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CUES cultivates a greener Suffolk

Amy Koczera, World News Editor

As progressive urban cities around the world are creating more sustainable environments and increasing green spaces for citizens, Suffolk University’s Center for Urban Ecology and Sustainability (CUES) is making the campus more ecologically aware with the inclusion of a new hydroponically powered tower garden.

In September, Professor Patricia Hogan, head of the CUES department, organized the purchase of the tower garden for the department and gave it to Suffolk’s Environmental Club to set up and manage. The club created a sub-committee called the Garden Committee, which will oversee the tower and future garden projects.

Environmental Club President and senior environmental science major Dakota Ennis explained the benefits of having plants and gardens in cities.

“It’s important to have green spaces in urban areas because they are important to reduce depression and anxiety. It preserves the little nature that we have left in the city,” said Ennis in an interview with The Suffolk Journal. “For this little garden we have here in the building it will hopefully be able to do the same thing.”

The tower itself is almost completely self-sustainable. At the bottom of the tower is a large tub filled with nutrient-infused water. The water is tested to ensure that it has the proper pH balance needed for the plants. The water then flows through the top of the tower and waters the plants on a timer.

“We can get students back in touch with nature, and we can show them that even though we are in a city environment, we can still grow plants,” said senior environmental science major and art history minor Teresa Feijoo in an interview with The Journal.

“The tower can help the community learn about ecology and urban sustainability, which I think would be extremely impactful. It could also help people become interested in botany and plants,” said Feijoo.

Feijoo has been a part of the Environmental Club since its inception and was chosen to head the Garden Committee by CUES Professor Hayley Schiebel, the club’s advisor.

“The tower gives students in the club a sense of purpose, it is nice for them to not just be going to club meetings,” said Schiebel in an interview with The Journal. “It gives Teresa a chance to have some leadership. It is something she is very passionate about, and when she leaves next year a new student will come up and get to have that leadership role too.”

After spending two months over the summer working in the Vegetation Center at Grand Canyon National Park, Feijoo was uniquely qualified to set-up and manage the Garden Committee.

The hydroponic tower is growing several edible plant species including lettuce, bok choy, rainbow chard and basil. Currently, the plants have finished germinating, and Feijoo has almost completed the process of transplanting the vegetables into the tower.

“Once the germinated plants are installed into the tower, that is pretty much all you can do. But I also do the maintenance on the tower, cleaning, making sure the pH level is balanced and making sure plants are healthy,” Feijoo said.

Looking into the future, Feijoo also discussed the possibility of inviting students to come and eat some of the food produced by the garden.

“It could really help us spread the word about what urban gardens can do,” Feijoo said. Ennis is hopeful that the project will bring more awareness to the CUES department.

“I don’t think a lot of people know what the CUES department is or what the environmental department does,” Ennis said. “I think it might just be a cool way for people to be a part of what we do as a club and department here on campus.”

Currently, the committee is focused on the existing tower but they are eventually hoping to expand the project by getting more plants and potentially expanding into a rooftop garden, according to Ennis.

“Hopefully we can expand whatever we grow here to on top of the building,” said Ennis. Feijoo hoped that Suffolk students from any department would visit and spend time with the tower garden, which is tucked away in the CUES department, room $15 in the Somerset building.

“It’s for everyone to see, anyone can come in and check it out. We decided to have it in the office room so people could study in there and be relaxed by it,” said Feijoo.

Ennis agreed with this sentiment, saying that the room could be filled with plants in addition to the tower, and that the small space can be somewhere that people can come and just hang out and enjoy the greenery.

“This project is our baby,” Schiebel said. “It gives [the club] something we can take ownership of and lets us metaphorically plant some seeds for the department’s future.”

Connect with Kyle and Amy by emailing suffolknews@gmail.com and suffolkworld@gmail.com
Despite recent remarks made by Republican leaders, Nancy J. Altman, president of Social Security Works and the speaker at a Suffolk University event last Thursday, said Social Security is not going away anytime soon.

“Social Security is 100 percent funded for the next decade-and-a-half, and is 87 percent funded for the next 50 years,” said Altman. “You will get your benefits.”

Social Security is a pension plan that provides income for retirees, the disabled and children and spouses of deceased or disabled workers. Altman explained that the program is primarily funded by the FICA tax. A tax which is a 6.2 percent tax on self-employed workers' wages. The United Nations organizations anticipate immigration will be the major contributors to the Social Security deficit because they are continuing to contribute to the workforce without ever receiving benefits,” said Altman. “Once you're undocumented, you're ineligible to receive benefits for the rest of your life.”

Social Security Act was passed in 1935.

“All of a sudden, starting around the 1970s and early 80s, everybody loves Social Security because they are not contributing to the deficit because it is only funded by taxes and cannot borrow money. It is also unlikely to go bankrupt because the fund currently has a $2.8 trillion surplus.”

“The people who oppose Social Security have not yet succeeded in actually cutting the program,” said Altman. “But what they have been successful in doing is undermining confidence by saying it's going bankrupt or won't be here in the future.”

The debate surrounding Social Security is nothing new as there has been opposition to the program since the early 80s, everybody loves Social Security because they are not contributing to the deficit because it is only funded by taxes and cannot borrow money. It is also unlikely to go bankrupt because the fund currently has a $2.8 trillion surplus.”

“The people who oppose Social Security have not yet succeeded in actually cutting the program,” said Altman. “But what they have been successful in doing is undermining confidence by saying it's going bankrupt or won't be here in the future.”

The United Nations, and other global organizations anticipate a labor force shortage in the U.S. because fertility rates have dropped while life expectancy rates continue to increase. Ryan has cited this as another reason why the government cannot afford Social Security.

