

Suffolk University

Digital Collections @ Suffolk

Suffolk Journal

Suffolk University Student Newspapers

2019

Suffolk Journal, vol.82, no.16, 4/3/2019

Suffolk Journal

Follow this and additional works at: <https://dc.suffolk.edu/journal>

Recommended Citation

Suffolk Journal, "Suffolk Journal, vol.82, no.16, 4/3/2019" (2019). *Suffolk Journal*. 686.
<https://dc.suffolk.edu/journal/686>

This Newspaper is brought to you for free and open access by the Suffolk University Student Newspapers at Digital Collections @ Suffolk. It has been accepted for inclusion in Suffolk Journal by an authorized administrator of Digital Collections @ Suffolk. For more information, please contact dct@suffolk.edu.

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

20 - 25% of college women and 15 percent of college men are victims of forced sex during their time in college



Read the story on page 2

SEXUAL ASSAULT AWARENESS MONTH AT SUFFOLK UNIVERSITY

- April 3**
Coffee with a Cop
Somerset Lobby 9-11am
- April 4**
Hillel: Jewish Community
Sawyer 429 12:15pm
- April 18**
Center for Student Diversity & Inclusion
Coffee Hour
Sawyer 828 9-11am

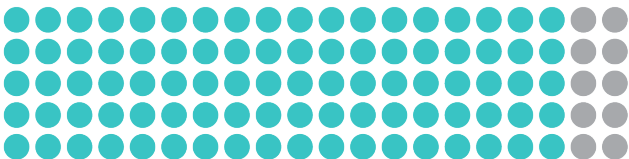
Program Council's RAMily Reunion
Somerset Courtyard 11-2pm
- April 23**
One Love Film Screening
Sargent 5th Floor Commons 5-7pm
- April 24**
Wellness Wednesday: Consent Pizza & Denim Day
Wellness Resource Center 12-2pm

A Brave Space
2-3pm Location TBD
- April 28**
BARCC's Walk for Change
Constitution Beach East Boston 8:30-2pm

Nearly 2 out of 3 college students experience sexual harrasmant.



More than 90% of sexual assault victims on college campuses do not report the assault.



Statistics courtesy of the National Sexual Violence Resource Center (NSVRC)

Colin Cavanaugh / Graphics Editor

Police commissioner talks racism in Boston

Caroline Enos
Asst. News Editor
@CarolineEnos

Boston’s first African-American Police Commissioner William G. Gross spoke to Suffolk’s Black Student Union (BSU) on March 26 about what it takes to lead Boston away from the racism that was rampant in the city for decades.

“It’s such an honor to be here in this capacity,” said Gross to BSU. “A lot of people died for me to be here in this capacity; a lot of people of different ethnicities.”

Gross, who was born on Feb. 1, 1964 and raised in a poor farm town in Maryland before moving to Dorchester when he was a teenager, has been a member of the Boston Police Department (BPD) since he was 18 years old. After passing his police



Kyle Crozier / News Editor

Boston’s first black Police Comissioner William G. Gross stands and addresses crowd

certification test with a score of 99, Gross has risen through BPD’s ranks and seen firsthand the adversity that comes with being a person of color in Boston.

“We have a rich neg-

said Gross.

Gross said African-Americans sued BPD for unfair promotional and hiring practices within the department, which had been dominated by Irish-Americans for decades, shortly before Affirmative Action was enacted in Boston in 1974.

He also mentioned the assault of a black man in City Hall Plaza during the bussing riots in the 70s, how black Red Sox players were regularly called the n-word at Fenway and the continuous tides of anti-police sentiment within communities of color.

“Why is there anti-po-lice sentiment? You know why,” said Gross. “Negative interactions where people suffering from poor socio-economic statuses, people of color, have inci-dents where black and brown men were being shot, as well as caucasians, if we’re telling the truth.”

“Some shootings were justified. Some weren’t. But the perception is there was a lot of explaining that needed to be done [but wasn’t],” said Gross.

Knowing this as a com-missioner, Gross said that BPD and the city should be studying and learning from any incident like this in other cities and states.

Gross also said that BPD should be transparent about shootings, especially if they are justified, in order to show the city that there has been a change of culture in the force.

“Long story short, the culture of Boston police was not that of sincere ser-vitude,” said Gross about BPD’s actions throughout the 20th century. “The culture was how many arrests can you make, how many traffic citations can

See POLICE - 2

THE SUFFOLK JOURNAL

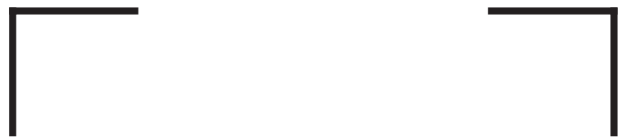
*The independent student newspaper of
Suffolk University since 1936.*

Haley Clegg	Editor-in-Chief
Phoebe Adams	Managing & Copy Editor
Kaitlin Hahn	News Editor
Kyle Crozier	News Editor
Caroline Enos	Asst. News Editor
Amy Koczera	World News Editor
Eddie Reinhardt	Asst. World News Editor
Morgan Hume	Arts & Culture Editor
Ryan Arel	Opinion Editor
Hannah Arroyo	Sports Editor
Sean Cushing	Asst. Sports Editor
Mitch Bruehwiler	Photo Editor
Colin Cavanaugh	Graphics Editor
Nick Viveiros	Senior Staff Writer
Charles Tang	Business Manager
Wyatt Dunn	Business Manager
Charles St. Amand	Faculty Adviser

The Suffolk Journal is the student newspaper of Suffolk University. It is the mission of the Suffolk Journal to provide the Suffolk community with the best possible reporting of news, events, entertainment, sports and opinions. The reporting, views, and opinions in the Suffolk Journal are solely those of the editors and staff of The Suffolk Journal and do not reflect those of Suffolk University, unless otherwise stated.

The Suffolk Journal does not discriminate against any persons for any reason and complies with all university policies concerning equal opportunity. Copyright 2019.

The Suffolk Journal welcomes information regarding errors that call for correction. Information can be sent to suffolkjournal@gmail.com.



*PLACE
YOUR AD
HERE*



Are you interested in placing an ad in the Suffolk Journal? Contact suffolkads@gmail.com for more information.

BPD can improve future by remembering past says commissioner

From **POLICE - 1**

you issue and don't take shit from anyone, we're the police. There was no community police, even though that was taught at the academy."

Gross said police officers used to have to meet ticket and arrest quotas at the end of each month, however, this is not the case for BPD today. Instead, BPD keeps computer statistics on Part 1 offenses, which include homicide, rape, aggravated assault and other high level crimes, in order to track the crime trends in Boston and if BPD officers are doing their job correctly.

Each captain of Boston's 11 districts regularly presents these statistics to Gross, who said each captain "must have an answer for every statistic."

However, this shift to a more cooperative and fair culture within BPD did not happen until after crack cocaine became popular in the 1980s and homicide rates rose dramatically in the 1990s. This crisis, said Gross, was only getting worse because communities were filled with tension and both law enforcement and the rest of the judicial system were not sharing information or their priorities with the public.

"[Crack cocaine] destroyed almost every family that was associated with it," said Gross. "Then from 1990 to '94, 40 to 60 [black teens]



Caroline Enos / Asst. News Editor

Boston Police Commissioner William G. Gross stands with members of Suffolk University's Black Student Union

were being killed in the streets of Boston. Then we started losing the city because it was such a lucrative profession to be a drug dealer... The gangs of Boston were no joke... No one seemed to [care] until our homicide rate hit 152 to 154."

Once the police, courts and probation finally began cooperating with each other while starting to work with community stakeholders and the private sector to create new initiatives and resources for those at risk, the city began to improve.

For the next two and a half years after this change began, no teens were killed and Boston's crime wave plummeted.

BPD has continued to support at risk youth and struggling individuals through numerous community and intervention programs; a trend Gross

looks to continue. But even with this positive change, Gross said there is still a long way to go.

"I've had family members who were at the scene of their loved ones getting killed and they say 'I'm not [coming forward]' because they don't trust the system," said Gross. "You're not going to get trust overnight. It takes a long time and you have to have discussions like this."

Justine Morgan, president of Suffolk's Black Student Union, said she hopes BPD will have more casual interactions with minorities and black youth, such as holding events in the Boston Public Schools where officers are dressed in everyday clothes. This way, she said, the police will induce less fear into the community.

"They should come to these events not as cops but as themselves," said

Morgan. "There should not be an invisible barrier between the cop and the community [that is created by the uniform]. In these types of events, there is no sense of 'superiority' from a cop, instead, everyone is talking and coming together as one."

Gross said he owns up to BPD's racist history and wants more people to talk about it and the people that it hurt as a result. Otherwise, he said his department would have no legitimacy.

"Tell the truth and then you can compare and contrast," said Gross. "Then you can say we're not like that now, there's been a cultural shift, because people are better educated, better trained, and society is more accepting of people of color in many different roles now."

Mass. proposes changes to Title IX

Haley Clegg
Editor-in-Chief
@HaleyClegg98

Every year throughout the month of April, the National Sexual Violence Resource Center (NSVRC) coordinates a national campaign for Sexual Assault Awareness Month (SAAM). This campaign aims to educate and engage the public about sexual assault, according to the NSVRC's website.

Concurrently, Massachusetts State Senator Michael O. Moore proposed legislation to address sexual violence on higher education campuses, according to

the Massachusetts State Legislature's website. The petition to introduce the legislation, Senate Bill 764, was introduced by Moore and sixteen other members of the Massachusetts Legislature.

The bill proposes changes to the way public and private universities investigate, report and prevent sexual assault incidents on their campuses. This legislation, if passed, will ensure colleges have a fair process for investigating these cases in order to protect both survivors and accused students.

Sheila Calkins is the Director of Title IX and Clery Act Compliance at Suffolk and believes that,

if passed, this legislation will not have a significant impact on the way Suffolk handles cases of sexual violence.

"Right now, here at Suffolk we are pretty much doing exactly what the legislation has recommended. The most important thing about this however, is that there is legislation about it that is making sure universities are being consistent with how they handle sexual violence on their campuses," said Calkins in an interview with The Suffolk Journal.

President Marisa Kelly said to The Journal that the university already has a strong sexual misconduct policy and many

of the proposed requirements in the Senate bill have already been incorporated into Suffolk's policy, including the areas of awareness, prevention, response and resources available to students who experience traumatic events related to sexual misconduct.

The bill proposes that all public and private universities "adopt a policy on dating violence, domestic violence, sexual assault and stalking that shall be made available, upon request, to an applicant, student or employee of the institution and shall be publicly available on

See **AWARENESS - 3**

Experts say antibiotic-resistant viruses threaten humans

Amy Koczera
World News Editor
@AmyKoczera

Amidst the thick of cold and flu season, it's hard to believe that a virus could cause anything other than illness. However, Yale University Elihu Professor of Ecology and Evolutionary Biology Paul Turner claims that viruses may be the key to solving many problems of modern medicine.

Last Thursday, at the Harvard Museum of Natural History, Turner presented his lecture "Viruses: The Good, the Bad, and the Ugly," followed by a question and answer session with the audience.

Turner explained the dangers of viruses, the important role that they play in maintaining healthy ecosystems and how they can be utilized to amend modern medicine.

"We live in a virus filled world," said Turner during the lecture. "I'm here to tell you that viruses can change your life one day."

With the development

of antibiotics, medical professionals have been able to find solutions to a variety of illnesses. However, more bacterial infections are growing resistant to antibiotics and are becoming increasingly difficult to treat with medicine we have used traditionally.

