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Suffolk's first homecoming a hit for students, alumni and parents

Lucie Coppola
Journal Staff

There was something for everyone at Suffolk University's first ever homecoming weekend.

Thursday through Sunday was jam-packed with events that catered to current students, faculty, families, and alumni.

"Everyone had a place this weekend," said Elizabeth Conley, director of student and young alumni engagement and annual giving, a major organizer of the event.

Suffolk used to host separate alumni and family weekends, but this year merged the two to create homecoming.

"I think that all the students, alumni, faculty, and families were all really happy and excited to be a part of homecoming so it was a great opportunity for them to come together and bridge that gap," said Conley.

Alexa Simeone, assistant director of orientation and new student programs, said, "It was great seeing traditional events from both weekends come together to create a vibrant and dynamic weekend."

One event that really stood out to students and families happened to be the study abroad and international education info session.

"It was unbelievably informative, and really gave me a sense of what it would be like to take on studying abroad," said freshman Mary Fitzgerald. Her parents also said, "It gave us a sense of what it would be like for her if she were to study elsewhere, and made us feel really good about the opportunities she has here."

The event filled students in on how credits would transfer, where they were able to study, and shared experiences from past students who have studied abroad.

The "Suffolk Makes A Splash" event at the New England Aquarium was a big sensation among a number of students, families, and faculty members.

"The Aquarium event was a huge success, I think it was an excellent showcase of how we utilized the city," said Conley. "It was a great way to celebrate Suffolk and a great way to celebrate Boston." Sophomore Maria Paredes and her aunt Josephine Paredes said, "It was just a lot of fun to browse through the aquarium during after hours. The food was great, and so were the performances."

Another event that knocked the ball out of the park this weekend was the performing arts department's Fall Fest Variety show. The show featured six company numbers and many other independent and group acts. The company performed five musical numbers, and a dance piece. Some notable independent and group numbers included a classical pianist, a standup comedian, an original rap and pop song.

Town Hall highlights seven themes to improve university

Sarah Lokker
Journal Staff

Faculty, students, and staff joined Suffolk University President James McCarthy in the C. Walsh Theatre Thursday, the first day of Suffolk's inaugural homecoming, to discuss the university's annual report in the fourth segment of the Town Hall meetings.

In its second year, the program, dubbed "Charting the Future," included seven key themes that will take place over the next five years with the intentions of making Suffolk University a more globally educated institution.

"Much of what has been done in the first year is foundational," said McCarthy.

"Charting the Future" covers topics from challenging students to become global thinkers to promoting rigorous teaching. During the presentation, McCarthy broke down each theme, discussing what it had done in the past year and where it plans to go in the upcoming years.

The first theme was of student success. A majority of students are aware of the changes that are taking place in the Tremont, which includes the combination of various student services to create GLAS. Within the next 15 to 18 months, all of the services students may need are planned to be located in the library.

Theme No. 2 included development of innovative, global thinkers. In the last year alone, nearly 20 new internship potential programs have been added to the study abroad program at Suffolk. With the addition of so many new programs allowing students to study abroad, Santander Consumer granted $100 million in the United States for students to travel. Also extending its global classroom is the New England School of Art and Design, which is opening programs in Europe for its students to study. And for the classroom across the Atlantic, Suffolk Madrid has reconfigured its program, including the addition of so many new potential programs have been included in the library.

Theme No. 3 discussed building a cohesive university. With the addition of the 20 Somerset building for 2015, the reconsideration of use of

See TOWN page 2

Left to right: SGA Treasurer Tyler LeBlanc, Dean Nancy Stoll, and SGA President Billy Cerullo

President James McCarthy

Suffolk Journal
Library has new technology, new staff

David Frederick
Journal Staff

One of the most versatile resources at Suffolk is the Mildred F. Sawyer Library. Located in 73 Tremont, the library offers a broad range of services, and is offering a few new ones this year.

One of the special new features of the library is newly purchased Amazon Kindles and projectors for students throughout the university to use. “We want people coming back into the library and discovering lesser-known things that are really positive about the library,” said James Alexander, a Suffolk graduate who now works at the library.

It has helped the university in efficiency, as fewer resources are wasted. In the first week alone the library received 20 boxes of paper per week, to 20 a month,” Alexander said. “To put this in perspective, [Suffolk students]download books all at the expense of the school. “We have 11 Kindles and we want students to use them. We want students to check them out and we want [them] to help us rebuild the library,” said Alexander. In addition, the new projectors are already installed in the library’s group study rooms.

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“We want the students to come and get acclimated to the new staff,” said Britton. A goal of the new staff is having a more direct connection with the student body. Alexander also said there could eventually be a more open form of communication between student body and the library faculty. What is key for the staff is to have an open line of communication within the Suffolk community. They understand that not many voices are heard and they think it is time to change that process.

“We want people coming back into the library and discovering lesser-known things that are really positive about the library.”

-James Alexander, a Suffolk graduate who now works at the library.
NEASC accreditation team hosts student session gains insight on university

Sam Humphrey
Journal Staff

Four members of the New England Association of Schools and Colleges (NEASC) accreditation team met with Suffolk students at an open session Tuesday, Oct. 12 to get student perspectives on the university. The NEASC team members opened by saying they were interested in looking at student retention and satisfaction, student government, and students' concerns. Considering the many different needs of students, the team was also exploring how to deliver a good education for all the school's students in the middle of the city.

The public meeting attracted around 40 students, ranging from undergraduates to graduate and law school students. To start the discussion, the NEASC team members asked students why they had chosen Suffolk and what they liked about the school.

"It felt like a community from the day I got here," one senior said. "I came here and I got involved right away... and it changed my life, and what I wanted to study for." Many noted that Suffolk's downtown location made it easy for students to take advantage of the opportunities Boston had to offer. "Opportunities are here for the (students') taking," one graduate student noted.

"The school's academic requirements are very accommodating," said one sophomore. "It's helpful, because a lot of people come in not knowing what the want to study, but they aren't forced to commit to something they don't want to do." When the team asked what challenges students face, several club leaders said that the elimination of the corporate cards for almost all of the school's departments and clubs affected them. Representatives of the Student Government were very accommodating."

