Democrats win House, Republicans hold Senate*
American gun violence goes beyond school shootings

[Image: Gun Violence Prevention Panel October 30th, 2018]

(From Left) Youth activists Bria Smith, Michael Martinez, Aalayah Eastmond, Fiona Phie and Jack Torres discussed how the conversation surrounding school gun violence has underscored the issue of inner-city gun violence among people of color.

Caroline Enos/Suffolk Journal Staff

For six student activists on a gun violence prevention panel sponsored by March For Our Lives: Boston at the Cutler Majestic Theater Oct. 30, gun violence is a systemic threat that goes beyond school shootings.

"On Feb. 14, I was in the third classroom the shooter shot into," said panelist Aalayah Eastmond, a senior at Marjory Stoneman Douglas High School in Parkland, Fla. "He shot six of my classmates and murdered two: Nicholas Dworet and Helena Ramsay. I had to hide underneath Nicholas’s body to be here today."

Eastmond is a leader at Team Enough and March For Our Lives and testified at Brett Kavanaugh’s confirmation hearings in Washington last month against Kavanaugh for his opposition to gun control. She became a voice for victims of gun violence in schools and inner cities after the Parkland shooting as well as losing her uncle, Patrick Edwards, 15 years ago to gun violence in Brooklyn.

"I didn’t go to (the Kavanaugh hearings) just to share my story on Feb. 14," said Eastmond. "I went to be a face and a voice for people that look like me."

According to a study by the Centers for Disease Control and Prevention (CDC), 81 percent of firearm homicides in 2015 occurred in urban areas. The CDC also showed that black Americans are, on average, eight times more likely to be killed by firearms in cities than white Americans.

To panelist Michael Martinez, a senior at Weston High School who lives in Roxbury and organizer of March For Our Lives: Boston, these trends are not a coincidence.

"The communities that are most affected by gun violence are the ones that are the most underfunded in terms of education, opportunities outside of the classroom and when it comes to job opportunities," said Martinez. "They know that the only way to get power, because of gun culture in America, is by getting their hands on a gun."

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Panelist Bria Smith is a leader at March For Our Lives: Milwaukee. For Smith and her older siblings, metal detectors and extensive security protocols have been at her inner-city high school long before the push for gun violence movement, as youth like Smith often have this perception of themselves that once they graduate, they’re going to be in the prison pipeline.

"They are doing these things in our schools so that [students of color] have this perception of themselves that once they graduate, they’re going to be in the prison pipeline. "It makes me uncomfortable when someone who is white says my story for me,” said Smith. "You have to recognize and use your privilege to give a platform to others is vital in diminishing racial inequalities."

For panel moderator Vikiana Petit-Homme, the executive director for March For Our Lives: Boston and a high school senior, people must understand that "privilege is not about what you have gone through, but what you haven’t gone through because of your skin color or your gender."

In terms of combating gun violence, the panelists stressed that more strict legislation and better documentation of firearm purchases are needed.

"These guns are always bought somewhere legally first," said Torres. "We have to look at... how manufacturers are buying into this, how the NRA is fueling this rhetoric by saying it takes a good guy with a gun to stop a bad guy with a gun, because they’re trying to sell two guns there."

The panelists agreed that this issue spans beyond politics.

"Gun violence is a human rights issue and a health issue," said Smith. "People are dying."

Of the 47 homicides in Boston since the beginning of 2018, 40 are a result of gun violence. Panelist Fiona Phie, chief outreach director for March For Our Lives: Boston and a student at UMass Boston, said that the most important part of discussing gun-violence statistics is remembering that these numbers represent human beings.

"When we went to Virginia to protest the NRA, a man said to me that [a bill on gun restrictions] would only save 300 lives per year," said Phie. "Those are people. You’re going to put the lives of 300 people at risk because you want an AR-15? That’s crazy."

Smith added that the victims of gun violence are not only those who are shot and killed. In a study conducted by Smith and the Milwaukee Youth Council, a 4-year-old girl who had been exposed to gun violence had the same symptoms of PTSD as a 65-year-old retired veteran.

For Eastmond, the trauma from Parkland is still a daily reality.

"People need to remember that none of us asked to be activists, and none of us wanted to be activists," she said. "This was just thrown in our laps."

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Famed reporter speaks on how small towns have big impact

Katelyn Norwood
Journal Contributor

“The biggest theme in the book and in the small rural area was the closeness that the voters felt with President Trump. Bradlee spoke on the contempt these men and women had for Washington and the marginalization they felt in the new economy. Especially with an influx of the Hispanic population, residents felt that their way of life preferred to be among their own race,” said Bradlee.

According to Bradlee, by 2016 when Donald Trump was elected, these citizens felt that the liberal culture from the northeast part of the country mocked them, making them resentful. “I think the point that hit the closest to home for me is the sort of talk about how people from these areas really do feel that liberals condescend to them, people in my community definitely relate to that,” said Samantha Moyer.

“I think the point that hit the closest to home for me is the sort of talk about how people from these areas really do feel that liberals condescend to them, people in my community definitely relate to that.”