Turner explained that MRSA, an antibiotic resistant staph infection, is a primary example of how antibiotics are becoming ineffective.

"By 2050, especially in the most populated parts of the world, there are an increasing number of annual deaths due to drug resistant infections," said Turner. "Somewhere to the tune of four million people a year will be dying, in Asia, and also North America, hundreds of thousands of people. This is what people talk about when they say it may be the end of the antibiotic era."

While it may be scary to imagine a world with ineffective antibiotics, Turner offered an optimistic approach to solving this problem through

implementing the use of bacteriophages (phages) in treatment of these diseases.

Phages are naturally occurring viruses that infect and kill bacteria. Turner explained that phages have been used

than an antibiotic. The phage will come in and not only kill the cell, but it will also make copies of itself to go kill other cells of similar type. So you shouldn't have to take as high of a dose."

According to Turner,

Using phages to treat infections is now growing increasingly popular in Western countries as more antibiotics have become ineffective over the past decade.

"What you can do about it is look to an old

engineer a virus to only kill cancer cells while, ideally, ignoring the normal bodily tissue along the way.

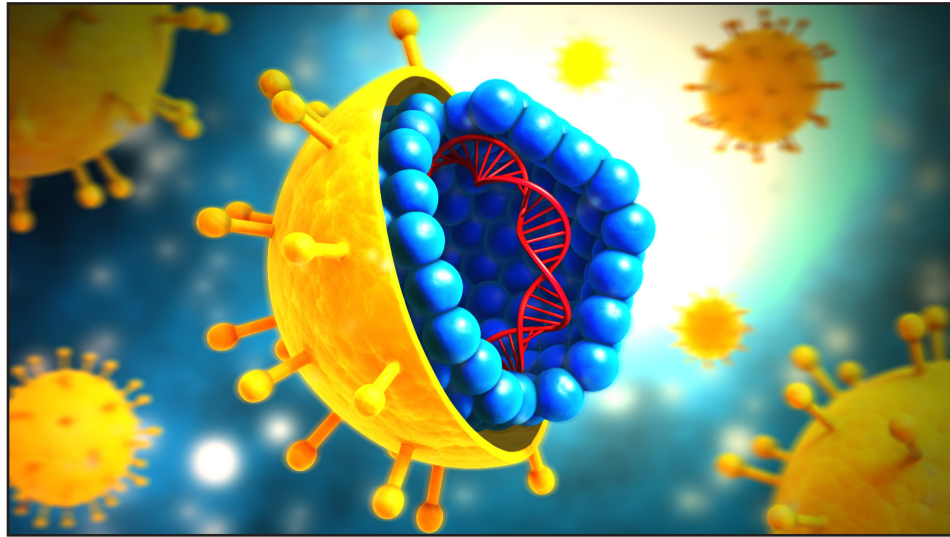
In addition to discussing the benefits of using viruses and phages to solve major health issues,

Turner's presentation also analyzed how viruses are crucial in the functioning of every ecosystem.

While some viruses can have negative repercussions when they come in contact with humans, they are also responsible for regulating our oxygen levels through bacterial photosynthesis in the ocean.

Turner said that although the United States doesn't see the impact of many bad viruses, it is important to use the advanced medical capabilities of developed nations to help Third World countries where viruses and infections are a significant issue.

"These events are important for bringing people together from different areas of the medical field," said Froukje Krol, an event attendee, in an interview with The Suffolk Journal. "Spreading knowledge like this is very important for the future of medicine."



Courtesy of The Center for Disease Control

in the past, primarily in Russia, to treat a variety of infections.

"Phages kill only bacteria and they can be efficiently used as drugs that make copies of themselves," said Turner. "So if there is a pathogen, [the phage] works different

our bodies are composed of both good and bad bacteria. When antibiotics are used, not only do they destroy the bad bacteria, but they also eradicate the good bacteria in our bodies.

Turner explained that phages can be genetically modified in labs to target only one bacterium. Doing this would prevent the phages from destroying the good bacteria that our body needs.

idea and try to appropriate it," said Turner. "We are facing the reality of needing to find new solutions."

Although many medical professionals sense that we are approaching the end of the antibiotic era, Turner is hopeful that phages will pave a new path towards treating infections - and potentially even cancer.

Turner explained that there is definitely the potential to genetically

Suffolk promotes Sexual Assault Awareness Month

From
AWARENESS - 2

the website in an accessible format," according to the bill.

The bill goes on to outline what this policy should include. This includes procedures for reporting incidents, resources available for survivors including "contact information for seeking medical treatment," rights of survivors to "notify or decline to notify law enforcement," and "investigatory procedures and hearing procedures to protect the safety and rights of students" according to the bill.

"We are familiar with the proposed legislation in the State House, and hope that any final legislation will reinforce our ability to support survivors and to ensure that we treat all parties fairly," said Kelly in a statement to The Suffolk Journal.

A joint hearing with the Senate and House about the bill is scheduled for April 9.

Throughout April, a variety of events are being

held across campus to educate the community and to raise awareness about this issue.

"With proper education, we can create change in our communities," said Annie Crossman, assistant director of Wellness Education for Counseling, Health and Wellness (CHW) to The Journal. "We really believe that through education we can raise awareness and create change."

The Interfaith Center will be holding multiple discussions regarding sexual assault and sexual abuse. Various SAAM tabling events will also be held throughout the month. On April 28 the Boston Area Rape Crisis Center (BARCC) will hold their annual Walk for Change to raise awareness about this issue.

"Awareness legitimizes sexual assault," said Crossman to The Journal. "Making people aware about it and talking about it openly is absolutely crucial. People are targeted every minute and a half. If people aren't made aware of this issue, nothing will

ever change."

These events are being sponsored by and in collaboration with departments across campus, including CHW, the Division of Student Affairs, Office of Title IX, Athletics, the Center for Student Diversity and Inclusion (CSDI), the Center for Women's Health and Human Rights, the Interfaith Center, OCHO, Student Leadership and Involvement (SLI) and the Suffolk University Police Department (SUPD).

"You can tell this is something that the Suffolk community really cares about just by looking at how many different individuals and departments are getting involved in this month's awareness activities," said Crossman to The Journal. "There is a real commitment here in supporting survivors of sexual assault, but it is so important to make sure we are continuing to have conversations about this issue throughout the whole year, not just during the month of April."

Building a More Inclusive Community

Presented by Dr. Maura Cullen

Author of
35 Dumb Things Well-Intended People Say

April 11th, 2019

Sargent Hall, 5th Floor Commons
Faculty & Staff Session: 12:15 PM - 1:30 PM
Student Session: 3:00 PM - 4:30 PM

RSVP
At bit.ly/mauracullen2019
or scan this QR code on your phone
Or email jsmith19@suffolk.edu with questions.

New lounge gives commuter students a home on campus

Katelyn Norwood
Journal Staff
@knorwood123

Commuter students now have a place to call their own, as the grand opening of the commuter student lounge took place Wednesday on the first floor of the 73 Tremont Building. The event marks what many hope to be the continuation of fostering relations between commuter and residential students.

President Marisa Kelly was in attendance as she cut the ribbon to officially open the lounge, along with President and Vice President of the Commuter Student Council (CSC), Brian Hatch and Alexia Baugniet. WSFR DJ'd the event and the space was packed from wall to wall with faculty, staff and students.

"I always want to be able to prioritize those things that will really make a difference in helping students to be able to focus on their education while they're here, so having a place for our commuter students specifically I think is really critical to supporting you while you are here," said Kelly in her opening remarks.

The new space has a lounge, a kitchenette with microwaves, sink and fridge. The space included two flat screen TV's on the wall. In addition, day-use lockers are accessible for students.



Katelyn Norwood / Journal Contributor

President and Vice President of Commuter Student Council Brian Hatch and Alexia Baugniet cut the ceremonial ribbon with Marisa Kelly, president of Suffolk University

"It's going to let us live life with a little more regularity," said Lukas Phipps, Commuter Senator-at-large for SGA.

The lounge was a collaboration with the Off-Campus Housing Office (OCHO) and the CSC, founded by Baugniet. Through the creation of the council, it became apparent that commuter students wanted a space on campus. Two months later, after a meeting

two months later with President Kelly and then facilities, the search for a space began.

"One of our goals for the next year is to bridge the gap between commuter students and residential students," said Hatch on the role of the CSC.

Before its transformation, the space was a small workout fitness area for employees that wasn't used often due to

the Ridgeway Gym facilities. Dean Anne Coyne believes the space is now being utilized in a more beneficial way for the Suffolk community.

"A commuter lounge is great because it will draw students who are like-minded and who are going through the same life cycle. Being able to find a place that's designed for them that's wonderful," said Coyne in an interview with The

Journal.

For many commuters, the need for a space was a top priority. With classes, work, internships and commuting, it can often be difficult to find a place to leave your backpack or a place to relax and study, especially during finals week.

Even with the recent addition of various residence halls on campus, it is important to understand that Suffolk is still

primarily a commuter school. With 75 percent of the student body commuting to class, the need for a space was no longer a hope, but a priority.

"It is a 'hidden gem' for [commuters], a place for them to feel like the university recognizes them, that they have committed a space for them to exist and that they can meet other commuter students and build community," said William Lemos, a graduate fellow working in OCHO.

Commuter student representation is on the rise, especially with the formation of the CSC, Commuter Ambassadors and OCHO.

Barbara Martins is a senior and Commuter Student Ambassador. She plans events for commuters to make them get involved on campus. For her, she is hopeful that the lounge will be a place where commuters can not only relax, but also find resources.

"I'm a senior and this space was very much needed," said Martins. "I think commuters will have a place to come in, to find out about resources and they won't feel too out of place. There's always room for improvement but I think right now this lounge is a clear statement that the school cares about commuters."

This week in SGA...

Caroline Enos / Asst. News Editor
@CarolineEnos

Most of the regulations outlined in the resolution reaffirm rules that have been in place in the SGA election packets from previous years. However, this is the first official election bylaws written and passed by SGA.

The bylaws address issues SGA faced during the 2018-2019 E-board elections, specifically the delayed release of that elections results and team GRIT's disqualification over violating the election packets rules against handing out novelties in voting areas.

According to the new bylaws, election results will be posted within four hours at the end of the voting period. Additionally, "Candidates or their supporters will not impede the progress of persons who wish to walk through Suffolk University buildings. No slips of paper or novelties of any size may be handed to the potential voters."

The bylaws limit election spending to \$35 for each candidate and implement a strike system that punishes candidates to different extents, such as taking down their posters for a tier one offense or eliminating them from the race for a tier three offense, if they break the election rules.

At the SGA meeting on March 28, an amendment was made to adjust the qualifications needed to run for an E-board position. It read, "one must serve at least one semester as an SGA member including the semester before the spring election in question, with the exception of studying abroad. Students studying abroad must have served the previous spring semester."

"[SGA] will utilize the new bylaws to regulate elections in a more fair and equitable manner," said SGA Vice President Doug Botelho.

Suffolk seeks student involvement with recycling

The university made improvements to their waste management, now students are looked at for the next step

Kyle Crozier
News Editor

Suffolk University's Sustainability Committee has influenced changes on campus in the last year to improve the student recycling experience, but has not yet addressed the education and behavior of students themselves.

The Suffolk Journal reported last year that key campus sustainability initiatives have seen a return after several years of absence, but that peer-to-peer student involvement remains a challenge.

In the past, examples of these peer-to-peer programs were the Eco-Ambassador position that allowed students to work in their own residence halls and serve as environmental peer educators, as well as the Suffolk Bikes program, which had students encourage other students to bike around campus.

