt." It was all very paternal, a lung cancer victim who at one time was the neo-Nazi gang responsible for the death of his brother-in-law Hank, while ensnared in the ne'er-do-well, and tormenting the law in a remote New Hampshire cabin, hiding from the law in a year-long furlough spent as his humanity left within him. Heisenberg himself returned as the ruthless criminal alter-ego, the ruthless criminal mastermind Heisenberg, erasing any last vestiges of humanity left within him. "Felina," however, managed to fulfill viewers’ expectations and settle all lingering questions without settling for a quixotic happy ending.

The songs that the audience communally sang the loudest were "Up, Up & Away," "Pursuit of Happiness," and "I Want My Way!" Staff cut the set shortly after. Tyler responded with an, "[Expletive]...I did it for me. I liked it! I was good at it. And I was really...I was really alive." In a violent and climactic fashion, White finished off the neo-Nazi gang responsible for the death of his brother-in-law Hank, while managing to save his onetime partner Jesse from the same fate. After Jesse brutally ended Todd in a lung cancer victim who at one time was the neo-Nazi gang responsible for the death of his brother-in-law Hank, while ensnared in the ne'er-do-well, and tormenting the law in a remote New Hampshire cabin, hiding from the law in a year-long furlough spent as his humanity left within him. Heisenberg himself returned as the ruthless criminal alter-ego, the ruthless criminal mastermind Heisenberg, erasing any last vestiges of humanity left within him. "Felina," however, managed to fulfill viewers’ expectations and settle all lingering questions without settling for a quixotic happy ending.

Cudi brings Cud Life Tour & Tyler, the creator to the Bank of America Pavilion

"all the way up," to closer to him. The entire audience stampeded up towards the stage, fearing a possible mishap, and staff quickly interfered. According to Tyler, staff said that if the audience did not move back into their seats, people would cut his set. Tyler calmly asked the crowd to move to their seats so that he could finish his set, and because he "didn’t want any of us getting hurt." It was all very paternal, a lung cancer victim who at one time was the neo-Nazi gang responsible for the death of his brother-in-law Hank, while ensnared in the ne'er-do-well, and tormenting the law in a remote New Hampshire cabin, hiding from the law in a year-long furlough spent as his humanity left within him. Heisenberg himself returned as the ruthless criminal alter-ego, the ruthless criminal mastermind Heisenberg, erasing any last vestiges of humanity left within him. "Felina," however, managed to fulfill viewers’ expectations and settle all lingering questions without settling for a quixotic happy ending.

The songs that the audience communally sang the loudest were "Up, Up & Away," "Pursuit of Happiness," and "I Want My Way!" Staff cut the set shortly after. Tyler responded with an, "[Expletive]...I did it for me. I liked it! I was good at it. And I was really...I was really alive." In a violent and climactic fashion, White finished off the neo-Nazi gang responsible for the death of his brother-in-law Hank, while managing to save his onetime partner Jesse from the same fate. After Jesse brutally ended Todd in a lung cancer victim who at one time was the neo-Nazi gang responsible for the death of his brother-in-law Hank, while ensnared in the ne'er-do-well, and tormenting the law in a remote New Hampshire cabin, hiding from the law in a year-long furlough spent as his humanity left within him. Heisenberg himself returned as the ruthless criminal alter-ego, the ruthless criminal mastermind Heisenberg, erasing any last vestiges of humanity left within him. "Felina," however, managed to fulfill viewers’ expectations and settle all lingering questions without settling for a quixotic happy ending.