-Samantha Moyer

Midterm results shift political balance

From MIDTERM - 1

they were voting, said McNeil. “It would be nice if there was a rule that questions be written in a way that a 10-year old could read it.” Question 2 proposed the creation of a 15-member Citizens Commission whose purpose would be to make recommendations regarding corporate personhood and political spending. The commission could limit the rights of corporations given by the decision in the Supreme Court case Citizens United v. Federal Election Commission. A negligible amount of spending was done in opposition to Question 2, according to the Office of Campaign and Public Finance. 71.3 percent of voters in Massachusetts voted “Yes.”

Question 3 proposed reforming in place the current law that prohibits discrimination associated with race, color, religious creed, national origin, sex, disability, ancestry and gender identity. This would continue the prohibition of discrimination in public places as well as in female/male restricted areas and advertisements. Alex Ferreira, a sophomore psychology major and Diversity Peer Educator with the Center for Student Diversity and Inclusion, discussed the importance of voting and recognition to members of the LGBTQ+ community, especially the transgender community. “I think it was really important to go vote and do what the LGBTQ+ community and allies needed to do,” said Ferreira. “I feel like [‘Yes’ on Question 3] won’t have day-to-day change. It will just make people more aware of the issue. I think it will cast a shadow for the rest of what we are going to see.”

More than 3.3 million voters from ages 18 to 29 cast their midterm votes early; a 188 percent increase from 2014.

“I think there’s a lot of anger in this election. The Democrats feel a lot of anger toward the Trump administration, and Republicans feel a lot of anger toward things like the anti-Kavanaugh demonstrations,” said Berg. “There was a lot of passionate motivation on both sides.”

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MIDTERM - 1

People are voting so much because of a combination of feeling they are unrepresented by their government, but also feeling that they could be represented if they voted someone new into office,” said Suffolk Government Professor John Berg in an interview with The Journal.

“The Democrats feel a lot of anger toward the Trump administration, and Republicans feel a lot of anger toward things like the anti-Kavanaugh demonstrations,” said Berg. “There was a lot of passionate motivation on both sides.”

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Boston looks towards a future with climate change

Mikaela Linder
Journal Contributor

Many gathered at the Cambridge Innovation Center on Monday to hear Paul Kirshen and Kirk Bosema give a talk on Climate Change and the Future of Boston’s Coastline. The talk was hosted by Long Now Boston, an ideological group that aims to make long-term thinking and planning more commonplace in a world filled with short-term solutions. Paul Kirshen Ph.D., professor and director of the Sustainable Solutions lab at UMass Boston and Kirk Bosema, a coastal engineer with the Woods Hole Group, spoke about the future progression of coastal flooding and ways Boston can avoid damage.

The pair presented their findings on the feasibility of a coastal barrier in the Boston Harbor and alternative shore-based solutions for flood prevention. Bosema explained that in the wake of super-storms like Hurricane Sandy, cities across the country have been prompted to assess their flooding vulnerabilities and create resiliency plans. With its harborside location and extensive underground transit operation, Boston has a plethora of potential flooding vulnerabilities. They described the creation of a coastal barrier inside of Boston Harbor as one option for resiliency, which would help keep excess water out of the city during large storm events. Research conducted by Kirshen and Bosema concluded that the barrier would be an imperative long-term preventative flooding method.

“(The coastal barrier) is not the silver bullet that bring green spaces into the community,” said Bosema. “In contrast to the proposed coastal barrier, the idea of community enhancement appeared to be more beneficial from a design and financial standpoint.”

“We’re not putting a fishbowl,” said Bosema in agreement with the co-beneficial solution. “It’s not just projects, it’s also planning and policy,” said Bosema. “We’re not putting a fishbowl.”

Enthusiastic about an opportunity to reshape the Boston waterfront and frankly the Commonwealth of Massachusetts, I think there’s an opportunity to really create a new vision for how people interact with water and live with water,” said Bosema in an interview with The Suffolk Journal.

While this future looks promising, Bosema stressed that there is an agreement with the co-beneficial policies, said Bosema. “We’re the ones that Massachusetts was at the forefront of climate resiliency planning was discussed several times throughout the night and took many audience members by surprise. In an interview with The Suffolk Journal, Bosema said that Boston was as far down the planning road as it is,” said Fred Happold, a retiree and curator for change policy.

“We’re not putting a fishbowl,” said Bosema. “That notion that Massachusetts was at the forefront of climate resiliency planning was discussed several times throughout the night and took many audience members by surprise. In an interview with The Suffolk Journal, Bosema said that Boston was as far down the planning road as it is,” said Fred Happold, a retiree and curator for change policy.

Boston is definitely trending in the direction of being a climate innovator, in terms of a climate ready city, of making a green nature-based resilient city,” said Bosema. “That’s projects that I know about and discussions that are happening that really would put Boston on the forefront on how you deal with climate change specifically related to sea level rise and storm hits.”

However, this future will require changes on behalf of the public regarding the new designs of their cities.

The pair showed the crowd potential designs of seaside communities with houses on stilts and canals as driveways. The people that I know would have no problem with (canals) at all. Everybody’s been to Amsterdam, everybody’s been to Venice... and we all see its possible,” said Bosema.