"We used to have peer-interns that would go around to classes and talk to students about sustainability," said Dr. Patricia Hogan, director of Suffolk's Urban Ecology and Sustainability (CUES). "I think the peer-to-peer conversations are really valuable and students respond really well to them."

Students are surrounded by paper waste in classes, and food packaging waste as they eat on-the-go. These types of waste in particular often contain both recyclable and unrecyclable elements, like a recyclable coffee lid with an unrecyclable coffee cup, or a recyclable food container contaminated with food scraps.

Due to the complexity of these types of recyclable materials, students are likely to introduce waste with unrecyclable elements into a bin of recyclables. When a waste management facility decides that a bin has a percentage of unrecyclable contaminants that is too high, they will divert all of the waste to a landfill.

The majority of recycling bins available to students on campus are encountered while students are walking from class to class in academic buildings, which forces many decisions about waste disposal to happen within just a few seconds.

"Whether or not to put something in a recycling bin is not people's major decision of the day," said Hogan. "People are making that decision walking to class and they have other things on their minds, so the more you can make that a reflexive choice for the students, [the better]."

According to the Environmental Protection Agency (EPA), the average American person will produce about 5.9 pounds of trash each day, including an average of 1.3 coffee cups a day.

of inherent issues with Single Stream Recycling, and a public that may lack some education as to what can and cannot be recycled.

Single Stream Recycling, the method of recycling used on campus at Suffolk, involves using a single bin for several types of paper, plastic, glass and metal recyclables, as opposed to asking students to separate these into different bins. Although this recycling method has reduced the amount of effort required to recycle, recent studies on the process have shown that individuals are more likely to contaminate the bin with unrecyclable materials and that it is

ing recyclables.

Single stream removes the pressure of sorting from the consumer and instead asks recycling companies to use a combination of machinery and human-labor to separate the different types of materials.

"[Instead of this,] when you sort you have a better sense that the waste

more like a trash bin," said Hogan. "So I could see more effort at the front end for the consumer, but I can see that it would lead to less contamination too."

In June, the Boston Globe reported that this process has led to increases in the cost of waste disposal, as well as reductions in the amount of thought put into the recycling process.

"People don't know

types of recyclables for processing.

Cities and towns across the country have long relied on China and other countries to take their recyclables on a month-long trip across the ocean at a competitive price. As a result of this cost increase to the country's waste removal process, it is likely to continue to become more expensive for public and private institutions to get rid of both trash and recyclables.

As highlighted by The Journal last year, the programs by which Suffolk successfully encouraged students to gain a greater understanding and motivation for recycling have all but disappeared after the Sustainability Coordinator Erika Mattison left the university and was not replaced.

"I think you would have to create interest in the topic of recycling just so people would take it more seriously," said Batchelder. "This could be done by making it a competition where dorms monitor the amount that is recycled by students, by weight, to draw interest and excitement and to make students more aware of what they are required to do."

This hypothetical competition that Batchelder described is very similar to a program that Suffolk used to do with students living on campus, which was shown to have increased the amount of waste recycled by students each month.

"The university has its own set of paradigms and policies that are part of its function as a member of the external community," said Hogan. "Students are the key community in the university and they need their own agency on these issues to help with student motivation and student commitment."



Waste Management, the national

leader in trash disposal and recycling, said in 2018 that 25 percent of all recycled waste is contaminated with nonrecyclable items and has to be sent to landfills.

This issue of recyclable items being contaminated by nonrecyclable waste has been cited as a result

more expensive than sort-

is going somewhere, where single stream seems

what should go into recycling bins and that is what is contributing to the problem," said Charles Batchelder, a senior environmental science major and active member of the Suffolk Environmental Club. "I think it is an out of sight out of mind problem, where they either don't care or don't know what goes into recycling bins."

Massachusetts has had to face severe increases in the cost of waste removal and recycling as a result of an announcement in June that China will no longer take in several common

WORLD

APRIL 3, 2019 | PAGE 6

Cultural clubs collaborate through cooking on campus



Shayla Manning/Journal Staff

Asian American Association, Vietnamese Student Association and Off Campus Housing Office participate in Cooking 101: Roll into Spring

Shayla Manning
Journal Staff
@shaylamanning37

The cultural differences that exist among the students and faculty on campus unite them in a variety of ways - especially when food is involved.

Cooking 101: Roll into Spring, co-sponsored by the Asian American Association (AAA), the Vietnamese Student Association (VSA) and the Off-Campus Housing Office (OCHO), invited students last Thursday to learn how to make an easy Vietnamese dish in a matter of minutes.

With the help of Sodexo, the class introduced attendees to Goi cuon, otherwise known as Vietnamese spring rolls. The chef began by explaining the basics of making the rolls and how students could get creative making their own. Using fresh vegetables and tofu, students tried out their newly learned skills on the hand-held snack.

"The event is mainly for the members, just to have them get an idea of what Asian culture is about in terms of food," said Brandon Wong, president of AAA, in an interview with The Suffolk Journal. "OCHO does a lot of

Cooking 101 classes with various clubs, so I thought it would be a really good idea to have AAA and VSA go in on this collaboration event and showcase Asian foods."

Wong explained that this is the first Cooking 101 class that AAA has joined forces with OCHO for, but he plans to make many more happen in the near future.

Members from both AAA and VSA were active in ensuring everyone got a chance to make their own rolls, as attendees took several tries to get a successful end result.

Secretary of VSA, Ivy Tang, said that besides the food, the event was really all about networking with students on campus.

"For me, I'm trying to build better relationships and get to know more people outside of the group I'm usually with," said Tang in an interview with The Journal.

Aside from the time spent making and eating the spring rolls, students got a chance to talk and get to know one another, sharing their thoughts on the task of making an authentic Asian dish.

VSA Representative, Anna Truong, credited the club with helping her grow closer with her Vietnam-



Shayla Manning/Journal Staff

AAA executive board members pose in Somerset Cafe for Roll into Spring event

ese culture.

"I was raised in a really different environment in Florida, so when I came here [to Suffolk] and realized they had a VSA, I knew it would connect me back with the culture itself, and the people in it too," said Truong.

Various clubs coming

together for one unifying event can help create a sense of community among its members, and for those who don't always get a chance to experience all that happens on campus. OCHO utilizes its resources to ensure commuter students don't miss any of it.

Following the class, OCHO Commuter Ambassador Alexia Baugniet stressed the importance of the various events they hold on campus.

"We always do Cooking 101 classes, at least once a month. This is just to be able to collaborate with different organizations on

campus, whether they're cultural clubs, or even graduate students," said Baugniet in an interview with The Journal.

Baugniet said to be on the lookout for another possible Cooking 101 event next month, with a couple more to round out the semester.

‘Hand Held’ documentary depicts power of photojournalism

Gabriela Lopez
Journal Contributor

In January 1990, Boston Globe photojournalist Mike Carroll received a phone call that landed him on the next flight to Romania - a call that would end up changing his life forever.

Last Wednesday in the Somerset Building, hosted by the Romanian Children's Relief (RCR), Suffolk University held a screening of the documentary Hand Held, a film directed and produced by Don Hahn, featuring Carroll's journey as a reporter in Romania and the hardships of the children in the nation after the fall of the communist regime in 1989. The event was followed by a question and answer session with the photojournalist.

When the Berlin Wall fell in 1989, it symbolized the first steps towards the end of communism throughout Eastern Europe. This sparked the beginning of the Romanian Revolution. Romanian citizens lashed out with protests against dictator Nicolae Ceausescu's communist regime.

Ceausescu fled the

nation on a helicopter with his wife until they were captured by the anti-Ceausescu military and executed on Dec. 25, 1989. Carroll arrived to Romania after the death of Ceausescu and the fall of the regime.

There was a power outage when the reporters arrived. Carroll explained that as he flew into the country, it was completely dark as he looked down at the city from the airplane. Carroll was given a light bulb so he could have some light at his hotel.

After World War II, the population of Romania had significantly decreased and, as a result, Ceausescu implemented drastic measures to populate the country.

Birth control pills, condoms, abortion and any other forms of contraceptive were prohibited. Doctors who were caught providing clandestine abortions were incarcerated. Motherhood became a duty, supported by Decree 770, which prohibited any women who had less than four children to have an abortion before 40 years of age.

Romania's poverty

increased and more children were left for state-funded orphanages. If men and women didn't have a child after they were 25 years old, they would have to pay higher taxes. Around 100,000 children were placed in orphanages in Romania, and the number quickly grew to 400,000 abandoned children.

This massive increase in the Romanian population was more than the country could handle. Throughout his journey, Carroll captured photos of thousands of children in orphanages and the major AIDS epidemic within the country.

The documentary showed Carroll visiting an orphanage in Romania to depict the crisis the country was living in with a relief group of reporters and physicians. In the orphanage there were hundreds of babies in cribs all throughout the building. They couldn't move or play and nobody had changed their diapers or fed them.

A doctor took Carroll aside to a covert room in the mortuary where he analyzed the blood of

the babies that had died and noted that they were infected with HIV.

"All these children are going to die, they have HIV," said the doctor to Carroll. "You have to tell this story in the West."

The doctor showed Carroll perhaps one of the most horrific scenes in the documentary - the basement. The room was filled with dead babies and children. They were dying from AIDS and the doctors were not doing anything. He photographed everything and ran the story in The Boston Globe.

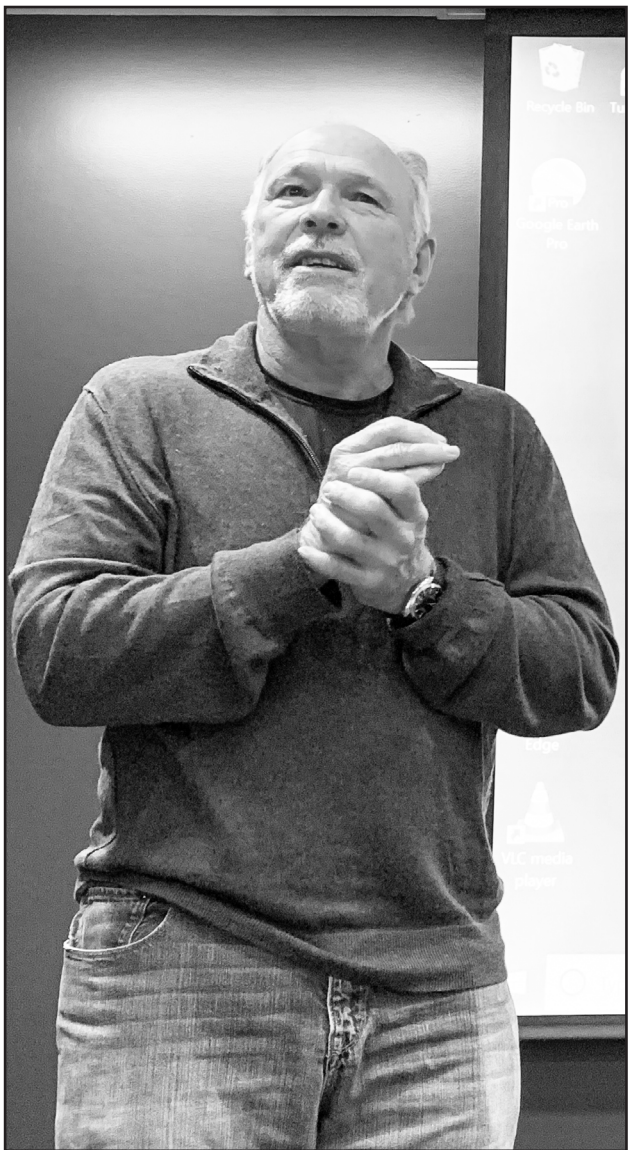
"Romania was a life changing experience obviously, it didn't change my life but it changed how I spent a lot of my life," said Carroll in an interview with The Suffolk Journal. "The things that I cared about a lot when I was young I still care about, but now I have a way to actually put that caring into some kind of motion, so that there would be some result from it."