"all the way up," to closer to him. The entire audience stampeded up towards the stage, fearing a possible mishap, and staff quickly interfered. According to Tyler, staff said that if the audience did not move back into their seats, people would cut his set. Tyler calmly asked the crowd to move to their seats so that he could finish his set, and because he "didn’t want any of us getting hurt." It was all very paternal, a lung cancer victim who at one time was the neo-Nazi gang responsible for the death of his brother-in-law Hank, while ensnared in the ne'er-do-well, and tormenting the law in a remote New Hampshire cabin, hiding from the law in a year-long furlough spent as his humanity left within him. Heisenberg himself returned as the ruthless criminal alter-ego, the ruthless criminal mastermind Heisenberg, erasing any last vestiges of humanity left within him. "Felina," however, managed to fulfill viewers’ expectations and settle all lingering questions without settling for a quixotic happy ending.
MFA invites students to celebrate new exhibit: Hippie Chic

Alexandra Marteniez
Journal Staff

Sept. 26, 2013 thanks to the Museum of Fine Arts (MFA). It’s newest exhibition Hippie Chic that opened earlier this summer welcomed back students from with vintage Volkswagen (VW) vans, tie-dye, and just glimpses into a time that was. Debuting on July 16, Boston students were invited to a groovy welcome back to the city and university life in celebration of the new exhibit. Students from as far as the suburbs of Boston came to check out what the exhibit had to offer. Students were given the opportunity to take a photo with the vintage VW vans as well as learn more about tie-dye during a presentation with Charlotte Hamlin, textile professor at the University of Massachusetts at Dartmouth. Students were then invited to try out tie-dye for themselves after the presentation. Students were also given access to other galleries and were able to explore the museum outside of the downstairs wing which housed the new exhibit. The free event included gelato as well, and for an additional $9 students could also watch a film on the time period. Students were offered an association, they had planned to come but we ended up coming together” said Agagi. Other students were there to explore the other parts of hippie like the tie dying. “I saw flyers for the Hippie Chic exhibit and came to see it, but I was very interested in the tie-dying,” said Alexandra Doudes, a freshman at Northeastern University. While others were drawn more for what the idea of hippie stood for, and for the fashion, while some were there for the music as well. One such student was Karley Nieves, a Berdlee freshman. “You see this clothing and you see this is what’s going on in trends right now,” said Nieves. “They didn’t care about the boundaries, they didn’t care about the law. They cared about being happy and free, and that’s something we should actually embrace.” The exhibit runs until Nov. 11 and is located in gallery 184, also known as the Lois B. and Michael K. Torf gallery. It is free to all Suffolk students with valid university identification.

Photos by Alexandra Marteniez

The Sinclair
1. the Growlers ft. Cosmonauts, Gap Dream, Together Pangra, White Fang w/ Colleen Green
Thursday, Oct. 3 @ 7 p.m. $15
2. Biffy Cl1n-o ft. Morning Parade
Thursday, Oct. 3 @ 7 p.m. Free
3. Big Bill Vallahan ft. Lonnie Holley
Friday, Oct. 4 @ 7 p.m. $17.50
4. the Growlers ft. Cosmonauts, Gap Dream, Together Pangra, White Fang w/ Colleen Green
The Orpheum
1. the Growlers ft. Cosmonauts, Gap Dream, Together Pangra, White Fang w/ Colleen Green
Saturday, Oct. 5 @ 7 p.m. $28
2. MOE. ft. Giant Panda & Guerilla Dub Squad
Sunday, Oct. 6 @ 7:30 p.m. $43.50
3. Sufer Blood ft. Andy Boay & Team Spirit
Monday, Oct. 7 @ 9 p.m. $15
4. Laddé ft. John Green & Miel
Tuesday, Oct. 8 @ 8 p.m. Free
5. Biffy Cl1n-o ft. Morning Parade
Wednesday, Oct. 9 @ 7 p.m. Free
6. Biffy Cl1n-o ft. Morning Parade
Thursday, Oct. 10 @ 7 p.m. $17.50
7. Sufer Blood ft. Andy Boay & Team Spirit
Friday, Oct. 11 @ 7 p.m. $15
8. Quill ft. Wildchild & Twenty One Pilots
Saturday, Oct. 12 @ 7 p.m. $28

Are you interested in arts & entertainment? Come write for the Suffolk Journal Meetings Tuesday @ 1 p.m. D537
**UMass Boston 2013 Film Series kicks off with “Pussy Riot: A Punk Prayer”**