“We have to be a little bit more speedy in our recognition in how things like green spaces can help,” said Bosema. “Change is hard and change is met with resistance a lot of times, so I think we have our work cut out for us. The question is can people embrace change at the pace we need.”

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Massachusetts set to open first retail marijuana stores

The first recreational marijuana facilities may open “within weeks” in the Bay State, bringing to fruition the plan approved by voters in the 2016 election. “We’re getting really close but [there are things] that need to happen before the ‘commence operation’ certificates are issued,” said Steven Hoffman, chairman of the Massachusetts Cannabis Control Commission, the regulatory body tasked with regulating the growth and sale of recreational marijuana. As of November 1, there are 64 provision licenses and 12 final licenses for retail sale and recreational growth of marijuana plants. The original deadline for the opening of recreational marijuana retail stores was July 1, but it was announced shortly before that the Commission would not make the deadline. The rules for recreational sale and cultivation are stringent. A consumer over the age of 21 who is growing for recreational purposes can have up to six marijuana plants in their home. Consumers who elect to use marijuana for recreational purposes, are only permitted to have up to one ounce on their person at any time. Any person retail and cultivation are stringent. A consumer over the age of 21 who is growing for recreational purposes can have up to six marijuana plants in their home. Consumers who elect to use marijuana for recreational purposes, are only permitted to have up to one ounce on their person at any time. Any person

Boston looks towards a future with climate change

“Change is hard and change is met with resistance a lot of times, so I think we have our work cut out for us. The question is can people embrace change at the pace we need.” - Gretel Hartman

Amazon to unveil plans for new headquarters locations

Retail magnate Amazon Inc. is set to announce plans for a second and third headquarters, both supposedly located along the Eastern Seaboard. The New York Times reported Monday that the company plans to split its second headquarters between Long Island City, a neighborhood in the New York City borough of Queens, and the Crystal City neighborhood of Arlington, Virginia outside of Washington, D.C. Amazon executives held meetings with New York Gov. Andrew Cuomo and New York City Mayor Bill de Blasio two weeks ago. “I am doing everything I can... I’ll change my name to Amazon Cuomo if that’s what it takes,” Governor Cuomo said. Amazon first announced plans for a second headquarters in addition to its Seattle hub in September of 2017. However, the deal reportedly did not make the cut. 240 municipalities made pitches to Amazon over the last year. Amazon is currently the world’s highest-valued publicly-traded corporation, with a brand value of $150.8 billion. It is the second-largest internet retailer behind Alibaba Group. The company’s second headquarters are expected to bring up to 50,000 new jobs between the two facilities with the average annual salary projected to be over $100,000 according to NPR.

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Time running out on environmental conservation

Kyle Crozier
News Editor

In the last half century, a period known as the "Great Acceleration," humankind has seen an explosion of population and economic growth so intense that it has threatened to completely deplete the world's resources of food, water and energy. The high-consumption lifestyles in developed countries, combined with the rising consumption in developing and emerging countries, has directly resulted in land degradation. This has taken place on such a large scale that more than 75 percent of the land on Earth is considered substantially degraded. This information comes from a 2018 report written by the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES), which was completed over a period of three years by more than 100 experts from 45 countries. These degraded and polluted lands have either become deserts or have been deforested and converted to agricultural production. Deforestation and pollution are also the main causes of species extinctions.

The World Wildlife Foundation’s (WWF) recent “Living Planet Report,” identified a global wildlife decline of 60 percent between just 1970 and 2014. These studies have begun to paint a picture of a world in crisis, and a species willing to destroy the global ecosystem in order to achieve its goals of expansion. Despite these direct threats humans have imposed on the planet, leaders of the American political system have actively taken steps toward removing the few protections we have in place for the country.

The Trump administration’s pick for Interior Secretary, Ryan Zinke, has proposed to weaken the Endangered Species Act (ESA), which has been the bedrock of American conservationists since 1973. The act has provided a framework for the government to protect species in the country from extinction and help the ecosystems on which American conservatives have described legislation like the ESA as obstacles to an individual’s freedom. This attitude overlooks the fact that many of the advancements in medicine and agriculture that have led to this latest human economic and population boom originated from the species at risk. From the food people eat to many of the medications introduced in the last 25 years, the value biodiversity provides is essential to humankind’s survival as a species.

Although the planet is just now beginning to experience the full-scale negative impacts of human activity, time is running out to halt and repair the damage done. The earliest conservationists in the middle of the 20th century warned of the future we are living in today, and though these dangers have been voiced for the last 70 years, it remains unclear if we will succeed without a complete overhaul of our nation’s current land ethical practices.

American author and pioneer wildlife ecologist Aldo Leopold wrote on the need for a change in the human relationship with nature in his "A Sand County Almanac," in 1949. We abuse land because we regard it as a commodity belonging to us, wrote Leopold. "When we see land as a community to which we belong, we may begin to use it with love and respect.”