Altman said immigration will be the solution to manning the labor force, and in part, increasing Social Security funding.

“Undocumented workers actually contribute more to Social Security because they are continuing to contribute to the workforce without ever receiving benefits,” said Altman. “Once you're undocumented, you're ineligible to receive benefits for the rest of your life.”

Social Security Act was passed in 1935.

“In the 1930s, those who supported Social Security called it socialism and said that this was not the role of the federal government, and they were quite honest and direct about what they thought,” said Altman. “All of a sudden, starting around the 1970s and early 80s, everybody loves Social security and you never hear anybody say they oppose it.”

According to Altman, those who oppose Social Security still exist, however, and this group is mostly a small number of billionaires who have a lot of access to members of Congress and the media. To Altman, the American people have protected Social Security the most throughout its history.

“We aren't polarized about Social Security,” said Altman. “Everybody polls this issue and it all comes out the same. Tea party and labor unions, young and old, black and white— all of these people support Social Security.”

Bernie Sanders, Elizabeth Warren and several representatives in the House have introduced bicameral legislation that would enhance Social Security programs, create Medicare for all and move America a small step closer toward universal health care.

Altman said the U.S. would be spending 99 percent of its GDP over the next 75 years if universal health care were to be signed into law at some point in the future, but with a better system, universal health care for all Americans is an attainable goal.

“Other countries spend 7 or 8 percent on universal health care and they have better health care outcomes, such as lower rates of infant mortality and longer life expectancy for both rich and poor,” said Altman.

Brittany Ayinde, a freshman pre-law major, gained a different perception of Social Security after listening to Altman’s speech.

“It gave me a lot more hope that I could have Social Security to rely on when I get older,” said Ayinde.

As Altman said in the beginning of her talk, this is what she wants to hear from young people.

“You cannot outlive Social Security,” said Altman. “You should be paying back your student loans, buying a house, and taking risks because Social Security will always be there if you need it.”

Nancy J. Altman, president of Social Security Works, spoke about the state of Social Security last Thursday at Sargent Hall.

Caroline Enos / Journal Staff

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Remembering Tarek Suleiman...

On Sunday night, a message was sent to all Suffolk students announcing the death of beloved student, Tarek Suleiman. Tarek came to Suffolk from ‘United Arab Emirates and was a junior public relations major in the College of Arts & Sciences. The members of The Suffolk Journal extend our sincerest regards and sympathies to everyone impacted by the life and loss of Tarek. We want to share our support to those who knew and loved him best by honoring his memory as a fellow Suffolk student. In addition to sending their deepest sympathies and condolences, the University has set up resources to aid Suffolk students and employees during this difficult time.

Counseling, Health & Wellness- located on the fifth floor of 73 Tremont. A crisis counselor is available for students Monday through Friday from 11 a.m. to 4 p.m.

Interfaith Center- located in room 823 of The Sawyer Building is also available for those seeking support.

The Employee Assistance Program- can give employees free, confidential 24/7 access to short-term counseling.
MBTA expert weighs in on Boston’s questions

Carolyn Nash
Journal Contributor

On Nov. 8, the Civic Series Organization (CSO) held an educational discussion titled “Why Aren’t We Moving? An Inside Look at the MBTA” at Alley Powered by Verizon in Cambridge regarding community members and their relationship to the MassDOT.

Ciborowski explained. "I’m not here to tell the secrets of the MBTA, because there are none," said Ciborowski to the audience.

Ciborowski began by laying out the three major conflicts that cause the MBTA to run slowly or have issues: America v. Everyone Else, Expansion v. Maintenance and Riders v. Themselves.

Ciborowski also addressed the question "Why can’t we have a transit system like Europe, Asia or even New York?"

He cited Boston’s size, saying the city doesn’t have a dense enough population or a design plan similar to other cities as it would be difficult to emulate these transportation systems found in other parts of the country and even the world.

"The grass is always greener on the other side," according to Ciborowski. "People in other countries hate their transit system too."

Ciborowski also discussed the allocation of tax money from the federal government to Boston. This money goes towards cities that are growing; comparatively, Boston is growing at a much slower rate than cities like Austin or New York, according to Ciborowski’s results.

People often question why would we expand this part of the train when another is hardly functioning?" Both expansion and maintenance go towards pleasing the riders, Ciborowski explains.

The Green Line Transformation Project will be a huge maintenance project for the MBTA. This undertaking aims to replace the Green Line’s old cars with new more spacious models. This would mean expanding the length of the train by nearly 40 feet and redesigning the floor plan to be able to fit more passengers and wheelchairs, potentially increasing the overall carrying space by 50 percent. This is a long term project; in the meantime, expansion or maintenance all depends on what employees of the MBTA see as the most pressing problems.

Ciborowski further elaborated that often being able to reach more passengers is more important to the public than “maintaining” other running lines. Many passengers think that slow trains have to do with the actual functioning of the trains but a large percentage of these issues come from the riders themselves.

While Bostonians await more space on the Green Line, they can address issues with themselves as riders. Ciborowski noted that the U.S. is especially individualistic compared to other more collectivist societies and this becomes very apparent in using the T, with each rider believing that their destination is the most important. Individuals can reevaluate their needs to help alleviate some of the issues in transit.

For example, if someone is running towards closing doors and makes the train stop and reopen the doors, this holds back not only this train but others cars behind it. This causes shockwave traffic jams. If this person didn’t have somewhere that they needed to be right away, they could’ve prevented a small shockwave traffic jam, thus, saving their fellow riders some time.

Ciborowski stresses that it is important for riders to think more of other passengers and the driver than themselves to cut back on general hold ups.