**Lucie Coppola**  
Journal Contributor

UMass Boston’s 2013 Film Series, a season of free independent films held in the campus center ballroom, kicked off with the empowering documentary *Pussy Riot: A Punk Prayer*. This film tells the tale of three members of the punk feminist group “Pussy Riot” who took part in a 40 second satirical performance at the Cathedral of Christ the Savior in Moscow and because of it faced seven years in a Russian prison. Director Mike Lerner and co-director Maxim Pozdorovkin depict the true and gripping story of Nadia, Masha, and Katia’s journey through their arrest and court trial. Pozdorovkin, who was present during the film, made the disclaimer before the documentary started that among flash photography there would also be “graphic sex and loud rock’n’roll.”

The film centered exactly on that. By using this form of performance art the girls were voicing their opinion in a more unconventional manner, but a very powerful and captivating one at that. The story drew its audience in with the loud and heavy Russian screams of the members showing their opposition to the injustice of the Russian President Vladimir Putin and the authoritarian ties the government has with the Orthodox Church. Pussy Riot is comprised of anonymous members from all over Russia who wear bright neon colored homemade balaclavas, tights, and dresses. The basis for this story hails from the infamous story of Nadia, Masha, and Katia that depicted their opposition of Putin and his allegiance with the Orthodox Christian Church until officials and security broke them up. Later members Nasekhda (Nadia) Tolokinnikova, Maria (Masha) Alyokhina, and Yekaterian (Katia) Samutsevich were arrested on the charges of “hooliganism.”

The court trial was long and became very public not only all of Russia’s attention, but much of the world around it as well. Using their form of oppositional art, these women captivated and engaged thousands of people who then came to the streets to back them up and show their agreement for what Pussy Riot was criticized for its performance. However they are not the only ones who came to protest from this. During the film, the characters experience the wildness that the women’s story hails from.

**Film Willow Creek showcases at BU as a wild success**

**David Frederick**  
Journal Contributer

Every semester, Boston University hosts cinematic events held by none other than Suffolk’s very own Gerald Peary. At these free events, filmmakers, actor, director and many more involved in the craft will visit BU to screen one of their recent efforts, along with a post-film discussion in which the students and the filmmaker(s) can engage in a personal discourse. This week I had the pleasure of seeing Bobcat Goldthwait’s newest film Willow Creek.

The horror/comedy film revolves around a young couple. (Kelly and Jim) played by Alexia Gillemore and Bryce Johnson, a pilgrimage to Bluff Creek, Calif. to visit the site of a film to hopefully capture footage of the legendary Bigfoot. The film is one of the found footage genre, but I’d be willing to call it the freshest variation since *The Blair Witch Project*. The film is genuinely funny and sorely needed as of late the genre has been more played out than not. This film does a great job of exploring the phenomena of Bigfoot enthusiasts but the film does drag in certain scenes, which include the couple engaged in naggng arguments where the director later claimed he was trying to draw suspense like Lynch and Tarantino.

While the projector did shut down on a few occasions, the location in Bluff Creek and that there were mountain lions and bobcats on set. Bobcat said they filmed on to do a Christopher Guest-esque film about a Bigfoot convention but he was convinced to change the format to his liking. He jumped during a scene, even though he was he one who played Bigfoot in the film and in the soon-to-be infamous scene for which Terry Gilliam told Gold when he screened the film Willow Creek that had “no respect for the language of cinema.” His retort was “That’s coming from the guy who made *Brazil*.”

When asked about the safety on set, he said that there was a ranger on set, who writes a tween Bigfoot series. Which received an *A Punk Prayer* is a provocative, interesting documentary that castes us as judge for themselves. It may leave you with the same sorts of feelings generated from seeing Bobcat Goldthwait’s newest film Willow Creek.