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The world at-large

U.S. reinstates sanctions against Iran

In a press release from the United States Department of the Treasury, the Office of Foreign Assets Control (OFAC) implemented the largest sanctions in a single day against the Iranian government, targeting Iranian oil, banks and shipping companies. The release announced that the U.S. has re-implemented sanctions, including nuclear sanctions, which had been previously waived by the Joint Comprehensive Plan of Action (JCPOA). The sanctions are aimed at putting extreme financial pressure on Iran in an attempt to preemptively bar the Iranian government from getting their hands on a nuclear weapon, as well as halt their development of ballistic missiles. The OFAC also sanctioned over 700 individuals, entities, aircraft and vessels. Iranian President Hassan Rouhani plans to defy the sanctions and continue selling oil and announced that Iran is an “economic war situation,” according to The Washington Post. This is a direct response to President Trump removing the U.S. from the JCPOA and issuing National Security Presidential Memorandum-11, which re-imposed the sanctions against Iran as of Nov. 6. In connections with these sanctions, those that participate in transactions with the entities that the U.S. has sanctioned are subject to “enforcement action, designation, or blocking sanctions,” according to the press release from the U.S. Department of the Treasury.

CBP Agents Await Migrant Caravan with Military Gear

Customs and Border Protection (CBP) agents are waiting at the United States-Mexico border heavily armed for combat. Agents are also taking part in military training exercises in preparation for the Central American immigrant caravan currently traveling toward the U.S. While the caravan is made up of civilians, the CBP agents awaiting them are armed for tactical military engagement. CBP agents are armed with surplus military gear provided by the Pentagon, including sniper rifles and explosive resistant military vehicles, according to The Washington Post. Due to the Afghanistan and Iraq conflict, the amount of extra military gear available has dramatically increased in recent years. In August of 2017 Trump rolled back the restriction Obama had placed on how much of this surplus was accessible to law enforcement agencies. The agents who are heavily armed are part of the CBP's Border Patrol Special Operations Group - the agency's top tactical response team. As of 2014, the CBP had received close to $40 million worth of military equipment from the Defense Department. However, the recently surfaced photographs of armed CBP agents have deterred the group from taking part in further training exercises as they recently cancelled a drill outside of El Paso, Texas, according to The Washington Post.

Breaking: US reinstates all pre-nuclear deal sanctions on Iran

STAY TUNED: Asian Pacific American Law students discuss Asian immigrants facing racial injustice. See next edition for more.
Suffolk students celebrate Festival of Lights

Amy Koczera, World News Editor

Vibrant colors and twinkling lights illuminated the first floor of Sargent Hall this past Tuesday as Suffolk University’s South Asian Student Association (SASA) celebrated the Indian holiday of Diwali. Known as the famous Indian Festival of Lights, dozens of students gathered to participate in the celebration and learn more about South Asian culture through music, food, dance and spirituality.

“Diwali is known as the Festival of Lights and is one of the biggest celebrations in India,” said SASA vice president Arushi Chauhan in an interview with The Suffolk Journal. “It symbolizes a new beginning for us each year for forgetting everything bad that happened and forgetting evil.”

SASA executive board members explained that Indian culture recognizes the Diwali festival based on traditional stories that uphold symbols of accomplishment and triumph over evil. Although different Indian regions have varying interpretations of the origination of Diwali, the celebration itself represents an auspicious time to pray for wealth and prosperity in the upcoming year.

“In India we celebrate with music, food, firecrackers and light,” said SASA treasurer Navya Rajoria in an interview with The Journal. In a traditional Diwali celebration, light represents purity and the expulsion of evil. People fill their houses with small clay oil lamps called diyas to mark a new beginning.

“It’s like a new awakening. It’s like when you’re in a dark room and you see light - that’s my hope,” said Rajoria.

To mark the start of the festival, SASA members began with the Laxmi Puja prayer around a table decorated with small candles to symbolize the diyas. Once the prayer was completed, all were invited to participate in and fully embrace the Indian festival of Diwali.

“Having this event at Suffolk is a great way their culture with other students from numerous cultural backgrounds. “I heard about the event and wanted to learn more,” said freshman economics major Hoaka Hashimoto. “I’d like to learn more about and the culture.”

SASA was highly pleased with the tremendous turnout of students and faculty at the event. Other cultural clubs and organizations on campus stopped by to participate, support the event and learn more about the traditions of Indian culture.

“It’s like a new routine, engulfing everyone in the room as they begin their routine, engulfing the audience in a fully authentic Diwali experience. SASA also incorporated various other elements of Indian culture within the event such as henna designing and Bollywood music. One of the main draws was the vast array of Indian food. Some of the dishes included samosa, a fried dish with a savory potato filling, and daal, a spicy lentil based curry.

“Indian food is all about spices,” said Rajoria as event-goers lined up to help themselves to the flavorful Indian buffet lining one entire side of the room.

For Suffolk students that participated in Diwali for the first time, the event was a completely new experience of culture and tradition. However, for the students that typically celebrate Diwali with their families in India, the festival allowed students to find a new community of Indian culture with other students from similar backgrounds.

“Diwali is a very big festival for us, it’s like Christmas [in the United States],” said graduate student Namrata Agrawal in an interview with The Journal. “It’s great to celebrate here because I can’t be with my family at home. I’m glad they did this.”