-A sophomore student at the NEASC accreditation session

Boston Book Festival promotes literature, unites book worms

Bryanna Gallant
Journal Contributor

The Boston Public Library, along with a team of sponsors and volunteers, hosted the fifth annual Boston Book Festival in Copley Square from Oct. 17 to 19.

Approximately 25,000 people attended various events throughout the three-day festival. The event included 150 presenters, speakers, live musicians, poets, and a street fair consisting of more than 70 booths with vendors such as the New York Times, The National Writers Union, The Brattle Book Shop, and writing programs of The New School in New York, Emerson College and Lesley University.

"The goal of the festival was to bring a wide range of people and interests together in a city that is known for its forward thinking and innovative ideas," said Joyce Linehan, a media relations coordinator for the event.

The celebration focused on the promotion of new books, publications, and relevant current events within the writing field. Participants were able to interact with authors, learn about the writing process, and become inspired on numerous different genres of literature. Most events and the street fair were free, although some cost a $10 admittance fee.

"I think the festival was wonderful," said Suffolk University student Luke Rosel. "It's great that so many people can get together to celebrate and something they're passionate for. Celebrating reading and writing is extremely important, and there is so much to be gained from that," he said.

Notable presentations of the festival included keynote speaker Salman Rushdie and a discussion of his memoir, as well as Joseph Anton, an art installation by Judith Donath depicting The Voices of Boston's Bookstores, and an event highlighting the attendance of the Newbury Medal Winners, Lois Lowery, Jack Gantos, Kate DiCamillo, and Rebecca Stead.

The Boston Book Festival also paid respect to the Boston Marathon bombings of last April through three events over the weekend. The Trinity Sanctuary hosted "Our Boston: Writer's Celebrate the City That They Love," and journalists discussed their reporting decisions in "The Boston Marathon: Telling Tragedy's Story." These events focused on the importance of staying strong and the love felt for the city of Boston.

A large portion of the festival was dedicated to the promotion of literacy in children. "We want to get children excited about reading at a young age," said Linehan. Story time readings and skits occurred while the life-like characters of Curious George and the Man in the Yellow hat greeted children as they explored the festival. Children also had the option to collect various stamps from participating vendors around the festival in their "passport to imagination." At the children's keynote presentation, children could create their own book with author and illustrator, Tomie dePaola. DePaola is best known for his book Stega Nona.

For more information about the Boston Book Festival and for upcoming information on next year's festival, please visit: http://www.bostonbookfest.org.
Comfort dogs bring smiles to Suffolk, help calm stressed students

Sam Humphreys
Journal Staff

Suffolk students received a special treat last week when furry, four-legged friends came to campus to help relieve stress.

The Lutheran Church Charities K-9 Comfort Dog Team visited Suffolk University on Oct. 17 to explain how they train dogs to therapeutically assist victims and survivors of disasters like the Boston Marathon bombing.

The LCC's K-9 Comfort Dog Team is co-directed by husband and wife Rich and Dona Martin, who were invited to speak at Suffolk by communication and journalism professor Norine Bacigalupo. The Martins brought six dogs from their Danbury, Conn. branch, named Maggie, Hanna, Addie, Zoey, Ruby, and Luther.

"Suffolk University president James McCarthy presented each dog with an Honorary Doctorate of Healing to recognize their service," said Barry Dingueli, a Suffolk alum who graduated in 1983, and interact was the vision all populations coming together with Suffolk was able to feel like part of the community and see why Suffolk is such a wonderful place."

The event attracted nearly 100 people to the local bar, which significantly added to the fun and lively atmosphere of the night. The turnout also allowed Suffolk students and alumni to get cozy with one another as they squeezed past the bar to find a seat in the balloon-filled back room.

With plates of complimentary food in hand, everyone was told to get into teams of no more than six people for the trivia game. Each team then wrote down the four questions asked in each round.

There were four grueling rounds and two bonus rounds, with categories such as Suffolk and Boston history, famous alumni, television, movies and various others. One of the bonus rounds consisted of a handout of questions that all had "new" in the answer. It was a tight competition throughout, with only a few points separating some of the teams.

For the last question, each team could wager up to 20 points on their final answer, which successfully mixed up the competition. The final question was, "What president was on the cover of Time the most number of times?"

The answer turned out to be President Richard Nixon, to the dismay of one or two of the teams, who wrote down President John F. Kennedy and wagered all 20 points. A combination of cheers and loud groans filled the room when the answer was announced.

The top three teams won a prize package that included Suffolk t-shirts. The first-place winners also received a $50 gift card to The Red Hat.

In addition to Newtown and Boston, teams visited Prescott, Ariz. after the town lost 19 firefighters to a wildfire, and West, Texas after an industrial explosion killed President George W. Bush also visited towns in Oklahoma and Joplin, Miss. after tornados destroyed several communities.

"The dogs are generously rewarded for their service; their trainers brush their teeth and massage them daily and play ball with them to "just let them be dogs for a while," as Rich said. "It can be stressful for them to sit all day with so many people petting them, that sometimes they just have to get up and go for a walk in between helping people."

Massages and dental hygiene may seem like small tokens of gratitude for the dogs' hard work, but it keeps them going nonetheless, as anyone who was lucky enough to see them Thursday can attest.

For more information on the dogs, students can visit k9comfortdogs.org. The official Facebook fan page is LCC K-9 Comfort Dogs.

Seniors, alumni get their taste of homecoming at Red Hat's trivia night

Brian Holak
Journal Staff

Students and alumni filled the upstairs of The Red Hat last Thursday night as Suffolk kicked off its homecoming events with a fun-filled trivia night.

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Despite the disappointment of the losing teams, the night was definitely a success.

"It was a great start to homecoming weekend," said senior Amanda Davey, whose trivia team came in fourth place.

Photo courtesy of Suffolk University
Sikhs celebrate Guru Granth Sahib as part of rich heritage

On Oct. 20 of 1708 Sikh's everywhere decided that there would be no longer any human gurus and implemented their holy text. That day is celebrated every year as installation of the Guru Granth Sahib (holy book of the Sikhs) as the eternal Guru cycle of light left the world.