Carroll remembers a child with whom he had a special connection and the documentary included videos of the child hugging Carroll. After visiting the hospital for several consecutive days, Carroll thought of adopting him. However, when he went back, the child was not there anymore. He too had been diagnosed with HIV and sent to another institution.

In response to Carroll's photographs, families from around the world, especially from the United States, went to Romania to adopt children.

People in charge of these orphanages took advantage of the state of the country and as families came to adopt children, they sold them for high prices. The documentary showed the adoption of a Romanian baby named Bethany, for whom her parents had to pay around \$20,000. In other cases, families were able to formalize the adoption of a baby for around \$2,000.

Although the U.S. was sending aid to Romania, they were not offering help specifically to the children. Therefore, they reached out to Carroll. Carroll was able to unite 40 people at his house where they created the foundation of RCR.



Gabriela Lopez/Journal Contributor

Photojournalist Mike Carroll presents on his reporting in Romania

"I realized I couldn't bring them all back to America, so my way of adopting one was by adopting them all," said Carroll.

RCR is a non-profit organization that provides help to low income families and helps to prevent child abandonment. They have volunteers in hospitals, schools, homes and they provide education, psychological and physical therapy for children and their families.

After the screening of the documentary, Carroll held a question and answer session. He also shared the story of his daughter and son, both in the audience, and their experiences in Romania and how these shaped their lives.

The organizer and the host of this event, Morelia Caron, a senior at Emmanuel College, was one of the children adopted in Romania by a U.S. family.

"I've always had this undeniable connection with Romania even though I actually have no memory of it within my DNA," said Caron to The Suffolk Journal. "For as long as I can

remember I had a love for the Romanian culture and the people, and I've been blessed with parents that celebrated and helped [me] find those connections."

Caron found the RCR during her junior year through a Romanian friend and language teacher. Caron's teacher knew about her special connection with Romania and how she wanted to work with children.

"I met Mike and I told him that I needed an internship for a year. It was a beautiful alignment, because I wouldn't have wanted to do it with anybody else," said Caron. "I'm a developmental psychological major and a photography minor, so my dream is literally what he has done, the organization and his career as a photographer."

RAMMYTHON

In collaboration with the Center for Community Engagement



suffolk university
miracle network
dance marathon
benefitting Boston Children's Hospital
Until every child is well

We strive to raise awareness for pediatric illness and injury!
**Help us reach our goal and
dance the night away with us!**
Save the Kids!



When?
April 5th 7pm - 7am
WHERE?
SUFFOLK'S RIDGEWAY GYM



CONTACT US TODAY!
SUFFOLKDANCEMARATHON@GMAIL.COM

100% OF PROCEEDS GO TO BOSTON CHILDREN'S HOSPITAL

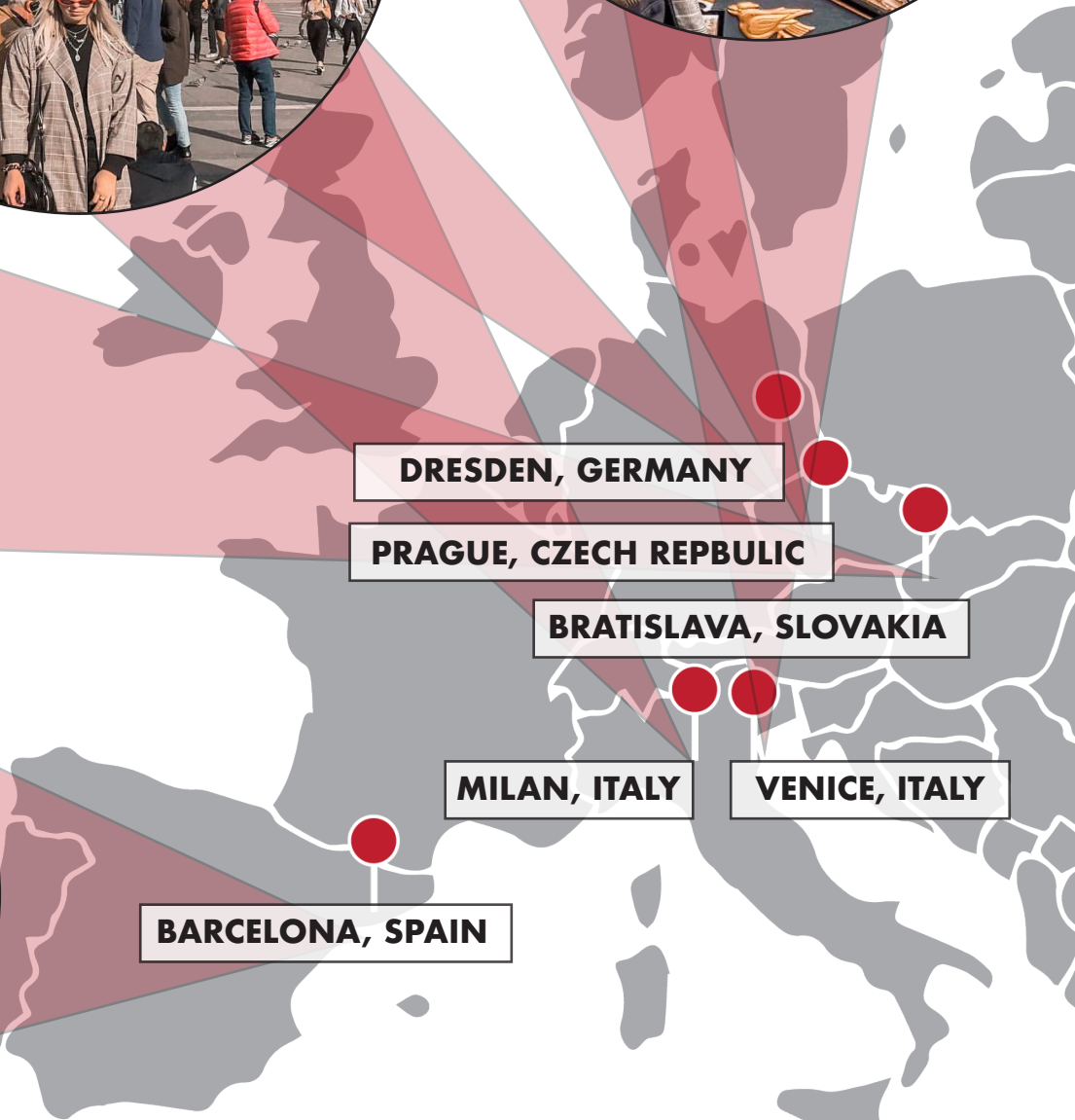
SUFFOLK OVERSEAS

Sophomore Olivia Zapustas decided she was ready to try new things and see the world. Currently abroad in Prague, she is enjoying the city's unique architecture. She has visited Dresden, Barcelona, Milan, Venice, as well as Bratislava, Slovakia. The experience has made her both more confident and independent. You can see the memories she has made through these photos from her travels.



“Studying abroad is a must have experience. The experience teaches you a lot about yourself and you get to have tons of fun along the way.”

-Olivia Zapustas



All photos courtesy of Olivia Zapustas

Jazz Band hosts first solo concert

Musicians use jazz to highlight individual personalities



Kyle Crozier / News Editor



Kyle Crozier / News Editor



Kyle Crozier / News Editor



Kyle Crozier / News Editor

Kyle Crozier
News Editor

The Suffolk University Jazz Band combined the unique personalities and performance styles of 10 students to give the audience a chance to dance to lively music on Wednesday night during their first solo show.

The band invited Suffolk students to dress up, eat catered tacos and courageously join them on the dance floor. The performance mixed covers of well-known songs like “Valerie” by The Zutons and “Fly Me to the Moon” by Frank Sinatra, with upbeat instrumentals that involved the whole band.

There were several moments when the band focused on the music of one member so that the character of

the performer and their instrument could shine through to the audience.

“They were their best when they were each just jamming, just doing their own solos,” said Suffolk junior major business economics major and business law minor, Lauren Donovan, in an interview with The Suffolk Journal. “I think they have really good chemistry, they will keep doing well.”

Taylor Gonsalves, a freshman broadcast journalism major, is one of the most recent additions to the group. Gonsalves, who played flute and sang during the show, found that the smaller room and audience felt more relaxed than a big show.

“It was a lot of fun, it

was a small event. It was more casual, not a lot of stress because it was mostly our friends,” said Gonsalves in an interview with The Journal. “We thought the semi-formal would be a good excuse for people to just dress up all fancy, and have a fun time.”

Intermittently during the show, Gonsalves jumped down from the main stage and encouraged several audience members to brave the dance floor with her.

Although there were several stretches of time where the dance floor was left empty, Gonsalves’ efforts led the volunteer dancers to start their own kind of performance in front of the audience.

When these students started twirling around with their partners, the room cheered and the music seemed to grow louder.

“I like that they had the dance floor so you could watch people have fun, while you also watch the show,” said junior psychology major and fine arts minor, Laura Adams, in an interview with The Journal.

“It was like a show within a show, it was great to watch,” agreed Donovan.

Although the musicians succeeded in filling out the majority of the seats in the Somerset Cafe, the only criticism of the event was in its lack of advertising.

“I feel like this should

have been more advertised, I feel like they would have gotten a larger audience,” said Donovan.

“Just getting the word out there more would be great, talking to more people and getting out flyers would work well, and having more PR would really spread the word,” said Gonsalves. “But all that matters was that everyone had fun.”

When the band slowed their group performance down to highlight the music of one member in particular, several audience members described being captivated by the personal nature of each performance.

“I love that I got to know the band and meet them personally, and I feel

a lot of their personalities showed up tonight in the performance. Like how Amy got so into things, Paul has such a Hendrix vibe and is so funky, and Gabe is so fun and colorful, and I love to see all those,” said Donovan.

Gonsalves agreed that performances like the Jazz Band’s can uniquely break the expected role of the musician for the audience.

“Part of music is self-expression, people think that you are confined to what you are playing from the papers in front of you,” said Gonsalves. “But the reality is that performing is way more than that, and it is up to us to get the audience to see us through the music.”

'The Highwaymen' depicts unique angle about the death of Bonnie and Clyde

Morgan Hume
Arts Editor
@morganmhume

Bonnie Elizabeth Parker and Clyde Chestnut Barrow, better known as the infamous pair of partners-in-crime Bonnie and Clyde, were known for their string of murders during the 1930s, but it was Frank Hamer and Maney Gault who pulled the trigger and fatally shot the couple in order to finally end their killing spree.

The story of Hamer and Gault, who were hired to execute the notorious members of the Barrow Gang, is told in the Netflix original film "The Highwaymen."

The movie centers around the two Texas Rangers, Hamer, who is played by Kevin Costner, and Gault, who is played by Woody Harrelson, who are hired by the governor to hunt down and kill Bonnie and Clyde in 1934. The drama, directed by John Lee Hancock and written by John Fusco, chronicles the highwaymen's ambitious quest of tracking the country's most sought

after murderers.

The closer Hamer and Gault got to catching Bonnie and Clyde, the more eerie and suspenseful the film's tone became. Each scene slowly builds from the last until it depicts the final standoff between the highwaymen and the Barrow Gang members, where the outlaws are killed by a spray of bullets while they are inside their automobile.