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Healthy Minds Alliance and Photography Club offer platform for students to share their stories

(From Left) Casey Grosjean, president of both Suffolk University’s Healthy Minds Alliance and Suffolk University’s Photography Club, speaks to the audience at “Share Your Story” event on Wednesday.

Ryan Arel / Arts Editor

The Journal has agreed not to reveal the identities of those who spoke without their expressed permission.

Junior marketing major Alex Molle struggled with a “toxic relationship” during his time at Suffolk. “My time in this relationship left me feeling disrespected, unappreciated, and helpless,” said Molle in an interview with The Suffolk Journal. “To say the least, I was emotionally abused.”

Molle was one of the speakers at the first “Share Your Story” event, put on by the Suffolk University Photography Club and Suffolk University Healthy Minds Alliance. The organizations created a gathering designed to give attendees a place to talk about their stories about mental health issues.

Fourteen stories were posted on the walls of the fourth floor of Sawyer with headshots of interviewees and their stories for visitors to read before and after the gathering. Members of the Photography Club interviewed students who wanted to share their stories and took their photos for the display.

“I thought it would be a cool aspect to bring to have a picture that’s not the whole story.”

In the creation of the event, Healthy Minds and Photography Club were able to put together their first function of the year while also allowing for members of the Photography Club to practice their photography. In what Grosjean called a type of photojournalism project, Grosjean gave opening remarks and moderated the event, which were often stories of trauma, tough up-brinnings, depression and anxiety. Some told accounts of suicidal thoughts, substance abuse, post-traumatic stress disorder and other mental health feelings and emotions as if, “it’s not a physical ailment, then it’s not real,” which isn’t the case,” Grosjean said. “The stigma is harmful because it makes people feel like they shouldn’t reach out and that they can’t because they feel like they’ll be invalidated.”

Students came and went throughout the gathering, and roughly 25 to 35 students were present at any given time during the two hour event, crowding the floor. To promote the event, post-it notes with motivating and uplifting phrases such as “The groundwork for all happiness is health #endthestigma” were placed around campus.

“[Speaker Dior Vargas] was really different compared to this. It was more of people listening instead of sharing their story. I think it was such a great thing for people to be able to talk about their stories because we don’t realize that our stories can help other people.” - Founder of Suffolk University Healthy Minds Alliance, Kiara Hernandez

In the months after the breakup, I prospered socially, became the genuine Alex that I had been strictly discouraged from showing in the relationship, and was overall happier,” said Molle in an interview with The Journal. “For the first time in a year and a half, I felt true relief.”

Healthy Minds was founded by Suffolk alumna Kiara Hernandez, who started the club during her junior year in 2016. Hernandez graduated with a degree in broadcast journalism and wanted the club to be a voice for those who were struggling with mental health.

“I felt like it was difficult for me to find my place at Suffolk.” Hernandez said in an interview with The Journal. “So I was like, ‘I need to, I want to, start a place where this conversation can start.’”

When Hernandez was president, Healthy Minds Alliance had mental health public speaker Dior Vargas come speak at one of their events.

“It was really different compared to this. It was more of people listening instead of sharing their story,” Hernandez said. “I think it was such a great thing for people to be able to talk about their stories because we don’t realize that our stories can help other people.”

This new type of open-discussion event is the first Healthy Minds has done thus far. The group hopes to have an event of this nature every semester if not more often, according to Grosjean.

It was so moving to watch the participants bouncing ideas off of each other and being so supportive,” said Molle. “I hope to see events like this in the future and once again want to acknowledge the amazing work of the Healthy Minds Alliance. Let’s end the stigma around mental health once and for all.”

Molle in an interview with The Journal. “For the first time in a year and a half, I felt true relief.”

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Suffolk Professor Feature: 
Trabold reflects on experience in post-apartheid Africa

Ryan Arel
Arts Editor

Associate Professor Bryan Trabold, 50, met his wife Kim Miller, 48, while he was an undergraduate at George Washington University studying political science and English. Little did he know that he would have the opportunity years later to spend nearly a year in post-apartheid South Africa because of it.

Trabold spent a few years as a VISTA volunteer in Boston working on the Commonwealth Literacy Campaign helping refugees develop reading and writing skills following his time at GWU. Later, Trabold worked for Louise Slaughter, a congresswoman who represents a district of Rochester, NY in the House Committee on Rules.

“I thought maybe I’d be interested in a life of politics, so after I spent two and a half years on Capitol Hill, I realized I didn’t want a life in politics,” said Trabold in an interview with The Suffolk Journal. “I thought I wanted to teach and I wanted to teach at the college level, so that required a doctorate.”

Trabold and his wife moved out to the University of Wisconsin-Madison in 1994, where they earned postgraduate degrees in English and in art history, respectively. In 1998, the couple, who had gotten married in 1994, moved to South Africa to complete requirements for their doctoral studies. They stayed there for nearly a year while Miller was lecturing at the University of Cape Town.

He and his wife lived in Cape Town for most of their time in South Africa. During the last month and a half of their stay they lived briefly in Johannesburg, one of the more impoverished cities during the apartheid regime.

As part of Trabold’s dissertation, he looked at two opposition newspapers that spoke about the apartheid government during the turning period from the apartheid regime into a democracy.

Trabold looked at New Nation, which no longer publishes, and the Mail and Guardian, which survived after the fall of the apartheid regime. Trabold merged his two backgrounds in political science and English to produce his book “Rhetorics of Resistance: Opposition Journalism in Apartheid South Africa,” which looks at how writers found ways to speak out against the government, even though the government only allowed limited opposing views to be published.

They weren't allowed to write about people who had been tortured, or had been the target of violence by police, there were all these laws,” Trabold said. “So what they would do is try to find loopholes by finding ways to write about the things they were forbidden to write about, staying within the letter of the law but still convey the information the laws were designed to prohibit.”