While the projector did shut down on a few occasions, the location in Bluff Creek and that there were mountain lions and bobcats on set. Bobcat said they filmed on to do a Christopher Guest-esque film about a Bigfoot convention but he was convinced to change the format to his liking. He jumped during a scene, even though he was he one who played Bigfoot in the film and in the soon-to-be infamous scene for which Terry Gilliam told Gold when he screened the film Willow Creek that had “no respect for the language of cinema.” His retort was “That’s coming from the guy who made *Brazil*.”

When asked about the safety on set, he said that there was a ranger on set, who writes a tween Bigfoot series. Which received an *A Punk Prayer* is a provocative, interesting documentary that casts us as judge for themselves. It may leave you with the same sorts of feelings generated from seeing Bobcat Goldthwait’s newest film Willow Creek.

While the projector did shut down on a few occasions, the location in Bluff Creek and that there were mountain lions and bobcats on set. Bobcat said they filmed on to do a Christopher Guest-esque film about a Bigfoot convention but he was convinced to change the format to his liking. He jumped during a scene, even though he was he one who played Bigfoot in the film and in the soon-to-be infamous scene for which Terry Gilliam told Gold when he screened the film Willow Creek that had “no respect for the language of cinema.” His retort was “That’s coming from the guy who made *Brazil*.”

When asked about the safety on set, he said that there was a ranger on set, who writes a tween Bigfoot series. Which received an *A Punk Prayer* is a provocative, interesting documentary that casts us as judge for themselves. It may leave you with the same sorts of feelings generated from seeing Bobcat Goldthwait’s newest film Willow Creek. The horror/comedy film Willow Creek showcases at BU as a wild success.
Forget everything that hip-hop culture has exposed to you when it comes to "materialism" and Miley Cyrus' version of "twerking." If you are a fan of investigating, emotional and authentic emotion from the audience, J. Cole might be the hip-hop lyricist that you would want to be inspired by. J. Cole might be the hip-hop lyricist that you would want to be inspired by. His current certified gold album, Born Sinner, which was on June 18, has sold over 600,000 copies so far, which surpasses Kanye West's Yeetus album that was released on the same day. The album is very complex and well balanced with singles like "Power Trip," an R&B and rap collaboration that articulates lust and love which features R&B artist Miguel; also, "Crooked Smile," which features the legendary girl group TLC, presents the message to every woman about loving themselves despite all of their physical flaws.

As a hip-hop music lover who listens to artists like Nas, Kendrick Lamar and Tupac, J. Cole has proven himself to be a future legend in the hip-hop community. His music, going from underground to mainstream, is very stable and has not disappointed the many fans that first knew him through his mixtapes. In addition, his music is very connected to him since he mostly writes and produces all of his material. However, there are critics who have said that Cole's music seems boring. Cole responded on HipHopDx.com saying, "everybody has their own style of music that they like. I could never let that affect me in the way I make music. The people who like Soul Plane are probably gonna think Shawshank Redemption is boring. It's not the end of the world."

Here's the question: why do you think Suffolk decided to invite him to the fall concert this year? Some of us may not have cared this decision, some don't like rap music at all, or some just don't know who J. Cole is. Cole is not the average rapper; he attended St. John's University in New York on an academic scholarship, majored in communications, minored in business, and graduated magna cum laude. He is a person with great intelligence and valuable education. Regardless of what he does, he is an example to remind us that we will benefit from our own education.

Our fingerprints are safe from Apple

Chris Cote-McLaughlin
Journal Contributor

As Apple fans sit in the wake of the company's much-anticipated annual keynote presentation, there are a multitude of exciting developments. As expected, the announcement of the new instalments to the iPhone series, the iPhone 5S and iPhone 5C, has generated the most discussion. Among the many new features of the iPhone 5S (including increased processing power, high definition FaceTime and improved camera,) one that is generating quite a bit of controversy is a fingerprint scanning passcode.

While the introduction of a fingerprint scanner onto a smartphone is not a pioneering move (it's been done on Motorola's Atrix 4G model,) Apple's implementation of the technology is certainly a step forward for the biometrics industry. With a client base spanning almost 1 billion today, Apple has a huge market to influence. Apple's指纹识别技术已经在智能手机上不是一项开创性的发明（它在摩托罗拉的Atrix 4G模型上已经被使用过。）但是苹果对这项技术的实现对于生物识别行业来说是向前的一大步。苹果拥有一个庞大的客户群，因此它有很大的市场可以影响。
Boston ranked most energy efficient city in U.S.