The film ends with the car, full of bullet holes, steadily moving down a street in Arcadia, Louisiana, with the bloody, dead bodies still in the front seats for all the townspeople to see. Although the sight of their corpses is gory and frightening, the somber music that plays in the background mixed with shots of the highwaymen watching the crowd's terrified reactions from a distance maintains the film's quiet nature.

Oftentimes, crime films drown out the plot by including an excessive amount of action or violence, but "The Highwaymen" avoided unnecessary theatrics to focus on the actual sto-

ryline. Although the movie tackles intense subject matter and includes its share of violent scenes, overall, it is a hushed film that flourished due to its brilliantly written script and talented group of actors.

The star-studded cast exemplified superb acting as each person dove into their historic character. Harrelson was excellent in his serious portrayal of Gault, which is relatively different from some of his previous roles, such as Mr. Burner, the laid-back teacher in his one of his most recent films "The Edge of Seventeen" and his iconic part as Woody Boyd in the hit TV sitcom "Cheers."

Co-stars Harrelson and Costner also gave an admirable performance together as they portrayed two men with a close relationship and strong chemistry due to their shared experience of working to complete the difficult task.

Although Kathy Bates' role of Gov. Miriam "Ma" Ferguson was smaller, she conveyed a commanding and confident persona as a leader, especially in



Courtesy of Visual Communications at Netflix

Woody Harrelson (left) and Kevin Costner (right) in the film

the beginning of the film when she made the tough decision to hire Hamer and Gault for the daunting job.

Gorgeous establishing shots of the wide open road, flat plainlands and the highwaymen's vintage Ford automobile are included throughout the movie. The filmmakers skillfully used cinematography to make even the duller locations seem picturesque.

The breathtaking

set and costume design captured the essence of poverty-stricken depression-era America at this time. For example, when the pair of Texas rangers venture into a insolvent community that looks identical to a Dorothea Lange photograph, they encounter people living in tents covered with dirt and grime.

Most people are familiar with the story of Bonnie and Clyde, but it is rare to ponder the men respon-

sible for their abrupt ending. The film examines a piece of history through an unexplored lens, which is what makes for a fascinating and interesting angle.

"The Highwaymen" was released in March 2019 and is now available for streaming on Netflix.

Rock band Kiss puts on electrifying performance as part of final tour

Carolyn Nash
Journal Contributor

The iconic American rock band Kiss gave audiences a final show they would never forget when they reunited at TD Garden on March 26.

The Boston concert kicked off with bandmates Gene Simmons, Paul Stanley, Tommy Thayer and Eric Singer arriving onstage dressed in their stage outfits, sporting the iconic white face paint that gives the band their signature look.

Each member's costuming was slightly different and meant to represent differ-

ent characters; Thayer was dressed as the The Spaceman, Singer as The Catman, Stanley as The Starchild and Simmons as The Demon.

The look they sported was striking. The stark white base makeup contrasted with the black over their eyes help differentiate between each member, but all of them wore fairly similar costumes. While they all wear black and silver studded leather, Simmons is known for his six-inch platform boots, which make him stand above the rest of his bandmates and intimidate the crowd.

A Kiss performance is unlike those given by most contemporary musicians. They were there to

put on a powerful show, and to say that they were successful would be an understatement. Being in the crowd felt like watching a movie dramatization of what a real rock band should look and sound like.

They opened with one of their biggest hits, "Detroit Rock City." The energizing guitar riff immediately roped the audience in to get ready for what would be an unforgettable performance.

Immediately after their opening number, they played another crowd favorite, "Shout It Out Loud." With this performance, the audience was stunned by a burst of fire and flames from the

stage. The pyrotechnics were able to blast a wave of heat to reach even the last row of the almost 20,000-seat venue.

Kiss continued to thrill its audience with each tune they performed. At different points during the concert, Thayer and Simmons were hoisted up onto platforms reaching at least 30 feet in the air. To the crowd, it seemed as though they did this unharnessed with no safety net below, just as they would've done when they first began performing in the mid-1970s.

During Stanley's memorable solo tracks "Love Gun" and "I Was Made For Lovin' You," the rock star dangerously soared over the electrified crowd and

onto a platform. Stanley brought the older generation back to their teenage years by using his iconic high pitched, raspy voice to ask the lively concertgoers, "Are you ready to rock Boston?"

Simmons captivated the crowd during "God of Thunder," when he spit blood and smeared it all over his face with his legendary snake-like split tongue.

These theatrical acts were entertaining to watch, however, at times it seemed they were more focused on the actual performance than the quality of the music the audience was hearing. Oftentimes throughout the night, the raucous guitar playing would overpower the

lyrics of the song, to the point where it was hard to identify some of even their most recognized hits.

Although the tone of this concert was supposed to be demonic, the crowd's vibe was wholesome. The audience was mostly comprised of parents with their kids trying to give them a taste of their younger years. Once Kiss ended their intense performance and exited the stage after their final song, the children who tagged along with their parents left the venue with a better understanding of an older generation's wild heyday.

Rad record recommendations

Album Review: Billie Eilish showcases haunting vocals on anticipated debut record



Phoebe Adams / Copy Editor

Billie Eilish performing at Boston’s House of Blues in November

Phoebe Adams
Copy Editor
@PhoebeAdams98

After weeks of anticipation and lots of teasers from her social media accounts, Billie Eilish finally released her long-awaited debut album “WHEN WE ALL FALL ASLEEP, WHERE DO WE GO” on March 29. Eilish, a 17-year-old Los Angeles native, has slowly been making a name for herself in the music industry over the past three years since the release of her first single “ocean eyes” at the age of 14. Her music has been climbing the charts ever since.

Eilish confirmed the new album in early March of last year in an interview with Enfnst Terrible. The countdown to its release began with her first two singles, “you should see me in a crown” and “when the party’s over,” in summer and fall of 2018, respectively.

The album starts off with “!!!!!!!,” a 14-second track that plays audio of Eilish taking out her Invisalign braces and announcing the start of her album. This track, comedic in effect, is a reminder of just how young Eilish is, allowing her to be the goofy teen before diving into the songs.

Eilish’s older brother, Finneas, takes production credit on all tracks. He and Eilish worked side by side to also helped in produce

the album’s first song “bad guy.” The siblings also both take credit in writing the lyrics behind the whole the album, according to Billboard.

Eilish’s tracks tend to flip between bass and synth-heavy songs, to slower, more melodic songs. The second song on the album, “bad guy,” features a heavy bassline, a touch of auto-tune and a synthesizer melody, reminiscent of songs of her EP “don’t smile at me.”

The album ends with the slow melodious track “goodbye,” which heavily relies on Eilish’s famous breathy vocals. The lyrics incorporate memorable lines from multiple songs off the album like “Bite my tongue, bide my time,” “I’m the bad guy” and “Don’t you know I’m no good from you,” cleanly wrapping up Eilish’s freshman record.

One of the interesting things Eilish did alongside the release of her album was the simultaneous release of the “Billie Eilish Experience” on Spotify. The “experience” has a 21-second-long introduction video that segways into her entire album. It also features a behind-the-scenes music video for “bad guy” and the four singles released prior to the album’s release, including “bury a friend,” “wish you were gay” and “when the party’s over.”

Official music videos were released for each of these singles, but these aren’t the videos shown

in the experience. These montages show audiences a look at the behind-the-scenes footage from the filming of the official music videos. They offer a more in-depth and personal look at the young singer’s life.

Eilish spoke to Billboard about her journey with synesthesia, a condition where some of her senses are linked together.

For Eilish, her hearing and vision are linked, meaning that when she hears sounds, she sees colors at the same time. This may be the reason why so many of Eilish’s music videos, outfits and even hair feature such vibrant colors.

“I wanted to take my synesthesia and give it to the world and show everybody what it feels like,” said Eilish.

Overall, Eilish’s album delivered exactly what fans were hoping for; a collection of goth-pop, electronic songs to scream at the top of your lungs and hauntingly beautiful ballads for when listeners crave a goosebump-raising song. This is only the tip of the iceberg for Eilish, as she is still just beginning to build a musical empire that will last for years to come.

“WHEN WE ALL FALL ASLEEP, WHERE DO WE GO” is available to stream on all major music platforms, and Eilish kicks off her sold-out world tour in San Francisco on May 29.

Album Review: Broadway’s Ben Platt embraces personal side on ‘Sing To Me Instead’

Morgan Hume
Arts Editor
@morganmhume

Ben Platt soared into stardom after originating the characters of Evan Hansen and Benji Applebaum, but on his debut album, he set the fictional characters aside to step into his most authentic role yet: himself.

On March 29, the Broadway and film actor released “Sing To Me Instead,” his first full-length record that details the journey of falling in and out of love, and landing back on your feet when the relationship ends. Although the album’s 12 songs are Platt’s personal reflections about his past relationships, it is easy for listeners to see themselves in his intimate songs of affection and heartbreak.

The sweet, upbeat track “Share Your Address” is about wanting to move

idyllic feelings in a lyrical and danceable song.

“Ease My Mind” is a slower tune about finding someone who “can cut through all the noise” and bring serenity in moments of stress and anxiety. Platt warmly talks about finding a lover who is able to calm him down in difficult situations. The musician lets his voice effortlessly float through each soft and loud note.

At the end of every relationship, people come to the realization that the other person is no longer there for support and it is up to them to land back on their feet. The song “New” is about learning how to love yourself and feeling like a brand new person after a breakup. The fast tempo and cheery rhythm wonderfully match song’s positive spin about the process of moving on.

Platt’s gift for storytelling is exemplified

tiful singing voice and wide vocal range, such as the stream of high notes he flawlessly hits in “Better.” His fast vibrato, the signature aspect of his singing voice, is also heard throughout the album.

There is a balanced mix of slow and poppy songs, and the one thing they all share in common is a heavy use of piano. Platt spent most of his time composing the album seated behind a piano, and his ability to make the instrument work for a variety of tempos and beats highlights his natural talent as a songwriter.

At all times, Platt’s music encompasses deep lyrics and raw emotion. Although some songs sound vastly different than others, a clear sense of tenderness was conveyed in every track.