With some disappointment, Trabold said that many of the effects of apartheid are still seen in South African society today. Many of the informal settlements that were raided by South African police time and again during apartheid are still there.

Although there has been progress, such as black South Africans finally having the opportunity to vote, a lot still needs to be done.

“What’s happened now is that there is a larger, black middle class, but there are still tens of millions of black South Africans living in really grinding poverty,” said Trabold. “(When) you drive from the airport into Cape Town, you drive past a lot of informal settlements where people are living in shacks without services and so forth, and then you drive into a very affluent city.”

Recognizing his time in the nation was a very eye-opening learning experience, Trabold said his trip to South Africa with his wife was rewarding, both as a couple and academically.

“The two were able to see the growing of a once-extremely broken nation while the politics they loved and being together through a crucial part of their respective doctoral programs. They got to meet ‘fascinating people’ and made ‘great friends to this day’ while researching there.

“Prior to having children, it was the great year of our lives, without question,” Trabold said. “We were in a country that had been through one of the most dramatic liberation struggles of the 20th century.”

Trabold and his wife went on to have two children, Miller now teaches at Wheaton College in Norton, MA, teaching African art and women’s studies. Trabold generally teaches a variety of English courses, freshman seminars and freshman writing courses.
Suffolk clubs collab to promote cultural change

AIESEC, SUJSA and SUTSA gather for The Journey to Cultural Change - Asian Night

Eddie Reinhardt
Asst. World News Editor

On Thursday, November 8, Suffolk University students congregated in the Somerest Cafe to participate in The Journey to Cultural Change – Asian Night hosted by AIESEC, the Suffolk University Japanese Student Association (SUJSA) and the Suffolk University Taiwanese Student Association (SUTSA). The night consisted of food and fun and each of the organizations shared information on how one can become involved. The main event of the night was a presentation put on by AIESEC featuring words from club president Joseph Effendy as well as current AIESEC members and alumni. The presentation outlined the types of goals the organization has including finding an end to poverty, achieving gender equality and creating sustainable cities and communities among other endeavors. The organization also explained how they work to carry out these goals.

“Our main focus here in Boston is sending people on volunteer trips,” said Morgan Flebbe, vice president of outgoing global volunteering for AIESEC in an interview with The Suffolk Journal. “You can choose from 126 different countries, but we have special partnerships with seven of them – Peru, Colombia, Ecuador, Mexico, Thailand, Cambodia, and Malaysia. Each of the organizations hosting the event had information booths run by members of their respective e-boards. There were each booth collecting stamps on the ‘passports’ the hosts had provided them with. Each one featured games for participants and provided students with information on each club’s role on campus.

“The SUTSA booth featured Taiwanese salt and pepper chicken and Aloha tea for students to try while they learned more about SUTSA and their involvement at Suffolk. At the booth, students could challenge SUTSA members to a match of “rock, paper, scissors” for a chance to win a novelty “Pop” figure.”

“SUJSA was also excited to be involved and to take the opportunity to connect with students from other clubs who came to participate. Their booth featured two traditional Japanese dishes: Onirigi, which is a rice ball with the option of plain, spam or avocado filling, and Dorayaki, a dish similar to a pancake that is filled with a red bean paste. “We really encourage them to go abroad to all these other countries that we have food from different cultures and gain a better understanding of everyone else.”

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Asylum seeking separates families across borders

From ASYLUM - 5

under this agreement, parents may have the chance to apply for asylum. If they pass the second interview, parents and children will be placed in normal immigration removal proceedings together.

“It provides some relief,” Shebaya said. “Under the circumstance, it was essentially the best agreement that could be negotiated and also just really remarkable that it forced the government to reconsider its determinations for hundreds of parents, if not thousands of parents, who are in the situation.”

Shebaya emphasized that this agreement gives many immigrants hope in their asylum seeking process. “[The] fight is not over,” said Shebaya. “The government hasn’t given up despite all these court challenges. Everything in the expedited removal system obviously remains what it is and the problems are inherent with that system remaining what they are.”

Shebaya encouraged students to continue fighting the lengthy, complicated process of asylum seeking. “When you graduate and go up to be an immigration lawyer and public interest lawyer or a civil rights lawyer, there would be more than enough files for you,” said Shebaya.

To overcome the situation, “persistence and optimism is the most important skill” said Shebaya in an interview with The Suffolk Journal. “I think the battle is so hard and so many. I think the most important thing is to never sit down as he never really want to do and helping them learn at the same time,” said AIESEC president Joseph Effendy in an interview with the Suffolk Journal. The Journey to Cultural Change - Asian Night was an example of students coming together to work towards real change that they believe in. All had genuine interest in achieving the goals set forth by AIESEC and wanted to help others become involved.

“Even though we want people to go abroad, we just really want them here and to have an understanding of different cultures even a while they’re in the U.S.” said Effendy. “If they are here they can learn about different cultures and have food from different cultures and gain a better understanding of everyone else.”

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Catarina Protano  
Journal Staff

“Peter and the Starecatcher” tells another side to the classic story of “Peter Pan”

The Hub Theatre finished their 2018 season with an explosive, comical and visually impressive performance of “Peter and the Starecatcher,” originally a popular young adult novel that later did a run on Broadway. The company’s rendition has an organic and intimate quality that someone sitting in the back of a Broadway theater could never experience.

The cast, composed of local actors portraying more than two characters each, sometimes switching back and forth between roles, and even playing props such as doors and waves. It’s more than just an adaptation; it’s a charming play that all parts of a family can appreciate.