The religion itself was founded by a man born in 1470 named Guru Nanak. Nanak was born and raised in the village of Talwandi, now known as Nankana Sahib, which is now present day Pakistan. Born as a Hindu but raised from Muslim teaching, Nanak had a divine vision when he was 30 years old in which the god named Sat Nam told Guru Nanak that he was the one true God. From that point on, he renounced both Hinduism and Islam to focus on Sikhism.

A member of the religion is referred to as a Sikh, which is actually translated to mean follower. Nanak soon gathered many followers in his travels by singing the praises of the one true god and leaving flowers in his wake. He would go on to establish the three basic guidelines. The first being Naam Japna: meditation on god through reciting, chanting, singing and constant remembrance followed by deep study & comprehension of God’s Name and virtues. The second being Kirat Karni: he expected the Sikhs to live as honorable householders and practice—To honestly earn by ones physical and mental effort while accepting both pains and pleasures as God’s gifts and blessings. The third is Vand Chakna: were asked to share their wealth within the community by practicing Vand Chakna—"Share and Consume together".

Baba Jai Lal Ji Ubhi is a Guru of Sikhism, a fusion of Islam and Hinduism

Revered by those of all different faiths, including Hinduism and Islam, and by many different races, he was a man who proclaimed a message of universal tolerance. "There are no students who currently practice the faith here at Suffolk, but there have been students who have in the past," said Reverend Amy Fisher of the Suffolk University Interfaith Center. It is still of the utmost importance that we learn to celebrate and understand the numerous cultures that make up the diverse melting pot that we thrive in.

After Nanak’s untimely passing, there were nine other gurus but eventually there was a universal decision to no longer have any human guru’s and that the religious texts; the Granth Sahib would become the everlasting guru to prevent any possible corruption of the faith. The message of the Guru Granth Sahib is broken down into seven sub-divisions: No. 1. All people of the world are equal. No. 2. Women are also equals. No. 3. One God for all. No. 4. Speak and live truthfully. No. 5. Control the five vices. No. 6. Live in God’s Hukam and No. 7. Practice humility, kindness, compassion and love. By making these principals the only Guru in Oct. 20 of 1708. The Sikh’s were able to spiritually liberate themselves. If you are interested in learning more about Sikhism or any other religion, visit the Interfaith/Religious Life center located in the Donahue 540, call 617-573-8325 and email interfaith@suffolk.edu.

Syria

Western powers are once again coming together in an attempt to broker a peace agreement between warring factions in Syria. The Friends of Syria group, consisting of the U.S., Britain, Egypt, France, Germany, Jordan, Italy, Qatar, Saudi Arabia, Turkey, and the U.A.E., is attempting to get the Syrian opposition to attend a second peace conference in Geneva. An attempt at a Geneva convention earlier this year did not come to fruition. The Syrian National Coalition (SNC), the fractured yet internationally recognized Syrian opposition group, said it would decide at a meeting next week if it will join the convention. The government of embattled President Bashar al-Assad has already agreed to join the conference, however the president said he believes that the probability of success is slim, citing the intentions and influence of the Western powers sponsoring the conference. Al-Assad also expressed his desire to run again for president in 2014, and showed confidence in being re-elected.

France

The American ambassador to France was summoned, and French Foreign Minister Laurent Fabius held a lunch with John Kerry in response to recent allegations by the French newspaper Le Monde that the NSA not only monitored French phones calls, but spied on French diplomats in Washington, D.C. The information was obtained through the now infamous dissident and leaker Edward Snowden. The French government has expressed outrage at these revelations, however the BBC claims that this reaction may be a tactic to shift attention away from its own similar surveillance program. According to reports, this spying was part of a broader program attempting to learn the position of UN Security Council members on certain issues before voting on them. Le Monde’s report also claims that the NSA spied on 70.3 million phone calls in France just between Dec. 10, 2012, and Jan. 8, 2013.

Brunei

The Asian sultanate of Brunei recently announced the implementation of a new penal code based in strict Sharia law. The new law code only applies to Muslims, but includes punishments like death by stoning for adultery, severing of limbs for theft, and flogging for the consumption of alcohol. Brunei is about 66 percent Muslim, and prior to this new code, civil law in Brunei was based on British law, with Sharia courts restricted to family matters like marriage and inheritance. The country has already been leaning towards implementing Sharia law. The current sultan, Hassanal Bolkiah, is one of the richest men in the world via oil and gas fortune, and has made sure to distribute that wealth to his citizens, as Brunei offers free health care and education. However, the sale and consumption of alcohol is already banned there, business are required to close during Friday prayer, and religious education is mandatory for all Muslim children. According to BBC, the new Sharia code will be put into effect in six months.
From All Corners: International Opinion

On Germany’s position in the Eurozone crisis

Roy Ben-Joseph
Journal Staff

Lots of things come to my mind when I hear the word Germany. While those things can be good or evil, bright or dark, based on the last 500 years, it always brings one word to mind: efficiency. Is there another nation in the world that is more efficient than Germany? Everything in that country works like a clock (a German cuckoo clock). They have the best roads on the planet where else can you drive 170 MPH and all you are going to get are cars behind you beeping at you to go a little faster? They have some of the best education in the world, healthcare, and their economy is actually doing great while everybody else around is collapsing and sinking in debt.

While we may be able to take some credit for that as both Japan and Germany became better nations since the US presence in those nations post-WWII, it is still overwhelming to see what Germany accomplished and how the German economy just keeps growing while everybody else is in a free fall. If that is the case, why is it that after the last elections in the Bundestag last month, many Germans think that a major change is required?

The answer in one word is efficiency. Yes, the same country I just called efficient seems to disagree with me. They are perfectionists. That is the Germans and that is why they are doing better than us. We would accept their situation with open arms while they think there is still room for improvement. These inefficient economic moves are widely discussed in Germany every day and were country. The Mediterranean view and its harbors are absolutely amazing, but at the same place you will find people who take four hours of break

The story of the Eurozone economic crisis is not a new one. Countries like Greece, Italy, Spain, and Ireland have been dragged down the rest of the EU with their financial woes. In many of these countries, especially Greece, these woes are a result of fiscal irresponsibility and laziness; Greece is a cradle-to-grave socialist state whose citizens enjoy some of the best government benefits on the planet.