Before releasing the full album, Platt debuted some of the tracks as singles



Courtesy of Julian Broad

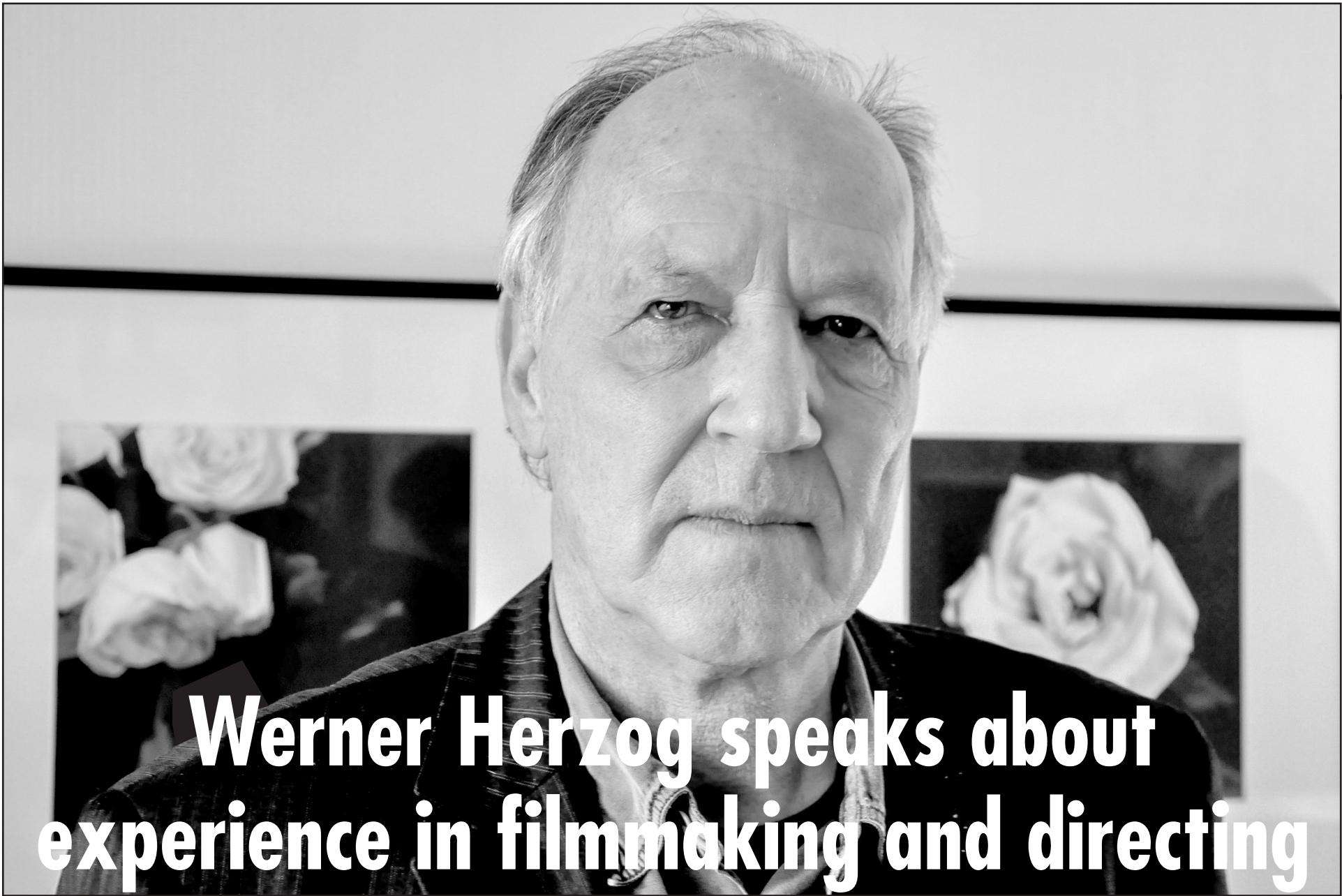
Broadway actor Ben Platt recently released his debut album

in with your significant other, even if the relationship is still too fresh, because you can’t get enough of them. During the honeymoon period of a relationship, people fantasize about the romantic future they will share with their partner, and Platt beautifully strings together those innocent,

throughout this album. Some songs such as “Run Away” tell their own stories, offering listeners a vulnerable and transparent look inside the musician. Also, the record as a whole tells a modern tale of falling in and out of love.

“Sing To Me Instead” showcases Platt’s beau-

along with well-choreographed music videos to give his audience a taste of what was to come. Songs such as “Bad Habit” and “Ease My Mind,” which are the first two songs on the record, will be familiar to listeners since they were released in the beginning of February.



Courtesy of Wikimedia Commons

German director Werner Herzog visited Boston University's Tsai Performance Center to talk about his career in film on March 25

Caroline Enos
Asst. News Editor
@CarolineEnos

Morgan Hume
Arts Editor
@morganmhume

Acclaimed German director Werner Herzog visited Boston University (BU) on March 25 to discuss his career in filmmaking as part of the university's ongoing "Conversations in the Arts and Ideas" series. Herzog's lecture, "Every Man For Himself, and God Against All," not only outlined his career highlights, it illustrated the insight Herzog's films have given audiences for decades.

"No matter how big the dream or impossible the quest, at the very foot of the heart of his films is humanity's relentless struggle to find meaning, despite the indifference and hostility of the universe," said BU classical studies professor Herbert Golder, a longtime colleague and friend of Herzog who interviewed him throughout the evening.

Born in 1942, Herzog was raised in a poor, remote mountain village in Germany that had no access to running water, TV or telephones. His family starved for several years when he was young,

and he had no exposure to film until he was 10 years old.

After stealing a camera from a film school and using it to make his first movie at age 19, Herzog has been recognized by Time Magazine as one of the world's top 100 influential people and he has created more than 50 films over the course of his half-century long career. Each of his films, including "Grizzly Man," "Fitzcarraldo" and "Aguirre, the Wrath of God," captures the human condition and spirit while offering audiences something they've never seen before.

"What initially drew me, a classicist, to Werner's work was the uncompromising starkness of his vision," said Golder, who has made 10 films with Herzog.

Many of Herzog's films are well-known for featuring awe-inspiring landscapes that present the beauty and indifference of nature. Herzog explained to the audience the danger he faced while filming a hazardous volcano that was about to erupt for his 2016 Netflix documentary "Into The Inferno," before reading an excerpt from the film that shows how enticing nature can still be even in such perilous states.

"It is hard to take your eyes off the fire that

burns deep under our feet, everywhere, under the crust of the continents and sea beds. It is a fire that wants to burst forth, and it could not care less about what we are doing up here," said Herzog on stage. "This boiling mass is just monumentally indifferent to scurrying roaches, retarded reptiles and vapid humans alike."

Herzog said filmmakers must be patient with landscapes in order to capture their essence; that

Music is also an essential tool in Herzog's storytelling as it creates the mood and sets the scene. For example, the end of his 2005 science fiction film "Wild Blue Yonder" concludes with montages of landscapes as impassioned music plays in the background. The director compared choosing a film soundtrack to his experience of staging operas because the meanings of films and operas can both be altered

he does not intend for his films to seem romantic. Herzog added that his films are not always meant to have a deeper meaning, and he told the audience about a scholar who once asked him to describe what the complicated implications were of one of his films.

"A dancing chicken is just a dancing chicken," said Herzog to the scholar, explaining that sometimes things are as simple as they appear.

Herzog also said that he does not re-watch his films. If he does, he feels like he is seeing another person's work since he has grown so much since making them.

"I don't want to have introspection," said Herzog. "We should not illuminate every darkness in our soul because humans would become uninhabitable if we did."

Golder said that Herzog has an eye for making something out of nothing because he captures things as they are without using CGI or special effects.

However, Herzog is open to experimentation. His film "Heart of Glass" was shot with all of the actors so deeply under hypnosis that they would often open their eyes without waking up.

In addition to the actors being hypnotized while filming, Herzog showed the movie to a hypnotized

audience of about 300 people and observed some of their strange reactions. Some people described feeling like they were in what is now known as virtual reality and the elderly often struggled to wake up. However, not everyone was susceptible to the hypnosis, especially young children with short attention spans.

Herzog said his visions for films are never planned, but rather ideas that "come at [him] like burglars in the night."

He told aspiring filmmakers in the crowd to always strive for originality, bend the rules a bit if need be and to follow their passions.

"Step beyond what is the usual on the set," said Herzog. "Never do any harm to anyone but use, if necessary, a healthy amount of creative energy. That's why I'd teach you how to pick a safety lock, that's why I'd teach you to forge a shooting permit in a country that has a military dictatorship."

Above all else, Herzog said filmmakers must always have courage.

"Just have the courage through your own culture, through your own upbringing, through your own vision and then you'll define [your career]," said Herzog.



Morgan Hume / Arts Editor

Herzog being interviewed by Golder

they must be able to read them rather than manipulate them. He attributes his lesson to his grandfather, Rudolf Herzog, who discovered the 1000-year-old Temple of Asclepion on the island of Kos in Greece, despite people's doubts and despite not being an archeologist.

through song selection. "Transformations, they come sometimes through music. All of a sudden, you will see something that you've never seen before in the landscape," said Herzog.

Although his movies depict the sublime, the director made it clear that



Editorials

Sexual Assault Awareness

The month of April is Sexual Assault Awareness Month, a time to support survivors and raise awareness around the issue and prevalence of sexual assault. Nearly one in five women report being sexually assaulted during their lifetime, while one in 71 men report the same, according to the National Sexual Violence Resource Center (NSVRC). The impact sexual assault has on survivors and their loved ones is immense. Sexual assault often leads to guilt, shame and mental health issues such as post-traumatic stress disorder (PTSD). The NSVRC estimates that survivors lose over \$100,000 in healthcare costs and criminal justice issues,

and an additional quarter of a million dollars in lost wages. Sexual assault especially impacts the most marginalized among us. Over 50 percent of bisexual women report being sexually assaulted. 50 percent of the trans community reports being assaulted, according to a 2015 report on sexual assault by the University of Michigan. The way we treat sexual assault survivors in this country is nothing short of appalling. One need only look at how prominent survivors such as Christine Blasey Ford and Terry Crews were crucified in the court of public opinion. To better address the

sexual assault epidemic in this country, we must collectively take action. Solving the problem won't be easy, but is necessary and worth doing. Believing survivors is an important first step, as is offering them support and resources to recover and so they can live full, healthy lives. Prosecuting offenders to the fullest extent of the law is absolutely imperative, as is promoting a culture where sexual assault is never acceptable and no perpetrator is given a pass. Together, we can end sexual assault once and for all. ~The Suffolk Journal Staff

Autism Awareness

April is also Autism Awareness Month, which brings attention to individuals with Autism Spectrum Disorder (ASD), more commonly known as autism. As of 2018, ASD affects one in 59 births in the U.S., according to the Centers for Disease Control and Prevention (CDC). The disorder is more common in males than females — one in 54 males are on the autism spectrum. Symptoms of ASD, which presents itself during the first few years of life, are mostly related to developmental milestones. Individuals on the ASD spectrum often struggle with spoken language, tend to be repetitive in their words and motor movements, and demon-

strate a lack of interest in peer-to-peer relationships. The effects of ASD are all around us. Some of your classmates, coworkers, friends and family may be on the autism spectrum. However, let's not forget that many people with mental ailments are gifted; many of society's most prominent and successful people may have been on the spectrum, whether or not people knew it. As we strive to be an inclusive and accepting society, we should recognize the talents and gifts of those who are on the autism spectrum, and treat them no different than we treat each other. Some with autism excel in math, science and other areas, and also demonstrate

great memory capacity, according to the National Institute of Mental Health. On a larger scale, we must all remember that everybody is different — it's not our ailments that define us, it's our gifts and our strengths. Autism Awareness Month is the perfect time to realize that goal by telling those on the spectrum that they are just as valid and loved as those of us who are neurotypical. While publically recognizing ASD is a great start, we must do more to ensure that those on the spectrum are treated with respect and dignity. ~The Suffolk Journal Staff

Slavery reparations are an immoral and illogical proposition

Nick Sammarco
Journal Staff
@nsamm41

Massachusetts Senator Elizabeth Warren is back in the headlines. In an apparent attempt to bolster her dwindling prospects for the 2020 Democratic nomination for President, last month Warren called for a "full-conversation about reparations" according to Politico. Of course, Warren is referencing reparations for slavery, a proposition that would rip our nation apart at the seams and punish people who had nothing to do with the evil institution, an inherently anti-liberty and deeply immoral proposition. The entire discussion of reparations for "American" slavery betrays the American notions of individual responsibility and individual repayment, proposing that Americans pay restitution for crimes they had no part in. In the West, we believe that individuals, and individuals alone, should be prosecuted and punished for the crimes that they commit. In other words, we are not responsible for the sins of our fathers. For example, we believe Rose Bundy bears no burden for her father's acts of depravity, neither does June Lee Oswald nor do the five chil-

dren of Harvey Weinstein. Yet, when it comes to the sin of slavery, Warren and proponents of slavery reparations abandon this principle. This is cognitive dissonance of the highest order. Slavery was abolished nationwide 153 years ago. We, as a nation, are a full six generations removed from the institution of slavery. Why should anyone be held responsible for crimes they did not commit, let alone crimes that were committed over a century and a half ago? Proponents of reparations may respond by saying that white Americans have benefited from a system that was designed to oppress black people specifically, but this argument does not hold when closely examined as it is entirely illogical. Exactly how much of white Americans' success today is attributable to slavery (which, many scholars have argued kept the Antebellum South in economic ruin for centuries)? 10 percent? 50 percent? 100 percent? Surely, immigrants who came to the U.S. after slavery was abolished and when de jure discrimination was contained to the Jim Crow south bear no responsibility. How much should Irish, Italian or Jewish immigrants pay