The play takes place several years before the plot of “Peter Pan,” and thus relies on references to the original work to set plot points and engage its audience. In the show, pixie dust is more than just something to make Tinkerbell “fly.” Captain Hook, played by Joey Pelletier, is a corsair who still possesses both of his hands. There is no Wendy, but rather introduces Molly, played by Lauren Elias. She is an intelligent and headstrong girl crossing the ocean with her father to deliver a priceless treasure. Peter, played by Claire Koenig, is a nameless orphan stowed away on her ship.

Director Sarah Gazdowicz crafts a fast-paced and rapidly progressing play. A cast member begins with a warning to the audience that the show “contains puppetry and be ‘The Unfinished Life and Death of Edgar Allan Poe’”

Suffolk professor’s original play “Loss of Breath: The Unfinished Life and Death of Edgar Allan Poe” debuts Thursday at Modern Theatre

Morgan Hume  Asst. Arts Editor
Ryan Axel  Arts Editor

In a play merging the playful nature of puppets and the dark themes of Edgar Allan Poe’s work, “Loss of Breath: The Unfinished Life and Death of Edgar Allan Poe” will debut at Modern Theatre on Thursday.

The play was written by Suffolk Professor Wesley Savick and the first production of the play was performed in 1999 in Milwaukee. Savick, who used to run Theatre X in Milwaukee, was commissioned by the company years after he had left to write the play, which had to fulfill two criteria: it had to contain puppetry and be an adaptation of the works of a famous American author.

Although Poe is a renowned and famous author, the plays features works that are not widely known. At risk of being redundant, Savick said he wrote the play in a way that not only speaks to Poe’s overall talent as an author, but also in a way that emphasizes his non-famous poems as well.

“This play does not want to be his greatest hits,” Savick said in an interview with The Suffolk Journal. “We didn’t want to be the cover man and do ‘The Tell-Tale Heart’ and ‘The Pit and the Pendulum’ so those stories are not in here. I think a lot of the stories in this, and the poetry, in this show have to do with lesser known [works], including the title.”

In what is expected to be an emotionally jarring performance, Savick said that the play is intended to be emotionally provocative for its viewers.

Poe’s literature touches on the thin line that divides life and death. Savick explained that Poe “saw kind of a porous membrane between those two things while a lot of people are quicker to segregate those two.” The use of puppets is a theatrical metaphor for this concept because puppets are dead, inanimate objects that performers try to make seem alive.

“I remembered I’d written this play about Edgar Allan Poe and a lot of the emotions about the play have to do with hope and despair, having to do with loss and mourning,” Savick said. “This does not seem like the time to simply do escapist fantasy, happy-times stuff. There’s enough of that on TV.”

The Suffolk University theatre department has been working in collaboration with the Puppet Showplace Theatre to create the puppets and teach cast members how to use them. Although working with puppets is popular in many hit Broadway shows, acting with a puppet is a skill that some Suffolk students have not had the chance to try previously.

“It’s a new challenge. Not only do you have to act by yourself, you have to act through a puppet too,” senior theatre and public relations major Amanda LoCoco said in an interview with The Journal. LoCoco is playing the role of Virginia in the performance. “It’s hard to remember that they also have to be expressive.”

After living in Japan, Savick was introduced to Noh theatre, a traditional Japanese style of performing that originated in the 14th century. Savick explained that Noh theater inspired certain parts in “Loss of Breath.”
Play combines dark literature and puppetry in emotionally charged production

From PLAY - 7

such as a scene where someone mysteriously leaves a black rose and bottle of whiskey on Poe's tombstone on the anniversary of his death, became part of Noh theater is trying to evoke the spiritual world.

"I doubt anyone at Suffolk has ever seen [Noh theater] before, because I haven't," LoCoco said in an interview with The Journal. "It's a really cool way of doing this and some really cool techniques are being used."

Playing off of the emotional aspects of one of Savick's most recent musicals, "one state, red state, blue state," which hit the stage last spring, Savick said that audience members will be surprised to find themselves crying one moment and laughing the next because somber scenes are quickly followed by comedic ones. Spectators are going to feel a wide array of emotions throughout the show.

"You feel like you've gone from one world into a totally different world, that's my intended effect," Savick said. "Just as

Although Poe is a renowned and famous author, the plays features works that are not widely known. At risk of being redundant, Savick said he wrote the play in a way that not only speaks to Poe's overall talent as an author, but also in a way that emphasizes his non-famous poems as well.

Nick Viveiros
Journal Staff

There were eleven of them, clad in black and maroon shirts in front of a scrim in the Somerset Cafe. A saxophonist, two trumpets, two string players, a trombonist, two percussionists, a bassist, guitarist and keyboardist.

Together, they make up the Suffolk University Jazz Band. The Jazz band is currently an underclassman affair; eight of its members are either new or only in their second year.

They performed at Program Council's annual "Ramsgiving" Tuesday evening, a pre-Thanksgiving celebration where members of the Suffolk community come together to enjoy various seasonal dishes and chat about what they're thankful for.

Every one of them is united in their passion for music, but they are a diverse group. Three are women, two on strings and one on trumpet.

Coming off of their last gig, the inauguration of President Martha Kelly, members who spoke to The Journal before the concert were excited about the trajectory of the group.

"We have two other gigs lined up; one of them is the Fall Showcase," said sophomore Gabe Moran in an interview with The Suffolk Journal. For Juan Gutierrez, a sophomore sociology major who was trained at Boston Arts Academy, jazz is part of who he is.

At Boston Arts, he studied jazz for four years. He was an integral part of Zumix, an "East Boston-based nonprofit organization dedicated to building our community through music and technology," according to their website.

"Since Suffolk doesn't have a music or an education program, I knew I wanted to go back into my community, especially with Zumix," Gutierrez said.