Katie Dugan
Journal Contributor

Last week, the American Council for an Energy-Efficient Economy (ACEEE) released this year's City Energy Efficiency Scoreboard. Out of the 34 most populated cities in the United States, good old Beantown takes the top spot. Each city is evaluated on what steps they are taking to reduce energy consumption in five key areas. This includes buildings, transportation, energy and water utility efforts, local government operations, and community-wide initiatives. According to Mayor Thomas Menino, "our economic prosperity is tied to [our] 'greenovation.'"

On Earth Day 2011, Mayor Menino released an updated climate action plan for the city of Boston called "A Climate of Progress." To summarize, the goal of the plan was to make Boston a more energy-efficient city in every way possible. Some of these goals included reducing community greenhouse gas emissions, incorporating projected climate change into all formal planning and project review processes, engaging all segments of the community in climate action and leadership, and finally developing innovative businesses and workforce skills to take advantage of climate action opportunities. It is clear that the people of Boston want to make this city the best in the country, and Bostonians are the kind of people that will do everything to make it happen.

As a New Hampshire native, I can tell you that if you take a trip to the Granite State you will see trees, trees, maybe a lake or two, and more trees. Although it is gorgeous up there this time of year, New Hampshire is only known for its scenery. Because of that, New Hampshire has dozens of conservation organizations that work to preserve its wildlife all year round. As the summer came to a close and I began to pack my life away in a suitcase, I would start to imagine the crazy atmosphere I would be moving into. The crowds, the skyscrapers, the noise... drastically different from the quiet suburbs of New Hampshire that I grew up in. To be completely honest, I did not think that Boston put the environment as a top priority. I was wrong. I was so wrong.

The first thing I noticed when I moved into my dorm on 150 Tremont was the large, colorful, spherical pieces of art that are lined up along the street. Not to mention, they are really hard to miss. If you've ever walked by, you might have noticed that each of those works of art display a message about being more environmentally aware. I know they are effective because I walk by them every day and when I do, I automatically think about my own carbon footprint. Did I shut off the light when I left? Did I recycle my empty Starbucks container? Thankfully, we are lucky enough to go to a college where environmental awareness is promoted.

To begin with, each dorm room is provided with a recycling bin for plastic, cardboard and other recyclables, which makes you almost feel obligated to use it. Secondly, the trash receptacles in the dining halls are divided into three bins: trash, compost and of course recycling. These little details will encourage young adults to think a little bit more about taking care of the planet we live on.

Boston has received some criticism for past careless mistakes. For someone who hasn't even lived in the city for a month, it is clear to me that Boston is working tirelessly to make up for those past misjudgements and to ensure complete economic efficiency.

from APPLE page 11

every demographic, the use of a fingerprint scanner on the iPhone will soon lead to other phone developers following suit. However, many ill-informed skeptics have made several claims against the implementation of a fingerprint scanner on Apple's newest smartphone for reasons that are as ignorant as they are ludicrous.

A sense of paranoia seems to be the driving force behind the reluctance. While the frenzy of the recent National Surveillance Agency scandal is fresh in the minds of Americans, some seem to be pondering if privacy exists in the 21st Century. To many, the utilization of fingerprint scanners on such a widely used product may seem like another step towards a "Big Brother," if you will. Some believe that while it is an innovative technology, we would be providing more personal information that the government could potentially use to build a worldwide database of millions of people's DNA through accessing the fingerprint scan databases. Rather than attempting to grasp the concept of independent research, many misinformed cynics seem to prefer to obsess over a single BuzzFeed article in an attempt to create an "informed opinion." Upon further research, one might find that the data containing fingerprint information does not exist as raw numeric data, contained in the powerful A7 hardware chip on the iPhone. The A7 chip converts the fingerprint scan into data, which is either accepted for a positive match, or rejected for a negative match. Apple employees and programmers have stated such information is not stored on Cloud servers, and will never be stored in the Cloud servers, and of course recycling. These misjudgments and to ensure complete economic efficiency.
Harvard: Nap time is healthy for all ages 