Many SASA members feel they have been able to grow their community and connection through their involvement in the club together.

“It’s great to celebrate something you’re missing back home that connects everyone here,” said SASA secretary Dhwani Chheda.

Creating a home away from home is a major goal of SASA. The club’s president, junior biology major Tohfa Phonsia, expressed her purpose for bringing Diwali to Suffolk.

“I knew what it was like to be away from home and I wanted to give this experience to other students that felt the same,” said Phonsia in an interview with The Journal.

In collaboration with the Center for Student Diversity and Inclusion (CSDI) and the Center for International Programs, many that attended the festival felt impassioned by the spirited effort of SASA and the event’s ability to unite so many people from different cultures in one night.

“Events like these highlight our unique differences and give all of our students a chance to experience other cultures with food and music and fun,” said CSDI Director Beatriz Patino in an interview with The Suffolk Journal. “This makes me smile and be hopeful.”

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New England Bhangra Club performs at SASA Diwali festival

Diya adorned area for Laxmi Puja prayer

SASA eboard celebrates Diwali

Amy Koczera/World News Editor

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“Lest We Forget”
Photography exhibit travels to Boston to commemorate Holocaust survivors

Alexandria Acacia
Journal Contributor

German-Italian artist Luigi Toscano's photography project "Lest We Forget" traveled to the Boston Common on Oct. 16 to remember and honor Holocaust survivors. The artist's collection of photos consists of vivid life-sized headshots of over 200 survivors living in places such as the United States, Germany, Ukraine, Russia and Israel. In the Boston Common, 70 of those photos are on display for people to admire freely while strolling through the park.

The work pays tribute to Holocaust survivors by shedding light on their untold narratives to concentrate on the awareness of anti-Semitism. Toscano’s series came to be in 2015 and since then, the portraits have been displayed in Germany, Ukraine and the United States.

A remarkable selection of them is manifested throughout the center of the park with the names of survivors and biographic information as a reflection of their history. Next to each photo, the dates and locations of where the survivors were sent during the Holocaust, and when they were released, are attached.

Following the shooting at the Pittsburgh Tree of Life synagogue on Oct. 27, spectators at the public park found the display to be an opportune event for awareness. Alexandra Acacia, 34, came to Boston from Ohio on vacation. In an interview with "Suffolk Journal," Acacia said he knew he had to visit the Common as it is a historic area, but discovering the exhibit, he thought it was a "structural way to visually educate others on what is happening around us." By having these portraits on display, he hopes that "people become more aware of negativity in the world and find ways to reconstruct their perspective."

The mesh portraits emphasize the lived-in appearance of the survivors who are photographed having a straight face or somewhat of a smile. People are drawn to their serious expressions as sunlight and outside scenery shine through.

Rosaline Barron, 64, from Boston said in an interview with "Suffolk Journal" that she notices "how much hate there is in this world" and almost anything like such art is "necessary to humanize individuals." As the daughter of Holocaust survivors, Barron said she possesses empathy towards the people featured, knowing how young they were when they experienced it. For her, knowing that everyone bears their own story, "each survivor reflects the thousands of people that did not survive. It is a taste of the pain and suffering that they had."

The captivating backgrounds included in the exhibit help humanize the survivors and allows viewers to connect to the images on a deeper level. Elena Lazareva is from Ukraine and found herself, "compelled to read and study this [that] concealed history [and felt] eager to research more about what these survivors endured."

Some of the stories told were in great depth, Gideon Frieder is one of the featured Holocaust survivors whose story is shared beside his portrait. He was born in 1937 in Zvolen, Slovakia. His father was a part of a secret Jewish rescue organization and fled Slovakia. His sister and mother went to Banska, Bystrica in 1944. As the Nazis drew near, Frieder's family fled to the mountains where they were caught in a massacre at Stare Hory. His mother and sister were killed, and he was injured. He was rescued by Slovak partisans and placed with a family until 1945. He later found his father who remarried but died in 1945. He traveled to Israel with his stepmother, and in 1975 migrated to the United States.

Joel Nommick is another featured survivor, who was born in 1942 in Macon, France. He and his family lived under a false name until liberation. His father, Jean Nommick, was arrested and spent time in prisons and concentration camps such as Auschwitz-Birkenau. The installment will be available for viewing in the Boston Common until Nov. 10.

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NOVEMBER 7, 2018 | PAGE 7
Native American Gyasi Ross promotes activism with poetry

Shayla Manning
Journal Staff

Students of all backgrounds were drawn together to kick off the start of Native American Heritage Month with "Activism Through Spoken Word" on Thursday at an event held by the Center for Student Diversity and Inclusion.

The event featured speaker Gyasi Ross, who is a member of the Blackfeet Nation, Native American Hip Hop artist, author and lawyer. He also co-hosts the weekly podcast "Breakdances With Wolves" on Indigenous Pirate Radio.

Anye Nkimberg, a junior majoring in business, is the President of Suffolk's new poetry club "Unspoken Feelings," and began the event with a poem of his own before introducing Ross.