The group did not disappoint in their second gig of the year. The horn players, Dorian Brown and Ally Leeming on trumpet, and Shane Halajkl on saxophone, contorted their faces as they blew tempered notes above the beat. The chemistry between members of the rhythm section, guitarist Paul Galli, keyboardist Kevin Woei A Tsoi, bassist Gutierrez and percussionists Moran and Imad Coulibaly was undeniable.

"I like jazz because it lets me express myself," Brown told The Journal. "Jazz is knowing what you're going to play without knowing."

Christina Hickey, violinist, had never played jazz before coming to Suffolk.

They smiled at each other as Gutierrez slapped out the opening notes of Herbie Hancock's classic "Chameleon." The trumpets blared the refrain. Sophomore trombonist Spencer Notinger delivered a rousing solo. Halfway through, the song took a decidedly swingy track. It was a well-received take on a classic. The drums sped up, and Galli ripped a solo over an increasingly angsty percussion ensemble.

As the drums led the song, the all had this knowing look on their faces. They were in sync. They were in top form. They were, above all, having fun.

"Thanks to the jazz band for performing for you all," announced Christina Rayball, Spring Traditions chair for Program Council.

A raucous round of applause broke out from the back of the room as the eager composer, vocalist Amy Koczera made it look easy.

"There's no other ensembles at Suffolk that I could play my instrument in," Hickey said. "When I went up to the Jazz Band and said I played violin, they were psychd.

The Jazz Band plays next on Nov. 27 at the Caribbean Student Union Thanksgiving Luncheon from 12:15 to 1:30 on the fourth floor of Sawyer.

The show promises to bring the same level of enthusiasm and talent as their last performance.
Veterans Day: We need to take care of our heroes

Mental health is important among all individuals. However, the people who protect our country are more at risk for mental illness do to the extreme instances and experiences they have while serving.

Patrick Holmes, Opinion & Managing Editor

Another Veterans Day has come and passed, which has brought a plethora of sympathy posts and remembrance from individuals around the country. This day is either filled with grief, hope or both.

No matter how you decide to remember this day, it is important to take a moment and reflect on how we treat our veterans, especially in regard to their mental health. I cannot speak for them, however, it is clear that they experience severe trauma, which can negatively impact their mental health. These individuals who serve our country have experiences that most of us cannot comprehend, and scenes that we are only exposed to on the movie screen.

This is why it is imperative to protect the Veterans Health Administration (VHA). Not only has the VHA helped and supported our Veterans, but has also contributed to forward progression in medical advancements that help America as a whole, according to The New York Times. The VHA keeps our veterans healthier and safer than normal hospital can by catering to the specific mental and physical health needs of veterans.

Trump has stated that our veterans have been treated horribly and in a White House statement from June, stated that the VHA is staffed with “bad apples” who “rob us or cheat us.” Trump also signed a mission act back in June, in an attempt to attack the VHA, claiming that it doesn’t help veterans.

Suzanne Gordon, a healthcare writer for The Times, writes about Trump and his administration’s distaste toward suicide prevention among Veterans who had not recently used Veterans Health Administration health care than among those who had.

The VA has taken the following steps toward suicide prevention among veterans including:

- Expansion of the Veterans Crisis Line
- Creation of new cross-sector partnerships
- Implementation of the Joint Action Plan for Supporting Veterans During Their Transition From Uniformed Service to Civilian Life
- Launch of SAVE online suicide prevention training
- Development of the forthcoming National Strategy for Preventing Veteran Suicide

The United States Department of Veteran Affairs updated their website back in June with the following information:

- Suicide rates increased for both Veterans and non-Veterans, underscoring the fact that suicide is a national public health concern that affects people everywhere.
- The average number of Veterans who died by suicide each day remained unchanged at 20.
- The suicide rate increased faster among Veterans who had not recently used Veterans Health Administration health care than among those who had.

and physical health?

Gordon writes about how the VHA cares for America’s most vulnerable. I couldn’t agree more. Post Traumatic Stress Disorder (PTSD), Depression and Traumatic Brain Injury (TBI) are the most prevalent among veterans, due to what they experience while defending our country, according to National Alliance on Mental Illness (NAMI). Whether you agree with the state of American politics or not, we should all be proud of the veterans who keep us safe, especially the individuals on active duty.

“Seventy percent of all American doctors have received some training at VA hospitals,” wrote Gordon. This is due to the certain conditions Veteran Affairs (VA) doctors and nurses encounter. Other doctors and nurses attempt to know more on these conditions and to better coordinate help. But why should these doctors and nurses have to work harder when there is already a system in place that offers better help for these conditions?

Even though 70 percent of American doctors have trained in a VA hospital, we should keep the VHA alive because veterans deserve a place that will not take their needs for granted. To do so, the president and his administration should support the VHA and allocate a certain amount of money to support the VHA. The common person does not understand the needs of veterans, so by having a specialized place in which people do, that can better prevent suicide among veterans and allowed them to feel heard and understood.

There should also be more education on what veterans go through. It should not just happen once of them commits suicide or hurts themselves. It should be a universal topic that we discuss in school and learn about. The only way to prevent these types of issues is to keep talking about them and being curious.

There will always be problems with every system because nothing is perfect. There will always be someone claiming or having a bad experience. That is something no one can fix. However, if there is more good happening, then it does not make sense to scrap or take away a system that offers help to so many that are struggling.

“Let’s hope that a new Congress and, eventually, a different president, will find that investment worthy of protection before it’s too late,” finished Gordon poignantly. Hopefully, it will not be too late, and our veterans can all receive the care they deserve without a selfish president to take away something he does not understand and chose to dodge.

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The Suffolk Journal: We are looking to add talented individuals to our team to manage our social media and back-of-house information and contacts. You would be joining a dedicated team and you can add it to your resume! Email us at suffolkjournal@gmail.com or visit our website thesuffolkjournal.com

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In response to the shooting at Borderline bar in Thousand Oaks, California.