Ellie Hawkins  
Journal Staff

So how does one make up for loss of sleep? The biggest thing is to take naps during the day. There are five stages in the sleep cycle; someone that is napping does not want to go into the third stage because you are starting to go into a deep sleep. When one is napping, one wants to stay in the first or second stage. The first stage is when one is just starting to drift off into sleep and the second stage is when one's brain activity starts to slow down (each stage lasts about ten minutes). I know from experience that when I took hour-long naps I felt worse than I did before I took a nap.

Harvard: Nap time is healthy for all ages

Disney World no longer allowing handicapped visitors to cut the line

Lindsey Nolette  
Journal Contributor

The Disney Company will no longer be allowing disabled patrons to go to the front of the line. This system has been a long-time victim of a continuously growing number of abusers; now those who suffer from real disabilities will be forced to use a new and somewhat faulty system.

Currently, those with disabilities are allowed to acquire a guest assistance card, which grants access to the front of the line, usually through exit doors, in order to bypass long lines. The new system is similar to Disney’s Fastpass. Guest can get a new disability access card, which has a time to enter the attraction based on the wait time.

“We have an unwavering commitment to making sure access to all guests, given the increasing volume of requests we receive for special access to our attractions, we are changing our process to create a more consistent experience for all our guests while providing assistance for our guests with disabilities. We engaged disability groups, such as Autism Speaks, to develop this new process, which is in line with the rest of our industry,” said Disney spokeswoman Sudi Brown to CNN in an attempt to quiet the backlash this new system is creating.

And who can blame Disney for making an effort to crack down on violators? The New York Post ran an article about rich Manhattan moms hiring disabled handicap visitors to tour guides in order to cut the lines.

“The woman said she hired a Dream Tours guide to escort her, her husband and their 1-year-old son and 5-year-old daughter through the park in a motorized scooter with a ‘handicapped’ sign on it. The group was sent straight to an auxiliary entrance at the front

Disney World is known for giving their guests everything they need and making sure they have a good time at the parks. Following the mantra of “Welcome Home,” the enforcement of the new system for disabled patrons will follow this mantra like every other thing they will learn after they wake.

When napping, it is important to set a timer so one does not over-sleep past 30 minutes. Otherwise you will start to slip into that third cycle or even fall asleep. Usually the best time to nap is between 1 p.m. and 3 p.m. This is because one’s energy levels start to dip during this time of the day. Napping can be a wonderful way to catch up on sleep and increase productivity. Napping puts one’s body in a relaxed state, which counteracts the effects of daily stress and it helps the heart rate.

This is why so many preschools and kindergartens have classes with children take naps in the middle of the day. With learning so many new concepts, it helps their brains absorb the information they have learned that day and prepare them for the new things they will learn when they wake.

Do not nap more than 30 minutes, otherwise you will start to slip into that third cycle or even fall asleep. Usually the best time to nap is between 1 p.m. and 3 p.m. This is because one’s energy levels start to dip during this time of the day. Napping can be a wonderful way to catch up on sleep and increase productivity. Napping puts one’s body in a relaxed state, which counteracts the effects of daily stress and it helps the heart rate.

This is why so many preschools and kindergartens have classes with children take naps in the middle of the day. With learning so many new concepts, it helps their brains absorb the information they have learned that day and prepare them for the new things they will learn when they wake.

When napping, it is important to set a timer so one does not over-sleep past 30 minutes. Otherwise you will start to slip into that third cycle or even fall asleep. Usually the best time to nap is between 1 p.m. and 3 p.m. This is because one’s energy levels start to dip during this time of the day. Napping can be a wonderful way to catch up on sleep and increase productivity. Napping puts one’s body in a relaxed state, which counteracts the effects of daily stress and it helps the heart rate.