Ross prefaced his poems by giving backstory to the history of the Blackfeet nation, and brought up current political issues involving indigenous people. Specifically, Senator Elizabeth Warren's ancestral ties to Native American tribes.

"She did, like the Maury Povich reveal, about her having native ancestry," said Ross. "For Native people, that's a very sensitive topic. Because just like any other community, your identity, who you are, where you come from, is literally the most intimate thing to you."

Shayla Manning
Journal Staff

When discussing news outlets he has spoken for, he brought up the faults of them to truly tell the stories of indigenous people. Also, the popular movies that they are often shown through, like "Dances With Wolves" or "Little Big Man." These types of films depict a minority group, like Native Americans, in a conflict with others before receiving help.

When asked what whale tasting is, Ross told non-natives "it tastes like white tears."

"It tastes like indigent white people who are mad about an animal getting killed, but are not mad about black people getting shot by police," said Ross.

Following his poetry readings Ross opened up a Q&A to the crowd, and discussed provocative, meaningful dialogue about where "native life interfaces with mainstream life."

In an interview with The Suffolk Journal, Nkimberg discussed the impact Ross left on the crowd through the expressive art form he shared.

"Throughout the laughs and giggles he was educating us," said Nkimberg. "It was like, Laugh at my pain but read between the lines and you can hear my story. That was beautiful."

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"Just like any other community, your identity, who you are, where you come from, is literally the most intimate thing to you."

-Gyasi Ross

Spotlight shines on Suffolk junior Peter Teutsch in original production “Twice Upon A Self”

Catarina Protano
Journal Staff

Theatre is more than just a form of entertainment for Peter Teutsch, a junior majoring in business, is the President of Suffolk’s new poetry club “Unspoken Feelings,” and began the event with a poem of his own before introducing Ross.

When discussing news outlets he has spoken for, he brought up the faults of them to truly tell the stories of indigenous people. Also, the popular movies that they are often shown through, like “Dances With Wolves” or “Little Big Man.” These types of films depict a minority group, like Native Americans, in a conflict with others before receiving help.

When asked what whale tasting is, Ross told non-natives “it tastes like white tears.”

“Just like indigent white people who are mad about an animal getting killed, but are not mad about black people getting shot by police,” said Ross.

Following his poetry readings Ross opened up a Q&A to the crowd, and discussed provocative, meaningful dialogue about where “native life interfaces with mainstream life.”

In an interview with The Suffolk Journal, Nkimberg discussed the impact Ross left on the crowd through the expressive art form he shared.

“Throughout the laughs and giggles he was educating us,” said Nkimberg. “It was like, Laugh at my pain but read between the lines and you can hear my story. That was beautiful.”

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Mental Health Awareness:
It’s imperative to have these discussions

Ryan Arel, Arts Editor

This article contains some graphic imagery regarding a drowning victim and other sensitive content. Please read at your discretion.

The wounds that people have are not always visible.

Nearly one in five adults in the United States suffers from a mental health illness in any given year, according to the National Alliance on Mental Health. Yet, we as a nation, in terms of media coverage and general awareness, often find ourselves skeptical of the validity of these illnesses.

The majority of Americans know about cancer. The majority of Americans know about diabetes. But many of us turn a blind eye to those suffering depression or other mental health problems.

We put pressure on each other to be strong, to ignore our feelings or to pretend it didn’t happen, especially males. Stigmatizing mental health issues by equating being bothered or upset by something as being weak emotionally is a recipe for disaster, in the form of an alienated, mentally shut down and emotionally wrecked society.

There are times in all of our lives in which we need some support. For some of us, a discussion with a friend or a hug from a parent is enough. Instead of alienating one another, recognizing that everybody has problems will pave way to a more open and accepting society to those who need more than just that.

We say phrases such as “It’s all in your head,” or “Stop thinking about it,” or “Just be happy.” The denouncement of mental health as a simple and acute emotional response to something is that has no real clinical treatment is, quite simply, incorrect.

For example, post-traumatic stress disorder (PTSD) is a condition that affects nearly 20 percent of Americans, according to PTSD United. When people experience trauma, they produce excess amounts of epinephrine, which increases blood flow to muscle, and norepinephrine, which gets the body ready to act, according to Sonny Provotto, a psychiatrist to Vermont police officers, in an interview. Provotto also assisted NYC firefighters following the 9/11 terrorist attacks.

Mental health problems are more than just emotions. Rather, they are complicated and sophisticated issues that require the alteration of our body’s chemistry or framework to fix, through medicine, physical therapy and other practices. We treat physical issues with rest, treatment and medicine, but mental health issues are often seen as something self-inflicted and controllable. However, broken arm is not something that can heal without being treated properly. Neither is depression or PTSD.

Rampant in society are the social stigmas about people with mental health issues. People often believe that any given person’s condition is self-inflicted, they are dangerous and that people with mental health problems are hard to communicate with. However, many of the individuals who suffer with mental health issues are just regular people, who are trying to get through the day just like the rest of us.

I remember one summer vividly. It was July 2011. My experience is merely a tragedy that upssets me, as it had upsset the entire community when it occurred, but others have to struggle with much more.