The suicides of the EU states are now intertwined. Greece is no longer on the Brachmann, and Germany is no longer on the Mark. Both countries are on the Euro, and therefore German prosperity depends on Greek prosperity. If the rest of the EU stands by and lets Greece careen into fiscal disaster, it is only a matter of time before the disaster reaches them too. Therefore, by helping Greece, Germans and other Europeans are helping themselves as well.

The EU does not force any countries to join them. In fact, several countries, especially Turkey, have had trouble gaining acceptance into the EU. The point is that any nation in the EU can enter the alliance voluntarily. Do Germans have the right to complain about helping other countries when they knew what they were getting into by entering the EU? Although only the most credulous economic experts have the foresight to predict such a devastating recession, my colleague Mr. Ben-Joseph points out in the article next to this, this behavior in Greece is not new. Greece has been a pampered, cradle-to-grave state from many years now, and the Germans should have understood the implications of entering a political and economic union with this country.

Germans do have the right to be resentful of their position in the EU. It must be incredibly frustrating to have one of the most efficient economies in the world and yet bail out your inefficient neighbors. However, it is hard to sympathize with the German position seeing as they voluntarily entered the EU with an understanding of the other participating countries and their economic practices. And while Germany has always been known for its efficient economy, the Germans would be kidding themselves if they claimed that none of their recent economic successes are a product of the benefits of being an EU member. The system has given to them, so it is only fair that they give back in order to keep the system intact.
Marie Antoinette in a different light: 
One-woman show depicts human side of controversial queen

Lucie Coppola  
Journal Staff

This weekend The French Theatrical Foundation presented “Marie-Antoinette In Her Own Words” at the Modern Theatre. The French Theatrical Foundation is a non-profit organization dedicated to promoting awareness and appreciation of French and French-Language performing arts.

The play was a one-act, one-woman show starring French actress Barbara Schulz and directed by Katherine Adamov. Schulz has been featured in over 50 films and television programs, is one of France’s leading actresses in theatre and on television and film, and was nominated for a French Oscar, a Cesar.

The play is adapted from Evelyne Lever’s book Marie Antoinette, The Last Queen of France. Lever is a French historian and author. It takes place from the very moment Antoinette arrives in Versailles, to her last letter right before she was killed.

Prior to the play’s weekend at the Modern Theater, producer Ross Mitchell, Schulz, and Adamov held a Q&A session at the Studio Theater located in Archer. All three gave a great deal of insight into what the production and staging process was like for the show. They also gave very strong opinions to back up their point of view on Antoinette and the performance at hand.

In this depiction of Antoinette, she is shown as more of a true and human projection of the French queen rather than the common condescending view that most portrayals give her. “It is more about the heart, and less about the thought process.” Schultz said. She sees it as being more important to give her a voice than to depict all of her actions as being foul and wrong.

“We are at the extreme other end of the spectrum when contrasted with the Sofia Coppola film,” said Adamov. And that is exactly what it was. When asked why they decided to portray her in this way Schulz replied, “It is the only way we could have taken it.” The only other way this play has previously been performed is as a straight reading. “In contrast this is a full theatrical reading,” said producer Mitchell. “We have done something here that we think has never been done before.”

The contrasting views are very evident in this portrayal as it is rather evident that they are not trying to point out her flaws and wrong doings, but rather bring out the human in Antoinette. This shows a more true and understanding view of her. “She is always portrayed as a frivolous, light headed, young character. But what you must understand is that she is extremely intelligent. She is more than what people perceive of her.” Adamov explained, giving way as to why they have chosen to illustrate her this way.

The play was performed in complete French with subtitles projected on a cyclorama in the background. The performance was very simple, yet somewhat complex. While Antoinette only had two chairs, a desk, and a bed to work with she used the stage and what she had very much to her advantage. The simple set and one act dynamic of the show seemed to fit the message and theme that was the objective of the performance.

However, if one was not a French speaker the play may have been a bit difficult to follow, as the slides progressed rather rapidly at times not allowing enough time to read the subtitles.

But overall it was a beautiful portrayal of the text that showcased a different view of Antoinette.
Performing arts office presents annual Fall Fest, students unite to celebrate Homecoming

This past Friday and Saturday evening, the performing arts office put on their annual Fall Fest performance in the C. Walsh Theater. This year's theme was set to be "Welcome Home" in honor of Suffolk's very first Homecoming. The show was jam packed with talent, containing images that inspired the feeling of home and what it's like being a part of the Suffolk community. Spunky hosts Peter Costanza (junior), and Joseph Nordlie (freshman) guided the audience through intertwined company numbers, and independent and group acts with witty comments about Suffolk, the college experience, Boston, and much, much more.

The night started out with a rendition of Hairspray's "Good Morning Baltimore" transformed into "Good Morning Suffolk!" performed by the company. Its take on this classic was well done with the band blaring in background and the company on point with choreography.

acts were freshman, Mikaela Trzesniewski, Demiah Schulph, and Tyler Lehna, who call themselves The Floor Threes. They performed a three-part version of 'How To Save a Life' by The Fray. With a simple acoustic guitar and delicate harmonies, it was a beautiful performance. Another crowd-pleasing piece was an original rap song titled "I Wanna Be" by Mathina Pouya. Sims had the audience dancing along as he wowed them with his genius lines and smooth vocals.

Other notable independent acts featured were stand-up comic Colin Barry, classical pianist Jennie Chong, a mixed martial arts demonstration from Forbes Lau, a dance number by Marissa Muxnet, an African dance performed by the Suffolk African Dance Troupe, and an original song sung by Michael William Walker.

The company also did four other numbers, including a group dance. The dance number was to a mix of songs that all had something to do with being or coming home, while images of families from all around the world were projected on the background.

The songs coupled with the screen images made for a truly wonderful performance able to show the audience how diverse Suffolk University really is. The group of students featured in the performance were truly amazing and had the audience on their feet clapping in praise. Overall Fall Fest 2013 was a total success, filled with joy and incredible talent, a night to remember.

Martial artist Forbes Lau shines during Homecoming Week

Q: When did you start doing martial arts?
A: My friend in high school wanted to do a major performance for our school, he was in Taekwondo group. And ever since he introduced it to me everything started coming together.

Q: How long have you been doing it?
A: To me when it comes to martial arts I like how open it is. There are so many benefits. Physical benefits, I'm able to strike harder, move faster, reflexes are a lot faster, and it's helped my asthma a lot.