Courtesy of Wikimedia

for the sin of slavery? Do proponents of reparations propose we do a nationwide Ancestry DNA test to determine how much we're responsible for our great-great-great-great grandparents? As you can see, there is no limiting principle in the idea. There is nothing to discern how much an individual today has benefited from slavery. The inverse also holds true. There is nothing to discern how much an African-American today is struggling due to slavery, if it all. It is simply untrue to say that the problems the black community faces today are attributable to slavery. For instance, according to

Census Bureau statistics, unwed motherhood rates, an undeniable driver of poverty, were substantially lower (25 percent compared to about 75 percent today) during the period time blacks lived under Jim Crow laws, and were also lower during the period directly after the end of the Civil War. Violent crime rates in the black community also follow the same trend, with the homicide rate among blacks nearly quadrupling the national average in a little under 30 years, according to Centers for Disease Control and Prevention (CDC) statistics. Is slavery 20 percent responsible for the violent crime rate in

2019? What percentage is slavery responsible for unwed motherhood, gang violence and rampant drug abuse in the black community (the same way that drugs wreak havoc in all communities)? That is what makes reparations simply a political battering ram. Politicians like Warren can gin up anger from the African-American community for the terrible things they suffered through centuries ago and provide an easily understood villain to punish today — white people. If that is not racial pandering combined with the bigotry of the lowest expectations possible, I don't know what is. Not only are reparations inconsistent with the tenants of Western Civilization and basic morality, but the implementation of such a policy would solve nothing for the African-American community today. If you believe, as Warren does, that blacks are currently marginalized due to "structural racism," exactly how do reparations liberate blacks from the oppression of such a system? Reparations would give blacks a little extra cash, not make the "structural racism" that Warren believes in disappear. In 1965, the same year that the Voting Rights Act

was passed finally granting blacks in the South the same legal rights as whites, the rate at which black children were born to unwed mothers stood at 25 percent. Today, even 50 years removed from the end of de jure segregation and discrimination, the illegitimacy rate in the black community clocks in around an astounding 75 percent, according to the CDC. A reasonable person certainly would not believe that blacks are discriminated against anywhere near the amount they were in the 1960s. This evidence is proof positive that slavery and discrimination have nothing to do with the biggest problems black communities face now in America. It's time politicians tell the American people, and black community specifically the truth-the only person responsible for the outcomes in your life is ultimately yourself. Embracing personal responsibility and not blaming your failures on the past, is the only true way to reach success. Forcing Americans in 2019 to pay reparations for slavery would not only fail to solve any problem African-Americans face today, but such an immoral proposition would undoubtedly rip the U.S. apart.

By striking a deal with the EU on Brexit, the UK would suffer

Craig Anderson
Journal Contributor

In 2016, 17.4 million people voted to leave the European Union in one of the U.K.'s biggest ever exercises in democracy. Unfortunately, parliamentary squabbles and Theresa May's weak "leadership" have backed Britain into a corner. The people of the U.K. voted to leave the European Union, but hundreds of members of Parliament refuse to respect the result. Some want to cancel Brexit all together, as if they are far wiser than the "little people" outside their ivory towers. With Parliament divided, Britain's best option is to leave the European Union without a deal.

Any good negotiator will tell you that no deal is better than a bad deal, and sticking by that principle will lead Great Britain to prosperity. EU tariffs are infamously high on swaths of goods. The European Commission Market Access Database and Statista shows the EU

levies duties of 10 percent on American cars, 74.9 percent on smoking tobacco and 68 percent on unripened cheese.

Free from the shackles of the EU, the U.K. would be able to strike trade deals with America and the rest of the world, leaving the middle class with more money in their pockets and cheaper goods on their shelves, according to the Office of the U.S. Trade Representative and Investopedia. The fact-checker FullFact notes that the U.K. already deals outside the EU more than within. Patrick Minford, a Cardiff University economist, reported free trade would grow the British and allied economies by tens of billions and deepen the U.S.-U.K. relationship.

Crucially, Britain would regain sovereignty as an independent nation rather than a vassal state of the European Union. The U.K. would be free to choose its destiny as a world leader rather than obey self-destructive regulations crafted by unelected Eurocrats in the halls of Brussels. The EU even forces a great deal of leg-

islation on members even when their representatives reject it. A decade ago, Europhiles crafted the Lisbon Treaty, which gave legal authority to the European Court of Justice on 135 matters. The U.K. only managed to opt-out of some provi-

while keeping competition down for the insiders in mega corporations. Peter Mandelson, the former European Trade Commissioner even admitted EU regulations cost hundreds of billions per year - the difference between businesses stay-

the name of preventing the spread of copyrighted material. Leaving and simplifying regulations across the board would create a fair playing field, unleashing the power of innovators and startups.

Not to mention, the EU has long been an enemy of the working class. British fishers once fueled the economies of seaside communities across the nation. The EU Common Fisheries Policy destroys the lives of fishers by inviting European vessels to pillage U.K. waters and creates strict quotas that only allow U.K. vessels to catch 36 percent of fish from their seas. David Pessell, the head of the Plymouth Trawler Agents, argued that no-deal Brexit "would mean the fishing industry straight away [starts] to rebuild the U.K. fishing industry and [takes] back control of our waters" in a Daily Express interview. With full ocean access, fishermen could revitalize coastal towns with new jobs and wealth. Catching 50 percent of fish in British waters would bring in over \$1 billion a year, per the North

Atlantic Fisheries College.

Alternatives to no-deal fly in the face of the 17.4 million people who voted leave. May's agreement forces Britain to pay a humiliating \$51 billion exit fee to the EU, remain under the European Court of Justice, and be unable to leave for at least another 21 months. By then, the U.K. would be in a much weaker position to negotiate, and EU leaders would be unlikely to deal on friendly terms. Revoking Brexit would be an even greater insult to the electorate and destroy confidence in democracy as the political class defy the will of the people. Concerns about tensions heating over the Irish border are greatly exaggerated. People could still cross freely, no parties support a hard border, and trade can remain frictionless thanks to World Trade Organization rules.

Leaving the EU without a deal allows Britain to take back control of its destiny, enriches Britons and Americans and follows through on the historic result of the EU referendum.



Colin Cavanaugh / Graphics Editor

sions, in-effect meaning European law supersedes all else. More often than not, subservience to the failed European project is mandatory.

Navigating the EU's labyrinth of regulations crushes small businesses

ing afloat or sinking and keeping or losing a job. For instance, CNBC notes the wildly unpopular Article 13 directive is set to hit the digital service industry hard as internet service providers will be forced to actively censor the net in

Through our reliance on technology, we've created a universal communication crisis

Harper Wayne
Journal Staff
@harperjwayne

Technology fuels much of our conversations daily, whether it be through email, FaceTime or calls, and is a big part of our communication cycle. Technology has made long distance relationships, global communication and business interactions become things of ease. But when it comes to relationships, that isn't always a good thing.

And while technology has made our lives easier, it has also formed what could be called a communication crisis.

Through our dependence on technology, the way humans connect has changed dramatically. Technology has taken away some of the need for face-to-face interactions, making them hold more value, but also happen less often.

We connect, but how

much connection is actually formed through our shared posts, our viral stories or streaks sent to 10 to 20 people once a day?

Our communication has lost meaning through depletion of tone through texting, Emojis and social media.

When we speak to people, they can hear our tone, see our facial expressions, and read us through our nonverbal signs. The majority of our communication is through nonverbal interaction, which makes texting and phone calls hard to translate for our brains. Misleading tones can stir conflict that wasn't intended.

A whole language is missing: the language of nonverbal communication. Posts on social media can also be misinterpreted due to the fact that very little context is posted with it.

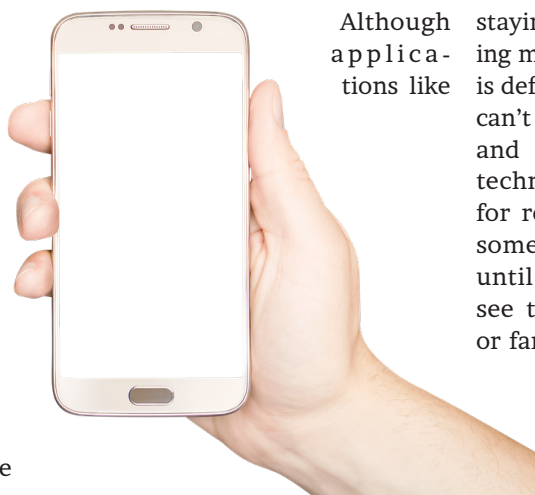
Social media is a place where everyone can share what they are doing and the bystanders all see the "perfect" lives and memo-

ries people share instead of a well-rounded life. People are taught to communicate beauty, happiness and personal interests on social media. Although that is not all that encompasses life, no one shared the hardships of life before social media. Just now, the good parts are projected even more than before.

"I love you" doesn't have to be typed anymore. It's often substituted with red or pink hearts. There is an ease to it, but also an absence of so much connective space. This can lead to less intimate relationships, with word substitutes not carrying as much meaning as intended. It creates an emotional gap. Emojis

might convey "I love you" or "I miss you," but if that emoji replaces language, something is lost.

Although applications like



Courtesy of Pixabay

FaceTime can showcase nonverbal communication such as facial expressions, body movements and tone, and act as a better option than other technology, it still lacks the intimacy of touch or of sharing a space. How close we sit to people and our behavior towards them are big parts of nonverbal communication we miss out on when

we rely on technology to communicate.

With long distance relationships in college or after, technology makes staying in touch and sharing moments easier, which is definitely a positive. We can't always be together, and in those instances, technology has allowed for relationships to have some form of intimacy until users can actually see their friend, partner or family.

Relationships need the closeness of language (verbal and nonverbal) as well as a form of interaction

that does not exist without nonverbal cues. In order to build, there has to also be a relationship outside of the walls of iMessage.

The truth is that relationships need the closeness of language, spoken and unspoken, a type of interaction that does not exist without nonverbal cues. In order

to grow strong and healthy relationships, there has to be a relationship outside the walls of iMessage.

Hearing someone's voice or seeing their face through a phone offers tone, showcases facial expressions and allows the intended meaning of the sender to be conveyed. It allows the intimacy of being together still occur, yet something is still missing.

But still there is communication absent, like facial expressions in video-phone calls or spatial closeness in FaceTime. Technology has allowed for gaps of time to still be filled with connection, but there also needs to be recognition that it still lacks a well-rounded conversation that occurs while face to face.

Technology has allowed for human beings to connect more frequently, but has also taken away the intimacy of interaction, which humans need in order to feel close to their friends or family.