Yes, thoughts and prayers are enough

\[ \text{Nick Sammarco} \\
\text{Journal Contributor} \]

The country was stunned and heartbroken after waking up last week to yet another mass shooting of innocent people, this time at Borderline bar in Thousand Oaks, California. In total, 11 people at Borderline bar, as well as a Sheriff’s Deputy were gunned down by a former Marine who lived with his mother. So far, no obvious motive has been found and most eerily, as CNN reported, the shooter is said to have made numerous posts on social media as he took the lives of people simply enjoying their night out with friends. After hearing about the news, President Trump along with praise for local law enforcement tweeted, “God bless all of the victims and families of the victims.”

Since the killing of 17 students and teachers at Marjory Stoneman Douglas High School in Parkland, Florida, last February, a common refrain from those on the left in favor of stricter gun laws, has been “thoughts and prayers are not enough.” After this recent tragedy, the mother of one of those whit died in the mass killing, Susan Orfano said on local station ABC 7, “I don’t want prayers, I don’t want thoughts. I want gun control, and I hope to God nobody else sends me any more prayers. I want gun control. No more guns.”

Of course, nobody blames a mother who just lost her son at the hands of someone using a gun for being reactionary. However, this cry for gun control moments after the deadly shooting and chastising those who offer their thoughts and prayers for the dead and injured was echoed by prominent members of the left. From Governor-Elect of California Gavin Newsom, California Senator Dianne Feinstein, to March For Our Lives activist David Hogg, the cries for an end to thoughts and prayers and for the beginning of new gun control legislation were deafening. As is frequently the strictest gun laws in the nation, yet this act of evil still occurred. Universal background checks? California has required background checks through both state level and federal given a license to carry in California, like this shooter was. This is incorrect. California is a “may issue” state—meaning that the decision as to whether someone is granted a license to own or carry a firearm is local authorities’ to make on a case-by-case basis.

California has banned “assault” weapons, requires a license to purchase ammunition, passed so-called “red flag” laws that empower individuals to petition the government to remove guns from a family member that they feel poses a danger to themselves or others. It also requires all prospective gun owners to attend safety classes before they can exercise their second amendment rights, yet 12 people are dead of gunshot wounds in Thousand Oaks.

To borrow a phrase from Al Gore, the “Inconvenient Truth” that the left needs to confront is that gun control, no matter how much they want it, no matter how many politicians demonize the NRA for opposing it, no matter how many guns are declared illegal because of it, does not reduce, prevent or deter others from committing gun violence.

Instead of looking outward and blaming pro-gun politicians, the NRA and its members, or as President Obama put them, “Bitter clingers” for the deeds of a deranged individual, perhaps those in favor of gun control should look inward and examine exactly why their utopic model of gun control, California, was completely inept at preventing the massacre in Parkland.

Yes, “thoughts and prayers” are enough.

Editors’ Word

In the last century, when people around the world imagined the future that we now live in, what would they have pictured? Would it have been a rise in greenhouse gas emissions so drastic that scientists believe we have just a dozen or so years to radically change pace or risk the destruction of the world’s ecosystems? Would children visiting zoos and dreaming of animals across the planet have thought they would later be a part of the greatest animal extinction event in modern human history? Could they have imagined scientist’s recent predictions that if climate change stays on its current course, we could lose most coral and insect species in the next fifty years? This is the reality our generation must live with. The world is already starving, the animals are already dying, the waters are already rising. Our only hope is to take an active role in what could be humankind’s most important environmental tipping point.

Students still in school can use the time they have now to understand the problems facing our planet so that they can take an active role in its survival. Individuals need to align themselves with political organizations that intend to affect real change in their country’s climate policy. We cannot be bystanders. We have to make changes to our world.

- The Suffolk Journal Staff
Women’s basketball opens season

After a crushing defeat at the hands of Saint Joseph’s College, the Suffolk women’s basketball team came into their season opener against Western New England (WNE) looking to bounce back. Suffolk entered the season ranked third in the Greater Northeast Athletic Conference (GNAC) coaches poll. The team ended last season with a combined record of 21-7 and finished third in the GNAC.

While the stands packed with students, friends, family and alumni, the WNE Golden Bears took the visitors side of the floor to start warm-ups of their own. Head coach Ed Leyden took this opportunity to talk to the Lady Rams one last time before the season officially tipped off.

This season marks Leyden’s 25th year coaching the Lady Rams. Inducted into the New England Basketball Hall of Fame in 2015 for his tenure at Suffolk, Leyden has had a storied career. He has won five GNAC Coach of the Year awards and has appeared in eight championships.

Suffolk voted second in the Commonwealth Coast Conference coaches poll, proved to be no easy task on opening day for the Lady Rams. “I thought it was going to be a hard game, we knew they were good,” said Leyden in an interview with The Suffolk Journal. “We expected and got a hard game.”

As Suffolk’s starting five strolled onto the court, the jitters of nervousness and excitement that accompany a young team on their first game of the season instantly disappeared. The Lady Rams bursted the game wide open, with GNAC Rookie of the Year Jenni-Rose DiCecco scoring the first points of the season for Suffolk.

Excellent team offense and ball sharing coupled with outstanding zone defense from the Lady Rams allowed them to jump out to a 24-14 lead in the first quarter. The second quarter went roughly the same way, as the Golden Bears were unable to consistently penetrate Suffolk’s suffocating zone defense. DiCecco led the charge on offense with 22 points by game’s end, and the Lady Rams were able to walk into the locker room with a comfortable 36-29 lead at half.