Q: Will you try to continue doing martial arts on campus here at Suffolk University?
A: I honestly would love to. If I don't transfer, it's definitely (possible) for sure. So whoever enjoyed it, can definitely look forward to that.

Q: What made you want to continue?
A: Any quiet place I am able to practice in, that works the best for me. 10 West is my favorite place.

Q: What got you into martial arts?
A: The training is my favorite part; I like how it clears my head. It makes me feel very relaxed and very calm. What I like about it for sure is the body transitions, and the movements in general. So many doors open up from that. What I definitely like is the clarity, the sense of peace I would call it.

Q: When did you start doing martial arts?
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Q: What in your favorite part about doing martial arts?
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Q: Where and when do you usually practice? Perform?
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Q: Why do you enjoy doing martial arts?
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A: To me when it comes to martial arts I like how open it is. There are so many benefits. Physical benefits, I'm able to strike harder, move faster, reflexes are a lot faster, and it's helped my asthma a lot.

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Words of wisdom from Forbes:

"Even when the world's against you, you fight until the end, the very end. That was a quote of an old friend, a very old friend!"
Scotland’s Franz Ferdinand visit the Orpheum for a timeless show

The Orpheum Theatre hosted the popular and talented indie band Franz Ferdinand this past Sunday. The band sold out the venue and fed off of the very positive and energetic crowd. “Franz,” as they are affectionately called for short by their fans, consists of front man Alex Kapranos, guitarist and keyboardist Nick McCarthy, bassist Bob Hardy, and drummer Paul Thomson. Franz also put together a great set list for the show. They achieved perfect balance between their new songs and the old fan favorites. "Take Me Out," "Walk Away," and "No You Girls." At the same time, they gave fans a fresh look at their new album, playing their new singles "Love Illumination." The band also had tremendous stage presence. As Franz Ferdinand approached the stage they were eager to greet their audience and feed off their excitement and energy right back. Frontman Alex Kapranos climbed stage and chided concert-goers for using their phones, even incorporating it into his lyrics during "Evil Eye." The band's style is unique and energetic.

As we looked around us every new song fans have been listening to made us feel as if we were there at the beginning of their career. This is something that not many other bands can say.

Franz Ferdinand's stage presence is what really makes their shows so enjoyable. They have the ability to improvise without being biased, Franz Ferdinand brought the Orpheum down to a complete sell-out. The experience was extraordinary, but we would love to see Franz Ferdinand one of the most pleasurable concerts going on around us. Vivid beams of light shot all over the theatre and audience like a tornado, making the band almost seem translucent.

The Orpheum Theatre is one of the oldest theatres in the United States, and all around us was the beautiful 19th century art painted on the walls and ceiling. Gilded cherubs dominated the domed ceiling and a soft, faded painting of wealthy 18 or 19 century men and women enjoying music and a picnic was splashed over the stage. As the show began it was difficult to pay attention to all the extravagant lights going on around us. Vivid beams of light shot all over the theatre and audience like a tornado, making the band almost seem translucent.

Franz Ferdinand has some of the best stage technicians out there today. Each song had a different light scheme, unique from the ones before it. Franz also put together a great set list for the show. They achieved perfect balance between their new songs and the old fan favorites. "Take Me Out," "Walk Away," and "No You Girls." At the same time, they gave fans a fresh look at their new album, playing their new singles "Love Illumination."
Alex Hall
Editor-in-Chief

When deciding to buy a Samsung Galaxy Note 10.1, the biggest question one needs to answer is what they want to use this tablet for. Depending on whether you are a fan of Android or Samsung devices, there is little to no learning curve with this device. For those who are familiar with the Android operating system or own a Samsung Galaxy phone, it is a breeze to pick up. If you are unfamiliar with Samsung Galaxy Note 10.1 or Android devices, it does not take much time to master them. I made the switch from the iPhone 4 to the Samsung Galaxy S3 recently and within a day and a half I had a firm handle on how my new device worked. What does differentiate the Galaxy Note 10.1 from its smartphone siblings is a stylus like Polaris that make using Microsoft Office on it a breeze. The Gmail, Chrome and Kindle apps are also more helpful and useful with the tablet’s 10.1-inch screen than they are on a smartphone. The thing about the Galaxy Note 10.1 is that it relies heavily on the stylus touch pen. The pen does make things like taking notes and texting easier but it also takes a bit to master. If you are a person with messy but flat handwriting, the Galaxy Note 10.1 does a fine job of making sense of your chicken scratch. If you are someone who takes your time writing out words though, the tablet tends to create unwanted spaces between letters due to the slower pace of writing. It seems like the best way to take advantage of the pen is by writing sentences as fast as you would type them. The Galaxy Note 10.1 retails at about $500 so it’s a bit of an investment. The iPad 2 is about $400 and the Microsoft Surface Pro widget and applications look and work the same. The homepage as well as the built-in email, calendar, camera and games. Basically, it does everything one would expect a tablet to do these days and it does it quite well.

Even the battery life is impressive which is surprising considering how notorious the Galaxy phones are for being addicted to their chargers. The tablet lasted almost two days between charges. The Galaxy Note 10.1’s benefits outweigh the fact you’ll have to fork over five $100 bills to own it. Quite simply, you get plenty of bang for your buck whether this is a purchase for academic or purely social reasons.

Are you interested in Arts & Entertainment? Film, art, maybe even live music? Come write for the Suffolk Journal, we would love to have you!

Foy Vance delivers breathtaking performance at Cafe 939

Ally Johnson
Aest. Opinion Editor

A Northern Ireland native, Foy Vance made his way this past week to Boston to play to a passionate crowd at Berklee College of Music’s Cafe 939, also known as The Red Room. Despite his upbringing in Northern Ireland Foy Vance’s sound is largely inspired by the southern United States after having moved to Oklahoma with his father, a preacher, as a child. His sound expresses his roots with his acoustic guitar, the type of happiness that only enlightenment can bestow. The audience was privy to many of his songs from the new album including fan favorites such as “Jamey” and an up tempo piece for the singer-songwriter, “Be the Song” which came from his EP Meatrose.”Joy Of Nothing” his title track and “Guiding Light” a long song that is accompanied by Ed Sheeran on the album. He also added the crowd pleaser cover of Frank Ocean’s “Thinkin Bout You” with piano accompaniment.