At the time, I was playing on my town’s Little League All Star team for Colchester, VT. In the middle of the tournament, a player on an opposing team was scratched from his roster spot after visiting a waterfall with some friends. But not by choice.

The player was pulled under the cruel and unforgiving currents of a Vermont swimming hole about 25 to 30 minutes from where I grew up, where he had tragically drowned after being taken underwater by the belligerent, unforgiving currents of Bolton Potholes.

He died on July 12, 2011. I did not know him personally, but his death took a toll on all of us, even those who did not know him. Many in the community were left trying to find the reasons why and a mass sense of despair grabbed all of those directly and indirectly by it. Showing up to play the rest of the tournament knowing of his passing was difficult, to say the least.

About five years after the player’s death, I visited a similar waterfall to take in the natural scenery and beauty. I remembered out of nowhere an incident I so long repressed. I remembered the name, the year and exactly how I felt at the time.

The point of this background story is in reality, we all have occurrences in life that trouble us, acutely and thereafter, and we often carry this grief throughout our lives. There does not have to be a diagnosis of a condition for somebody to be struggling with something. Without question, the player’s closest friends and family still feel the same feelings they had when the tragedy occurred.

When I was playing baseball for the American Legion, I wrapped presents for many Vietnam and Korean war veterans around Christmas time at a Veterans Hospital in White River Junction, Vermont, as part of community service that the team conducted.

Much of those heroes’ stories were about things they enjoy, like their families or children. However, in contrast, some had told stories of unimaginable content, like friends dying in war.

We cannot look at those who serve our nation in the fact and tell them that it will simply pass. We cannot look at anyone with PTSD, depression or any other mental health issue that it will simply pass. We must treat mental health as seriously as we treat physical health.

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Editor’s Word

Our society goes through a constant news cycle, focusing on certain topics when they are prevalent. Although the United States is in the middle of a political race, and by the time this is published, we will have the results, it is still relevant to be aware of the refugee crisis that is happening at our borders and around the world.

Individuals are looking for a way out of their countries where they do not feel safe. It is easy for us, as a first-world country to be able to say that these people, these human beings, are aliens and should not be allowed into this country. However, these are our fellow humans and to treat them as we have been doing so, is wrong, no matter their citizenship.

Yes, it is important for immigrants to be legal citizens of this country if they are going to work and live here. But we as a society have lost our compassion and empathy for one another. We have been desensitized to humanity as a whole.

It is time for us to adopt a new way of thinking about people who come to this country seeking refuge from war torn parts of the world, or simply a better life. Why can’t we accept them?

- The Suffolk Journal

Voter turnout:
Welcome back, Democrats.

The Democrats were reported to take the House of Representatives.

Nick Viveiros
Journal Staff

It happened. The New York Times is reporting that the Democrats will take control of the House of Representatives for the next two years after a nail-biter of a midterm election.

The race was close; as of writing, the Democrats stood to hold 220 seats, while Republicans will hold 205. Several races, including Barbara Comstock’s (R-Va.) unseating, were painstakingly close.

A jockeying for control will follow. Minority Leader Nancy Pelosi (D-Calif.) is poised to take the Speaker’s gavel, but Tim Ryan (D-Ohio) could mount a challenge.

Either way, last night was a huge victory for Democrats across the nation. For the first time since 2010, they now control the House of Representatives. This could have some harsh consequences for President Trump. Democrats have promised that, if they were to win, they would fully exploit the investigatory power of the House to look into a myriad of aspects of the Trump administration, especially his finances.

But all is not well for the Democratic party. They still have to contend with a Senate that is now even more Republican; the GOP is expected to hold the Senate, having gained a handful of seats, more than they held after 2016. The Senate is arguably the more prestigious of the two bodies; it is their job to confirm judges and vote on nominees.

The Democrats also ought to exercise caution conservative-majority Supreme Court. Above all, the Democrats must not forget that they did not 41 percent supported impeachment proceedings against the President and 51 percent decried recent extremist violence.

The widely unpopular President and his widely unpopular lackeys in Congress drove the Democrats to victory. They still have no message. There is still no clear 2020 frontrunner. There’s still no path to victory in the Senate that year, either. Not an apparent one.

It is baffling to this pundit that the Democrats have failed to nail down a message. It’s right there in the polls — voters care most about healthcare, immigration and gun control. A roaring economy isn’t what the majority of voters care about; 44 percent, a plurality, told CNN that the Trump tax cuts had “no impact” on their personal finances.

Their victory in the House shows that Democrats can capitalize on anti-Trump and anti-GOP fervor, not that their policies are the most favored.

To win in 2020, Democrats have to nail down a platform that focuses on anti-Trump and anti-GOP fervor, not that their policies are the most favored.

To win in 2020, Democrats have to nail down a platform that focuses on single-payer healthcare, sensible gun control, and reasonable immigration reform.

“To win in 2020, Democrats have to nail down a platform that focuses on single-payer healthcare, sensible gun control, and reasonable immigration reform.”

“The Democrats were reported to take the House of Representatives.”