Ryan Arel / Opinion Editor

With their 6-2 win over the Blue Jackets on Tuesday the Bruins have secured home ice advantage for the first round of the playoffs

Suffolk students hopeful for Bruins as team looks to battle in playoffs

Joe Rice
Journal Staff
@josephrice1997

For the third consecutive year, the Boston Bruins will be competing to take home the National Hockey League's most prestigious award: the Stanley Cup. The Bruins are looking to improve on two consecutive unsuccessful runs, losing in the first round of the Stanley Cup Playoffs back in 2017 to the Ottawa Senators and in the second round of the 2018 playoffs to the Tampa Bay Lightning. Much like last season, the Bruins are destined to play the Toronto Maple Leafs in the first round of the Stanley Cup Playoffs- an opponent in which the black and gold topped in seven games last year, four wins to three. Sitting at 105 points on the year compared to the Maple Leafs' 99 with only two games remaining, the Bruins have successfully clinched home-ice advantage for the upcoming series. Bruins fans all around Suffolk University are hoping for a similar result in the first round of the playoffs, but an even further run as the playoffs progress. Senior psychology major Steve Harber acknowledges that the first-round matchup against the Leafs will certainly be a struggle, but expects a good result.

"It'll definitely be a challenge," said Harber in a recent interview with The Suffolk Journal. "Toronto is a quick team with high scoring ability, especially with the addition of [John] Tavares. With the resilience this year's Bruins squad has shown, as long as they can expose Toronto's defensive issues then I'd expect to see the Bruins [win the series] in five [games]." The Bruins head into the playoffs led by their potent first line, centered by assistant captain and two-way threat Patrice Bergeron. Bergeron is a four-time Selke trophy winner for the league's best defensive forward and on top of that, the center has 32 goals and a career-high 78 points in only 63 games. Left winger Brad Marchand and counterpart to Bergeron on the first line, leads the team with 100 total points. His offensive output has totaled the most points by a Bruin since Marc Savard's 96 points in the 2006-07 campaign. Unlike last year though, the first line is not where the threat ends for this Bruins team. The Bruins were criticized last season for only having a strong top line, but the output by lines two through four this season has provided encouragement among fans. David Krejci, the team's second line center, has totaled 71 points for only the second time in his career. If the team is to

make a deep playoff run, it has proven in the past that Krejci will need to be key. Krejci led the playoffs in points in 2011 and 2013- in both years, they made the Stanley Cup Final. In addition to the team depth, senior journalism major Tom Dufton believes the intangibles are what separates this year's squad. "The Bruins can go on a slide or mini slump, but the heart this team has prevented them from giving up," said Dufton in a recent interview



Hannah Arroyo / Sports Editor

with The Journal. "They have a fight in them I haven't seen since 2011." Though the Bruins have largely impressed, some fans have expressed concern about goaltender Tuukka Rask's play late in the year, as many people blame the net-minder for the recent collapses this season. To add to the concern, Rask posted a below average .883 save percentage throughout the month of March.

Despite the low numbers down the stretch, Harber expressed confidence in Rask, as well as backup goaltender Jaroslav Halak to shut the door if called upon in the postseason. "The Bruins have a tremendous duo in net this year," said Harber. "In Rask's defense, the defensive core of the Bruins had to deal with injuries throughout the month of March, exposing him to more shots. Rask and Halak have both stood

The Ram Report

Outdoor track opens season

The men's and women's outdoor track and field team began their season this past Saturday at the Tufts' Snowflake Classic. The men's team found themselves placing 12th out of 18 teams while the women's team placed 17th out of 21. Despite the men finishing in the bottom half of the pack, many exceptional performances were put on display. Matyas Csiki-Fejer finished the 1500-meter race with a time of 4:00.15, which secured him third place in the event. Michael Balestra also became the first-ever Suffolk athlete to qualify in both indoor and outdoor track & field in the hammer throw. He finished second out of 31 with a toss of 45.76 meters. Mariama Kamara was a big standout for Suffolk. She finished 13th out of 49 racers in the 100-meter dash after earning a time of 13.15. Another highlight for the Rams was Allison Rodrigues, who had a 10th place finish in the javelin throw with a 32.35-meter toss.

Suffolk pitcher nabs GNAC baseball accolade

Suffolk baseball pitcher Worth Walrod was named the Great Northeast Athletic Conference (GNAC) Pitcher of the Week on Monday. He is the second Ram on the baseball team to receive this recognition from the GNAC. Last Wednesday, the baseball team took on Western New England University at home. In the Rams 6-5 win, Walrod pitched two innings and gave up no hits or walks. This was the first time the team had defeated Western since 2009. On Saturday the team would go on to face Albertus Magnus College and pick up an 11-0 victory. Walrod would pitch seven innings striking out eight, allowing only six hits and two walks. This would be his second win on the season as the Rams would take a victory in the GNAC standings. The team currently holds a 13-7-1 overall record while they are perfect in conference play with a 6-0 record. Their next game is on Wednesday at Endicott College with a 3:30 p.m. start time.

Suffolk Men's Baseball on eight game win streak

Since March 21, the Suffolk Rams have not dropped a game. Across this stretch, the men's baseball team has beaten Brandeis, Norwich, Western New England, Albertus Magnus and Colby-Sawyer. The streak totaled for eight games, where the Rams outscored their opponents 62-20. Over the span of the win-streak, junior Tim Brigham and sophomore Will Hopkins have been standout players. Brigham is hitting .388 with 26 runs batted in (RBI) and three home runs (HR) while Hopkins is hitting .431 with 11 RBIs and 14 stolen bases. Amongst the rest of the GNAC, the team has been impressive. This eight-game win streak by the Rams has helped propel them to the top when it comes to hitting, as they lead the conference with 204 hits. At the same time, Suffolk finds themselves in the top three average, stolen bases, on-base and slugging percentage. The Rams look to start off April strong, as they have Endicott, Nichols, Rivier and Anna Maria ahead of them. Along with Johnson & Wales, Suffolk remains unbeaten in the GNAC with a 6-0 conference record.



@MSavvy91:

Congrats @NHLBruins @Bmarch63 for hitting the century mark 100 points!! #niceplayer #greatseason

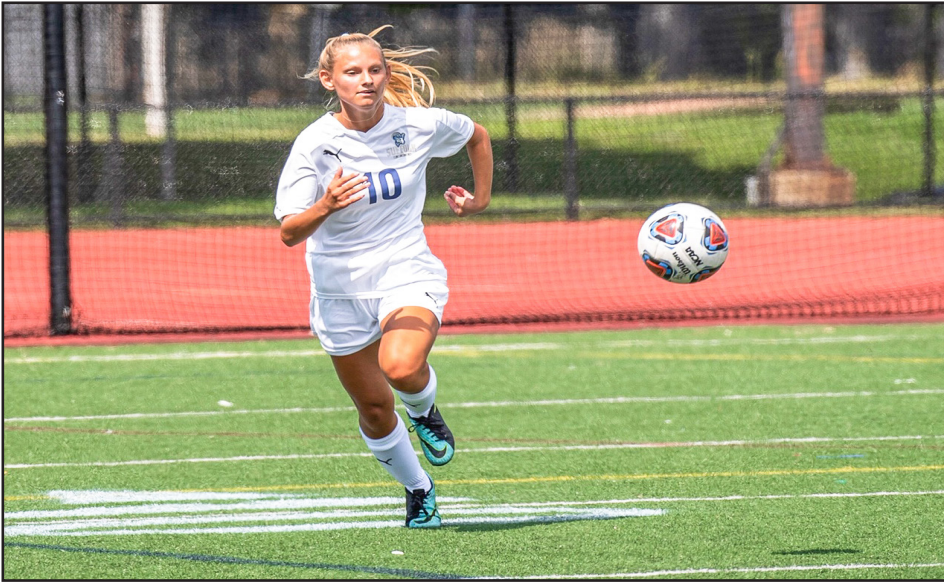


STAY TUNED:

Suffolk men's baseball continues to dominate with a perfect 6-0 record in the GNAC. See how they feel they stack up against the competition.

APRIL 3, 2019 | PAGE 16

High school to college: student-athletes transition



Courtesy of Suffolk Athletics

Freshman Julia Hunt is a forward for the women's soccer team and a runner for the track and field team.



Courtesy of Suffolk Athletics



Courtesy of Julia Hunt

Before Suffolk, Hunt played soccer at Dedham High School.



Courtesy of Matyas Csiki-Fejer

While Matyas Csiki-Fejer runs for Suffolk cross-country and track and field (left) he used to run for Parkway West High School (right).

Ryan Inchaustegui
Journal Contributor
@RealRyanI

For many student-athletes, the transition from high school to college can be quite the learning process. Freshmen athletes have to learn how to balance their time between academic work, training, playing the sport and having a personal life.

Suffolk University freshman Julia Hunt plays soccer and outdoor and indoor track, while freshman Matyas Csiki-Fejer competes in cross-country and track and field. Both of them have exemplified this type of lifestyle and both feel content with themselves considering that being a student-athlete can be stressful.

Hunt was introduced to the game of soccer at the age of 3 and grew up to become a soccer star. She continued to play the game she loves throughout her high school years and was named the 2018 Dedham Athlete of the Year, Hockomock Second-Team All-Star in 2018 and Dedham Most Valuable Player as a senior in high school. Hunt had an immediate impact on the season, starting 14 games of the 15 she appeared in. While speaking with Hunt, she touched upon the life of a student athlete. "Being a student-athlete is a little overwhelming because of the pressures, time commitments and workload given between sports and school, however it allows me to do the sport I love at a high level and I wouldn't pass it up or anything,"

said Hunt in an interview with The Suffolk Journal. Participating in multiple sports is something the Rams star is no stranger to. The multi-sport athlete competes in three seasons. Having this experience is starting to pay its dividends. She embodied the constantly busy student-athlete lifestyle in high school, which made the transition to college much smoother. Hunt mentioned how her coaches and friends are an excellent resource whenever she feels overwhelmed or needs academic support. She also credited her teammates and other athletes for making sure she stays on track with her academics. "[My teammates] have actually helped me balance my school work and academics because it prevents me from pro-

crastinating," said Hunt. "Being on a tight schedule means you only have limited time to do your work." For Hunt the most challenging part of these past semesters has been trying to get enough sleep. Her days consist of early morning practices, school during the day and all while maintaining a social life with her friends outside of sports. Catching some rest during her free time is what refuels her stamina, which propels her to continue her life as a student-athlete. Just like Hunt, Csiki-Fejer has embraced being a multi-sport athlete at Suffolk. Csiki-Fejer, fresh off from punching his ticket as the first-ever male Suffolk Ram to run at the NCAA DIII New England Regionals, also took a moment to speak

about his experience. He doesn't consider the move from high school to college tough from the curriculum perspective, due to his knowledge in the amount of attention and effort it requires to understand the academic material. However, the track star mentioned how much more intense the training is since leaving his high school environment and that he's looking forward to the challenge. "The training is tougher, longer miles, harder workouts," said Csiki-Fejer in an interview with The Journal. The freshman said that his routine has changed while in the college environment. He wakes up at 5:45 a.m. to attend practice, completes his morning workouts and clocks in his miles early. Having the afternoon

to himself is what he really enjoys about the transition given how in high school his practices were in the afternoon. However, every athlete faces adversity. Csiki-Fejer said his most challenging moment so far was last semester during finals season. Sometimes he would go to sleep at 3 a.m. after working on his honors course project, and would have to wake up at 6 a.m. for morning practices. He described his body as feeling constantly exhausted. While both Hunt and Csiki-Fejer have expressed that their transition to college has given them new experiences and challenges as student-athletes, they are both thankful for the positions they are in.