Foy Vance’s “Joy of Nothing” is a composite of stories-of love, friendship, loss, his home and the place he grew up. His songs tend to create an atmosphere that matches the scope of his presence and talent. In small settings such as the Red Room it is easy for the crowd to overwhelm the artist but he was effortlessly engaging and had control of the room. No more so than when he sang-his reason most of us were there. If you are a fan of artists such as Bon Iver, Alexi Murdoch or James Blake, Foy Vance is an artist to look into. His haunting and sweeping vocals seem effortless and when you are in a venue listening to him it is calming, his voice no lesser in quality than it was recorded.

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It is well past time for the Boston Police Foundation to remove the ad and apologize for its unacceptable content.

Hanging over the intersection of Bowdoin and Cambridge Streets above Dunkin' Donuts, the ad prominently displays the now famous photo of one of the, a 76-year-old runner who fell down moments after the first explosion, three Boston police officers springing into action, and the words, "There's a new team in town."

The photograph alone stirs the faces of runners and spectators overcome with terror. It is not a scene one should be subjected to walking down throughout Boston every day.

The scene brings back memories of a harrowing time — hours of an afternoon spent in sheer terror, days spent disoriented and upset, weeks attempting to readjust to living life normally. An image that can evoke emotions like this is not fit for a commercial use displayed on a busy city corner.

While there is no reason to balk at donating to the Boston Police Foundation, there is no way to overlook an image that embodies so much of the pain of the marathon as a tool to promote the force or ask for money.

Our city's police force acted courageously and selflessly on April 15 and the days that followed. We are appreciative and proud of this. But this doesn't mean that the tragic events of the marathon can be used as part of a fundraising strategy, and especially not in conjunction with provocative imagery.

The ad serves to remind Bostonians of the pain of the marathon and can actually turn a morning walk to class into an unfortunate trip down memory lane. The Boston Police Foundation should see the flaws in this publicity campaign and take the upsetting ad down.

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used questions.Normally I don't respond, and normally I pretend to be occupied and hard of hearing, but not that night. He was so close to my face and so drunk that he didn't move and looked right into me waiting for a response. I responded, "No."

And, to that, I got a "Fine, [expletive] you then!" He and his group of friends callously left. Did I mention that I slapped my thigh with the bottle of Hennessy that was in my left hand? I subsequently called someone close to me and they advised me to carry pepper spray. But, to that I said, "What is pepper spray going to do when a group of four men approach me?"

I explained to him that if I was ever having my bottomless bag to find pepper spray?"

This next part is where it gets a little personal, but I feel inclined to mention that this is in no way intended to be an insult to the Suffolk Street or Government Center stops, for example.

With that said, I am challenging the Suffolk University Police to expand on its policies so that they can ensure that students are not only safe but that they feel comfortable taking a night class or staying later to participate in Suffolk's activities. If Suffolk University feels it is its responsibility to take care of its students, and if the school constantly encourages inclusion, then it shouldn't wait until a student is assaulted or even worse in order to take a movement towards taking care of them. I suspect if steps are taken to expand the escort service, or simply because he forgot. So, I still wonder what I'm going to do at night. I don't want to have to carry pepper spray, or even worse, a knife. And, I don't want to have to compromise on the activities I'm involved in at Suffolk University because of fear. But, it's a very real fear and I never anticipated having to worry about something like this. I am aware that inclusion is huge on the Suffolk agenda, so I don't think that this is something a student like me should have to worry about. I now wonder how many students simply don't participate in clubs because of their nightly commute. I'm concerned because I know for a fact that I'm not the only Suffolk student who isn't commuting on the Park
Missouri victim survives sexual assault, suffers insensitive treatment

Ally Johnson
Ast. Opinion Editor

Daisy Coleman was 14 years old when she claims she was sexually assaulted. Her friend, Paige Parkhurst, was only 13 years old when she was also sexually assaulted in the same house. If it were not for one article, neither of these two girls from a small town in Missouri may have seen justice.

The Kansas City Star published an article about Coleman and her family. Coleman and Parkhurst were invited over to a boy's house; he was 17 at the time, and they had to sneak out. Both were given alcohol, which is where Coleman's memories begin to fade. Subsequently, they were both allegedly assaulted.

The next morning, Coleman's mother found her collapsed outside in their house in 30-degree weather, scrabbling at the ground, and when her mother drew her a bath she found signs of sexual assault and immediately went to the hospital.

Initially, the boy was charged with sexual assault, a felony charge. However, it is a matter of the welfare of a child. A misdemeanour. He insisted that the sex was consensual. There was a recording of the sexual acts, interviews and evidence that supported the felony and misdemeanor charge. And when her mother drew her a bath she found signs of sexual assault and immediately went to the hospital.

In the following months, Coleman's mother lost her job, then Coleman and her siblings faced persistent and cruel harassment by their peers; when they were forced to move, the house they'd put on sale was burned down. Coleman was admitted to hospitals, she attempted to commit suicide twice, Parkhurst had flashbacks and nightmares, and the alleged assailant found himself in a state university.

All of this occurred in a result of the hive-minded town they lived in, the family ties to a long lasting political figure in town and the human habits of the victim. The town, rather than rallying behind the victims and trying to find ways to ensure safety for young girls everywhere, called for apologies to be made to the accused boys.

Now that the article has been published in highly thought out detail people are starting to speak out whether their message is negative or positive. Anonymous, an activist hacking collective, has made its opinions clear on how Maryville has handled this case and have posted this statement to the public:

"We demand an immediate investigation into the handling by local authorities of Coleman's case. We have heard Coleman's story far too often. We heard it from Steubenville, Halifax and Uttar Pradesh. If Maryville won't defend these young girls, if the police are too cowardly or corrupt to do so, the town will have to stand for them."
American Apparel continues to sexualize women

Ellie Hawkins
Journal Staff

Have you ever had issues with normal Boston cabs? We can all admit that we have had that cab driver who gets mad because we did not have cash, did not tip enough, or refused to take us to where we wanted to go. This has all changed with UberX.