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Suffolk cross-country continues to dominate conference

Juniors Emma Weisse (left) and Emily Monfra (right) with their first and second place medals.

Emma Weisse is a junior on the women's cross country team who joined the team with four years of high school outdoor track on her resume. She has already made a huge impact for the Rams, one that spans into the history books. Weisse was recently named GNAC Runner of the Year and was also the first women's runner in Suffolk history to win an individual race, which she did at the GNAC Championships.

“It is pretty surreal to think of what we accomplished,” said Weisse in an interview with The Suffolk Journal. “I give most of the credit to coach Will Feldman for getting me there.”

It is no surprise that Weisse credits Feldman with the award to what the team’s work ethic is as strong as ever. The Rams practice six days a week and even on their day off, they are still training together.

“My teammates are the light of my life and there is nobody I would rather wake up at 5 a.m. with everyday,” said Weisse. “We are such a young team so everyone still has so much potential and genuinely wants to get better and keep building.”

Over on the men’s team, freshman Matyas Csiki-Fejer has shined. Csiki-Fejer became the first men’s cross-country athlete from Suffolk to walk away with the GNAC Rookie of the Year award. His success does not stop there either, as he finished fourth of 85 individuals at the GNAC Championships while earning all-league honors, making him the first male Rams runner to win the award since 1998.

“I was not surprised with Csiki-Fejer getting the award because he is one of the top freshmen in New England right now,” said Feldman.

With the men’s team being so young with four freshmen, the future is very bright.

Both cross-country teams will head out to Brunswick, Maine on Nov. 10 for the NCAA Division III Regional Championships. With both teams recent performances, they look to carry the momentum and optimism onward.

“The boys and girls teams have accomplished a lot this season so I cannot wait to see what else we can do in the future,” said Weisse.

The Suffolk Ram report

Suffolk women’s hockey nets first two wins

On Nov. 2, the Suffolk women’s hockey team earned their first win against Anna Maria College with goals from Payton Dockus, Tess Adams, Shana Cote and Jesse Kennedy. The team was able to make their first win a shutout as well as Kristen Caporusso holding it down in the net for the 4-0 victory. The game was very one sided, as the Rams out shot Anna Maria 64-4. Suffolk also won the faceoff battle throughout the game 40-17. With pressure from Suffolk, Anna Maria was forced to use three different goaltenders throughout the game. The first win for the women’s hockey team was followed by another shutout. In their second win of the season, the Rams defeated Johnson & Wales University 3-0. Caporusso was set for the shutout once again with 23 saves. The goal for Suffolk came from Julia Volpe, Cote and Haley Poloskey. At the same time, five different players were able to record a point in throughout the game. To end the week, Caporusso was named co-guilaetender of the week while Poloskey was named rookie of the week. The Rams are now 2-2 on the season and are on their way to play Becker on Nov. 9 and Salem St. on Nov. 10.

Women’s volleyball makes first-ever semifinal appearance

On Oct. 30 the Great Northeast Athletic Conference (GNAC) playoffs began for the Suffolk’s volleyball team as they matched up against Lasell in the GNAC quarterfinals. The Lady Rams started in the hole for their first set, but climbed back to win it 25-20. To get the second set started, the Rams pulled away 4-1 and did not look back as they took the set 25-21. From there, the Lady Rams momentum carried them to another win in set 3, as Suffolk defeated Lasell 3-0. Following the quarterfinal was the GNAC semifinal where the Lady Rams matched up against No. 2 ranked Johnson & Wales University. The Wildcats were able to beat Suffolk quite easily as they won each set 25-12, 25-16 and 25-13. On the bright side for the Lady Rams, Bridget Allinson and Chidora Nwankwo each had five kills for Suffolk’s offense. Talia Lombardo also provided a double-double for the lady Rams with 19 assists and 11 digs. Despite the great effort from Suffolk, this loss to Johnson & Wales would end the lady Rams playoff run, but they look to make a strong return next season.
Men’s basketball dribbles towards redemption

Steven DiPrizio (left) and Michael Hagopian (right) battled for the Rams last year as they made it to the GNAC Quarterfinals.

Andrew Pease
Journal Contributor

Senior Thomas Duffy sat in the Suffolk Ridgeway Building, where he has spent the last three years of his life improving every aspect and angle of his game. Now just a handful of days away from starting his junior season, Duffy’s mind lingers on the Rams crushing postseason defeat just nine months prior.

White and gold uniforms stormed the court, as Johnson and Wales University celebrated above the wildcat logo printed dead center on their home court. Duffy exhaustedly trudged off the court for the last time of his sophomore year, the sweat stained navy blue Rams jersey clinging to his aching muscles.

The guard left all within a single basket of the eventual GNAC champions.

“It leaves a bitter taste, it’s kind of tough to talk about,” Duffy said in an interview with The Suffolk Journal. “No one focuses on his role as a captain and mentor.

“Im super thankful for everyone on the team,” said DiPrizio in an interview with The Journal. “The coaches...have been super supportive and I have to do the same to make us better.”

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Head coach Jeff Juron (left) and Steven DiPrizio (right) cheer on the Rams last season.