“We feel scores at half are irrelevant,” said Leyden. “As far as we’re concerned, the score was zero to zero. This was going to be a 20 minute battle. In the next four minutes, they were going to make a run and we couldn’t get ahead of ourselves. We needed to fight like hell.”

When both teams emerged from the locker rooms, it seemed as if Suffolk was going to be able to survive the Golden Bear’s second half surge, holding a double digit lead throughout most of the third. The Lady Rams zone defense refused to collapse in the second half, as late shot attempts that rattled off the rim in the first half began to fall in the second half for WNE.

With 1:53 left in the third quarter, the Golden Bears confidently marched down the floor looking for a three point shot. Even with Suffolk’s defense smothering their vision, they were able to bury that shot. This prompted Leyden to immediately call timeout in an attempt to let his players regroup and catch their breath.

“We kind of got a little panicked,” said captain Shannon Smith in an interview with The Journal. “We’re really hard on ourselves as a team, sometimes we focus too much on the things we’re doing wrong, that we forget to keep doing the things we were doing right.”

Entering the fourth quarter tied at 53 points a piece, both teams mentally prepared themselves to enter a dog-fight of a quarter. WNE was able to go on a quick 6-0 run and never surrendered the lead on their way to an eventual 66-58 win.

Sophomore Rachel Lasaracina was able to hit a three pointer of her own to bring the Golden Bear’s lead down to three in the fourth quarter, but Suffolk wasn’t able to overcome a sputtering offense that produced only one other bucket in the quarter. The Lady Rams were also out rebounded in the last quarter, 13-4.

“They dominated the boards, they got second and third shots in possessions, and sometimes you’ve got to tip your hat to your opponent,” said Leyden. Despite the loss, the team remains optimistic. Due to young age and lack of experience, the Suffolk season will be equal parts about winning and building a culture and a chemistry that will go on to produce results this season and years to come.

Senior and captain Shannon Smith dribbles the ball up the court.

Andrew Pease
Journal Staff

Connect with Andrew by emailing apace2@su.suffolk.edu

Suffolk Rams Schedule:

Wednesday, Nov. 14
• 7:00 p.m. Men’s Basketball at Brandeis
• 7:00 p.m. Women’s Basketball vs Salve Regina
• 7:45 p.m. Women’s Ice Hockey vs Anna Maria

Friday, Nov. 16
• 3:55 p.m. Women’s Ice Hockey at Johnson & Wales
• 7:00 p.m. Men’s Ice Hockey vs Babson

Saturday, Nov. 17
• 12:15 p.m. Women’s Cross Country (NCAA Division III National Championship)
• 2:00 p.m. Women’s Ice Hockey at Umass Boston
• 3:00 p.m. Men’s Basketball vs. Endicott (Babson Invitational at Babson Park)
• 7:00 p.m. Men’s Ice Hockey vs Umass Boston
• 7:30 p.m. Women’s Basketball vs. Endicott (Lafrance Hospitality Classic at Umass Dartmouth)

Sunday, Nov. 18
• Suffolk Men’s Basketball vs. TBA (Babson Invitational at Babson Park)
• Suffolk Women’s Basketball vs TBA (Lafrance Hospitality Classic at Umass Dartmouth)
As the Red Sox won the World Series at the end of October, college students were excited to be a part of the celebrations and excitement that filled Boston’s streets. Brendan Gallagher, a Suffolk University junior, found himself closer to the action than most.

Gallagher, a marketing major who works for the Red Sox grounds crew, was watching on the sidelines as the Red Sox swung their way into the history books this past season. Boston beat the Los Angeles Dodgers in five games to win their ninth Championship.

“It was an amazing experience to work those World Series game,” said Gallagher in an interview with The Suffolk Journal. “Watching [players] like [Clayton] Kershaw and Matt Kemp walking around right in front of me was crazy.”

When Gallagher was a freshman he was hired as a part of the crew, now as a junior he looks to go into his third Red Sox season. As the baseball season has come to a close, Gallagher also helps prep the field for other events such as concerts and upcoming football games such as the approaching match between Yale and Harvard University.

His first day on the job, Gallagher said, was an unimaginable experience walking on to the green grass of Fenway Park. He recalled being assigned by his boss Derek Gauger to pick up rocks around the field for nearly three hours. He said it was a task that while it may sound boring to some he performed with the utmost enthusiasm.

Gallagher said that a key part of the job is paying attention to important details. This could include picking up even the smallest of items like sunflower seeds spit on the field by players. Some common tasks that Gallagher helps with are setting up batting practice, mowing the grass and preparing the infield and pitchers mound. Gallagher even got the opportunity to help paint on the playoff logos seen behind home plate.

This season, as the Red Sox had the most regular season wins in history, Gallagher chose to work as many games as he could. While it’s considered a job, Gallagher considers his work with the Red Sox unlike any experience he has had before.

Since Gallagher has such a passion for his job, he planned his Suffolk class schedule around when the Red Sox played home games this past season. He said that although this can sometimes be hard to balance, his other boss, head groundskeeper, Dave Mellor was always there to support him when he needed time off to focus on school.

“I’m incredibly grateful every day,” said Gallagher. “I just try to think about how lucky I am. When I wake up at five in the morning on Saturdays I just remember ‘this has been such a cool experience. They give me so much.’”

Even though the weather has started to get colder and the Red Sox are no longer taking the field, Gallagher said that he won’t forget the many special moments he shared as a part of the grounds crew.

“My favorite part was going on the field after the [playoff] games because the crowd was so loud after the wins. We would be right on the field and it was so cool to see the crowd cheering on the [Red Sox].”

Left: Junior Brendan Gallagher helps paint the playoff logo at Fenway Park.
Right: Gallagher helps to maintain the field during the regular season.