UberX is an app for smartphones that lets the user pick a car in the area to pick them up. One can choose the car's color, size, and type with this app. This new service was launched in March 2013 and has been growing ever since.

As a college student, it is not an ideal position to always be taking cabs. Fortunately, UberX is 30 percent cheaper than normal taxis. All the drivers are professional drivers and the company is completely safe.

How the app works is that you link your debit card or credit card to the app. You can estimate the fare by setting a pickup location, tapping the fare quote button, and then entering the drop off location. It is an extremely simple process and the person getting the ride does not have to tip.

The company tips the driver based on how they are rated by their passengers. It is also convenient that the passenger can request to split the fare with a friend if they have the app as well by clicking on the "split fare" option.

This is a great opportunity for students who forgot or lost their wallets and will never have to worry about having cash when using this service. It can help one save money by avoiding ATM withdrawal fees. UberX is affordable, classy and sophisticated. I have used this app twice so far and I love it. The drivers are always nice and friendly.

When I went, my friend and I were in a small Toyota Corolla. The driver opened our doors for us and had no problem letting my friend off in Beacon Hill and then taking me to my apartment in the North End. I have heard of other students using it and they like how they do not have to stay outside and hail a cab. I've heard people say they enjoyed being able to stay wherever they are until the UberX car comes to their block. They expressed that they will enjoy this even more when it starts snowing.

Some other perks that I have heard include students getting a new pack of gum and water bottles when they enter their UberX car at no extra cost. I know in the future that I will not be taking any other cab besides UberX because I do not want to deal with the rudeness of taxi drivers or trying to hail one on the side of the street. UberX is cheaper than other companies. I like feeling safe when I take a cab home late at night and I know I have not always felt safe with normal cab drivers.

American Apparel, a company that has made a name for itself by counteracting any amount of tact, feminism or positive messages. Having first opened a retail store on Sunset Boulevard in Los Angeles in 2006, it has had about showing crudeness in its advertisements. The ads in its shopping websites show pictures of models who seem to be instructed to display their bodies rather than the clothing they’re selling. There are numerous pictures of models on their hands and knees, models in countless leotards, spread eagle on a bed. There are female models in knee-high socks, dressed in nothing else, and their backs to the camera in a provocative pose. There seems to be more women modeling shirtless than otherwise, more models in demaning poses to catch the male gaze; there’s a girl doing a split while drinking a beer. There would be a humorous absurdity to the marketing campaign if they were not overwrought with sexism.

One of American Apparel’s features is that some of their products are unisex, meaning that they are purchasable for men and women alike. However, there is a stark difference between how the male models pose in the advertisements. The models are all over the world.

In an interview with the Suffolk Journal, Ally Johnson, Asst. Opinion Editor, talks about the importance of the company's actions.

"Women are just starting to feel powerful, to be in positions that still make them feel weak. This is an aspect of womanhood that still makes them feel weak. This is an aspect of womanhood that still makes them feel weak. This is an aspect of womanhood that still makes them feel weak."
New England Patriots sign 34-year-old Andre Carter

The New England Patriots have been known to make moves at the trade deadline, but in a surprising move, they dipped into the free agency pool to pick up linebacker Andre Carter. Carter, 34, played for the Patriots two seasons ago, and was arguably the best pass-rusher on the team during that time. The Patriots let him go due to age, which makes this an interesting move since he is not getting any younger. Carter played with the Oakland Raiders for 12 games last season, recording 2.5 sacks and 13 tackles. The Patriots' pass-rush, once again, has been a letdown. Considering they are without their two starting defensive tackles, the time is obviously not at its full potential. Carter will add depth to the defensive unit. With Chandler Jones and Rob Ninkovich having solid seasons, rest thanks to Carter's arrival will only help them play better.

Red Sox set to face St. Louis Cardinals in World Series

The stage is set. The Boston Red Sox have worked their way to the World Series to face the National League Champion St. Louis Cardinals. The Red Sox played a tough series with the Detroit Tigers, and although they had trouble at the plate at the start of the series, they managed to put runs together to win the American League Championship Series 4-3.

Jeremy Hayes
Asst. Sports Editor

The Cardinals may not be the best team as far as runs go like the Red Sox, but they are one of the top hitting teams in all of baseball. The Cardinals have scored 45 runs in the playoffs, but the Cardinals scored close to that by scoring 42 runs. Going down the line of statistics, it is a blur of who has any clear cut advantage in this series.

Other projected matchups that can be expected: Game 2 will feature John Lackey vs. Michael Wacha, Game 3 Clay Buchholz vs. Joe Kelly, and Game 4 Jake Peavy vs. Lance Lynn.

Both the Red Sox and Cardinals have had an abundance of successful seasons, with both teams having two titles each in the past decade. The last time the two best teams made it to the World Series was back in 1999. Fans will be in for a rare and pleasant treat seeing the baseball's best on the grand stage.
the campaign, according to
the American Cancer
coaches to wear pink during
awareness. The league has
rolled out its "Crucial Catch"
weary public relations through a
cause most Americans support.
raise awareness because it is
certainly not trying to raise a
whole lot of money.
The NFL realized when
launching this campaign back
2009 that breast cancer awareness was a quick,
easy way to build up public
relations that have been
bruised by arrests. Jones and
damage done off the field.
Chicago Bears' wide
receiver Brandon Marshall
was once one of those players
dragging the NFL into the
tabloid headlines. The veteran
announced in July 2011
he had been diagnosed
borderline personality disorder and this Oct. 13 he
to the NFL as breast cancer awareness. More than likely,
Marshall's play of the year could be the league he plays for doesn't
have an affiliation with a cause
that isn't as well known as
the one championed by Avon
and Susan G. Komen for the
Cure.
This October partnership
is more about public
relations than anything,
so the NFL should welcome the opportunity
to raise awareness for other
illnesses and diseases. Marshall
should have been praised;
Goodell should have been sending
Marshall a letter about
how to get involved with the player's mental
health foundation not
demanding an arbitrary
amount of money.
With news leaking
about how little the
team gives, $5 of every
$100 sold in pink sales
to fight breast cancer.
maybe Goodell and co
will up their donations.
Considering that
the NFL is set to gross more
than $9 billion this year,
it seems likely the
league has the funds to
open its wallet just a
little more for a cause
fans want to see it cared for
deeper about. The league
should also open its doors
to help other causes in some
way, either through significant
donations or attempting to
raise awareness.