This is why so many preschools and kindergartens have classes with children take naps in the middle of the day. With learning so many new concepts, it helps their brains absorb the information they have learned that day and prepare them for the new things they will learn when they wake.

When napping, it is important to set a timer so one does not over-sleep past 30 minutes. Otherwise you will start to slip into that third cycle or even fall asleep. Usually the best time to nap is between 1 p.m. and 3 p.m. This is because one’s energy levels start to dip during this time of the day. Napping can be a wonderful way to catch up on sleep and increase productivity. Napping puts one’s body in a relaxed state, which counteracts the effects of daily stress and it helps the heart rate.
Big bad Boston Bruins ready to win trophies this year signing new players

CJ Haddad
Journal Staff

It's hockey season again in the Hub. The big bad Bruins are ready to come out of hibernation following a short summer that followed a Stanley Cup finals defeat that would have brought Boston its second Stanley Cup in three years.

The offseason for the Bruins brought some change to the Bruins roster, but the core pieces are still in place.

Front office management kicked things off with the tough decision of sending 21 year old Tyler Seguin and winger Rich Peverly to the Western Conference Dallas Stars. In return, the Bruins gained a top 6 forward in Loui Eriksson, along with three other promising players which include Joe Morrow, Reilly Smith, and Matt Fraser.

This was a controversial trade in the eyes of Bruins fans, with Seguin being the second overall pick in the 2011 NHL draft. Seguin was a small contributor to the Bruins cup in 2011, but never quite seemed to reach the expectations the front office had for him. Along with his offensive antics and un-willingness to play physical, the Bruins and GM Peter Chiarelli opted for the more reliable; defense first Eriksson to fill his role.

Bruins fans will be quite pleased with Eriksson's play. He is a two-way player who is valuable on the penalty kill, comparable to Patrice Bergeron.

See BRUINS page 15

1 in 4 young adults will experience a depressive episode

Receive a free screening & consultation with a Suffolk University Counselor

October 9th
Donahue & Sawyer Lobbies
10 a.m. - 2 p.m.

October 16th
Sargent Hall 4th floor Alumni Meeting Room
3 p.m. - 7 p.m.

Suffolk University Counseling Center • 617-573-8226 • www.suffolk.edu/cnsctr

Photo courtesy of Wikimedia Commons
The Lady Rams first home game will be against Anna Maria Saturday, October 5th. Anna Maria is a team that Suffolk has beaten in the past, so it is a good shot for its first conference win. Before they get to return home, the Lady Rams must face Springfield on Thursday, which will put them at risk of being 0-6 before their first home game as a team. This line has to want to win every game, the conference games are still everything. The 0-6 record was not all for nothing for the Lady Rams. With failure comes experience, and they are going to use it. After Anna Maria, the Lady Rams have to face a second conference opponent in dimension at home. Winning is going to be everything this month, failing to record a win could be a disaster, but the Lady Rams will need to go into this month confidently that they can compete in every game.

"I feel that our game has definitely improved. Facing the tough teams early on has so far helped a lot of the positive and negative things," said Arkins. "Our individual play is at the highest level I've seen all season." The Lady Rams have been playing against better opponents as we try and rise to the occasion. However, our confidence has definitely suffered from not being able to clinch a win.

The Lady Rams only have seven games left this season, and only four of them are conference games. There is a lot of pressure going on this season for the Lady Rams, as they have two wing spots opened around assistant captain Chris Kelly. Swedish winger Carl Soderberg was claimed by the Bruins late last season in a controversial signing that almost left the now Bruin in the Swiss league. Only having sight in one eye, Soderberg was a contributor last season and into the playoffs, and should be a regular on Boston's third line.

This last wing spot has been a moving carousel this pre-season. From the looks of it the spot belongs to former first round pick Jordan Caron. Caron has shown flashes of solid play at the NHL level in the past, but has always been pushed to the side with players like Benoit Pouliot, Chris Kreider, and Jeff Cassetta coming in. This year the spot is open for Caron and it is time to step up. If Caron does not show that he is NHL ready, it might be seeing the last of him in a Bruins sweater.

Defense has always been a staple of the Boston Bruins. The Bruin's defense line will continue to be one of the best in the NHL, which we all know includes Gregory Campbell, Daniel Paille, and Tyler Seguin. With Boychuk's bomb of a shot and Hamilton's offensive weapon at the point, this should be a strong contender for a better top two pairing. Both players are extremely physical and play a ton of minutes per game. Seidenberg is a shot blocking specialist, while Chara may be the most physically intimidating player to ever play this game. Both players are extremely talented defensive players in front of him. Bruins fans could not ask for a better top two pairing.

The drop off to the second defense pairing is not as steep as most NHL clubs. Johnny Boychuk and Dougie Hamilton will be a solid second group for this team. Boychuk has emerged as a star in these past seasons and Dougie is an offensive weapon at the point. With Boychuk's bomb of a shot and Hamilton's offensive awareness, this should be a contributing second set of d-men.

The final pairing brings Adam McQuaid, and Torey Krug. McQuaid has been with the Bruins for some time now and brings hard-nosed, glove dropping ability on the blue line. Krug on the other hand is a finesse defenseman who knows how to get his hands dirty along the boards, and let's not forget all those goals he scored in last year's playoffs. Even without the top two, there is still a possibility to compete with their conference rivals.

"Each match and opponent we face makes us better as individual players and as a team," said Arkins. "We hope to build upon both our wins and our losses."
Suffolk Men’s soccer gearing up with two victories

CJ Haddad

After picking up first victory of the season in their last match versus Anna Maria, the Suffolk Men’s soccer team looked to continue their momentum into their two games this past week. Suffolk scored its first four goals of the season against Anna Maria before being shut-out in their first five contests of the year.

On Sept. 25th, Suffolk hosted Eastern Nazarene College for a non-conference match in Somerville. The offensive once again was the shining point for the men’s team as it tallied another three goals in the match giving them a 3-0 victory over the Lions.

Andres Cohen continued to stay hot after having a hat-trick in his previous game. Cohen opened up the scoring just about 12 minutes into the match when Suffolk had a corner kick. Tyler Parmelee took the pass and sent it through the box to Johnny-on-the-spot, netting his fourth goal of the season, also being his fourth in just two games.

After quick goal, the offensive settled down on both sides until after the half. Once again Suffolk scored quickly, only 10 minutes into the half, in the 56th minute. Captain Nickolas Chamma had a great performance in net, stopping all 10 of the shots that Eastern Nazarene put on him. Chamma has posted back to back shutouts and earned his second victory of the year, improving his record to 2-2-1. Just for good measure in the 87th minute, Tyler Parmelee was rewarded for his assist earlier in the game by putting the nail in the coffin and sealing the victory for Suffolk. It was also the first goal of the year for Parmelee who was assisted by Aaron Haggas.

Next on the schedule for Suffolk was conference foe Lasell. This would prove to be a tough match for Suffolk as Lasell has a record of 7-2-1 and 4-0 in the GNAC. Suffolk found itself down two goals after holding the Lasers scoreless for the first 24 minutes. In the 24th and 28th minute, the Lasers potted goals from Mike Skleton and Joseph Gabriola. These were the first two goals Chamma had given up in over 200 minutes of play. Suffolk took the 2-0 deficit into halftime, but came out strong in the second half. Who else but Andres Cohen gave Suffolk the spark it needed. Cohen scored in what is now his third consecutive match, having scored five goals in those three matches. This cut Lasell’s lead to only 2-1.

Suffolk continued to battle through the rest of the match but, could not hold on as Lasell added another goal late to take the match 3-1, improving to 8-1-4 in the division.

Although this was a tough loss for the men, it showed them that they can hang with the best and made them a bit tougher as they go into their non-conference Regis College game today and then Johnson & Whales (in conference) on Saturday.