Men’s soccer going for GNAC playoffs

The first half looked like
the Suffolk team that we had
expected to see all season long.
Scoring started 29 minutes
into the match when a senior
scored off a corner kick
for a goal. Jeff Williams
connected with another senior,
hitting Djibril Niang with a great pass
off of a free kick that resulted
in Niang's third goal of the season.
In the second half, Suffolk
could not keep up the pressure
at the 54 minute mark, James
scored for Mount Ida to tie the contest at one-
innings. It stayed that way for:
while until Steve McDonald o
Mount Ida scored an unassisted
goal in the 76th minute to give
Mount Ida a 2-1 edge, and ultimately
going on to win the game.

Suffolk was on the outside
looking in throughout the game,
Suffolk scored two goals in the first half and three
goals in the second half to defeat
Mount Ida, 3-1.

CJ Haddad
Journal Staff

Last week the Suffolk
University men's soccer team
was coming off a high point
defeating GNAC opponent
Albany in a crucial conference match.
This time around, Suffolk
looked to win two more games
to extend its hope of making it
to the GNAC playoffs. The Rams
opponents were Salve Regina,
in-conference Mount Ida.

Going into the game against
Salve, Suffolk only had four
games remaining on the
schedule, meaning time
was running out if the team wanted
to make moves to a better spot in the standings.

Unfortunately for
Suffolk, Salve was the one who
came to play that day. Salve scored
three goals in the first half and three
goals in the second half to defeat
Suffolk by a disappointing 6-0.

Alex Wasielewski was the star
for Salve scoring a goal in each
half of the contest.

This was the first time the
Rams had been shutout since
starting the season with five
straight games without a
goal. This loss dropped Suffolk's
record to 4-11, being 2-5 in the
conference with three
games remaining: all of them
conference games.

On Friday, Oct. 18, Suffolk
hosted GNAC participant
Mount Ida at Somerville
to gain ground in the standings.

The loss dropped Suffolk to
2-5 in the GNAC with two conference games
to go this week. Suffolk played
Emmanuel and Rivier, both or
the road to close the season.
Women's Tennis seeded third heading in to GNAC playoffs

Jeremy Hayes
Ast. Sports Editor

It is tough to compete as a team after losing six games to start the season, but for the Suffolk University women's tennis team, it was nothing but a little bump in the road. The Lady Rams fought back against conference opponents to make it into the post season like a high seed.

The Lady Rams lost to old rival Emerson this past Friday 6-3, but bounced right back the next day by getting a big conference victory against St. Joseph of Connecticut 8-1. This was the final game of the regular season for the Lady Rams landing them the third seed in the GNAC playoffs.

After that, two game winning streak, the Lady Rams finished off their regular season with an overall record of 4-8, but a conference record of 4-2. Suffolk's only two losses in the GNAC were against the two top seeds ahead of them in the GNAC, Simmons and Johnson & Wales.

Lady Ram Rebecca Eshoo, who won six singles matches for Suffolk this season, is beyond proud of each of her teammates. "It's exciting to get the third seed in the GNAC," said Eshoo. "Our entire team has been improving, so it's great to see that our hard work has paid off." With the third seed, the Lady Rams will have the challenge of playing the bottom seed of the playoffs, who happens to be Albertus Magnus in the GNAC quarterfinals.

The Lady Rams beat Albertus Magnus 8-1 in their regular season match up which was only about two weeks ago. "Playing Albertus Magnus in the first round will be in our advantage," said Eshoo. "We've beat them during the regular season, so the team and I are confident in playing them Wednesday." Although Albertus Magnus is a potential win, anything can happen, and it will be a difficult road ahead for the Lady Rams. Top seed Simmons is undefeated in the conference this season, and Johnson & Wales only has one loss, which came from Simmons.

Even if the Lady Rams make it to the semifinals, all odds will be against them since their two conference losses came from Johnson & Wales.

No matter what team we are up against, we are looking in expecting a hard match," said Eshoo. "Even if the team is not our best competition, we play the same game. If we were up against our toughest competition. The postseason will beg for the Lady Rams to have come a long way since the beginning of the season. We have been practicing hard in preparation for postseason and our confidence is at a high right now."

The Lady Rams will face Albertus Magnus Oct. 23 at 6:30. If the Lady Rams win they will go on to face the second seed in the conference Johnson & Wales. That game would be Saturday, Oct. 26 at a time yet to be announced.

If the Lady Rams can bring home at least one playoff win, that would be a tremendous accomplishment, the girls would have seemed like a baffling possibility at the beginning of the season, but the Lady Rams really showed up this season as one of the top teams in this years GNAC.

Soccer Lady Rams within leg's reach of the GNAC playoffs

Vassili Stroganov
Sports Editor

Even though senior Taylor Miranda had a great day scoring a goal and is looking to finish her four year career with a blast. Right now Miranda ranks third among all GNAC players with nine goals. Recently the senior forward with five fabulous goals in one incredible week Miranda deserved the recognition and with that she established herself as one of the most dangerous forwards in the GNAC Championship. If there is a key to do well in the playoffs and score some goals, that key is Miranda. If the forward has a great day, Suffolk usually has a great day as well. If Miranda can continue to perform at the level that is the best of DII or even D I, as she did in the playoffs are looking very bright. Essentially Miranda is a very well rounded player and a great teammate who can both score goals and make assists. A player like Miranda is essential to the success of any team.

Next match for the Lady Rams is Oct. 19 against a very strong St. Joseph of Maine, who will be a huge challenge, but a great test as well. If Suffolk does well in this game and is able to keep up with the savvy Saints, the girls will have a great outlook for the playoff games. Statistically Suffolk's soccer team has been doing very well in recent years, qualifying for the GNAC playoffs four years in a row. Unfortunately the team has not yet won a GNAC Championship, though the team has made an ECAC appearance, which is the regional tournament for the best D III teams in New England. The regular season ends Friday, Lady Rams Oct. 26 against Mount Ida College. The next step is the playoffs quarterfinals.

This is where the ladies of each game get extremely crucial and the fight for the win is more intense than ever. This is without doubt the most exiting and nerve-wracking part of the season.